

IT'S YOUR



Summer 1984

—Take A Closer Look—

QUARTERLY NEWSLETTER • 669 SOUTH HACKETT RD. • WATERLOO, IOWA • 233-3531

"YMCA'S Marlin Stevens, Up Close and Personal"



The success of the YMCA programs depends on its volunteers—their support and commitment. Commitment is a word that well describes Marlin Stevens, the volunteer instructor of the YMCA Judo Club for the past 15 years.

Marlin teaches 4-8 week sessions per year. Each session consists of one class of beginners and one class of advanced students. Marlin says some kids begin as young as six years old. So far he has taught over 1200 students, girls, boys, men and women.

His commitment not only includes hours spent teaching at the Y, but time and money invested in club competition. There are seven to eight Iowa tournaments each year—Marlin has not missed one in twelve years! At his own expense he has taken the YMCA Club all over the country—as far as California

and New York—to compete in tournaments. Marlin estimates he has probably gone over 100,000 miles and spent 7,000 hours with the Club in the last 15 years.

Marlin became interested in Judo 17 years ago when his oldest son, Scott signed up for a Y Judo Class. When Scott won 2nd place in his first tournament Marlin decided to learn more about Judo himself. He enrolled in a class at UNI and within two years he took over the Judo instruction at the Y.

Marlin has turned his Judo interest into a "family affair." His family consists of his wife, Betty, and their five children, now all are in their 20's. Betty often goes along to tournaments and helps by keeping score, running the clock, and doing club bookkeeping. Scott, now 24, has been competing since he was 8 years old. He was National Champion twice, has won several state and regional tournaments, and has been named Outstanding Athlete in Iowa. Randy placed 3rd in a State Championship and has also been named Outstanding Athlete. John, who is now Marlin's assistant, placed 2nd and 3rd in the Junior Olympics. All three sons have earned Black Belts. Although their girls, Shirley and Debra were not as interested in Judo as the boys, Shirley competed for awhile and has a Green Belt.

For a person to have his family involved in judo to this extent, it must be more than just a pastime. For Marlin, not only his time, but his family and money commitment show that it is not just his pastime, but his philosophy. Marlin's philosophy is to teach the discipline of competition rather than emphasize self-defense. He says "learning Judo will teach self-confidence, coordination, and balance techniques. My reward is watching the kids grow in self-confidence and skill. I'll probably teach as long as there's any interest."

Clearly, if the success of YMCA programs depends on its volunteers, then the Y Judo program is a success!

OPEN HOUSE

The Black Hawk County YMCA sponsored an Open House on Saturday, April 18, (It's Your Y—Take a Closer Look) to provide the residents of the area their first opportunity since the grand opening to tour the facilities and see the many different activities our "Y" has to offer.

Demonstrations were held in numerous areas of the Y with the help of many current members as participants and guides.

The lobby became the registration area and as prospective members arrived at our front door, they were welcomed and allowed to tour the facility on their own.

The lounge and game rooms were set up with separate information booths staffed by members and volunteers of many of our individual programs—Aquatics, Roadrunners Club, Y Indian Guides & Princesses, Summer Camp and more.

Although we had to compete with the warmest Saturday of the year, one of our immediate results included signing up more than a dozen YMCA Summer Day Camp children.

As a highlight of the day, Randy Kraayenbrink and Scott Stafford of UNI and Waymond King and Craig Anderson of the University of Iowa basketball teams gave a free basketball clinic and raffled off autographed basketballs.

We want to thank everyone who helped make our open house a success, especially the volunteers who gave us their Saturday afternoon.

George Joseph
Public Relations/Marketing Committee Chairman



YMCA SUMMER BUILDING SCHEDULE

A quick reminder about our summer building schedule coming up. We will be changing to our summer hours, Monday, June 4th and continue thru September 4th. Hours will be 6:30 AM-7:30 PM, Monday thru Friday and 6:30 AM-12:00 NOON on Saturday. The YMCA is closed on Sunday.

The YMCA will also be closed for 1 week—Starting Saturday, June 30th and we will re-open on Monday, July 9th at 6:30 AM. We will be closed for major cleaning and repairs of the building. If you need your work-out clothes, be sure to get them before we close on the 29th.

Have a great summer and remember the Y in some of those fun plans!!!

ROSKAMP MANUFACTURING AND YMCA TEAM UP FOR FITNESS

Roskamp Manufacturing, one of Black Hawk County's industries, is the first to take advantage of the new YMCA Corporate Fitness Program. Corporate Fitness is an innovative program designed to improve the health and fitness levels of employees with the convenience of an "in-house" exercise class.



Mike Lubbe, Director of Physical Education at the "Y", put together a physical fitness program for the company. First, all the participating employees were given a physical fitness evaluation to determine their individual levels of fitness. Then, based on their physical fitness test results, each participant was given an individual exercise prescription. The employees are currently involved in an 8 week progressive conditioning program held at the company's location. After completion of the program each participant will undergo a second physical fitness evaluation to document the program's success.

"Y" staff member, Kathy Lupkes, leads two shifts of classes at Roskamp's. They meet three times a week for 45 minutes. The reaction of members of the class is favorable.

"We feel it's important for mental health as well as physical, good for everybody, good for morale. They have a better feeling for each other and the company," says Harold Roskamp, initiator of the program and president of Roskamp Manufacturing. He adds that there is better than 40% employee turnout (including Harold himself!)

Renee Learn sees it as an exercise class that is easy to attend because of its convenience.

"I don't have to hire a sitter for this. I've noticed my muscles seem firmer and I'm more energetic. I hope the program continues."

"It's convenient with work and fun talking and getting along with others. I hope it continues just to keep what I've gained from the exercise," adds Kelly Hage.

Another employee, John Kortenhoven, sees it from another angle.

"I like the opportunity for comradery. Everyone of us is at the same level when it comes to exercise, and look forward to an excuse to working out."

The program looks like it's headed for success and Harold Roskamp plans on continuing the program in the fall and feels there will be even greater participation.



MEASURE YOUR FITNESS LEVEL

Your Black Hawk County Family YMCA is now offering a Physical Fitness Testing Service. This service provides individual Physical Fitness Evaluations that are designed to measure each person's level of total fitness. The Fitness Evaluation will determine your muscular endurance, flexibility, percentage of body fat, and cardiorespiratory endurance. The results of this evaluation will indicate your present level of fitness, compare you to those in your age group, and also provide you with an individualized exercise prescription designed by an Exercise Physiologist.

Immediately following the Physical Fitness Evaluation each participant receives an Exercise Consultation. This allows the participant to ask any questions regarding his/her personal exercise regime. The Physical Fitness Evaluations are offered on Tuesdays and Thursdays. The fee is \$15.00 for members and \$25.00 for non-members. Contact Michael Lubbe, Director of Physical Education for an appointment.

YMCA HEALTH NOTE EXERCISE AWAY YOUR CALORIES

Calories used per minute
(150 lb. individual)

Running= 13.2 Calories
Swimming= 8.1 Calories
Bicycling= 6.35 Calories
Walking= 3.8 Calories
Aerobics= 6.6 Calories



Calorie expenditure per hour by a 150 lb. person
in various activities:

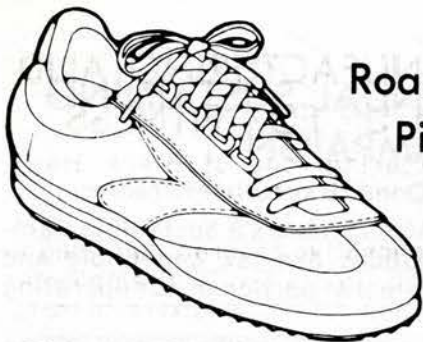
Activity	Calories/Hr.
Basketball	564
Golf	348
Gymnastics	270
Running	
11 Min. 30s Per Mile	552
9 Min. per Mile	786
8 Min. per Mile	852
7 Min. per Mile	936
6 Min. per Mile	1038
5 Min. per Mile	1182
Racquetball	864
Tennis	444
Volleyball	204

Class Times:

Waterbabies	9:00 AM, 10:00 AM
Tadpole I	9:30 AM, 10:30 AM
Polliwog I	11:00 AM (small pool)
Polliwog I	9:00 AM, 9:45 AM,
	10:30 AM, 11:15 AM (large pool)

LEARN TO SWIM CAMPAIGN 1984

The learn to swim campaign for YMCA Members and Non-YMCA members is promoted nationally as a community service. The registration fee of \$2.00 is not to defer cost, but rather a fee to reserve a place in the program. Some of the progressive skills are taught plus special activities that make the program different. Session starts June 11th and runs through June 15th. Waterbabies and tadpoles meet for 25 minutes. Polliwogs (Beginners) meet for 40 minutes. Registration can be made in person by stopping at the YMCA or by phone at 233-3531. Registration is the week of June 4th thru June 8th from 9:00 AM to 5:00 PM. The cost is \$2.00 per child for the program.



Roadrunners: Pick a Pace

The winter "blahs" are behind us and it's time for fine-tuning the body. There's just a group that can do it—the newly formed Roadrunners.

"We want to make it clear it's all levels of runners, joggers and walkers," says Scott Bradfield, Co-Chair of the Roadrunners. There is no particular focus on the marathon runner. We created the club for a broad range of Y-Members.

The group was formed to create a community of runners and walkers who might share common interests and goals. Bradfield says, "It's sometimes hard to keep athletically motivated and the club will offer encouragement and bring a positive atmosphere for exercise."

The Roadrunners' founders include Bradfield, Co-chair, Rick Parades, YMCA Physical Director, Mike Lubbe, and YMCA Program Director, Robert Hoffmann. They circulated questionnaires and tested their market for interest. Money was collected for membership and the word spread. Bradfield says the response was overwhelming.

So far we have charged each member \$5.00 and we now have \$150.00. It has exceeded far beyond our expectations.

The money will be used for a new bulletin board which will post upcoming runs, walks and maps of outdoor routes. In the future Bradfield hopes that T-shirts can be given away to Roadrunners' that achieve "mile marks". The Roadrunners' will also receive a 10% discount at the Athlete's Foot, Waterloo and Iowa Sports Supply, Cedar Falls, plus a newsletter featuring club members and exercise tips. Members also have the option to post their mileage on a bulletin board in the lower control center at the YMCA. The mileage will be totalled quarterly.

Bradfield says he's found a great deal of enjoyment through running side by side with friends at the Y.

"It just makes it more fun. Sometimes it's hard to go out alone and stay motivated. The Roadrunners' will make that experience more enjoyable."

NEW ARTHRITIS PROGRAM

Joint Mobility is a new class offered by the YMCA this spring. The class is designed to give those people with arthritis non-stressful exercises that are performed in the pool. You do not have to know how to swim to take the class. The program is certified through the YMCA of the USA which works in conjunction with the National Arthritis Foundation. The class meets on Mon-Wed-Fri from 11:00-11:40 AM. If you or someone you know may be interested please contact Nancy Winchup at the YMCA at 233-3531.

THINK SUMMER!

I'm sure most of us are glad that old man winter has finally packed his bags for awhile. With the weather turning warmer, thoughts of outdoor activities come to mind and making plans on how to spend those summer days.

We hope that, as you plan, you include your YMCA in some of those activities. This summer your YMCA will offer an expanded summer activities calendar for you to participate in and enjoy.

Here is a glimpse of what to expect:

- Tuned Up Fitness
- Beginning T.U.F.
- Y's Way to Physical Fitness
- Adult Mbsp. Basketball League
- Pre-School Summer Fun Club
- Walleyball League
- Child Care
- Day Camp
- Teen Camp
- T-Ball Clinic
- Youth Volleyball Clinic
- Progressive Swim
- Learn to Swim
- Short-term Canoe trips in Iowa

For more information on these programs, call the YMCA office at 233-3531. General registration for YMCA classes will be **Friday, June 1st** for currently enrolled YMCA members, **Monday, June 4th** for YMCA members and **Tuesday thru Friday, June 5th-8th** for non-members. Classes that you may register for at this time include the Progressive Swim Program, all Fitness Classes and child care. All other programs have begun registrations at other different times.

We hope you enjoy your summer—and include your YMCA in some of those fun times.

Let the Good times roll—the YMCA Way!

YMCA UN-EMPLOYMENT PROGRAM OFFERS COMMUNITY UNIQUE OPPORTUNITY

In an effort to help the un-employed in our community, your Family YMCA opened it's doors from November through April, 1:30-3:30 p.m. for those people interested in using our physical facilities at no cost.

"The design of this program was simply to provide the unemployed an avenue to do something, at no cost, to cut down on their source of frustration and high anxiety of being out of work which hopefully carried back home in a positive manner with their families," stated George Warren, YMCA Board President. "By the response we got from participation, we think we achieved this."

The program ran for a total of 102 days with 1,823 individuals participating. "Our thanks to all the members who helped make these visitors welcome to our fine facility," concluded Warren.

WALLEYBALL IS HERE!

You say you think the person writing this article has mis-placed his brain. That surely he meant **Volleyball** NOT Walley-ball. But wait . . . He was right. The YMCA does have a new sport in the building—And it is Walleyball! Let me explain!

Walleyball is volleyball that is played in a racquetball court. Confused—read on. This exciting new game was developed to utilize a racquetball court in more ways than one. Now, at the YMCA, you have three choices. Handball—Racquetball—And now Walleyball.

Walleyball is played like the game of Volleyball with a few exceptions:

1. Maximum of 4 players on a team.
2. May use any of the walls or ceiling to carom off while the ball is in play.
3. May not hit off the back wall or ceiling on service.
4. May prove to be much more fast paced than you ever imagined.

So if you are looking for something new to try this summer, get a group together—come on down to the Y—and give Walleyball a try.

For more details, ask the staff at the Y. You'll be glad you did . . .

Y.M.C.A. ANNUAL SUSTAINING CAMPAIGN

by: Donald L. Dodd, Executive Director

Each year your YMCA conducts a Sustaining Campaign. These contributions are tax deductible and have become a very integral portion of our operating budget.

The 1984 Sustaining Campaign will be conducted in early summer.

This year's Sustaining Campaign need is \$38,000.00. Your YMCA is serving 12% of the total population of Black Hawk County and there is scarcely a YMCA program conducted that all participants are capable of paying the total costs. In 1984, your YMCA will have allowed over 300 different unemployed persons to use the YMCA facilities (over 3000 visitations) at no charge as well as over \$25,000 of YMCA membership fees and program services will be supplied to individuals and families that are less fortunate than most of us.

Through no fault of their own, United Way's annual allocation to the YMCA in 1984 only matches the United Way allocation of 1974.

Consider the value of **your** YMCA membership and send us a check that will go a long way in helping the YMCA to help others to help themselves. Youth is a great investment—try it, you will like it!

Thank you.

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