

Y's CRACKER

December 1986

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



CHRISTMAS AND NEW YEAR HOLIDAY HOURS

The YMCA facility hours for Christmas are as follows:

Wednesday, December 24th (Christmas Eve) close at 6:00 PM

Thursday, December 25th (Christmas Day) closed ALL DAY

and for New Year's:

Wednesday, December 31st (New Year's Eve) close at 6:00 PM

Thursday, January 1st (New Year's Day) closed ALL DAY

Be sure to note the hours for the holidays and have a Merry Christmas and a Happy New Year!!!!

THE BEST GIFT OF ALL

This Christmas, like all others, we will ponder on how much money to spend on gifts, who to buy gifts for, how many to give our children, and when we will be able to pay off our bills for them. We will decorate a Christmas tree, go caroling, have parties, make lots of cookies and candy, and take children to visit Santa Claus.

With all these holiday traditions we tend to forget the meaning of Christmas. We may have forgotten God. The most celebrated event of Christmas and the Christian faith is the birth of one special baby — Jesus. Two thousand years ago when He was born there was no room for Him in the inn. Have we made room for Him in our lives today? We spend so much time with holiday traditions do we forget to “be still, and know that he is God”,?

Jesus Christ was born for us. His gift to us all year round is Himself. He has given His children an abundant life here on earth and eternal life in heaven. He is our source of sunshine, rain, food, shelter, clothing, and life itself. He has made us who we are.

Christ's best gift to mankind was Himself. He didn't give money, parties, or food. The best gift you can give this Christmas is yourself. Things you can take pictures of and purchase aren't lasting. You are. Give of your

time, your talents, your love. Christ's gift was himself. What will you give back to Him and others? Your commitment to Christ — the best gift of all.

CHRISTMAS VACATION TEEN DANCE

The YMCA is sponsoring a *Sock Hop for grades 7th thru 9th (School I.D.'s must be presented) on Saturday night December 27, 1986, from 8:00-11:00 p.m. in the YMCA gymnasium. Refreshments will be available. The dance will be chaperoned by YMCA professional staff, along with other adult leaders. The cost is \$2.00 for YMCA members and \$3.00 for Non-YMCA members.

The Professional D.J. unit, Soundtracks, will be providing the music and entertainment, complete with colored lights, special effects, 800 watts of the cleanest sound around, plus the largest selection of songs in this area to play all your requests.

*Note: Shoes are not allowed on the gym floor due to markings, dirt, snow, etc.

FROM THE EXECUTIVES CHAIR

This year of 1986 has certainly been a challenging one for all of us. As our community struggles to meet and keep pace with the changing times. I am encouraged to see the spirit of cooperation and willingness to work together to overcome these difficult times. We have certainly seen this evident here at the "Y".

As we look ahead to 1987, please remember that the "Y" is for all children and the children that used to be. As adults of our YMCA I would issue you a challenge to help us affect, mold and work with our children in a positive Christian environment so they too may become responsible adults.

May I share with you A DARE — YMCA Youth Work!

Dare not to do YMCA youth work — Unless you dare to commit yourself to it.

Dare not to commit yourself to YMCA youth work — Unless you dare to commit yourself to young persons.

Dare not to commit yourself to young persons — Unless you dare to risk yourself in encounter with them.

Dare not to risk yourself — Unless you dare to die.

In any honest encounter with young persons you may be shaken and shattered; what you are may die. Your wisdom may shrivel before their questions. Your assurance may tremble before their doubts. Your composure may crack before youth's excitement and your tranquility may fade before their energies.

But, Dare not these losses — Unless you dare their replacement.

Dare not to be a Christ-formed person — Unless you dare to be both brother leading and brother led.

Dare not to be brother leading and brother led — Unless you dare to help Christ save youth.

Dare not to help Christ save youth — Unless you dare to let youth help Christ save you.

There is one more thing I know. It is only when you are no longer afraid to die that you can say you are truly alive.

During this holiday season, may Jesus be truly "The reason for the season".

Jim Weaton

YMCA Executive Director

Y.M.C.A. AT THE MOVIES!

During Christmas break your Family "Y" will be showing movies for kids of all ages.* The movies will be shown from 11:30 AM to 1:00 PM with swimming available afterwards. The dates for the movies and open swim will be on December 26th, 29th, 30th, 31st, and January 2, 1987.

This is free for YMCA members and non-YMCA members may purchase a guest pass for \$2.00 per day.

COME AND JOIN IN ON THE FUN AT THE FAMILY YMCA!

*(Children under 7 years of age must be accompanied by an adult)

— FOR YOUR INFORMATION —

Your Family YMCA has expanded its family time hours. In addition to the successful "Family Sunday"

program, we NOW offer "Family Saturday". This program is held on Saturday evenings from 6:30 - 9:30 PM. This program just like our Family Sunday program is a great opportunity to spend time with your family without having to compete with other "Y" programs..

Family Saturday began on November 1st of this year and will continue through March 28, 1987. There is no additional charge for current Y.M.C.A. members and for any guest accompanied by a member may purchase a guest pass for a reduced fee of \$2.00 for adults and \$1.00 for youth.

In order for the Y.M.C.A. to continue the Saturday evening family time, it is necessary to have an average attendance of 30 participants or more. We feel this to be an important happening for the family unit, so take advantage of it and spend some precious time together.

YMCA YOUTH WRESTLING

For all future Dan Gables the YMCA wrestling clinic for boys in 2nd-6th grades will begin the week of January 19th. This eight week clinic will conclude on March 14th with the traditional tournament. Wrestlers will learn proper stance and techniques along with basic take downs, reversals, escapes and pinning combinations.

The clinic is offered on Saturday mornings at the YMCA and at Hansen Elementary in Cedar Falls and also Monday, Tuesday and Wednesday evenings at a time and site still to be determined.

Registration will begin in mid-December, the clinic fee is \$10.00 for YMCA members and \$18.00 for non-members.

GIRLS 5 ON 5 BASKETBALL CLINIC

A second clinic of girls 5 on 5 basketball will be held on Friday evenings beginning January 23rd, 3rd & 4th grade girls will meet at 5:30, 5th & 6th grade girls will meet at 6:30.

The clinic will include continued practice on basic basketball skills as well as game play. Clinic fee is \$10.00 for YMCA members and \$18.00 for non-YMCA members.

WHAT IS Y's WAY TO FITNESS?

First of all the class is open to men and women of any fitness level. It can help a beginner start to build up and for others to help maintain muscle endurance and stretching. The class stresses overall body conditioning. The aerobic part of class includes jump roping, biking, walking or jogging. The best part about the class is that it is free to YMCA members. Class meets Mon.-Wed.-Friday at 12:00 noon until 12:45 and Monday-Wednesday evenings 6:30-7:20 p.m. Non-YMCA members are welcomed for \$28.00 for two times a week and \$30.00 three times a week for an eight week session. If you are interested in the evening class please notify Nancy Winchip at 233-3531 Ext: 20. (We currently need 6 more people to have the class.) Please note that there will be a two week holiday break from all fitness classes starting December 21, 1986 thru January 3, 1987.

HOLIDAY GYM SCHEDULE

December 22, 1986 thru January 3, 1987

NORTH COURT — ADULT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-11:00 AM	Open	Open	Open	Closed	Open	Closed	
11:00-12:30 PM	*Open	Adult Basketball	Open	Closed	Open	7:00 AM	
12:30-1:30 PM	Volleyball	Open	Volleyball	Closed	Volleyball	Open	Open
1:30-5:00 PM	Open	Open	Open	Closed	Open	Challenge	1-5:00 PM
5:00-6:30 PM	*Challenge	Challenge	Challenge	Closed	Challenge	Until 4:45 PM	
6:30-9:45 PM	Open	Open	Close @ 6:00	Closed	Open til 8:45 PM		

SOUTH COURT — YOUTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-11:00 AM	Open	Open	Open	Closed	Open		
11:00-12:30 PM	Open	Adult Basketball	Open	Closed	Open	7:00 AM	
12:30-1:30 PM	Open	Open	Open	Closed	Open	Open Until	Open
1:30-9:45 PM	Open	Open	Close @ 6 PM	Closed	Open til 8:45 PM	4:45 PM	1-5:00

Open — No full court, half court is okay

Challenge — Full court games by 1 until 10 points are scored, win by one. Winners can only play 2 consecutive games. When more than 10 waiting, 10 new people play next game. No dunking or hanging on rim or nets. No black soled shoes.

Adult Basketball — Is for person with college or adult memberships.

UPDATED LARGE POOL SCHEDULE DECEMBER 1, 1986 - JUNE 1, 1987

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00- 8:00 AM	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Closed	Closed
8:00- 9:30 AM	Adult Lap & Aqua Trim	Adult Lap	Adult Lap & Aqua Trim	Adult Lap	Adult Lap & Aqua Trim	Adult Lap	
9:30-10:30 AM	Aqua Trim	Open	Aqua Trim	Open	Aqua Trim	Youth Lessons	
10:30-11:30 AM	Open	Open	Open	Open	Open	*9:00-Noon	
11:30- 1:00 PM	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap Noon-1:00 p.m.	
1:00- 4:00 PM	Open	Open	Open	Open	Open	Open 1:00-4:45 p.m.	**Family Swim
4:00- 6:10 PM	*Lessons	*Lessons	*Lessons	*Lessons	Open & Lessons		1:00-4:45 p.m.
6:10- 7:00 PM	Aqua Trim Adult Lap	Aqua Trim Adult Lap	Open	Aqua Trim Adult Lap	Open		
7:00- 8:00 PM	Open	Adult Lessons Open	Open	Adult Lessons Open	Open		
8:00- 8:30 PM	Open	Open	Open	Open	Open		
8:30- 9:45 PM	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Closed		

Schedule is subject to change with two week notice.

At least two lap lanes will be available during OPEN Swim.

*One Adult Lap Lane will be available during youth lessons.

On Mon-Wed-Fri Joint Mobility will use one lane 10:30-11:30 a.m.

**Family Swim November 2, 1986 to March 29, 1987.

No aquatic classes December 22-27th.

SMALL POOL SCHEUDLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00- 8:00 AM	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8:00- 9:00 AM	Open	Open	Open	Open	Open	Closed	
9:00-11:30 AM	Lessons	Lessons	Lessons	Lessons	Lessons	Youth Lessons	
11:30- 1:00 PM	Open	Open 12:00-1:00	Open	Open	Open	9:00-Noon	
1:00- 3:00 PM	Open	Lessons	Open	Lessons	Open	Open Swim	**Family Swim
3:00- 4:00 PM	Open	Open	Open	Open	Open	12:00-4:45 p.m.	1:00-4:45 p.m.
4:00- 6:10 PM	Lessons	Lessons	Lessons	Lessons	Open		
6:10- 8:00 PM	Open	Lessons	Open	Lessons	Open		
8:00- 9:00 PM	Open	Open	Open	Open	Open		

YMCA YOUTH SPORTS — A Learning Experience

Y.M.C.A. Youth Sports are unique from all other organizations youth sports programs. As parents, coaches and participants it is imperative that you understand the philosophy and objectives of the Black Hawk County Family Y.M.C.A. Youth Sports programs.

The Y.M.C.A. doesn't intend to develop future professionals, but instead wishes to develop character, sportsmanship, fitness and safe play. In all of our clinics we stress the non-competitive aspects of sports. We try to make it clear to the participants that winning the contest, especially at this age level (3rd-6th grade), is not as important as trying your best and having fun. Winning can be fun and exciting; it is one of the objectives of the game, but winning must be kept in perspective. Some people may disagree but one can actually win by losing: When things don't turn out as you would like them to, or if you make a mistake and suffer a loss because of it, it need not be a total loss if you learn from it. In other words, the experience gained from a defeat can be valuable. It can make us wiser, more compassionate, more experienced and better than we were before. It also makes the loss easier to bear.

To strengthen this ideal, all of the participants are required to play in at least half of every contest, regardless of physical ability or skill level. In some of our clinic contests we don't keep scores. Too many people get caught up in scores. When a score is kept, the game immediately gains an aura of competitiveness; the following parable illustrates this point perfectly:

In the beginning there wasn't just one or two people; there were a bunch of us. The creator wanted us to have a lot of fun and said you can't really have fun unless there's a whole gang of you. So we were all put in this sort of playground garden and told to enjoy.

At first we did have fun just like expected. We played all the time. We rolled down hills, waded in streams, climbed the trees, swung on the vines, ran in the meadows, frolicked in the woods, hid in the forest, and acted silly. We sure laughed a lot.

Then one day this snake told us that we weren't having real fun because we weren't keeping score. Back then, we didn't know what score was. When he explained it, we still couldn't see the fun. But he said that we should give an apple to the person who was best at playing and we'd never know who was best unless we kept score. We could all see the fun of that. We were all sure we were best.

It was different after that. We yelled a lot. We swore. We had to make up new scoring rules for most of the games we played. Other games, like frolicking, we stopped playing because they were too hard to score. By the time the creator found out about our new fun, we were spending about forty-five minutes a day in actual playing and the rest of the time working out the score. We were told that we couldn't use the garden anymore because we weren't having any fun. We said we were having lots of fun and we were. There was no need to get so upset just because it wasn't exactly the kind of fun we were supposed to have.

We were kicked out of the garden and told we couldn't come back until we stopped keeping score. To rub it in we were told we were going to die anyway and our scores wouldn't mean anything.

Was that ever wrong! My cumulative all games score

is now 16,548 and that means a lot to me. If I can raise it to 20,000 before I die I'll know I've accomplished something. Even if I can't, my life has a great deal of meaning because I've taught my children to score high and they'll all be able to reach 20,000 or even 30,000 I know.

Really, it was life in the garden that didn't mean anything. Fun is great in its place, but without scoring there's no reason for it. I'm glad my children are being raised away from a very superficial view of life. We were lucky to get out. We're all very grateful to the snake.

For the young people participating in our clinics to learn and believe in the Y.M.C.A. philosophy, the parents and coaches must first believe it. So when you attend one of the practices or games please evaluate your reasons for being there. Is it to see how bad your child's team can beat the other team or is it to watch your children having fun while learning a sport and learning that trying your best is all that matters.

IT'S LATE NIGHT WITH THE Y SURFERS

Swimmers, this is for you! We are extending the hours of lap swimming to anyone 23 years or older who would like to work out in a team or club atmosphere.

Drop by any time between 8:30 p.m. and 9:45 p.m. Monday through Thursday. There will be 3 separate work outs to choose from ranging from 1500 yards to 3500 yards. You may swim any of these work outs or your own work out. The best thing about this is that it is totally free to Y members; non-members may come and pay as a guest.

A guard will be on duty at all times. A coach will be available a couple times a month to help with strokes and turns, and once a month we will video tape your swimming so you can critique yourself.

Please come and join us. It is for anyone who likes to swim laps, master swimmers, ex-high school and college athletes, and triathletes who like to cycle, surf, and turf!

If we can get the "wishbone"
to help bring his or her wishes
forward to become reality and break
the jawbone of its negative ways
then we have accomplished what
Christ has called us to do.

HOW FIT ARE YOU?

You have been attending Physical Fitness Classes at the Black Hawk County Family YMCA for weeks, months, or years. What have they done for you?

The YMCA considers flexibility, muscular strength and endurance, and cardio-vascular efficiency as the foundation of total fitness.

To evaluate your level of total fitness Black Hawk County Family YMCA offers a battery of tests to determine a person's present aerobic endurance, muscular endurance, flexibility, and body composition (% fat). Although **not** a stress test, the results of this submaximum test will indicate your present level of fitness, where you rank with others your age and provide you with guidelines for exercise, using the target pulse rate method.

Physical Fitness Evaluations are offered on Wednesday and Thursdays beginning at 8:00 AM. Call Nancy Winchip, Director of Health Enhancement for an appointment. The fee is \$10.00 for YMCA members and \$15.00 for non-YMCA members. Evening appointments also available.

FOR YOUR HEALTH CAFFEINE COUNTDOWN

Drinking 4-5 cups of brewed coffee or 10-12 cups of instant coffee per day may cause headaches, sleep disturbance, rapid heart rate, anxiety, upset stomach, or depression. Even lesser amounts can increase your risk for osteoporosis and anemia.

To check your own caffeine consumption, look at the list below and circle the number of caffeine-containing items you consume in one day. Multiply by the amount of caffeine per serving, then add to get the total. If it's more than 250 to 300 milligrams, you may want to try cutting back.

CAFFEINE COUNTDOWN

Source of Caffeine	Amount of Caffeine per Serving 200 milligrams
1 Dexatrim	
6 ounces automatic drip coffee	180 mg
6 ounces automatic perk coffee	125 mg
1 NoDoz	100 mg
6 ounces instant coffee	75 mg
6 ounces hot tea	65 mg
12 ounces regular cola	45 mg
2 ounces chocolate candy	45 mg
1 ounce baking chocolate	45 mg
1 Anacin	35 mg
1 Midol	30 mg
1 Corlicidin	30 mg
2 ounces milk chocolate	10 mg
6 ounces decaffeinated coffee	5 mg
12 ounces diet cola	5 mg

*Source: "The Health Effects of Caffeine," Issued by the American Council on Science and Health in January 1983.

"ROCKING" NEW YEARS EVE PARTY — OVERNIGHT

Why should mom and dad have all the fun on New Years Eve? Well, here's your opportunity! This will be our 5th Annual "Rockin" New Years Eve party for any boy or girl in the 1st through 6th grade.

Activities will be planned throughout the evening in the gym, pool, game room and gymnastics room. The new year will be brought in with surprises, party hats, and noise makers. The YMCA will provide snacks, a movie, and breakfast.

Children need to bring a sleeping bag, swimsuit, towel, gym clothes, and tennis shoes (other than those worn into the building.) The PARTY begins at 8 p.m. sharp (the doors will be locked at 9:00 p.m.) Wednesday, December 31, 1986. Children must be picked up by 8:30 a.m. the morning of January 1, 1987.

FEE:

Members	Non-Members
\$8.00 1st child	\$12.00
\$7.00 2nd child (same family)	\$10.00
\$6.00 3rd child (same family)	\$ 8.00

Registration: Members-December 8-17th

Non-Members-December 18-27th

CHILD CARE CORNER

Notice of new hours:

Please note that the child care room will remain open until 12:00 noon Monday through Friday mornings.

Morning hours are as follows:

Mon.-Wed.-Fri.	8:30 - noon
Tue.-Thur.	9:00 - noon

A new addition in evening hours will be two Fridays a month for a trial basis. The child care room will be open at 5:00 PM-8:45 PM on December 5th and December 19th.

Regular evening hours are as follows:

Mon.-Wed.	4:30 - 8:00 PM
Tue.-Thur.	5:00 - 8:00 PM

*Times are subject to change due to usage and there will be a two week notice posted.

FEES

*YMCA member	\$1.00/hr. 1st child
	.50/hr. for each additional child
Non-member	\$1.50/hr. 1st child
	.75/hr. for each additional child

*Child care is free to current YMCA Fitness Center members.

SWIMMING MAKE-UP LESSONS

Swimming lessons in the large pool were cancelled Monday through Wednesday November 24 to 26 due to a malfunction in the pool. A leak sprung in the mechanical room and got into the motor and burnt it out.

Lessons are rescheduled for December 29th to the 31st, at the usual times and days. Advance Aqua Trim will be made up Tues., December 23rd.

COLORING CONTEST WINNERS:

Winners of the coloring contest for Halloween are as follows: 5-6 year old — Casey Jacobi; 4 year old — Molly Charlie; 3 year old — Michael Landau and 2 year old — Rachael Thayer. Congratulations to the winners and to all the participated in the contest!

WELCOME, NEW YMCA MEMBERS

On behalf of the Family YMCA we would like to welcome you into our YMCA Membership.

Jack Bullock Family
Larry Gross
Joyce Kohn
Mr. & Mrs. Tom Lakin
Alan Brandhorst Family
Leanne Smith
Thomas Hoag & Family
Annette Refle
Chris Wetlaufer
Teri Winkey
James Lown
John Reardon
Robert Rees
Aaron Moore
Paul L. Moore
Bruce Rhode
Miriam Rodby
Regina Garcia
Mark Morfitt
Alison McNeal
Deborah Niffenegger
George Suppes & Family
Mr. & Mrs. Lavern Hanus
Mr. & Mrs. John Hines
Mark Mahler
Kayla Wente
Dale Boeke Family
Glenda Ingram
Eric Koble
Roger Mott
Ron Pint
Mark Steffes
Randy Bixby
Lindell Jackson
Mary Jennings
Dennis Lee
Danielle Selip
Shana & Sonya Brintnall
Daid Coppock
Steve Gray
Lori Purcell
Jeffrey Wagner
Steve Bammert
Shannon Barth
Marc Dunmire
Michael Elmrose
Adam Etringer
Jennie Etringer
David Holm
Beth Hopkins

Angela Klein
Michael Meehan
Mike Nedoba
Steve Novak
James Oberlie & Family
Dennis Strasser
Joe Weekley
Mr. & Mrs. Kevin Boldt
Tyler Brandel
James Crabbe
Nick Davis
Roger Elsberry
Todd Fisher
Brenda Roed
Daniel Frazier
Cathlyn Garrett
Terry Kezar & Family
Norman Kitchen
Eric Alanis
Marlene Bradfield
Shari Dykemann
Heidi Harris
Wade Henning
Mike Jenn
Jody McCombs
Martha Berda
Chris Schumacher
Hal Wilson
Kathye Bedard
Joy Christensen
Thomas Davenport
Marc Davis
Bryce Dengler
Renee Dunakey
Bradley Hawn
Steve Hellman
Loren Meyer
David McCullough, Jr.
Edward McIlhon & Family
Mark Oleson & Family
Mr. & Mrs. Brad Phipps
Theresa Prier
Mr. & Mrs. Matthew Roach
Robert Robinson
Craig Roby
Rosemary Wilson
Mr. & Mrs. Larry Bantz
Diedre Deines
Joseph Heiple & Family
Ronald Johnson & Family

Vicki Jones & Family
Michael Krall
Bruce Peterson
Nancy Simon
Jolene Vinson
David & Marcia Willis
Robert Baldoni
Larry Berglund
Kay Covington
Michael Kemming
Richard Klemensen
John Sanem Family
Jim Smith
Jim Stockburger
Pat Stoutner
Mr. & Mrs. Jeff Witt
Robert Harang & Family
Shirley Nielsen & Family
James Coil
Toni Gorman
Gloria Mueller
Lori Zakostelecky
Jose Carlos Aquire
John Burckhardt
Chris Graves
Nancy Lawless
Larry Steffens & Family
Karen Weber
Paul Wettestad
Ruth White
Lani Witham
Sunny Witham
Glen Hepker
Thomas Mixdorf
Dorothy Petersen
Craig Rogers
Vikki Schwinke
Nathan Tarr
Mr. & Mrs. Roger Gast
Jane Harris
Larry McNamara
John Netty, II
Kendra Sprain
Steve Barkdoll
David Price
Keith Sandvold
Chris Vollbrecht
Marcia Woods
Susan Crouse
Jene Farrell

Mr. & Mrs. Troy Lee
Coral MacKenzie
Lynn Muller
Carol Roberts & Family
Daniel Fosselman
Kortney Guild
Eric & Jason Hansen
Pamela Hanke
Dave Strickler
Thomas Wells
Rhett & Carrie Bandfield
Mr. & Mrs. Terry Hoath
Matt Nickel
Jamie Wilson

BLACK HAWK COUNTY FAMILY YMCA
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