



# YMCA UPDATE

*Programs focusing on mind, body, spirit.*

**Black Hawk County Family YMCA**

**February 1993**

## **YMCA Junior Wrestling Tournament**

The YMCA will be hosting a junior wrestling tournament on **Saturday, March 27** at the University of Northern Iowa's West Gym. The tournament will begin at 9:30 a.m. with weigh-ins starting at 7 a.m.

The tournament will consist of four divisions. Division I K-2, Division II 3-4, Division III 5-6 and Division IV 7-8 grades.

An entry form and entry fee of \$8 are due by **March 18th**. There will be a limit of 300 wrestlers. Trophies will be awarded for 1st place and medals will be awarded for 2nd, 3rd and 4th place.

For more information or to obtain an entry form contact Tim Moses at the YMCA, 233-3531.



### **INSIDE:**

**'93 Spring One  
Class Schedule  
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Information**

### **YMCA OVERNIGHTS**

The next YMCA overnight for kids in grades K-6th is set for March 27. This will be the first of the overnights to be offered every month at the YMCA. Watch for more details in school fliers and upcoming newsletters.

### ***From the Executives Chair***

Welcome to 1993!

There are many reasons to be excited about this new year and certainly many things to be thankful for from '92. My personal thanks for all who continue to believe in the Family YMCA through your participation and contributions (both monetarily and with your time and talents). As a result of your support, the YMCA completed another successful year financially (our 8th consecutive balanced budget). Thanks!

As I hope you have come to expect, the Y doesn't take a long time to rest on past laurels. The Corporate Board and Staff are already working hard at continual improvement of the YMCA through the strategic plan document. Some exciting changes have already been implemented and more are to come.

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The access center with our new membership cards and photo I.D. system will allow us to monitor our facility and accounting systems in a much better fashion. It will also allow us to gain valuable statistical information needed to secure new funding sources for membership and program growth.

New hours were implemented in January to enhance our opportunity to serve you better. We were also able to begin to offer the Nautilus Program free to all renewing members in '93 - as we continue to progress to the "inclusive" concept of membership fees. I believe the 90's term is "more bang for the buck!"

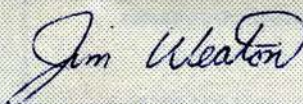
In the next 60 days you will begin to see new equipment coming into our facility to enhance the different service areas. I really think you will be pleased with the final results. You will also see the completion of our base board project as we continue with our building painting project of '92. Yet to come is new carpet in many of the areas including the

fitness centers.

Lastly, at least for this newsletter, our volunteer renewal program is off to a great start. My personal thanks to all who have stepped forward and said "yes" to giving us your time and talents. This program has the greatest potential to positively impact our YMCA as budgets get tighter, the facility gets older, programs need to grow and as the YMCA strives to remain a leader in our community. As a result of this program, dollars will continue to go where they are most needed.

Yes, it looks to be another exciting year at the Black Hawk County Family YMCA. At Work For Tomorrow - Today!

In the 'Spirit' of the 'Y'



Jim Weaton  
Executive Director



## **Child Care Bake Sale A Success**

A big thank you goes out to all those who helped with the Child Care Bake Sale in December. This includes the staff and the parents of our child care regulars who donated their time and baked goods.

The fundraiser was a success - \$150 was raised and will enable the Y to purchase some needed supplies including: hand sweeper, various toys, arts and crafts materials, books and more. These items will help to enhance the Y's Child Care.



## **Kindergarten Fun Days**

The YMCA Kindergarten Fun Days program is designed to provide recreational and educational activities for children ages 4-6. The program runs either half days (8 am - 12:30 or 12:30 pm - 5) or full days (8 am - 5) Special arrangements can be made to drop off or pick up your child before those times.

Children need to bring appropriate clothing for swimming and recreational activities.

For more information about fees and transportation, please call Dave Phelps at the Y, 233-3531.



## **School's Out Fun Days**

The School's Out Fun Day program is open to any child in K-6th grades. This day long program runs from 8 am to 5 pm during the days when school is out. Many activities are planned including: swimming, skating, bowling and outdoor activities (as weather permits).

All kids need to bring a swim suit and towel, sack lunch with drink, and appropriate clothing for outdoors. For more information contact Dave Phelps.



The Black Hawk County Family

# YMCA

## Spring One Session

**February - April 1993**

### HEALTH ENHANCEMENT

Class	Time	Day
Freestyle Aerobics	6:00 am	M-W-F
Hip & Tummy	10:30 am	T-Th
Teen Aerobics	4:30 pm	M-W
Live "Y"ers	8:30 am	M-W-F
Step Aerobics	4:30 pm	T-Th
Step Aerobics	5:30 pm	T-Th
Step Aerobics	10:30 am	M-W-F
Y's Way to Aerobics	9:25 am	M-W-F
Y's Way to Aerobics	5:30 pm	M-W
Y's Way to Walking	8:30 am	T-Th
Healthy Back	5:30 pm	M-W
You & Me, Baby (Pre-Natal)	6:30 pm	T-Th
Weekend Workout	10:00 am	Sat
Romp and Stomp (ages 3-6)	9:30 am	T-Th

### Karate

Karate Beg.  
(ages 6-15)  
4:30 pm M-W  
Youth Karate  
Beg./Intermed.  
5:30 pm M-W  
Youth Karate  
Advanced  
6:30 pm M-W



### PUNCH TICKET FEES

<b>15 PUNCH TICKET</b>	
Members	\$15
General Public	\$30
<b>30 PUNCH TICKET</b>	
Members	\$28
General Public	\$56

### Water Exercise

#### Y's Way to Water Exercise

7:30, 8:30 am	M-W-F
9:30 am	M-T-W-Th-F
6:30 pm	M-W-Th

### Jazzercise

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Member cost: \$20 for an eight-class  
punch 15 if all classes are taken at the Y.

9:30 am	T-Th
6:45 pm	T-Th
8:30 am	Sat

### Strength Training

#### Y's Way to Strength Training

9:30 am	T-Th
6:30 pm	T-Th
4:15 pm	M-W-F

### Health Enhancement Class Fees (six week session)

Y's Way To A Healthy Back costs \$35 for members  
and \$60 for the general public.

Romp and Stomp (ages 3-6) and Teen Aerobics  
(ages 10-18) classes cost \$12 for members and \$24  
for the general public.

Adult Strength Training costs \$15 for members and  
\$25 for the gen. public. Youth Strength Training (ages  
9-13) is \$15 for members and \$25 for the gen. public.

Adult Karate is \$16 for members who take the class  
once a week; \$25 for twice a week. The general  
public pays \$25 for classes if they attend once a  
week and \$42 for twice a week.

Youth Karate is \$12 for members who take the class  
once a week; \$20 for twice a week. The general  
public pays \$20 for classes if they attend once a  
week and \$36 for twice a week.

### SPRING ONE

February 22, 1993 - April 10, 1993  
(No classes March 15 - 20 due to Spring Break)

Registration Information (6 Week Session)

Members enrolled in Winter 2

Other YMCA members

General Public

Monday, February 15

Tuesday, February 16

Wed. - Fri., February 17 - 19



# AQUATICS

## Spring One

### Fees

#### Preschool Swim Classes (Shrimp - Tadpole III)

	Member	Gen. Public
1 time/week	\$6.50	\$12.50
2 times/week	\$13	\$25

### Fees

#### Progressive Swim Classes, Gymnastics and Dance

	Member	Gen. Public
1 time/week	\$9	\$17

## ◆ Youth Aquatics ◆

#### Shrimp/Perch (Waterbabies) (6 mos. through 2 years)

M-W	10:30am, 5:45pm
T-Th	6:45pm
Sat	10:30am

#### Tadpole I (Pike) (ages 3-4)

M-W	9:30am, 4:15pm, 6:15pm
T-Th	10am, 4:45pm, 7:15pm
Sat	9:30am

#### Tadpole II (Eel) (ages 3-4)

M-W	10am, 5:15pm
T-Th	9:30am, 4:15pm
Sat	9am

#### Tadpole III (Ray) (ages 3-4)

M-W	9am, 4:45pm
T-Th	9am, 5:15pm
Sat	10am

#### Polliwog I (small pool) (ages 5 & up)

Tues	5:45pm, 7:45pm
Thurs	10:30am, 5:45pm, 7:45pm
Sat	11am

#### Polliwog I (large pool) (ages 5 & up)

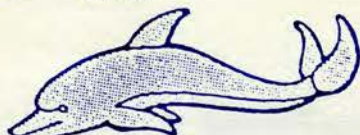
Mon	- 5:45pm	Wed	- 5pm
Tues	- 5pm	Thur	- 4:15pm
Sat	- 10:30am, 11:15am		

#### Polliwog II

Mon	- 4:15pm, 5pm
Tues	- 10:30am, 5:45pm
Wed	- 4:15pm, 5:45pm
Thur	- 5pm, 5:45pm
Sat	- 9am

#### Guppy

Tues	- 5:45pm
Wed	- 4:15pm, 5pm
Thur	- 4:15pm
Sat	- 9:45pm



#### Minnow I

Mon	- 5:45pm
Tues	- 4:15pm
Thur	- 5pm
Sat	- 9am

#### Minnow II

Mon	- 5pm
Tues	- 4:15pm
Thur	- 5:45pm
Sat	- 10:30am

#### Fish

Mon	- 4:15pm
Wed	- 5:45pm
Sat	- 11:15am

#### Flying Fish

Tues	- 5pm
Sat	- 9:45am

#### Shark

Tues	- 5:45pm
Thur	- 5:45pm

#### Porpoise

Mon	- 5:45pm
Wed	- 5:45pm

#### Synchronized Swimming (Minnow II swimmers or above)

Fri	- 4:15 - 5:45pm
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## ◆ Adult Aquatics ◆

#### Adult Beginning Swimming

Tues	- 11:15am, 7pm
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#### Adult Intermediate Swimming

Thur	- 7pm
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#### Arthritis Water Exercise

Mon, Wed, Fri	10:30 am
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Adult aquatics classes cost the same as youth aquatics (shown above) with the exception of Arthritis Water Exercise, which is \$13 for members and \$25 for the general public.

## ◆ Gymnastics ◆

#### Gym Tots (ages 3 & 4)

Mon	- 9:30am
Tue	- 10:15am, 4:15pm
Thur	- 5pm

#### Preschool Gymnastics (ages 3 & 4)

Mon	- 10:15am
Tue	- 9:30am, 5pm
Thur	- 4:15pm

#### Youth Progressive Gymnastics (Beginning) (Ages 5 & up)

Tues	- 5:45pm
Fri	- 5pm
Sat	- 9am

#### Youth Progressive Gymnastics (Intermediate) (Ages 5 & up)

Thur	- 5:45pm
Fri	- 5:45pm
Sat	- 9:45am

#### Youth Progressive Gymnastics (Advanced) (Ages 5 & up)

Fri	- 6:30pm
Sat	- 10:30am

## ◆ Dance ◆

#### Beginning Ballet (Ages 7 - 15)

Mon	- 4:15pm
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#### Ballet (Level 2) (Ages 7 - 15)

Wed	- 5:45pm
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#### Beginning Jazz (Ages 7 - 15)

Mon	- 5:45pm
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#### Jazz (Level 2) (Ages 7 - 15)

Wed	- 5pm
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#### Popular Dance (Ages 7 - 15)

Wed	- 4:15pm
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#### Tap (Ages 7 - 15)

Mon	- 5pm
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#### Adult Dance (Age 16 and up)

Mon	- 6:30pm
Wed	- 6:30pm

## BASIC LIFEGUARDING

A Red Cross Basic Lifeguarding course will be offered at the YMCA in April. The course will run on Monday and Thursday evenings from 6:30 - 10 pm. Classes will start April 1 and end on April 22.

Registration will start on March 1 and payment must be received with registration. Class fee is \$40 for Y members and \$50 for the public. The class fee is non-refundable unless class is cancelled.

Participants must have current CPR and first aid certifications before the end of the course; and must be 15 years of age.

Register by Phone  
233-3531



## Fitness Assessments

Our YMCA Health Enhancement Department offers the Y's Way to Physical Fitness test battery. The test includes measurements of strength, flexibility, body composition and cardiorespiratory endurance. Those tested receive computer print-outs of their test results.

The test is a great starting point for those who are interested in getting back into shape and are unsure of where to begin. For an athlete, the test provides a set of standards to which results can be compared.

The fitness assessment is available only to members at a cost of \$15 per test. To arrange an appointment contact Tom Sekeres at the Y, 233-3531.

## Think Summer ☼ Think Sand Volleyball

Now is the time to start thinking about getting your sand volleyball teams together. The YMCA will be offering men's, women's and coed leagues. The leagues are for teams of B/C rating. Watch for more details in the months ahead.



## Family Biathlon

You still have about a month to train for the YMCA's 4th Annual Family Biathlon, which will be held on Sunday, February 21.

This event has proven itself over the last few years to be a great way to promote a family fitness program. Emphasis during the event is placed on fun rather than competition. All participating families will receive an award.

Teams can be made up of any parent-child combination and must include at least one YMCA member. To participate, one family member swims 150 yards and the other family member runs a half-mile. The cost to participate is \$5 per team. For more information, call the YMCA, 233-3531.

## PROGRAM Y PROFILE

### Milers Club

If you are looking for the opportunity to measure your progress, consider joining one of the Y's Milers Clubs.

The Y Milers Club includes your choice of walking, swimming, running, or bicycling. The fee is \$6 for one club. Active individuals may join 3 clubs for \$15.

Members qualify for a T-shirt if the following goals are met at the end of the year:

Swimming - 75 miles  
Running - 750 miles  
Bicycling - 1500 miles  
Walking - 200/400 miles,

For more information contact Tom Sekeres at 233-3531.

## Blood Lipid Testing

Wednesday, February 24 is the next date scheduled for blood lipid tests to be taken at the YMCA.

Lipid tests include 23 different parameters such as cholesterol, glucose, triglycerides, uric acid, all electrolytes, and more. All participants receive a computer print-out of results.

Having a blood lipid profile done is important because the results give health information pertaining to proper function of the kidneys, liver, coronary arteries, and diabetic indications.

The profile is offered through Allen Memorial Hospital personnel and will be held from 6-8 a.m. on February 24. Those who participate must fast following the previous evening's meal.

The cost is \$15.00 for Y members and \$20.00 for the general public. A special "cholesterol only" test is available for \$5.

Call the YMCA, 233-3531 for more information or to make an appointment for the screening.

## MILERS CLUB ACHIEVERS

*Congratulations to the 1992 Milers Club participants who achieved their goals.*

### Runners 750 Miles

Bob Andres	Keith Blum
Bill Elder	Michael Geiger
Paul James	Mike Johnston
Max McCullough	Richard Miller
Jack Mussett	Andy Olson
Rick Reuter	Dave Snook
Arnold Sorge	Ted Stone
Richard White	Jay Willsher

### Bikers 1500 Miles

Ida Schmadeke	Lloyd Bullock
Greg McClain	Mike Johnston
Joe Sweeney	Bill Schuerman
Steve Thomas	

## MILERS CLUB ACHIEVERS CONTINUED...

### Walkers 200 Mile

Jack Bullock	Kay Bullock
Larry Hoofnagle	Lisa McClain
Bill Schuerman	Ida Schmadeke
Joe Sweeney	Ann Trent
Kathy Trimble	Teri Winters

### Swimmers 75 Miles

Francis Bohan	Jack Bullock
Peggy Creery	Joe DiMartini
Paul Lippstock	Al Poe
Ida Schmadeke	Henry Wellnitz
Fred White	

### Fitness 100 Classes

Kay Bullock	Ron McInroy
Renate Nadler	Becky Reppe
Rosie Sires	Vicki Smith
Ann Trent	Becky West



## ★ VOLUNTEERS ★ STILL NEEDED

The Volunteer concept is not new. The YMCA began as a volunteer organization back in the 1800's. All YMCA's across the country today rely on volunteers who serve in a number of different roles.

An example of one area still needing volunteers is the Child Care Center. Some YMCA Child Care centers operate exclusively with volunteer mothers who give their time in exchange for child care privileges. This type of trust and fellowship is a prime example of the YMCA's mission at work. By limiting expenses, the YMCA is able to keep costs at a minimum and offer financial assistance to those who cannot afford our service fees.

Many members have already responded to our volunteer need, and we thank them. However, we need more volunteers to accomplish our goals for 1993.

All volunteers are screened and trained in the same manner as a potential employee would be. If you are interested in giving your time and talents to become more involved with the YMCA, please contact a YMCA staff person for a Volunteer Application.

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### "Setting the Record Straight"

The YMCA has changed the method of payment for Fitness classes to better accommodate our participants. Everyone attending a fitness class is now required to purchase a punch ticket (with no expiration date); which will be punched as the participant enters the class location.

This new system represents a reduction in fees for most fitness class participants. For example, the 1992 rate for a 3 time/week fitness class was \$19.00 for 18 classes; while the new punch ticket cost is \$15 for 15 classes.

With this type of system, participants will only pay for classes that they actually attend, instead of paying for a set period of time (normally six weeks). Hope you will enjoy this new method and the reduced fees!

We would like to take a moment to remind you that the **Black Hawk Family YMCA** is a swear free environment. The use of abusive language can be cause for dismissal from the YMCA. (We encourage everyone to remember that "younger ears" could be listening.)

We appreciate your help to make our family **YMCA** a Christian place to grow in mind, body and spirit.

**Black Hawk County Family YMCA**  
669 South Hackett Road  
Waterloo, Iowa 50701



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