

Newsletter of the YMCA of Black Hawk County
669 South Hackett Road
Waterloo, Iowa 50701
(319) 233-3531

January 1991

Dedicated to Your Continued Good Health

Nineteen ninety-one is here. YMCA staff members are gearing up for another year of providing healthy leisure and recreation alternatives for individuals and families.

Mixed into our planning and consideration on the types of classes and activities that we'll offer is the knowledge that we serve:

- all ages, interests and abilities
- people with diverse backgrounds
- some with limited economic resources
- folks with varied degrees of dedication to maintaining their health and fitness
- people from the entire Cedar Valley area

In addition, a lot of the decisions that are made regarding our class offerings are based on our previous experiences and member demand.

As we look at our goals for 1991, we'd like you to do the same with your own goals for good health and fitness and let us know how we can best help you meet your needs.

Staff members at the YMCA are available to consult with to help you select a logical "next step" for your training or working out.

To improve yourself in your favorite sport and decrease your workout apathy: cross-train. Develop a routine that includes 3

or more sports, educating yourself on how to get a complete workout in all areas you select.

If dedication is a problem for you, and you work out infrequently or in spurts, here are a few suggestions:

— You need to believe in the value of exercise. Remind yourself it is **important** to take time out. Participate in the activities that deliver the benefits you want the most.

— Talk to health and fitness professionals to make sure you are doing the kind of exercises that will help you reach your goals.

— Don't think of exercise as "time away from work." Use your exercise time to help you get organized to "work better" when you are at work. Work smarter, not harder.

— Give yourself permission to take time off from working out when conflicts in scheduling arise. Remember to maintain your long-term commitment to your well-being and get back in the groove as soon as possible.

— As long as you are not going overboard, you can't really go wrong with exercise.

At the YMCA, we depend on your input. If we can help you with your commitment to good health, let us know. We're interested in helping you get the most out of your YMCA membership.

From the Executive's Chair

This past month, I participated in another of God's great lessons on life. My mother-in-law, Jean Shafer, died early on Christmas Day, as many families were gathering to share gifts that had been given and to rejoice in the love which they shared with one another.

We too shared our gifts and rejoiced in that love for one another this day as Jean received the greatest Christmas gift of all — that of life eternal.

As Nancy and I walked and talked through those emotionally packed pre-and post-days of Jean's passing, three familiar words can describe what helped our family through it: FAITH — FAMILY — FRIENDS.

Our Faith was certainly strengthened, our Family became even closer and our Friends were there when we needed them. We believe these very three words are what it's "all about." And, in her own special way, Jean helped us refocus our thoughts and actions in those directions.

During the last few years, and especially these past few months with her illness, Jean was forced to live each day as an added gift from God. The following reflects her attitude and courage as she approached those days:

*This is the beginning of a new day.
God has given us this day to do with what we may.
We can waste it, or we may use it for some good purpose.
But it is important what we do with today you see,
For we have given a day of our life for today.
When tomorrow comes, this day will be gone forever.
I hope we will never ever regret the price we pay for each day of our life.*

Because of her faith in God and her love for family and friends, she would have had us remember this reflective thought. This is the faith that has been shared by Jean Shafer with you, my own family and all her friends.

Her death does not diminish this affirmation and her death on Christmas Day only makes the star of Bethlehem shine brighter. In the light of that star, may we love and live our faith toward one another and be comforted and strengthened in trying times.

May 1991 hold for you many new opportunities to experience your Faith and share with Family and Friends.

God Bless you and keep you, Jean, till we all meet again.

*In the 'Spirit' of the Y,
Jim Weaton & Family
YMCA Executive Director*

News from the Aquatic Department

Welcome back from the holidays! Now is a great time to get back in the water and get your body back in shape.

A new session of preschool swim lessons started on January 7. It may not be too late to get signed up for the remainder of the session!

The next set of progressive swim lessons (ages five and up) plus adult lessons, joint



mobility, synchronized swimming and water exercise starts on February 11.

Registration for:

YMCA members currently in classes

Monday, Feb. 4

YMCA members

Tuesday, Feb. 5

General public

Wed.-Sat., Feb 6-9

The second 4 weeks of preschool swim lessons begins February 4. For these classes (Waterbabies and Tadpole 1, 2, and 3), registration will be:

YMCA member currently in classes

Wed., Jan. 30, 9 a.m.-noon

YMCA members Wed., Jan. 30, 1-5 p.m.

General public Thurs.-Fri., Jan. 31-Feb 1

Get the whole family involved today!

Youth Sports Programs

5-on-5 Boys and Girls Basketball

Registration is underway for the upcoming 5-on-5 Boys and Girls Second Season Basketball Clinics, beginning on January 18 on Friday nights at the YMCA.

Boys and girls grades 3-4 clinics are held at 5:30 p.m., grades 5-6 at 6:30.

The clinics feature instruction in dribbling, passing and shooting. Plays will include some advanced offenses.

As always, teamwork and sportsmanship is emphasized, and competition de-emphasized.

The fees are \$6 for YMCA members and \$20 for the general public. The clinics last through March 8. To register, call the YMCA, 233-3531.



Wrestling Clinics

Find out what you can do when you need just one more point and you only have 15 seconds left.

The Y is offering wrestling for boys and girls grades 2-6 at the YMCA and at Hansen Elementary School in Cedar Falls beginning on Friday/Saturday, January 18/19.

Participants are paired with opponents of equal size for work on the different moves and skills of basic wrestling. All interested participants are invited to participate in the Annual Y's Men's Wrestling Tournament which will be held on Saturday, March 9.

Wrestling Clinic fees are \$6 for YMCA members and \$20 for the general public. To register, call the YMCA, 233-3531. Please be sure to specify a time and location shown below:

Friday night — YMCA

4:15-5:30 grades 2-4

5:30-6:45 grades 5-6

Saturday mornings — YMCA

9:00-10:15 grades 2-4

10:15-11:30 grades 5-6

Saturday mornings — Hansen School

9:00-10:15 grades 2-4

10:15-11:30 grades 5-6

Fabulous Fun Days Continue

School's out for Waterloo elementary students on both Fridays, Feb. 8 & 15. With not much going on at this time of year in the way of activities, why not come to the YMCA?

Boys and girls grade K-6 will have the opportunity to spend two fun-filled days with YMCA staff members enjoying activities at the YMCA and other locations in the community. Specific details about the daily programs will be available on February 1.

Fees for Fun Days are \$8 for members and \$12 for the general public. Register by calling the YMCA, 233-3531. All participants must bring a sack lunch. Bring your friends and join us for Fun Days!

Health and Fitness

YMCA to Offer Back Program

The Black Hawk County Family YMCA is going to be offering a class called "The Y's Way to a Healthy Back" beginning in February.

This program is specifically designed for those who suffer discomfort and pain in the lower back. Participants learn how to relieve back pain and nervous tension; increase flexibility and muscle strength. The class also serves as a good build-up for the beginners fitness program.

"The Y's Way to a Healthy Back" classes are taught by certified, specially trained instructors. The material presented in class was developed by medical specialists.

The new program will be offered on Tuesday and Thursday evenings at 5:30 p.m. For more information about the class, contact Tom Sekeres at the YMCA, 233-3531.



Fitness Assessments Available

If you didn't already know it, our YMCA 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.

This test is a great starting point for those who are interested in getting back into shape and are unsure of where to begin.

For the seasoned 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 \$10 per test. To arrange an appointment to have your analysis done, contact Tom Sekeres at the Y, 233-3531.



Blood Lipid Profiles

Tuesday, February 5, is the next date scheduled for blood lipid tests to be taken at the YMCA.

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

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

The profile, offered through Allen Memorial Hospital personnel, will be held from 6-8 a.m. and requires that those participating fast following the previous evening's meal.

The cost is \$15 for YMCA members and \$20 for the general public. A special "cholesterol only" test is available for \$5.

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



Holiday Classic Results

Congratulations are in order for the winners of the YMCA Holiday Classic Racquetball Tournament that was held on December 8.

The tournament was a single elimination tournament with a consolation round. All participants received a pair of YMCA shorts.

The winners were:

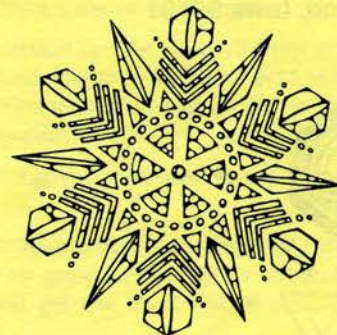
1st	Pat Prier
2nd	Jeff Grell
3rd	Mike Coulter
Consolation	Phil Varner

Family Biathlon

You still have about a month to train for the YMCA's 3rd Annual Family Biathlon, which will be held on Sunday, February 10.

This event has proven itself over the last two 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. 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.



Briefly . . .

- **Karate** has been expanded due to popular demand. Beginning Karate is now offered at 4:30 p.m., in addition to our regular 5:30 program.

- **Massage Therapy** will be offered at the YMCA beginning in February. See Tom Sekeres for more information.

- The **Racquetball Social** will continue on Tuesday nights beginning January 8. This offers you a chance to informally meet other YMCA racquetballers in a social setting. The social has a challenge format, courts are pre-reserved, cost is one punch or \$1 (free to unlimited players).

- **Drop-In fees** for fitness and karate classes are changing as of January 1. New one-time participation fees are \$1.50 for members and \$3 for the general public.

- **If you've moved** since joining the YMCA, please stop by the office and let us know your new address and phone number.

- Planning for the **7th Annual ISS-Y 8K Run** is underway. Runners and walkers interested in training might want to begin planning now. The tentative date is Saturday, May 19. Chris Champ will be the 1991 Race Director.

From the Heart

Believe it or not February is just around the corner and it's time for you to reserve your place at the YMCA Annual Appreciation Dinner. This year's dinner will be different than any other year. The dinner will be at the YMCA facilities on South Hackett and the evening's events will include dinner beginning promptly at 6, entertainment from 7-8, and a dance from 8-10.

Costs: \$15/per person

\$28/per couple

\$78/per table of six people

Please call 233-3531 by February 8 to reserve your ticket and to specify if you will be using the free child care services.

You won't want to miss the excitement, so invite your sweetheart to a night From the Heart!



Staff Announcements

Matt Cunningham is the new Camping Services Coordinator for the YMCA. Matt will be working on planning and operating the Y's summer day camp program. Matt will be supervised by David Phelps.

Catherine Kittrell is the new Membership Services Coordinator, replacing Denise Rossin. Catherine will be working with Julie Mitchell providing support to after-hour programming and YMCA statistical analysis.

Kraig Vry has been named to the position of Youth Sports Coordinator, filling the position vacated recently by Steve Jacobson. Kraig will be coordinating youth sports clinics and activities. Kraig will be working with David Phelps.



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