

SPIRIT MIND & BODY

January, 1992

Newsletter of the YMCA of Black Hawk County

Noon Fitness to be Offered

Beginning with our new session of fitness programs on January 13, the YMCA will offer a new fitness class during lunch hours. "Awesome Abs" will make its debut from 12:10 to 12:50 p.m. on Monday, Wednesday and Friday. Kori Dillon will be the instructor.

"Awesome Abs" will primarily focus on muscular endurance exercises designed to trim and tone the abdominal area. A shortened aerobic exercise session will also be included. For more information, or to register, call the YMCA, 233-3531.

Blood Lipid Profiles

Tuesday, February 11, is the next date scheduled for blood lipid tests to be taken at the YMCA.

Lipid tests include 23 different parameters: 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, 235-3531, to make an appointment for the screening.

Racquetball Lessons

Registrations are being taken for an upcoming session of Racquetball Lessons. The lessons are held on Tuesday nights beginning January 21 and run for four weeks.

Beginners are provided with an explanation and demonstration of racquetball rules, basic skills and safety tips.

The cost for lessons is \$15 for members and \$35 for the general public.

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 9.

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.

Fitness Assessments Available

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.

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.

YMCA to Offer Back Program

The Black Hawk County Family YMCA is offering "The Y's Way to a Healthy Back" program beginning January 14.

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.

Healthy Back 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.

From the Executive's Chair

Welcome to 1992! It really is exciting to be entering another year with the kind of enthusiasm and commitment that we have from our staff, our board of directors and you, our members. Thanks for your continued participation and support.

In my opinion, 1992 will be the year of "setting the vision" for our YMCA. A strategic planning document will be in place by May which will allow us to set that road map for continued success. We want to be a force for the future and with your help we will increase our opportunities to meet community concerns.

Three major thrusts will be:

Giving High Priority to Prevention. Our YMCA believes that providing programs that help youth and families succeed is more cost-effective than remedy-oriented strategies that offer help only after youth and families are in crisis.

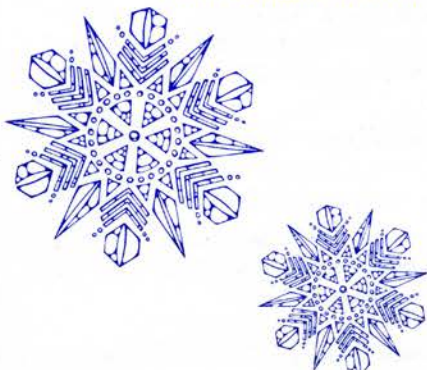
Being Open to Everyone. If youth from all neighborhoods can grow together, they will work together as adults to make this community strong. If you grow separately as youth, you will be separate as adults.

Community Collaboration. Our YMCA has and always will believe that fragmentation of services to youth and families is a major problem. We support the development of integrated, community-based strategies for serving children and families.

1992 — another ambitious agenda, another challenging year. I offer you the opportunity to again be a part of the action. Your experience will last you a lifetime. Yes, we are indeed at work for tomorrow — today! 1992 — You're looking good!

A parting thought: This is the beginning of a new year. God has given us this year to do with what we may. We may waste it or make some good use of it. For you see, we will give a year of our life for this year. When next year comes, this year will be gone forever. I hope we never regret the price we pay for each year of our lives.

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



The Great Basketball Shootoff

The University of Northern Iowa, Hardees, Pizza Hut, Pepsi, Image Pointe and the Family YMCA of Black Hawk County have joined forces to bring you the 1st Annual Great Basketball Shootoff.

This shootoff is being held to celebrate the 100th year of Basketball. Basketball was started at a YMCA in Springfield, MA by Dr. James Naismith, who was an employee of the YMCA at that time.

The shootoff will be held in the PEC located on the UNI campus during the day on Saturday, January 11. There is a \$10 registration fee for the event, which covers participation in the tournament, lunch, a shootout t-shirt, a ticket to the UNI vs. Illinois State basketball game held in the Dome that evening, and the fun and games to be held throughout the day.

Registration forms are available at the YMCA. You must complete the registration form and return it to the YMCA with payment in order to participate. Registration deadline is Monday, January 6.

Winter Racquetball League

Keep the edge on your game, play in the YMCA's Winter Racquetball League! League play begins Monday, January 13 and continues for eleven weeks.

Entry forms are available now. Our new, flexible format makes it easier to schedule matches. Registrations must be in by Wednesday, January 8.

The league fee is \$10. Look for entry forms at the YMCA front desk or the flyer rack in the YMCA lobby.

Registering before the deadline will help to assure your placement in the proper division and helps to prevent last minute squeezing.

For more information about the racquetball league, call the YMCA, 233-2531.

YMCA 2nd Season Basketball

The 1992 2nd Season Basketball Clinic is coming up on Friday nights, January 17 - March 6. This clinic is open to boys and girls in grades 3 - 6. Boys and girls will not be on the same teams.

Clinic practices will be held at the YMCA on the following days/times:

Boys and girls in grades 3 & 4	5:30 p.m.
Boys and girls in grades 5 & 6	6:30 p.m.

For more information or to register, call the YMCA, 233-3531.

Class Registration Information

Register by phone: 233-3531

WINTER 2 SESSION

(Regular six week session)

January 13 - February 22

Registration begins for —
YMCA members enrolled

in Winter 1 classes

YMCA members

General Public

Monday, January 6

Tuesday, January 7

Wednesday-Friday,
January 8-10

Six Week Fees for Romp & Stomp, Gymnastics, Dance and Aquatic Classes

	Member	General Public
1 time/week	\$ 8	\$16
2 times/week	\$12	\$24

Six Week Fees for Fitness Classes

	Member	General Public
2 times/week	\$16	\$34
3 times/week	\$18	\$36
4 times/week	\$22	\$38
5 times/week	\$24	\$40

Six Week Fees for Youth Karate

	Member	General Public
1 time/week	\$10	\$18
2 times/week	\$18	\$36

Six Week Fees for Adult Karate

	Member	General Public
1 time/week	\$15	\$25
2 times/week	\$25	\$42

YMCA WRESTLING CLINIC

The 1992 Wrestling Clinic will begin on Friday, January 17th for boys and girls in 2nd - 6th grades.

The clinic will be held on Friday nights at the YMCA and on Saturday mornings at both the YMCA and Hansen School in Cedar Falls.

Practices on Friday nights at the YMCA will be held at:

4:15 p.m.	Grades 2-4
5:30 p.m.	Grades 5 and 6

Practices on Saturday mornings at both locations will be held at:

9:00 a.m.	Grades 2-4
10:15 a.m.	Grades 5 and 6

The clinic will conclude on Saturday, March 7 with the Y's Men's Wrestling Tournament which is held annually for the youth in the Wrestling Clinic.

For more information or to register for the Wrestling Clinic, call the YMCA at 233-3531.

Youth Aquatics

Waterbabies

Mon. & Wed.	10:30 a.m., 5:45 p.m.
Tues. & Thurs.	6:45 p.m.
Sat.	10:30 a.m.

Tadpole I

M & W	9:30 a.m., 4:15 p.m., 6:15 p.m.
T & Th	10:00 a.m., 4:45 p.m., 7:15 p.m.
Sat.	9:30 a.m.

Tadpole II

Mon. & Wed.	10:00 a.m., 5:15 p.m.
Tues. & Thurs.	9:30 a.m., 4:15 p.m.
Sat.	9:00 a.m.

Tadpole III

Mon. & Wed.	9:00 a.m., 4:45 p.m.
Tues. & Thurs.	9:00 a.m., 5:15 p.m.
Sat.	10:00 a.m.

Polliwog I (small pool)

Tues.	10:30 a.m., 5:45 p.m., 7:45 p.m.
Thurs.	10:30 a.m., 5:45 p.m., 7:45 p.m.
Sat.	11:00 a.m.

Polliwog I (large pool)

Mon.	5:45 p.m.
Tues.	5:00 p.m.
Wed.	5:00 p.m.
Thurs.	4:15 p.m.
Sat.	10:30 a.m., 11:15 a.m.

Polliwog II

Mon.	4:15 p.m., 5:00 p.m.
Tues.	5:45 p.m.
Wed.	4:15 p.m., 5:45 p.m.
Thurs.	5:00 p.m., 5:45 p.m.
Sat.	9:00 a.m.

Guppy

Tues.	5:45 p.m.
Wed.	4:15 p.m., 5:00 p.m.
Thurs.	4:15 p.m.
Sat.	9:45 a.m.

Minnow I

Mon.	5:45 p.m.
Tues.	4:15 p.m.
Thurs.	5:00 p.m.
Sat.	9:00 a.m.

Minnow II

Mon.	5:00 p.m.
Tues.	4:15 p.m.
Thurs.	5:45 p.m.
Sat.	10:30 a.m.

Fish

Mon.	4:15 p.m.
Wed.	5:45 p.m.
Sat.	11:15 a.m.

Flying Fish

Tues.	5:00 p.m.
Sat.	9:45 a.m.

Shark

Tues.	5:45 p.m.
Thurs.	5:45 p.m.

Porpoise

Mon.	5:45 p.m.
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Synchronized Swimming

Fri.	4:15-5:45 p.m.
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Adult Aquatics

Adult Beginning Swimming

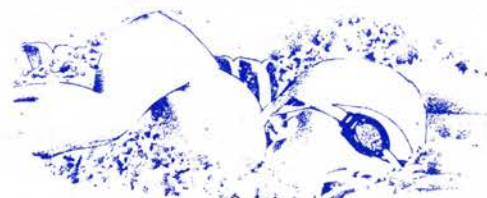
Tues.	11:15 a.m., 7:00 p.m.
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Adult Intermediate Swimming

Thurs.	7:00 p.m.
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Joint Mobility/Arthritis

M, W, F	10:30 a.m.
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Gymnastics and Dance

Gym Tots

Mon.	9:30 a.m.
Tues.	10:30 a.m., 4:15 p.m.
Thurs.	5:00 p.m.

Preschool Gymnastics

Mon.	10:30 a.m.
Tues.	9:30 a.m., 5:00 p.m.
Thurs.	4:15 p.m.

Youth Progressive Gymnastics (Beginning)

Tues.	5:45 p.m.
Fri.	5:00 p.m.
Sat.	9:00 a.m.

Youth Progressive Gymnastics (Intermediate)

Thurs.	5:45 p.m.
Fri.	6:00 p.m.
Sat.	10:00 a.m.

Youth Progressive Gymnastics (Advanced)

Fri.	7:00 p.m.
Sat.	11:00 a.m.

Beginning Ballet

Mon.	4:15 p.m.
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Ballet (Level 2)

Wed.	6:15 p.m.
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Beginning Jazz

Mon.	6:15 p.m.
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Jazz (Level 2)

Wed.	5:15 p.m.
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Popular Dance

Wed.	4:15 p.m.
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Tap

Mon.	5:15 p.m.
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Adult Dance

Mon.	7:15 p.m.
Wed.	7:15 p.m.



Aerobics/Health Enhancement

Y's Way to Aerobics

M, W, F	9:30 a.m.
Mon. & Wed.	5:30 p.m.

Free Style Aerobics

M, W, F	6:00 a.m.
Tues. & Thurs.	5:00 p.m.

Step Aerobics

Mon. & Wed.	10:40 a.m.
Tues. & Thurs.	5:30 p.m.

Live Y'ers

M, W, F	8:30 a.m.
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You & Me Baby

Mon. & Wed.	5:30 p.m.
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Hip & Tummy Trimmer

Tues. & Thurs.	10:40 a.m.
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Y's Way to Walking

Tues. & Thurs.	8:30 a.m.
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Water Exercise

M, W, F	7:30 a.m., 8:30 a.m., 9:30 a.m.
Tues. & Thurs.	9:30 a.m.
M, W, Th	6:30 p.m.

Jazzercise

Tues. & Thurs.	6:45 p.m.
Sat.	8:30 a.m.

Jazzercise Lite

Tues. & Thurs.	9:30 a.m.
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Awesome Abs

M, W, Th	12:10 p.m.
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Romp and Stomp
Tues. & Thurs.

9:30 a.m.

The Emblem of the YMCA Understanding its Intent

We thought you might be interested in understanding some of the information related to the YMCA emblem that you see here and there in our literature and as part of our shirt designs and so forth.

Intricate in detail, the classic and traditional "YMCA John emblem" is the basis for understanding the intent of the Young Men's Christian Association. This emblem is truly a sum of its parts.

The Double Circle — One circle is for the completeness and unity of the total life and cosmic order. The other is the symbol of the wedding ring, representing friendship and unending love.

Greek Letters — Chi Rio (X, P) the first two letters of the word Christos, and in themselves the symbol of early Christianity.

Two Triangles — One stands for the Holy Trinity — Father, Son and Holy Spirit. The other is the trinity of men: the spirit, mind and body.

The Bible — The gospel of John, 17th chapter, 21st verse. It's the foundation text and sets forth the unity of purpose of the membership. It reads: "That they may all be one even as thou, Father, art in me and I in Thee, that they also may be in us; that the world may believe that Thou didst send me."

Just as the YMCA is an integral part of so many communities, the emblem is a symbol of our beliefs.



Volunteers Needed

In 1844, the YMCA was founded as a volunteer based organization committed to the service of others.

As we approach our 157th year, we are seeing a greater need for volunteers than ever before. The YMCA is looking for numerous volunteers to help us provide the programs that we make available to the residents of Black Hawk County.

If you have skills you would like to share, please see one of the YMCA program staff. Some potential areas of volunteerism include aquatic programs, fitness classes, youth sports, Courtesy Center, office help, maintenance, and more.

And, volunteering is not limited to the above list. If you've got any new ideas, we'd like to hear from you. Give us a call.

Y's Way to Weight Management

This educational program begins on Tuesday, January 14. Weight Management is a ten week program, with a variety of topics presented including modification of eating behaviors, exercise habits and food choices. The class fee includes the cost of a textbook and before and after body composition testing. Classes are held Tuesdays from 10:45 a.m. - 12:00 p.m.

To register, call the Y, 233-3531.

School's Out Fun Days

It's not coming up for a while, but parents and kids who go to school in Cedar Falls should know that we are preparing for two big Fun Days to be held when school is out on Friday, February 7 and 14.

Fun Days include a wide variety of YMCA activities like gym games and swimming. All activities are well supervised.

Cost for Fun Days is \$8 for YMCA members and \$12 for the general public. Fun Days run from 8 a.m. to 5 p.m. both of those days.

Register for one or both by calling the YMCA, 233-3531.

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



**New Classes Begin
January 13
Members Register Jan. 7
See Inside for Details!**

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