

# Y's CRACKER

**Black Hawk County Family YMCA**  
**669 South Hackett**  
**Waterloo, Iowa 50701**  
**(319) 233-3531**



## NEW STAFF WELCOME

### Jill Dzikonski — Aquatic Director

Jill is from Cedar Rapids and graduated from Kennedy High School in 1981. In high school she was involved in swimming, tennis, golf, track, cheerleading, band, choir and drama.

Jill then came to the University of Northern Iowa and swam on the varsity swim team for 3 years and performed with the synchronized swimming club. She was also active in two campus Christian groups — Campus Crusade for Christ and Campus Bible Fellowship. After taking some computer classes she decided she was a "people person" and changed her major to community recreation. Jill received more aquatic experience teaching swim lessons in the summer, teaching water exercise classes at UNI and coaching the Cedar Falls Swim Club.

All this led naturally into the Aquatic Director position here at the Family YMCA. Jill started her new position on June 3rd, 1985. She is responsible for all aquatic programs, Saturday morning fun club and the Rockin New Years Eve Party.

Welcome aboard, Jill! We're looking forward to a great future with you on the YMCA staff.

### Kim Graves — Receptionist

Kim is a native of Cleveland, Ohio and moved into the

Waterloo area after her June wedding to Michael Graves of Waterloo. The Graves have two daughters, Ebony and Anisha. Kim enjoys horseback riding, cheerleading, and meeting new people. This fall Kim will be volunteering her services at the Y.M.C.A. as a youth clinic coach in the Y.M.C.A. Cheerleading Clinic.

Please take time to say hello to Kim during your next visit to the Y.M.C.A.

### Mark Singsank — Youth Sports Director

It is with great excitement that the YMCA announces the appointment of Mark Singsank as the new YMCA Director of Youth Sports. Mark takes over the position held by Bob Hoffmann who moved to Outreach Program Director, at the YMCA.

Mark, 23 is a native of Dyersville, Iowa. After finishing high school, he attended the University of Iowa and earned a Bachelor of Science Degree in Recreation Education. While in college Mark did his internship at the Dubuque YMCA.

Mark will be responsible for all areas of Youth Sports; flag football, gymnastics, basketball, wrestling, cheerleading, tee-ball and self-defense at the YMCA. Mark officially began his YMCA career July 9th, 1985.

If you haven't done so already, please take the time to say hello to Mark!

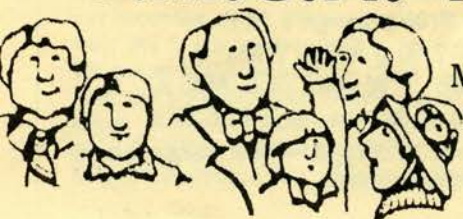
## Y.M.C.A. FACILITY BUILDING HOURS

Sept. 3, 1985 - June 1, 1986

Monday-Thursday—6:00 a.m.- 10:00 p.m.

Friday 6:00 a.m.- 9:00 p.m.

Saturday 7:00 a.m.- 5:00 p.m.





## Y.M.C.A. JUNIOR LEADERS CLUB

A fun and fellowship program for guys and gals in the 7th, 8th or 9th grade. "Y" Junior Leaders is designed to provide teens with the opportunity to use their initiative to develop leadership qualities and to assist with Y.M.C.A. programs and services.

"Y" Junior Leaders offers training opportunities in aquatics, gymnastics, youth sports clinics, special events and more. The club members also engage in a variety of social activities which they help organize.

Take charge and become involved in your Y.M.C.A. Interested students should contact Bob Hoffmann for details. The first meeting for prospective members will be Tuesday, September 17, 1985, 6:30 p.m. at the Y.M.C.A. Building.

## CPR CLASSES OFFERED

Our Y.M.C.A. in cooperation with the American Red Cross will offer classes in basic life support—Cardiopulmonary Resuscitation at the Y.M.C.A. The classes include lecture, readings, film instruction, and actual practice sessions. All participants in the class will receive CPR Basic Life Support certification upon completion of the course. The class is scheduled for Sunday Sept. 15th and Sept. 22nd from 6:00 p.m. - 10:00 p.m. Registrations will be taken at the Y.M.C.A. front desk beginning on Wednesday, September 4th.

## FROM THE EXECUTIVE'S CHAIR

*The first six months of my new administration has been both rewarding and eventful. It has also passed very quickly with high expectations for the next six. Many thanks go to all who have supported and continue to support myself, our Board and our Volunteers. Remember — You are the YMCA!*

*The summer season has begun to fade and fall is around the corner. It was a great summer with 2,011 participants in YMCA programs — a new enrollment record! Summer also brought many changes to our YMCA facility and grounds as we continue to keep cleanliness and enhancement of our YMCA building a priority. The most noticeable change can be seen in the Adult/Youth locker rooms with the no-slip floors.*

*Summer also brought the addition of two new program professionals which will provide us new opportunities in the area of YMCA programs.*

*With all of the "highs" the YMCA is on — the only real concern we continue to tackle is our current 1.2 million dollar mortgage on our facility. If you made a building pledge, please attempt to honor it. If you haven't, please consider doing so — every little bit helps.*

*The Fall season brings excitement and opportunity. Please consider being a part of the "magic" we call the YMCA!*

Jim Weaton  
YMCA Executive Director

## Y.M.C.A. CHILD CARE — THE "LITTLE PEOPLE" BUSINESS

I would like to welcome all parents and children to the Y.M.C.A. Child Care Room. This year we have an excellent qualified staff who are excited to care for your children. The morning staff includes: Thelma Aneweer, Judy Elliot, and Bette Neuenkirk. Morning hours are Monday thru Friday, 8:45 - 11:45 a.m. The evening staff is Kristee McDermott and Michelle Cox. Evening hours are Monday thru Thursday, 5:00 - 8:00 p.m.

Due to space limitations and safety it is recommended that all child care room participants pre-register. Also, remember that the child care staff will not accept cash for babysitting services, however, child care cards for babysitting services can be purchased at the Y.M.C.A. front desk. Parents must be using the Y.M.C.A. facility or be involved in a Y.M.C.A. program while their children are in the child care room.

We hope to provide all pleasant and learning atmosphere for your children while in our care. Let's all work together to provide the environment and quality care that we all expect.

Thank you for your participation and support. If you have any questions, please don't hesitate to contact me.

Nancy Winchip Physical Director

## "DAD, SO YOU WANT TO SPEND TIME WITH YOUR CHILD?"

The Family Y.M.C.A. has just the answer — Y-Indian Guides (for father/son) and Y-Indian Princesses (for father/daughter) for fathers and their sons and/or daughters who will be in Kindergarten, first or second grade.

That's right! If you're having problems finding some time for your children because of that hectic work schedule, the Y would like to offer you an opportunity to solve the problem together.

The Y-Indian Guide/Princess program purpose is to foster the companionship and understanding of father to his child. The program plan of children learning directly from their fathers is a pattern drawn from the tradition of some American Indian Cultural Groups. The study of the life and culture of American Indian people is the bond of interest between parent and child.

Y-Indian Guide and Princess participants form a group of between six and nine families that meet on a rotating basis in the members' home. They work on crafts, songs, stories, and games relating to the American Indian Theme. They have special monthly events such as bowling tournaments, Christmas caroling, campouts, carnivals and more. In general, they just have FUN! — TOGETHER!

If you are interested in learning more about this rewarding Parent/Child experience, contact Bob Hoffmann at the Y.M.C.A. and start on your way to an experience that will "Last a Lifetime."

Dates for YIG/YIP Information Rallies:

Monday, Sept. 16th 7:00 p.m. @ Y.M.C.A.

Tuesday, Sept. 17th 7:00 p.m. @ Y.M.C.A.

Wednesday, Sept. 18th 7:00 p.m. @ Y.M.C.A.

Thursday, Sept. 19th 7:00 p.m. @ Y.M.C.A.

\*Meetings last ½ hour in length — No obligation to join. Come — take a closer look!



## Y.M.C.A. FALL PROGRAM INFORMATION

The summer has just about passed, and it is now time to make arrangements for participation in Y.M.C.A. FALL PROGRAMS. Listed below you will find registration information, a health enhancement program schedule, an aquatic program schedule, and youth sports information.

Y.M.C.A. Fall Program registrations will be taken in the following manner:

Y.M.C.A. Members currently enrolled — Friday, August 30th

Y.M.C.A. Members — Tuesday, September 3rd

Non-Members — Wednesday and Thursday, Sept. 4th & 5th

Registrations are taken from 9:00 a.m. - 9:00 p.m. Classes begin on Sept. 9th.

### HEALTH ENHANCEMENT PROGRAM SCHEDULE

| TIME       | DAYS   | CLASS                | ROOM  |
|------------|--------|----------------------|-------|
| 6:30 am    | M-W-F  | Early Bird Workout   | Gym   |
| 8:30 am    | M-W-F  | Live "Y"ers          | Gym   |
| 9:30 am    | M-W-F  | Advanced TUF         | Gym   |
| 10:30 am   | M-W-F  | Beg-Int TUF          | Gym   |
| 4:30 pm    | M-W    | Hip & Tummy          | Multi |
| 5:30 pm    | M-W    | You & Me Baby        | Multi |
| 5:30 pm    | M-W    | Advanced TUF         | Gym   |
| 6:30 pm    | M-W    | Fitness Conditioning | Gym   |
| 9:30 am    | T-Th-F | Dance Exercise       | Gym   |
| 10:30 am   | T-Th-F | Hip & Tummy          | Multi |
| 12:00 noon | M-W-F  | Y's Way              | Multi |
| 5:30 pm    | T-Th   | Beg TUF              | Multi |
| 5:30 pm    | T-Th   | Int-Adv TUF          | Gym   |
| 9:30 am    | Sat    | "Y" Fitness Sampler  | Gym   |

| Health Enhancement Fee Schedule: | Days Per Week | Member  | Non-Member |
|----------------------------------|---------------|---------|------------|
|                                  | 2             | \$12.00 | \$28.00    |
|                                  | 3             | 14.00   | 30.00      |
|                                  | 4             | 16.00   | 32.00      |
|                                  | 5             | 18.00   | 34.00      |

### Y.M.C.A. AQUATICS — CLASS, DAYS AND TIMES

| WATERBABIES             |                            |
|-------------------------|----------------------------|
| Mon & Wed               | 9:00 am, 5:30 pm           |
| Tue & Thu               | 9:00 am, 6:30 pm           |
| Sat                     | 10:30 am                   |
| TADPOLE I               |                            |
| Mon & Wed               | 10:00 am, 1:00 pm, 4:00 pm |
| Tue & Thu               | 9:30 am, 4:00 pm, 7:00 pm  |
| Sat                     | 9:30 am                    |
| TADPOLE II              |                            |
| Mon & Wed               | 9:30 am, 1:30 pm, 4:30 pm  |
| Tue & Thu               | 10:00 am, 5:00 pm, 7:30 pm |
| Sat                     | 9:00 am                    |
| TADPOLE III             |                            |
| Mon & Wed               | 5:00 pm                    |
| Tue & Thu               | 10:30 am, 4:30 pm          |
| Sat                     | 10:00 am                   |
| POLLIWOG I (Small Pool) |                            |
| Mon                     | 2:00 pm                    |
| Tue                     | 11:00 am, 5:30 pm          |
| Wed                     | 10:30 am                   |
| Thu                     | 5:30 pm                    |
| Sat                     | 11:00 am                   |
| POLLIWOG I (Large Pool) |                            |
| Mon                     | 5:30 pm                    |
| Tue                     | 4:45 pm                    |
| Wed                     | 4:45 pm                    |
| Thu                     | 4:00 pm                    |
| Sat                     | 10:30 am                   |
| POLLIWOG II             |                            |
| Mon                     | 10:30 am, 4:00 pm, 4:45 pm |
| Tue                     | 5:30 pm                    |
| Wed                     | 4:00 am                    |
| Thu                     | 4:45 pm, 5:30 pm           |
| Sat                     | 9:00 am                    |

| GUPPY              |                  |
|--------------------|------------------|
| Tue                | 5:30 pm          |
| Wed                | 4:00 pm, 4:45 pm |
| Thu                | 4:00 pm          |
| Sat                | 9:45 am          |
| MINNOW I           |                  |
| Mon                | 5:30 pm          |
| Tue                | 4:00 pm          |
| Wed                | 5:30 pm          |
| Sat                | 10:30 am         |
| MINNOW II          |                  |
| Mon                | 4:45 pm          |
| Tue                | 4:00 pm          |
| Thu                | 4:45 pm          |
| Sat                | 9:00 am          |
| FISH               |                  |
| Mon                | 4:00 pm          |
| Wed                | 5:30 pm          |
| Sat                | 11:15 am         |
| FLYING FISH        |                  |
| Tue                | 4:45 pm          |
| Sat                | 9:45 pm          |
| SHARK              |                  |
| Thu                | 5:30 pm          |
| PORPOISE           |                  |
| Sat                | 11:15 am         |
| ADULT BEGINNING    |                  |
| Tue                | 7:00 pm          |
| ADULT INTERMEDIATE |                  |
| Thu                | 7:00 pm          |

| CLASS FEES: | YMCA Members | Non-Members       |
|-------------|--------------|-------------------|
|             | \$10.00      | 1st Child \$22.00 |
|             | 9.00         | 2nd Child 20.00   |
|             | 8.00         | 3rd Child 18.00   |



### FALL YOUTH SPORTS PROGRAMS

#### FLAG FOOTBALL CLINIC

For boys and girls in 3rd-6th grades. The clinic begins Saturday morning, Sept. 7th and will run for 8 weeks, ending Oct. 26th. 5th & 6th graders will meet from 9:00-10:00 a.m., 3rd & 4th graders will meet from 10:00-11:00 a.m. at seven different sites throughout Black Hawk County: Waterloo - Devonshire Elem., Kittrell Elem., Cedar River Park Annex; Cedar Falls - Peet Jr. High; Evansdale - Y.M.C.A. Property; Denver - High School Practice Field; Hudson - High Sch. Practice Field.

#### CHEERLEADING CLINIC

A chance for girls in 5th-7th grades to learn cheers, jumps and pompon routines. The clinic will be held at the Y.M.C.A. beginning Saturday, Sept. 7th through Oct. 26th from 9:00-10:00 a.m.

| Cost for above clinics | Y-Members | Non-Y Members     |
|------------------------|-----------|-------------------|
|                        | \$10.00   | 1st Child \$18.00 |
|                        | 9.00      | 2nd Child 16.00   |
|                        | 8.00      | 3rd Child 14.00   |



## YOUTH GYMNASTICS

\*All classes begin Sept. 9th

### GYM TOTS

This class is for 3 and 4 years olds and is designed to explore movement and to develop balance, coordination, rhythm, strength and flexibility.

| TIME      | DAY   |
|-----------|-------|
| 9:30 a.m. | Mon.  |
| 5:30 p.m. | Tues. |
| 6:30 p.m. | Tues. |
| 9:30 a.m. | Wed.  |

| Member Fee |           | Non-Member Fee |
|------------|-----------|----------------|
| \$11.00    | 1st Child | \$19.50        |
| 10.00      | 2nd Child | 17.50          |
| 9.00       | 3rd Child | 15.50          |

### PRE-SCHOOL GYMNASTICS

This class is designed to introduce gymnastics to 4 & 5 year olds. Tumbling and floor exercises will be emphasized.

| TIME      | DAY    |
|-----------|--------|
| 9:30 a.m. | Mon.   |
| 9:30 a.m. | Wed.   |
| 5:30 p.m. | Thurs. |
| 6:30 p.m. | Thurs. |

| Member Fee |           | Non-Member Fee |
|------------|-----------|----------------|
| \$11.00    | 1st Child | \$19.50        |
| 10.00      | 2nd Child | 17.50          |
| 9.00       | 3rd Child | 15.50          |



### YOUTH PROGRESSIVE GYMNASTICS

Children 6 years of age and older may participate in this program involving tumbling, balance beam, uneven bars and vaulting. Based on skill level and knowledge of gymnastics, children should sign up for one of the following levels.

\*All Youth Progressive Gymnastics classes are held at Peet Jr. High, Cedar Falls.

| CLASS    | TIME      | DAY  |
|----------|-----------|------|
| Level I  | 6:30 p.m. | Mon. |
| Level II | 7:30 p.m. | Mon. |

| Member Fee |           | Non-Member Fee |
|------------|-----------|----------------|
| \$11.00    | 1st Child | \$19.50        |
| 10.00      | 2nd Child | 17.50          |
| 9.00       | 3rd Child | 15.50          |

### KARATE

The purpose of this class is to instruct basic Karate philosophy and techniques including stances, strikes, blocks and kicks in conjunction with fundamental self-defense methods.

Session I Junior (7-12 yrs) 8:00 p.m. Tues & Thurs

Fee: Members - \$15.50 Non-Members - \$28.50

### JUDO INSTRUCTION

This is a beginning judo class in which you will be taught the basics necessary to begin judo competition.

| TIME           | DAY    |
|----------------|--------|
| 6:30-7:30 p.m. | Thurs. |

| Member Fee |           | Non-Member Fee |
|------------|-----------|----------------|
| \$11.00    | 1st Child | \$19.50        |
| 10.00      | 2nd Child | 17.50          |
| 9.00       | 3rd Child | 15.50          |

### JUDO TEAM

This class is a classic Y.M.C.A. program to develop individuals physically, mentally and spiritually. Pupils will learn competitive Judo skills to be used in competition.

| TIME           | DAY    |
|----------------|--------|
| 7:00-9:00 p.m. | Thurs. |

Fee: \$20.00 plus membership

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

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