

# Y's CRACKER

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



## Y.M.C.A. IMPLEMENTS EMPLOYEE WELLNESS PROGRAM

Full time Y.M.C.A. employees and their spouses have undergone a comprehensive Wellness Program at Black Hawk County Family Y.M.C.A. The program, introduced by Michael Lubbe — Y.M.C.A. Outreach Director of Health Enhancement, is designed to make each employee become aware of his/her personal health habits and, if necessary, to provide healthy alternative behavior in order to enhance his/her lifestyle.

The Employee Wellness Program has three parts. Each employee, along with his/her spouse, participated in the following wellness assessments;

1. Computerized Health Risk Appraisal
2. Blood Lipid Profile
3. Physical Fitness Assessment

The Computerized Health Risk Appraisal is designed to illustrate how individual lifestyle affects the participants chances of avoiding the most common causes of death for persons of their age, sex, and race. Each participant completes a two page survey and receives a confidential computerized summary of the results and findings. The appraisal will list healthful recommendations when appropriate.

The Blood-Lipid Profile provides an analysis of the

employees various blood components. The profile includes an analysis of lipids, cholesterol levels, glucose and other components. Just like the Health Risk Appraisal, the Blood Lipid Profile provides a confidential summary of results to each employee. This information helps the participant understand the relationship between their diet and their health.

The Physical Fitness Assessment includes an evaluation of lower back and hamstring flexibility, cardiovascular endurance, and muscular endurance. The results of these tests are compared to others in like age groups and a fitness rating is given for each category.

When all three tests were completed, each employee was given an individualized exercise prescription. Employees will be reevaluated at a later date to check their progress.

The Y.M.C.A. will soon be offering similar Wellness Programs to its membership and corporate groups in the community. Stay tuned for further details!

## ATTENTION ALL Y.M.C.A. MEMBERS:



Wendy's Restaurants in the Waterloo/Cedar Falls area have offered to give all Y.M.C.A. members a 10% discount on all purchases throughout our membership campaign. (September 16th-October 18th). Simply present your Y.M.C.A. card before ordering at any of the metro Wendy's Restaurants. THANK YOU WENDYS!



## ANNUAL Y.M.C.A. MEMBERSHIP DRIVE UNDERWAY

Our Y.M.C.A. is going after 75,000 dollars worth of new and renewal members before October 18th. "That's the goal of this years campaign", states chairman Ric Parades.

Ric and about 20 other volunteers kicked off the membership drive at a 7:00 a.m. breakfast on September 16th. This year the campaign will include several membership incentives to get people to join. Each new family or adult member will receive the following benefits.

- 1.) One free 8 week class or program of their choice.
- 2.) One free week of racquetball play (7 hours).
- 3.) One free guest pass for a friend.
- 4.) A 10% discount on all Y.M.C.A. merchandise for 1 month after membership sign up.

The membership campaign will also offer a variety of membership discounts throughout the drive. These discounts include:

1. Senior citizens over 65 receive a 15% discount.
2. Ministers/Priests receive a 15% discount.
3. All corporations involved in the Corporate Membership Plan receive a 15% discount.
4. Five or more fitness center members from the same firm receive a 10% discount.
5. Any person who pays the membership fee in full by the end of the campaign will receive a 10% discount. Only 1 discount per person!

The campaign will continue through October 18th. Anyone wishing to take advantage of the membership campaign opportunities is urged to stop by the Y.M.C.A. for a tour or call the "Y" at 233-3531 for more information.



## FALL PROGRAM ENROLLMENT IS LOOKIN GOOD!

Our Y.M.C.A. Fall Programs kicked off Saturday, September 7th, with our Flag Football and Cheerleading Clinics. These were followed by the fitness, aquatic, and self defense classes which began on Monday, September 9th. The total number being served through our fall programs is 1240.

This does not include corporate fitness programs, facility rentals, Y-Indian Guides/Princesses, Splash and Dash (Day Care Outreach), or Jr. Leaders which will begin in early October. Estimated enrollment for these programs is 540 which gives us an estimated grand total of 1795 program participants. This compares with last years figure of 1404 program participants which makes a plus of 391 people we will be serving in Fall 1985.

As these figures indicate, the Y.M.C.A. is on the move in serving our communities needs. If you haven't participated in our programs before, visit and take part in a class and find out why more people each year become involved in the Family Y.M.C.A. of Black Hawk County.

## FROM THE EXECUTIVE'S CHAIR

*What makes the YMCA different than a health club? In some ways, the YMCA resembles the kind of commercial health club or "spa" that has become common in our area. Like the spas, we offer all types of exercise and training equipment and programs, from the very simple (such as barbells) to the very sophisticated (such as our Universal Gym and pro-star super sled). Like them we have a steam room, jacuzzi, swimming pools and jogging track.*

*So, what's the difference? Well some differences are obvious.*

**One is our facility.** Rare indeed is there a facility in our community that boasts an olympic and instructional swimming pool, six racquetball courts, double gymnasium, weight room, exercise room, gymnastics room, four locker rooms, game room, child care room, lounge area, multipurpose room and kitchenette.

**Another evident difference is the age of our members and participants** — ours start at three months old and top out not far from this side of the century mark.

**Still another difference is price** — Y memberships are generally less expensive and we cheerfully help those who can't afford to pay the full fee.

**Other's say it's the YMCA Staff that makes the difference.** From the front desk staff to the Executive Director, they have a dedication, a commitment to the YMCA, its goals, programs and members, that makes a difference.

**But the real differences go deeper** — as a YMCA member you're affiliated with an **ecumenical Christian organization with a long and proud history of community and world service.** An organization that has taught generations how to swim, has trained countless thousands in techniques of volunteerism, introduced hundreds of youth into camping, assisted parents to enjoy their children in club programs. Provided guidance and leadership development for young men and women for over a century, and has responded to human needs daily.

**YMCA is a happy place, sometimes a hectic place.** Some say it lacks the "class" of commercial health clubs. But we like it just the way it is. And we think you do, too!

*Thanks for caring and sharing!*

Jim Weaton

YMCA Executive Director



## MARY CHASE — NEW UNI STUDENT INTERN

Mary is Community Recreation major from Mason City. She graduated from Mason City High School in 1981 and then attended North Iowa Area Community College for two years. While in high school and Junior College, Mary worked at the Mason City Family YMCA and served in many capacities there.

Mary came to the University of Northern Iowa in 1983 and will graduate in December. While at UNI Mary has been active in the UNI Recreation Club and was a water exercise instructor for the UNI Wellness Program.

During her internship here, Mary will be involved in the Pre-School Gymnastics and Gym-Tots programs, the Flag Football Clinic, and will be teaching a Live Y'ers Class.



## TO PARK OR WHERE TO PARK; THAT IS THE QUESTION?

Just as the leaves turn from green to golden every fall and the birds fly south for the winter, so too does another phenomenon occur in Waterloo: There Is No Place To Park At The YMCA. This familiar phrase is heard every fall as once again the "Y" becomes the favorite hangout of young and old alike.

As more and more members begin to filter back to the "Y" to get back in shape after a lazy summer and program participants are arriving in full force, the parking lot is quickly filled. Some people drive around for a half an hour waiting for a spot to open.

The obvious solution to this problem would be to add on to the existing lot. But, with the cost of 40 parking spots approximately \$50,000 and the "Y" maintaining a \$1.2 million debt, that solution is impossible at this time.

After looking into this problem we can see several possible alternatives. The first is car pooling. It seems that many husbands and wives meet at the "Y" after work, but arrive in separate cars. If they could find a way to come to the "Y" together, this could be helpful. More than likely there are friends, neighbors and co-workers that meet at the "Y", if these people too could find a way to come in the same vehicle they could help alleviate the problem somewhat.

Finally, the "Y" has been exploring another alternative, that of having a shuttle service from a location near the "Y". A van would pick people up from this location and bring them to the front door of the "Y" approximately every 15 minutes.

As you see, we do recognize there is a parking problem and we are taking steps to alleviate it. So the next time you drive around the "Y" parking lot for a half an hour searching for that cherished parking spot remember: You're at the Y.M.C.A. so watch your language.

## BLACK HAWK COUNTY FAMILY Y.M.C.A.

### MEMBERSHIP HISTORY AND SUMMARY OF PARTICIPATION

If you've noticed an overcrowded parking lot and an increase in building usage this fall, you're not alone. Black Hawk County Family Y.M.C.A. has witnessed overwhelming growth in the past five years. The following paragraphs summarize the growth in membership from the downtown Y.M.C.A. facility to our beautiful complex on University Avenue and South Hackett.

Our Youth membership has grown an amazing 414% from the downtown facility to our present location. Adult memberships have increased 224%. Total membership during the final year in the old facility was 1321 members as compared to 3751 members on January 1st, 1985 in the new building.

Membership types and community participation has also changed face from building to building. Single adults composed 46% of our total membership in the old facility, while the same group comprises only 29% of our current membership population. The percentage of female memberships, youth memberships, and family memberships have all increased from the old building to the new.

Memberships from Cedar Falls residents have increased from 5% of the total membership in the old building to 25% of our current total membership. Waterloo residents dropped from 92% to 69% when comparing the final year of the old building membership to the January 1985 membership population.

Just as membership has dramatically risen, so has our program participation. During the past year the Y.M.C.A. has served over 3751 members, 5903 guests, 7309 program participants, and 1197 unemployed adults through a free program. On an average day the Y.M.C.A. will serve over 1000 people. Thanks to strong leadership from staff, volunteers, and the community of Black Hawk County, the Y.M.C.A. has grown and will continue to grow!

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## FITNESS CLASS OPEN HOUSE

Thirty-One participants helped kick off the Saturday morning fitness class here at the Y.M.C.A. All the Y.M.C.A. aerobic instructors took turns in teaching the class. After class there were drawings for door prizes: Judy Thayer and Chrisanne Duell each won a 2-Hour Child Care Card, Karen Pritchard won a golf kit donated by Control-O-Fax, Deb Hagge won an exercise mat, Stella Thomas won a Y.M.C.A. Centennial Camp bag, Connie LaRue won a Y.M.C.A. hat, Peg Bernard won a free haircut from the Cost Cutters, and all participants received a Y-Run towel donated by University Motors. Our next Open House is set for Saturday, October 26th. We may be changing time from 9:30 to 10:00 a.m. depending on class size. Please stop by the Front Desk or call if you have questions. We will know by Saturday, September 28th about the time change. The instructors will alternate the Saturdays mornings.



## NEW AQUATIC CLASSES FOR WINTER I SESSION (Nov.-Jan.)

The following classes will be offered beginning in November.

*Aqua Trim	8:30-9:30 a.m.	Mon-Wed-Fri
*Joint Mobility	11:00 a.m.	Mon-Wed-Fri
*Adult Lessons	9:30 a.m.	Tue & Thur
*Synchronized Swimming	4:00-5:30 p.m.	Friday
(Boys & girls fish level and above.)		
*Beginning Techniques to Competition	11:15	Saturday



Lap Swimming!	
Monday thru Friday	6:00-9:30 a.m.
Tuesday & Thursday	9:30-10:30 a.m.*
Monday thru Friday	10:30-11:30 a.m.*
	11:30-1:00 p.m.
	1:00-2:00 p.m.*
	3:30-4:00 p.m.*
	4:00-6:15 p.m.**
	6:15-7:00 p.m.
	7:00-8:00 p.m.*
	8:00-9:00 p.m.*
Saturday	8:00-9:00 a.m.
	9:00-Noon*
	12:00-4:45 p.m.*

\*Share pool with open swim.

\*\*Share pool with lessons.

## FITNESS CLASSES — STILL TIME TO JOIN

**EARLY BIRD FITNESS — M,W,F 6:30 a.m.**

For those who like to exercise in the early morning. This class is an aerobic/conditioning workout. Come join the fun and meet new friends.

**LIVE "Y"ers — M,W,F 8:30 a.m.**

A class designed for people 50 years old and better. The class is designed to stretch and condition muscles of the upper and lower body. This class does not have aerobics.

**FITNESS CONDITIONING — M,W,F 6:30 p.m.**

This class replaces the "Y's Way to physical fitness at night. It is a brand new class with new ideas. It is a great way to shape up, tone muscles and do aerobic exercises. Remember all fitness classes are open to both men and women.

**PRE-NATAL CLASS — You & Me Baby —**

M,W 5:30 p.m.

This class is designed for the expecting mother. It's a great way to stay in shape while you wait. This is a National Y.M.C.A. class led by a qualified instructor.

## Y.M.C.A. UPCOMING EVENTS

Fall Doubles Racquetball Tournament  
Youth Basketball Clinic  
Y.M.C.A. Wellness Screening Program  
Fall Handball Tournament  
Junior Leader Program

**DATE**  
October 18th  
Starts Nov. 2nd  
To Be Announced  
To Be Announced  
October 15th

**BLACK HAWK COUNTY FAMILY YMCA**  
669 SOUTH HACKETT ROAD  
WATERLOO, IOWA 50701

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