



BLACKHAWK BULLETIN

YMCA's

Spring 1984

— your ambition is our intention!! —

QUARTERLY NEWSLETTER • 669 SOUTH HACKETT RD. • WATERLOO, IOWA • 233-3531

NEW YMCA DIRECTOR OF PHYSICAL EDUCATION NAMED



It is with great excitement that the YMCA announces the appointment of Mike Lubbe as the new YMCA Director of Physical Education for the Black Hawk County Family YMCA. Mike joins the YMCA staff that was vacated when Pat Carr became the Associate Executive of the Amarillo, Texas YMCA.

Mike, 23, is a native of Rothschild, Wisconsin. After finishing High School, he attended the University of Wisconsin-Whitewater and earned a Bachelor of Science Education Degree in the area of Physical Education and Health. Since graduating from Whitewater, Mike received a Masters Degree in Exercise Physiology at George Williams College in Downers Grove, Illinois with an emphasis in Fitness Testing and Corporate Fitness. Mike is married (Beth) with no children.

Mike will be responsible for all areas of fitness, gymnastics, self defense, child care, tournaments, racquetball/basketball/volleyball and recreational activities at the YMCA. Mike officially began his

YMCA career on February 13th.

If you haven't done so already, please take the time to say hello to Mike Lubbe.

YMCA CLASS REGISTRATION PROCEDURE—A REMINDER!

Currently enrolled YMCA members: Friday, March 23rd, 9:00 a.m. to 9:00 p.m.

YMCA Members: Monday, March 26th, 9:00 a.m. to 9:00 p.m.

Non-YMCA Members: Tuesday thru Thursday, March 27th-29th, 9:00 a.m. to 9:00 p.m. and Friday, March 30th, from 9:00 a.m. to 12:00 noon.

Please note the following class time changes:

"Y"'s Way to Fitness

Tue. & Thur.—6:15-7:00 p.m.

Evening T.U.F.

Mon. & Wed.—7:00-7:45 p.m.

Tue. & Thur.—7:30-8:15 p.m.

You & Me Baby

Mon. & Wed.—6:00-6:45 p.m.

Instructional Gymnastics

Level I & II—Mon.—4:00-6:00 p.m.

Level I & II—Wed.—7:00-8:00 p.m.

Pre-School Gymnastics

Pre-School I—Tues.—5:30-7:15 p.m.

Pre-School II—Thur.—5:30-7:15 p.m.

Please look for the major news release in the newspaper 1-2 weeks prior to registration, for all classes and times offered.

MEMBERSHIP RE-NEWAL

The YMCA treasures your membership and your continued involvement in our YMCA from year to year. As you approach your anniversary date of joining the 'family', you need to be aware of the following:

1. **One month prior** to your anniversary date on your membership card, you will receive a billing from the YMCA office to inform you of your up-coming renewal date.
2. You will have until that date to re-new your YMCA membership. You **must** re-new **on or before** this date.
3. If you have failed to re-new your membership by your anniversary date, you will be considered an expired membership.
4. The YMCA will not honor a YMCA membership card past its expiration date.

Please take the time to know your joining date and if you haven't heard from us **one month prior**—let us know.

Thanks for your cooperation.

YMCA OFFERS UNEMPLOYED OPPORTUNITY

From November 11th through the end of April, the YMCA has and will offer all unemployed persons an opportunity to recreate at the YMCA at no cost.

The attempt by the YMCA is two-fold. First, the YMCA hopes that this will serve as an outlet for the unemployed person to be able to let off some of those built up stresses that may occur during this frustrating period. Second would be the hope that the unemployed, once employed, would consider buying a membership as an individual or family member to continue to use the YMCA as a tool of strengthening themselves as a person and/or family.

The YMCA runs this program from 1:30-3:30, Monday through Friday. An unemployment card, along with proper identification must be presented to participate. At this writing, 169 different individuals have taken advantage of this opportunity totaling 703 visits.

The YMCA strongly believes in this program and wishes to thank all those members who have supported this gracious opportunity to date. Sharing is caring!

POOLING

As active members of the YMCA, you probably are well aware of the parking problem we are now encountering. There are a great number of programs in progress during this session and the same will continue to be true throughout the year.

The addition of a new parking area will not be a feasible solution to the problem within the near future. An easier and less expensive solution to the problem would be car pooling. We suggest that everyone look over their own schedules and attempt to make arrangements within families and among friends to travel together.

A LOOK BACK—1983 IN REVIEW

If we take the time to look back at this past year, we find some pretty dramatic things happening at Your Family YMCA. May I share some of these "positives" with you:

*Total membership in 1983 was 4,968.

*Waterloo accounted for 69% of the membership, Cedar Falls 25%, Evansdale and Hudson 2% and "other" communities 4%.

*The "other" category represents membership to our YMCA from 43 other communities. Among them are Marshalltown, Austin, Minnesota, Iowa City, Bettendorf, Estherville and Memphis, Tennessee.

*Total number served by the YMCA (memberships/other program participants/guests) was 17,101 or 12% of the Black Hawk County population of which we serve.

*51 different programs were offered in 1983 to all ages, young or old.

These are just a few of the positive statistics that you have helped create. I think we can continue to say that your YMCA was definitely the "place to be in '83." And without a doubt, there'll be a "whole lot more in '84!"

Thanks for your continued support,
Eric Knoernschild
YMCA Membership Committee Chairman

YMCA OPEN HOUSE SCHEDULED

Up in the air on what you or your children's plans for the summer will be? Undecided on what YMCA membership to buy? Never shown a friend the YMCA facility or the experiences that will last them a lifetime? Well now's your chance!

On Saturday, April 28, 1984, the YMCA will open its doors to our county for an informational open house of YMCA "happenings". Information on memberships, tours, summer programs, fund raisers to help earn part of your program fees and opportunities to fellowship. Maybe even a few surprises!

We think this will be an exciting day that all won't want to miss. Come—bring a friend—share the excitement—and find out that the YMCA is the place to be.

Watch for the details soon to be announced.

YMCA SUMMER FUN(D) DRIVE

In an effort to make all summer programs and/or memberships affordable, the YMCA will again be running a fund drive for those that want to underwrite some or all of those costs.

The drive will kick-off at the Open House, April 28th and will enable you to sell items that will give you credit towards any YMCA program or membership offered this summer.

This is a great way to offset the cost of participation or giving your youth a chance to help Mom or Dad out by earning part of their way.

For more information, contact Jim Weaton at the YMCA.

SUPERVISION OF YOUR CHILDREN—A GROWING CONCERN

As the usage of the YMCA increases, so do concerns. One major concern is the supervision of children by parents. There are different grade and/or age requirements for specific areas. These rules are for your child's protection and to provide a fun, safe environment. We need your help to carry out the rules.

Area

Large Pool—Children can be left unattended, if they are taller than 3'9" and have some swimming ability and 5 years and older.

Small Pool—For children 7 years of age and younger, and accompanied by parent or adult guardian at all times.

Weight Room—Children must be accompanied by an adult (18 and over) unless in 9th grade or older.

Exercise Room—Must be accompanied by an adult unless 7th grade or older.

Raquetball Courts—May not be reserved by youth members, but can ask at Lower Control for open courts at 15 minutes before the open court time starts. Under age 12 must be accompanied by an adult at all times on the court.

Running Track—Anyone under 7th grade must be accompanied by an adult at all times. Please, no standing on track area.

Fitness Centers—Pre-school age may go in at any time. Children 8 years and older may go in with parent after 5:30 p.m. on weekdays and all day on Saturday and Sunday. **All** children must be watched appropriately and be with the parent at all times in the center.

Adult Locker Rooms—Children 6 and older must go into the locker room of their gender.

Game Room—No restriction.

Babysitting—Available for children 5 years and younger. Fee per hour is available in Day Care Room.

Note: Due to liability reasons any mats and other gymnastics equipment is for class usage only.

WE WANT TO HEAR FROM YOU

With our membership now at approximately 5,000 different individuals and knowing that communication is so important, we would like to hear from you.

What do you like—don't like—appreciate—not appreciate. This is your opportunity to be heard! Beginning March 1st we will have two suggestion boxes located at the upper and lower control centers. Slips will be available for you to let us know how you feel.

We would even like to take it one step further. We would like to respond to your "suggestion." If you would simply sign your name, Jim Weaton, YMCA operations director, will send you a reply.

Take a minute to make your YMCA a little bit better—you'll be glad you did and we'll all, staff and members, be better for it.

THERE IS MORE FOR YOU IN 1984

Your YMCA continues to create programs to serve your needs. Take a look at what happened last year. Did you know that we now offer:

1. Prenatal, postnatal and baby exercise programs.
2. Powder Puff T.U.F. (Tuned Up Fitness) exercise class.
3. Girls Volleyball Clinic (6th-8th grades).
4. Junior Leaders Club.
5. Rockin New Years Eve Party.
6. Pre-School Summer Fun Club
7. Healthy Back
8. Cardiac Basketball League

In 1984 we kicked off the year with a youth girls basketball clinic (3rd-6th grades) in which the girls will learn Iowa's 6-on-6 style of play. The response was great! There are 89 girls participating in the program which began February 3rd. This is just the beginning. There is more in store for '84. Here are a few programs to look forward to:

1. Slim Living—YMCA alternative to obesity.
2. Feeling Good—**Total** fitness program for K-9th grades.
3. Arthritic Aquatic Program
4. Wallyball
5. YMCA Teen Day Camp
6. Beginning Golf Lessons
7. Canoe Trips—Short term

With more to come! If you have any questions concerning these programs or have an idea for something new, contact one of the YMCA professional staff, Don, Jim, Nancy, Bob, or Mike. We would be happy to visit with you.



**WANTED:
PEOPLE TO SHARE
TALENTS WITH PEOPLE**

Volunteers in the YMCA have a significant basic role of creating a state of mind for the organization. YMCA volunteers continue to be the supplementary source of revenue the YMCA needs to continue to keep all costs at a minimum. Above all else, YMCA volunteers are given an opportunity to experience something money can't buy.

Would you consider being a YMCA Volunteer? If so, give us a call. We would like to find out your interests and/or needs and channel your energies in one of the following three areas:

- (1) Policy volunteer
- (2) Program volunteer
- (3) Service volunteer

Think about it. It's an important decision for **you** and the **YMCA**. But one that will benefit **both**. For more information dial 233-3531 and start on the road of sharing—your talents as a **YMCA VOLUNTEER!** You'll be glad you did.

SPREAD THE YMCA "WORD"

What is the YMCA? What do you perceive it is to be? What is the YMCA doing or going to do in the future? These are a few of many questions we would like a chance to answer to our members, community and county which we serve.

The YMCA is now forming a YMCA Speakers Bureau for anyone interested in learning about the YMCA and becoming trained in telling the YMCA story. If you enjoy public speaking and believe that our YMCA has something to offer, we would like to put your talents to work.

If you're interested in learning more about this group, please contact Jim Weaton, YMCA operations director, or George Joseph, YMCA public relations committee chairman. The excitement of the YMCA is building! Come be a part of the magic.

A THOUGHT FOR THE DAY

This is the beginning of a new day. God has given us this day to do with what we may. We can waste it or we may use it for some good purpose. But it is important what we do with today, you see, for we have given a day of our life for today. When tomorrow comes, this day will be gone forever.

I hope we will never, ever regret the price we pay for every day of our life.

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