

"The YMCA is gearing up for Summer!"

Summer Program Edition 1991
Black Hawk County Family YMCA
669 South Hackett
Waterloo, Iowa 50701
(319) 233-3531

Get Ready!

There's a lot going on at the YMCA this summer! Something for everyone! Whether you just want to come in for a swim, walk or run on our air-conditioned track (you still might sweat), or play some racquetball, we encourage you to stay in shape and enjoy the season.

If you're interested in taking classes, note our class registration and session dates.

One additional reminder, Facility Enhancement Week will be August 17-24. For newer members, this is our annual shut-down, tear-apart and repair week. The YMCA is closed **all week** this week.

Please be in contact with us here at the Y if we can be of service. Our first goal is in serving you — our members.

Special offerings in May

The YMCA is participating in celebrating National Fitness Month during the month of May. The Y is offering special health enhancement opportunities during the week of May 6-10. Mark your calendar!

Monday, May 6	Body fat testing 5-7 p.m., with skinfold calipers, \$1, no pre-registration required.
Tuesday, May 7	Blood lipid testing 6-8 a.m., see article.
Wednesday, May 8	Red Cross Blood Pressure Screening and Cholesterol Check. 11:30 a.m.-1:30 p.m., BP screening free, cholesterol check \$5, no pre-registration required.
Thursday, May 9	Body fat testing 11 a.m.-1 p.m., see above.
Friday, May 10	Youth fitness tests 4-6 p.m., ages 5-12, \$4, no pre-registration.

Blood Lipid Profiles

Tuesday, May 7 from 6-8 a.m. is the next time that blood lipid tests will be offered at the YMCA.

The tests include 23 different parameters including cholesterol, glucose, triglycerides, uric acid, all electrolytes and more. Each participant receives a computer print-out of the results.

Having a blood lipid profile done is important because the results give pertinent information regarding proper functioning of the kidneys, liver, coronary arteries and also diabetic indications.

The profile is offered through Allen Memorial Hospital personnel at the YMCA. Those participating must fast following the previous evening's meal (please skip breakfast prior to the test).

The cost is \$15 for YMCA members and \$20 for the general public.

A special "cholesterol only" test is available for \$5.

To make an appointment for the screening, call the YMCA 233-3531.



Healthy Bake Sale May 16 & 17

In conjunction with May being National Fitness Month, the YMCA Health Enhancement Department will be having a healthy bake sale in the lobby at the YMCA on May 16 & 17.

We welcome donations of healthy snacks and baked goods to sell. For more information call the YMCA, 233-3531.

Aquatics, Gymnastics and Dance Registration Information

To insure fairness to YMCA members and class participants, a priority system of registration exists. The dates listed below are the dates that members and general public are welcome to sign up.

Session 1 — June 10-June 21

Office hours 9 a.m.-5 p.m.

YMCA members enrolled in spring session Monday, June 3

YMCA members Tuesday, June 4

General Public Wednesday-Friday, June 5-7

Session 2 — June 24-July 5

(July 4 classes made-up on Friday, June 28)

YMCA members enrolled in Summer 1 Thursday, June 20

9 a.m.-Noon

YMCA members Thursday, June 20, 1-5 p.m.

General Public Friday, June 21, 9 a.m.-5 p.m.

Session 3 — July 8-July 19

YMCA members enrolled in Summer 2 Wednesday, July 3

9 a.m.-Noon

YMCA members Wednesday, July 3, 1-5 p.m.

General Public Friday, July 5, 9 a.m.-5 p.m.

Session 4 — July 22-August 2

YMCA members enrolled in Summer 3 Thursday, July 18
9 a.m.-Noon

YMCA members Thursday, July 18, 1-5 p.m.

General Public Friday, July 19, 9 a.m.-5 p.m.

Session 5 — August 5, August 9

End of Summer — Half Price Special!!! Only four days of classes!

YMCA members enrolled in Summer 4 Thursday, August 1

9 a.m.-Noon

YMCA members Thursday, August 1, 1-5 p.m.

General Public Friday, August 2, 9 a.m.-5 p.m.

Aquatics, Gymnastics and Dance Class Fees

Members		General Public
\$9	first child*	\$26
\$8	second child*	\$24
\$7	third child*	\$22

*same family

Swim Class Offerings

Waterbabies and Tadpole classes fun for a half-hour, all other classes are 45 minutes.

Weekday Morning Lessons

Every day, Monday through Thursday mornings.

Waterbabies	10 a.m.
Tadpole 1	9:30, 10, 10:30 a.m.
Tadpole 2	9:30, 10:30 a.m.
Tadpole 3	9 a.m.
Polliwog 1 (Small Pool)	11 a.m.
Polliwog 1 (Large Pool)	9, 9:45, 10:30 a.m.
Polliwog 2	9:45, 10:30 a.m.
Guppy	9, 11:15 a.m.
Minnow 1	9, 11:15 a.m.
Minnow 2	9:45 a.m.
Fish	10:30 a.m.
Flying Fish	11:15 a.m.

To register for a morning swim lesson, consult information in the aquatics, gymnastics, and dance registration information section of this newsletter.

Adult Swimming Lessons

Spend some quality time improving your swimming skills or just learning how to swim. The YMCA wants to invite you to come on in and cool off!

Adults swimming lessons are held Monday and Wednesday evenings, 5:30-6:15, for four weeks. Classes start during Sessions 1 and 3 (as shown in the registration section). Class dates are June 10-July 5 (Session 1-2) and July 8-August 2 (Session 3-4).

Lessons cost \$9 for YMCA Members and \$26 for the general public. To register, consult information in the aquatics, gymnastics, and dance registration information section of this newsletter.

Weekday Evening Classes

The following evening classes meet two times a week for four weeks. Classes start during Session 1 and 3 (as shown in the registration section). Class dates are June 10-July 5 (Session 1-2) and July 8-August 2 (Session 3-4).

Monday-Wednesday Classes

Waterbabies	5 p.m.
Tadpole 1	5:30, 6 p.m.
Tadpole 2	6, 6:30 p.m.
Tadpole 3	5:30 p.m.
Polliwog 1 (Small Pool)	6:30 p.m.

Tuesday-Thursday Classes

Polliwog 1 (Large Pool)	4:15, 5 p.m.
Polliwog 2	5, 5:45 p.m.
Guppy	4:15 p.m.
Minnow 1	5:45 p.m.
Minnow 2	4:15 p.m.
Fish	5 p.m.
Flying Fish	5:45 p.m.
Shark	5 p.m.
Porpoise	5:45 p.m.



Some of the Shark and Porpoise classes are held off YMCA property to allow for expanded instruction.

To register for any of the evening aquatic classes, consult the aquatics, gymnastics, and dance class registration information section of this newsletter.

Joint Mobility

The YMCA is proud to offer a joint mobility/arthritis class designed to help participants improve joint flexibility and range of motion.

Classes meet Monday, Wednesday, and Friday mornings at 10:30. Fees are \$9 for members and \$26 for the general public. Classes meet from June 10-August 2.

Gymnastics

Choose to attend sessions held twice a week for four weeks or once a week for eight weeks.

Four weeks classes start during Sessions 1 and 3 (as shown in the registration section). Class dates are June 10-July 5 (Session 1-2) and July 8-August 2 (Session 3-4) for four week sessions or June 10-August 2 (Session 1-4) for the eight week session.

Gym Tots

Children, ages 3-4, have the opportunity to improve balance, coordination, flexibility and other movement related skills in Y Gym Tots. The class is also designed to aid in social development and in listening to directions.

Gym Tots includes basic motor movements, tumbling, introductory gymnastic activities and games.

Classes are held:

Monday and Wednesdays	9:30 a.m. (four weeks)
Tuesday and Thursdays	10:15 a.m. (four weeks)
Thursdays	4:15 p.m. (eight weeks)

Preschool Gymnastics

Introductory gymnastic activities for boys and girls ages 4-5. Students work on tumbling, balance, coordination and flexibility.

Classes are held:

Monday and Wednesdays	10:15 a.m. (four weeks)
Tuesday and Thursdays	9:30 a.m. (four weeks)
Thursdays	5:00 p.m. (eight weeks)

Beginner Gymnastics

For boys and girls, 6 years of age and up. Class includes tumbling, beam activities, coordination, flexibility and some floor routines.

Classes are held:

Monday and Wednesdays	11:00 a.m. (four weeks)
Tuesday	4:15 p.m. (eight weeks)
Fridays	6:00 p.m. (eight weeks)

Intermediate Gymnastics

For boys and girls, ages 6 and up who have passed Beginner Gymnastics or who have previous comparable gymnastic experience. Continuation of work on gymnastic skills.

Classes are held:

Tuesdays and Thursdays	11:00 a.m. (four weeks)
Tuesday	5:00 p.m. (four weeks)
Fridays	5:15 p.m. (eight weeks)

Advanced Gymnastics

For boys and girls, ages 6 and up who have passed Intermediate Gymnastics or who have previous comparable gymnastic experience. Continuation of work on gymnastic skills.

Classes are held:

Tuesdays and Thursdays	5:45 p.m. (four weeks)
Fridays	4:30 p.m. (eight weeks)

Dance

The following classes meet for eight weeks. Classes start during Session 1 (as shown in the registration section). Class date are June 10-August 2 (Session 1-4).

Ballet

For boys and girls, ages 7-15. The basics of ballet tradition. Exercise at the barre, learning the five positions, basic steps and floor combinations. Care of the body and some history of ballet will also be covered.

Class is held:

Level 1 — Monday
Level 2 — Wednesday



4:15 p.m.
6:30 p.m.

Jazz

For boys and girls, ages 7-15. The basics of jazz dancing: warm ups, dance movements, posture and alignment. This class also covers body position, locomotor movements, turns, jumps and body isolations.

This class also covers beat, tempo, meter and care of the dancer's body.

Class is held:

Level 1 — Monday
Level 2 — Wednesday

5:45 p.m.
5:00 p.m.

Modern Dance

For boys and girls, ages 7-15. An introduction of modern dance. Information and awareness regarding the tradition of modern dance and its application to performance. Also covered: flexibility, endurance and achievement of good alignment.

Class is held:

Level 1 — Monday
Level 2 — Wednesday

5:00 p.m.
4:15 p.m.

Adult Dance Class

A combination of jazz, modern and ballet. Class participants (ages 16 and up) will work on coordination and flexibility.

Class is held:

Monday
Wednesday

6:30 p.m.
5:45 p.m.

To register, stop by or call the YMCA, 233-3531.

Aquatics, Gymnastics, and Dance Class Fees

Members		General Public
\$9	first child*	\$26
\$8	second child*	\$24
\$7	third child*	\$22

*same family

Health Enhancement

Summer Fitness Classes

All YMCA summer fitness classes will run for **nine weeks** from the week of June 10 through the week of August 10.

Fitness Class Fees

	Members	Public	Sixty & Better
2 times/week	\$18	\$36	\$26
3 times/week	\$20	\$38	\$28
4 times/week	\$22	\$40	\$30
5 times/week	\$24	\$42	\$32

(prices are for a nine week session, week of June 10 through the week of August 10).

Y's Way to Fitness
Mon-Tues-Wed-Thurs-Fri 6 a.m.

Y's Way to Aerobics
Mon-Wed-Fri 9:15 a.m.
Mon-Wed 5:30 p.m.
Tues-Thurs 5 p.m.

Step Aerobics
Mon-Wed 10:00 a.m.
Tues-Thurs 6:00 p.m.

Live Y'ers
Mon-Wed-Fri 8:15 a.m.

Hip & Tummy
Tues-Thurs 10:15 a.m.

Weekend Workout
Sat 9:00 a.m.

You & Me, Baby
Mon-Wed 5:30 p.m.

Y's Way to a Healthy Back
Tues-Thurs Noon
(six weeks only through July 23)

Y's Way to Water Exercise
Mon-Wed-Fri 7:00 a.m. or 8:00 a.m.
Mon-Wed 6:15 p.m.
Thurs 6:30 p.m.



Y's Way to Strength Training

Learn the proper techniques and uses of strength training while working one-on-one with an instructor. Class participants will use both the Nautilus and Universal weight equipment.

The classes will be held for one hour twice a week for six weeks, Tuesdays and Thursdays, June 11-July 23, at either 9:30 a.m. or 6 p.m.

The fee for Y's Way to Strength Training is \$15 for members and \$25 for the general public. Register at the YMCA Welcome Center or by calling 233-3531.



Racquetball Leagues

The YMCA's summer racquetball league will be offered for nine weeks this summer, starting the week of June 10. Times for the various divisions will be posted in May.

The league is open to both members and the general public. League fees cover hourly court costs.

Members	General Public
\$6	\$22

Youth Racquetball Lessons

Rules, fundamental skills and safety tips are some of the key components offered in our racquetball lessons geared for the beginner.

Lessons are open to members and non-members and will be held on Monday and Wednesday afternoons from 4:30-5:30 p.m.

These lessons will be held the first four weeks of the summer only.

Fees are \$6 for members and \$20 for the general public. Equipment is provided by the YMCA.

Nautilus Center Notes

The YMCA Nautilus Center is open to schools or groups at a reduced rate. For more information contact Tom Sekeres at the YMCA, 233-3531.

Nautilus Summer Special

Take advantage of these super summer rates for the use of Nautilus strength training equipment and keep your "total fitness program" on track through the summer.

This offer is good June 1-September 1.

	Members	General Public
Youth	\$10	\$24
Adult	\$20	\$36
Family	\$30	\$52

Youth Sports Department

To Register for a Clinic

You may register by phone (233-3531) or in person for the clinics listed below. Fees for all youth sports clinics are \$6 for YMCA members and \$20 for the general public.

T-Ball Clinics

The YMCA is offering T-Ball I and II clinics again this summer. The clinics meet on Tuesdays and Thursdays at 4:30 p.m. Throwing, catching, fielding and batting are a few of the skills your K-2nd grader will learn. The clinic schedule has the children practicing for the first four clinic dates and will then have four games. Clinic sites for Waterloo are Devonshire, Castle Hill and the YMCA. Cedar Falls sites are Orchard Hill and Hansen.

T-Ball I
T-Ball II

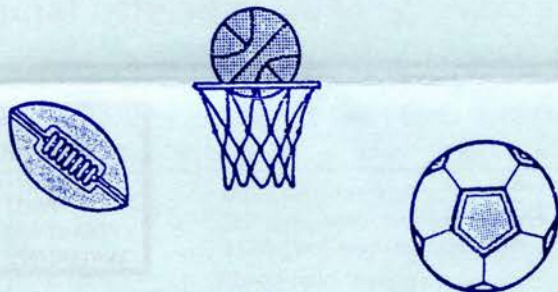
June 4-27
July 9-August 1

Mini Sports

The YMCA Mini-Sports Clinic is a week-long sports clinic featuring a different sport each day. The clinic runs from 9:30 to 11:30 a.m. each week day at the YMCA building. Sports covered include T-Ball, Flag Football, Basketball, Soccer, and one day of New Games. Clinic dates are July 29-August 2.

Pee Wee Basketball

A "YMCA exclusive" program for K-2nd graders. This program has grown continuously since its inception. We feature smaller balls, 8½-foot baskets and an atmosphere of low-key competition. All of these things help the YMCA coaches to offer a great way to learn the basics of basketball. The clinic is held at 1:30 on Monday and Wednesday afternoons, July 8-July 24.



Summer Membership Rates

Tell your family and friends!

Youth	\$20.00
College	\$30.00
Basic	\$60.00
Basic Family	\$98.00
Fitness Center	\$101.00
Fitness Center Family	\$163.00

Details on summer memberships available at the YMCA Front Desk.

Karate

Summer session for nine weeks, June 10 through August 10.

Youth Beginning	M and/or W	5 p.m.
Youth Advanced	M and/or W	6 p.m.
Adult Karate	T and/or Th	6 p.m.

Karate class fees

Youth	Member	General Public
one class per week	\$12	\$20
twice per week	\$25	\$45
Adult	Member	General Public
one class per week	\$16	\$26
twice per week	\$25	\$50



Klub Keenagers

Klub Keenagers is a new and exciting program coming to the YMCA!

The YMCA is in the process of recruiting active older adults (60+) who would like to come together to participate in special recreation activities.

The activities planned include use of the pools, track, exercise rooms and the multi-purpose room.

To attend Klub Keenagers, participants must attend a session of orientation programs. The first session began on April 22 and concludes on May 16, from 1:30-3:15 on Mondays and Thursdays. There is still time to get involved.

Participants may choose to attend on Monday or Thursday, or attend on both days. A member of the YMCA staff will be on hand for each session to instruct participants on proper forms of exercising and how to get the most out of staying active. For more information call Deb Spray or Dave Peters at the YMCA, 233-3531.

YMCA Day Camp

YMCA Day Camp for boys and girls ages 6-12 begins June 17 and runs through August 16. There are no programs offered the week of July 4. YMCA Day Camp activities include archery, riflery, arts and crafts, canoeing, swimming and campcraft skills. Children are picked up and dropped off daily at one of five sites throughout Waterloo and Cedar Falls.

Fees per week are:

Member	\$54
General Public	\$69

There are discounts for registering by May 25 (\$5 off) and for registering for more than one session.

For more information, stop by the YMCA or call for a YMCA Day Camp brochure.

Preschool Day Camp

Your preschooler, ages 3-5, can experience the same things the "big kids" do at Day Camp on a schedule designed especially for the younger set. Transportation to and from the YMCA is provided, and along with other activities, preschool day campers bring their lunch and go swimming at the YMCA each day. Preschool Day Camp is held every other week of the regular day camp season. The 1991 season includes the weeks of June 17-21, July 15-19, July 29-August 2 and August 12-16. For more information, stop by the YMCA or call for a Day Camp brochure.



Preschool Fun Club Offers Exciting Activities

Preschoolers have the opportunity to swim, make craft projects, go on tours of interesting places, learn songs and games and much more. Each day has a planned curriculum.

Fun Club runs each weekday from 8:30 a.m. to 1:30 p.m. during the following weeks:

June 17-21	5-year-olds only
June 23-28	3, 4 and 5 year olds
July 8-12	3, 4 and 5 year olds
July 22-26	3, 4 and 5 year olds

Extended care is available from 1:30 to 4:30 p.m. each day for the cost of \$4 per day. A minimum of four children must register for extended care for it to be held.

Those attending Fun Club need to bring a swimsuit, towel and a sack lunch each day. It's the perfect summer experience for little people!

Members	General Public
\$39	\$49

Some financial assistance is available. Register early to insure that a spot is saved for your child! Register by May 25 with a minimum of \$15 down and you will receive a \$5 discount on your Fun Club fees.

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

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