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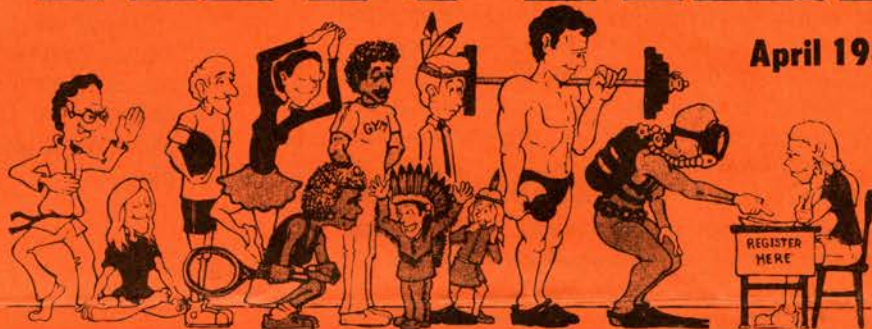
April 1986

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



UNIVERSITY MOTORS — FAMILY YMCA 8K RUN

The YMCA Road Runners will sponsor our 2nd Annual 8K (4.96 mile) run on May 3, 1986 at the Black Hawk County Family YMCA.

This year's event will be free to the first 500 pre-registered runners until April 30th. There will be a \$4.00 race fee for those who register on race day.

Our ability to offer this race without charge is made possible due to the generous offer of University Motors and Mr. Dan McConnell.

KFMW is also a sponsor and refreshments are being donated by Coca-Cola Bottling, Mid-Continent Bottling and Black Hawk Catering.

This year's run will be one of a number of events planned for the day for you and your family. Weather permitting we will offer tethered hot air balloon rides (6-8 AM), and fun and fitness fair (8-11 AM), a free day at the YMCA for all race entrants and their families and our first ever PANCAKE BREAKFAST (6-11 AM).

Chris' Cakes will be serving up some great pancakes, sausage and entertainment. The cost is \$3.00 for adults and \$2.00 for children 12 years and younger.

A specially designed pin, door prizes donated by the fair participants, awards for division top place finishers are all included free for all pre-registered runners.

You can pick up your race application at the YMCA or any of the local sporting goods stores. Pancake Breakfast tickets are available also at the front desk at the YMCA or from any of the YMCA Roadrunners.

Bring the whole family and have a great day at the YMCA on Saturday, May 3. Pre-registration is required so sign up today and enjoy a fast and free run!

Race Director and Board Member.

George Joseph

YMCA ANNOUNCES GOLF OUTING

The YMCA will be holding a Four Person Best Shot Golf Outing on Saturday, June 28th at South Hills Golf Course. Tee-off is at 9:00 AM with an awards dinner and more golf to follow. Each team will have the opportunity to play 18 holes of Best Shot golf with the top finishers in each flighted division to receive an award.

The YMCA has went all out this year and rented South Hills Golf Course. This will allow the opportunity for a shot gun start meaning that all teams will tee off and complete the tournament at approximately the same time. The outing is limited to 36 teams so it is necessary to sign-up early. Registration forms are available at the YMCA and South Hills Golf Course.

The fee for the Golf Outing is \$15.00 for YMCA Members and \$20.00 for non-members. This fee includes green fees and the awards dinner. Cart reservations can be made at South Hills Golf Course (291-4268). See you there!

GET READY FOR GOLF LESSONS



The Family YMCA will be offering an instructional golf program open to both members and non-members. The class will be held at Gates Park Golf Course in Waterloo. The lessons are open to persons ten years of age and older and will be held on Tuesday and Thursday evenings from 6:00 - 7:30 PM.

Chris Lesak a PGA golf professional will be teaching the lessons. Chris is a YMCA member and he's the golf pro at Gates. The class will instruct the beginning golfer on the basic fundamentals of golf and allow each participant plenty of "hands on" experience.

Registrations are being taken now at the YMCA. The

dates and fees for the class are as follows:

SESSION I — May 13th, 15th, 20th and 22nd

SESSION II — June 3rd, 5th, 10th and 12th

Fees: Member \$25.00

Non-Member \$35.00

FROM THE EXECUTIVES CHAIR

Robins singing — the smell of charcoal — golf clubs being polished — running and biking outdoors — Easter. All signs of the much anticipated spring season!

What an exciting time of the year! Can't you feel the change that takes place? Our weather changes/attitudes change/clothes change. Change happens all around us and the Y.M.C.A. is certainly no exception.

The new season brings our spring session full of classes for everyone. From fitness to youth soccer, the Y has it all!

Spring brings exciting opportunities. A YMCA fitness open house April 12th, 10:00 pm "Try it — You'll like it!"

Spring brings an opportunity to finally fix our leak problems. The waterproofing company will be in when the ground has thawed to completely tear up the covering and redo. Hopefully no more drip drip drip!

Spring brings the 2nd annual University Motors/Family YMCA 8K Run. This year the race is FREE (a 1st!) and includes balloon tethering, a pancake breakfast, a fun and fitness fair and an open house of our YMCA facility. You won't want to miss this one! Date: MAY 3RD.

Spring brings special summer and full year YMCA membership incentives. Watch for details — It'll be worth it!

*And spring brings the anticipation of **SUMMER!** This year the Y staff is going "All Out" to make your summer an enjoyable one — the YMCA way!*

I encourage you to continue to read the newsletter articles, program flyers and brochures, etc. for all the things that are happening here with Your YMCA. You won't want to miss out on any of the excitement that awaits!

Go out and make it a great spring — AND ENJOY!

*Yours in the Y,
Jim Weaton
YMCA Executive Director*

BOARD SELECTION PROCESS UNDERWAY

Each year in the Spring, the YMCA Board Selection Committee comes together to fill expired or vacated terms of the Corporate Board of Directors on behalf of the Black Hawk County Family YMCA.

In its briefest, the role of YMCA Board Members fall into three categories:

1. Makes planning and policy decisions.
2. Becomes responsible for financing those decisions.
3. Monitors the implementation of those decisions and evaluates their results.

Individual board members accept a variety of respon-

sibilities and fulfill numerous expectations. They participate financially and stimulate the gifts of others. They help raise money. They promote the YMCA to the community and help open doors for the organization.

A YMCA Board of Directors is a magical creature, proving once and for all that democracy works more effectively, if less efficiently, than a smoothly run one-person show . . . that America is as great as its citizens who assume responsibility as volunteers to do the important tasks which reflect religious principles in action.

If you would be interested in serving on the Black Hawk County Family YMCA Board of Directors, you are encouraged to stop and see Jim Weaton, Executive Director for further information.

The YMCA Board — We're looking for a few Good People.

Y.M.C.A. DAY CAMP '86

It's time to plan summer activities for your children. Why not give them the opportunity to "make memories that will last a lifetime"?

Day Camp is an adventure in outdoor living that enables a child to have a fine camping experience with the advantage of returning home each day. Camp offers your child the chance to grow in independence, build confidence, discover new recreational skills, share with others of the same age group and develop a sense of love and respect for others, as well as the out-of-doors.

Eight (8) sessions of camp to choose from:

This summer let your children experience one of the following sessions:

Session 1 — "Let's Be Crazy"	2 wk — (June 9-20)
Session 2 — "Mystery Week"	1 wk — (June 23-27)
Session 3 — "Wet and Wild"	1 wk — (July 7-11)
Session 4 — "Fairytale Adventure"	1 wk — (July 14-18)
Session 5 — "Celebration Week"	1 wk — (July 21-25)
Session 6 — "Wilderness Retreat"	1 wk — (July 28-Aug. 1)
Session 7 — "Sports Camp"	1 wk — (Aug. 4-8)
Session 8 — "Summer Camp Reunion"	1 wk — (Aug. 11-15)

COST — The fee for YMCA Day Camp is:

YMCA MEMBERS		NON-YMCA MEMBERS
\$62.00	(2 wk. session)	\$73.00
\$45.00	(1 wk. session)	\$57.00

NOTE: Any camper registered before May 1, 1986 will receive a free YMCA camp bag!

Transportation — Day Campers will be picked-up each morning by the Y.M.C.A. bus between 8:00 and 9:00 AM. They will be returned to the same stop between 4:15 and 5:00 PM after the program has ended for the day.

The following locations will be used for the pick-up and drop-off points:

- *East Waterloo High School, Waterloo
- *West Waterloo High School, Waterloo
- *YMCA Building, Waterloo
- *Cedar Falls High School, Cedar Falls
- *Lincoln Elementary School, Cedar Falls

NOTE: There must be a minimum of five (5) at each

stop or the location will be dropped for that session.

Registration: A \$20.00 registration fee is required along with a completed registration form for each child enrolled in YMCA Day Camp. This registration fee is applied toward the total fee. For further information on this program please contact the YMCA office TODAY!

NEW! LEADERSHIP IN TRAINING

This year our Day Camp will offer 11-12 year old leadership opportunities and more advanced outdoor living and camping skills. Activities will include leadership training, canoeing and fishing on the Cedar River, nature education, basic first-aid training and more. The Leadership in Training (L.I.T.) program is offered each session. L.I.T. participants will meet at the same times each session as our younger campers but will be involved in their own program. This is an advanced Day Camp Program.

COUNSELOR IN TRAINING (C.I.T.)

YMCA Day Camp offers youth 13-15 years of age Counselor in Training opportunities. This is a volunteer program to give C.I.T. participants opportunities to improve their leadership abilities by taking an active role in camper programming and supervision. The C.I.T. program is free. Anyone interested should contact Bob Hoffmann, YMCA Outreach Program Director at 233-3531 by May 1, 1986.



TABLE TENNIS TOURNAMENT

Anyone interested in participating in a table tennis tournament at the YMCA please leave your name, age, and number at the front desk by April 25th. Non YMCA members are also welcome. The fee for YMCA members is \$3.00 and Non YMCA members \$5.00. Prizes and awards for different divisions according to sign ups. For further information contact Nancy Winchip at 233-3531.

NEW IN RACQUETBALL

Mixed Doubles League: Men and women of all levels can play in league. It will be run similar to the singles league in progress. Forms will be available after March 26th at the front desk. Play begins the week of April 7th, fee is \$8.00 per team.

Ladder Tournament: Men and women of any skill level are welcome in the singles ladder tournament. Just leave your name at the front desk before April 15th. On April 16th we will assign each person a number, with

the goal being to reach the top spot by the end of the tournament. Rules will be available at the front desk after April 7th.

Round Robin: Men and women of all levels can play informal games on court #4 from 9:30-11:30 am. It will be offered free for a limited time, no reservations needed. Times subject to change according to those people interested. This is a chance to just come in, meet new people and no reservations to worry about. Policies and guide lines available from Nancy Winchip, YMCA Physical Director after April 1st, play begins week of April 7th.

Adult Clinics: Coming sometime this Spring.

"SUMMER'S A — COMIN!"

In a few short weeks, school will be out and summer will be in full swing for everyone. It's not too early to start thinking of what activities you want to participate in — and we hope the YMCA is a part of those plans.

This summer the YMCA will be providing a program explosion! Something for all ages — new extended hours to meet your needs — and a whole lot of fun for everyone.

Our May newsletter will be devoted entirely to our Summer opportunities but to get you started "THINKING SUMMER", here is what the Y staff has planned so far:

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|---|---------------------------------|
| 1. Day Camp — K-6 grade | June 9-Aug. 15 |
| 2. Summer Fun Club — 3-5 yrs. | June 9-June 24 |
| 3. Tee-Ball Clinic — 6-8 yrs. | May 27-June 24 |
| 4. Progressive Swim Lessons — All Ages | June 16-Aug. 7 |
| 5. Begin to Swim — 1-12 yrs. | June 9-13 |
| 6. Exercise Classes — Youth&Adult | June 9-Aug. 15 |
| 7. Golf Lessons — 10-Adult | May & June |
| 8. Golf Fun Day — Yth&Adult | June 28th |
| 9. Adult Racquetball Lessons | T.B.A. |
| 10. Youth Racquetball Lessons | T.B.A. |
| 11. Bike Races — Yth&Adult | May 7, 14, 21
June 4, 11, 18 |
| 12. Pee-Wee Basketball — Youth | July 7-23 |
| 13. Girls Basketball Camp — 7-12 yrs. | June 16-20 |
| 14. Girls Volleyball Camp — 7-12 yrs. | June 23-27 |
| 15. Pee-Wee Rec. — 1-2 grade | July 28-Aug. 14 |
| 16. Corporate Cup — Adult | July 8-13th |
| 17. Birthday Parties — Yth-12 yrs. | All Summer |
| 18. Out of School Overnight — 2-6 grade | May 30th |
| 19. Movies Days at the Y — Youth | Wednesdays |
| 20. Summer Gymnastics — Youth | June 9-Aug. 7 |
| 21. Senior Citizen Programs | T.B.A. |
| 22. Jr/Sr Basketball League — Jr/Sr | June 9-July 2 |

In addition the facility hours will be the following:

- | | |
|----------------------|-------------------|
| Monday thru Thursday | 6:00 AM - 8:00 PM |
| Friday | 6:00 AM - 6:00 PM |
| Saturday | 8:00 AM - 2:00 PM |
| Sunday | Closed |

So you see, there's alot of excitement starting to happen at the Y. For information or fliers on all the above programs, stop by the Y and look for the May newsletter.

YOU'LL BE GLAD YOU DID!

WELCOME NEW YMCA MEMBERS

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

Tiffany Abcede
Andrew Cremer
Ryan Gresmer
Tonya Aschbrenner
Reilly Benedict
Brian DeLorbe
Sheila Faust
Sandra Hawkins
James Kemps & Family
Tom Kraft
Colleen Meggers
Deb Nowack
Dale Miller
Robert Leininger
Janelle Tally
Sara Chapman
Mr. & Mrs. Wendell
Christensen
Missy Donaldson
Kevin Kremer
George Thurston
Tim Vorland
Bard Bigelow
Cole Anderson
Kevin Ash

Morgan Brown
Arlen Johnson
Jeff Mickey
Trev Alberts
Omid Sepanji Amjadi
Michael Buckner Family
John Hagen
Steve Jenson
David Snook
John Stortz
Mr. & Mrs. Mike Tinkham
Andria & Desiree Long
Jim Schiller
Doug Sutton
Della Webbeking & Family
Robin Brandt
Jill Brown
Todd Brown
Susan Honor Haines
Jay Lybbert
Jon Wessels
Thomas Baker
Willis Bramwell
Becci Briggs & Family
Susan Jordan

Timothy Juhl
Andy Smelser
Marcia Van Soelen
Ann Catchpool
Alison Lee Lubbert
Carla Moses
Dan Reese
Dan & Julie Deery
Gina & Ryan McDowell
Troy White
Brent Courtney
Erika Rae Mixdorf
Meghan Schultz
Lindsay Vaux
Bradley Ball
Elizabeth Beyer
Mr. & Mrs. Greg
Burgmeier
Michael Carpenter
John Clark
Glenn Culbert
Kristy Ernst
Jeff Goldhorn
Pamela Hammers
Ryan Hansen
Kevin Harms

Elizabeth & Catherine
Jordan
Kristel Judas
Deborah Mundt Family
Evelyn Willwerth
Ron Bevard
Charles Dutcher
Susan Tally
Bernie Ceilley & Family
Dawn Geiger
Thad Bechtelheimer
Mick Harper
Scott Buzzard
Douglas McCarthy
Mary Parmely & Family
Carol Pies & Family
Daniel Scanlon & Family
Jerry Stevens
Barbara Stanton
Myriah Cain
Any Matthews & Family
Brigitte Moritz
Todd Geweke
Mr. & Mrs. Jeffrey Gresmer
Angela Hagarty
Janann Hurlbutt

Nicole Kresser
Susan Linkenmyer
Steven Oaks
Katie Olson
Jason Reel
Russell Schuck
Jeffrey Tatum
Megan Taylor
Dan Thode
Kallie Trimble
Harold Tuchel & Family
David Wickersheim
Michael & Tyson Zink



FITNESS OPEN HOUSE

The YMCA Fitness Staff would like to invite any adult to our free "Celebrate The Sun" Open House. The date is Saturday, April 12th at 10:00 am in the YMCA gymnasium. We have invited our Board of Directors and area celebrities to join in the fun. So why don't you bring a friend and help us "Celebrate The Sun." Prizes and refreshments will follow the class. For those who need child care, children 6 and under are welcome for a minimal fee in the Child Care Room. Hope to see you there!



BLACK HAWK COUNTY FAMILY YMCA
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WATERLOO, IOWA 50701

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