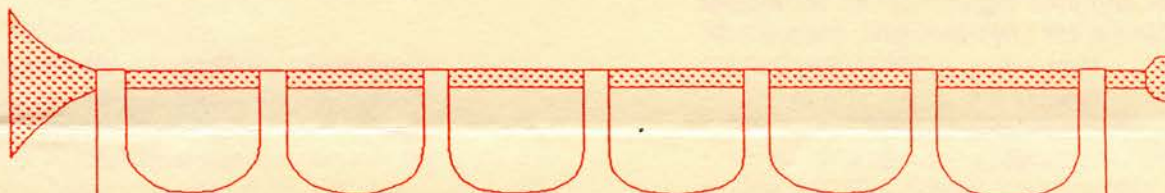


YMCA UPDATE

At work for tomorrow ... today.

Black Hawk County Family YMCA

Summer 1993



*All Members, Participants & Community-At-Large
Are Cordially invited to the*

125th Annual Meeting
of the
Family YMCA of Black Hawk County

When: *Wednesday, May 26th*

6:00 pm. Social

6:30 pm. Dinner

7:00 pm. Program

Where: *JB'S Restaurant*

4214 University Ave.

Waterloo, IA

Cost: *\$12.50 per person*

Keynote Message: *Rich Schoffelman*
National Field Consultant
YMCA of the USA

In accordance with the Bylaws of the Family YMCA of Black Hawk County, notice is hereby given of the Annual Meeting. The Annual Meeting is held for the purpose of receiving annual reports of the association; announcing new board of director appointments; receiving any needed financial statements recognizing the "Family", "Volunteer", and "Staff" of the year award winners; and transacting any other appropriate business. As a member or participant of the Family YMCA, you are encouraged to attend.

Reservations requested by calling the YMCA

233-3531

By Friday, May 21.



Inside: 1993 Summer Schedule



YMCA Summer Youth Sports

Football Clinic



Develop football skills, coordination and physical endurance. Work on passing, catching, kicking and running. Cleated shoes, helmets and pads will not be used. Clinic coaches will include: Norm Granger former Iowa Hawkeye, Dallas Cowboy's Lew Montgomery former Iowa Hawkeye, Tim Moses former UNI Panther and area high-school senior football players. Clinic is for boys and girls, grades 3-6.

Day/Dates: Mon. - Fri., July 19 - July 23

Time: Grades 3-6 9 - 11 a.m.

Fee: YMCA Members \$6
General Public \$16

Pee Wee Basketball Clinic



Designed for the younger child, baskets are lowered to 8 1/2 feet and a junior sized ball is used to aid in teaching the fundamentals of 5 on 5 basketball. Boys and girls will participate together. For grades K- 2nd.

Day/Dates: Mon. & Wed., July 12 - Aug 4
Times: Grades K-2 1:30 - 2:30 p.m.
Fee: YMCA Members \$6
General Public \$16

Tee Ball I Clinic



Learn the basics of T-Ball. Skills include eye-hand coordination, swinging a bat, hitting a ball off of a tee, throwing, fielding and catching. A cloth ball that is slightly softer than a regular baseball is used for the clinic. Boys and girls participate together. Locations for the clinics are Hansen Elementary, Devonshire, Castle Hill and Orchard Hill. For girls and boys grades K-2nd.

Day/Dates: Tues. & Thur., June 15 - July 8
Time: Grades K-2nd 4:30 - 5:30 p.m.
Fee: YMCA Members \$6
General Public \$16

Tee Ball II Clinic



Clinic components include teamwork, game play and sportsmanship. Boys and girls play together on the same teams. Participants need to come dressed for outdoor play. For boys and girls grades K-2nd. Location is the Black Hawk County YMCA 669 S. Hackett Rd., Waterloo.

Day/Dates: Tues. & Thur., July 20 - Aug 12
Time: Gr. K-2nd ... 4:30 - 5:30 p.m.
Fee: YMCA Members \$6
General Public \$16

Sand Volleyball Clinic



Learn the basics of bumping, setting, serving, and also the rules of match play. Boys and girls will play on teams together. Depending on the weather, the clinic will be held outdoors at the YMCA sand volleyball courts. Clinic will be held inside if there's rain. Clinic is for girls and boys grades 3-6.

Day/Dates: Thursdays, June 17 - Aug 5
Time: Grades 3-4 6 - 7 p.m.
Grades 5-6 7 - 8 p.m.
Fee: YMCA Members \$6
General Public \$16

All-Star Mini Sports Clinic



Come join in the fun of a clinic where everyday a different sports activity is planned. Play flag football, basketball, T-Ball, sand volleyball, and other games. Indoor and outdoor activities will vary with weather conditions. Clinic will take place at the YMCA, 669 S. Hackett Rd. Waterloo. Clinic is for grades K-2nd

Day/Dates: Mon. - Fri., July 26 - July 30
Times: Gr. K-2 9:30 - 11:30 a.m.
Fee: YMCA Members \$6
General Public \$16

Aquatics

Gymnastics

Dance

Class Fees

(unless otherwise noted)

YMCA Members		General Public
\$10	first child*	\$18
\$ 9	second child*	\$16
\$ 8	third child*	\$14
	(* same family)	

YOUTH SWIM PROGRAMS

Weekday Morning Lessons

Every day, Monday through Thursday mornings. Waterbabies and Tadpole classes run for a half-hour, all other classes are 45 minutes.

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.

Weekday Evening Classes

The following evening classes meet two times a week for four weeks. Classes start during Session 1 & 3 (as shown in the registration section). Class dates are June 14 - July 8 (Session 1-2) and July 12 - Aug. 5 (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 Shark and Porpoise classes are held off YMCA property to allow for expanded instruction.



ADULT SWIM PROGRAMS

Arthritis Water Exercise

The YMCA is proud to offer an arthritis water exercise class designed to help participants improve joint flexibility and range of motion. Classes meet Monday, Wednesday, and Friday mornings at 10:30 a.m. Fees are \$13 for members and \$25 for the general public. Classes meet from June 14 through August 6.

Adult Swimming Lessons

Spend some quality time improving your swimming skills or just learning how to swim. Adult swimming lessons are held Monday and Wednesday evenings from 5:30 - 6:15 or 6:15 - 7:00 p.m. (four week sessions). Class dates are June 14 - July 7 (Session 1-2) and July 12 - August 4 (Session 3-4). Lessons cost \$10 for members and \$18 for the gen. public.

GYMNASTICS

Choose to attend sessions held twice a week for four weeks or once a week for eight weeks. Four week classes start during Sessions 1 & 3 (as shown in the registration section). Class dates are June 14 - July 9 (Session 1-2) and July 12 - August 6 (Session 3-4) or June 14 - Aug 6 (Session 1-4) for the eight week session.

Gym Tots	M & W	9:30 a.m.
(Ages 3-4)	T & Th	10:15 a.m.
	T & Th	4:15 p.m.

Preschool Gymnastics	M & W	10:15 a.m.
(Ages 3-4)	T & Th	9:30 a.m.
	T & Th	5 p.m.

Progressive Gymnastics		
<u>Beginner</u>	M & W	11 a.m.
	T & Th	5:45 p.m.
	Friday	4:15 p.m.
<u>Intermediate</u>	T & Th	11 a.m.
	Friday	5 p.m.
<u>Advanced</u>	Friday	5:45 p.m.

DANCE CLASSES

The following classes meet for eight weeks. Classes start during Session 1. Class dates are June 14 -August 6 (Session 1-4).

Ballet		
(Ages 7-15)	Level 1 Monday	4:15 p.m.
	Level 2 Wednesday	6:30 p.m.

Jazz		
(Ages 7-15)	Level 1 Monday	5:45 p.m.
	Level 2 Wednesday	5 p.m.

Tap Dancing		
(Ages 7-15)	Monday	5 p.m.

Popular Dance		
(Ages 7-15)	Wednesday	4:15 p.m.

Adult Dance		
(Ages 16 and up)	Monday	6:30 p.m.
	Wednesday	5:45 p.m.

Health Enhancement, Aquatics, Gymnastics and Dance Classes

☼ Summer ☼

Registration Information

Session 1

June 14 - June 24
YMCA Members enrolled in Spring 2 Mon., June 7
YMCA Members Tues., June 8
General Public Wed. - Fri., June 9 - 11

Session 3

July 12 - July 22
Y Members in Sum. 2 Thur., July 8 (7 Noon)
YMCA Members Thur., July 8 (1-8 p.m.)
General Public Fri., July 9

Session 2

June 28 - July 8
YMCA Members enrolled in Summer 1 Thur., June 24 (7-Noon)
YMCA Members Thur., June 24 (1-8 p.m.)
General Public Fri., June 25

Session 4

July 26 - Aug. 6
YMCA Members enrolled in Summer 3 Thur., July 22 (7-Noon)
YMCA Members Thur., July 22 (1-8 p.m.)
General Public Fri., July 23

Health Enhancement Class Fees

(unless otherwise noted)

PUNCH TICKET FEES

15 PUNCH TICKET

Members \$15
General Public \$30

30 PUNCH TICKET

Members \$28
General Public \$56

Freestyle Aerobics	M-W-F	6 a.m.
Aerobics/Step Combo	M-W-F	9:05 a.m.
	M-W	5:30 p.m.
Step Aerobics	M-W	10:05 a.m.
	T-Th	4:30 p.m.
	T-Th	5:30 p.m.
Live Y'ers	M-W-F	8:15 a.m.
Hip & Tummy	T-Th	10 a.m.
Weekend Workout	Sat.	9:30 a.m.
Water Exercise	M-W-F	7 a.m.
	M-W-F	8 a.m.
	T-Th	8 a.m.
	M-W-Th	6:30 p.m.
Jazzercise	T-Th	9 a.m.
	Sat.	8:30 a.m.
* Strength Training	T-Th	9:30 a.m.
	T-Th	6:30 p.m.
	M-W-F	4:15 p.m.
* You & Me Baby	M-W	5:30 p.m.
* Y's Way to a Healthy Back	T-Th	Noon
(six weeks only)		

* Special Fees

Adult Strength Training/Youth Strength Training (ages 9-13) costs \$15 for members and \$25 for the general public.

You & Me Baby costs \$16 for members and \$34 for the gen. public.

Y's Way To A Healthy Back costs \$35 for members and \$60 for the general public.

SHINKYUDO KARATE CLASSES

Summer session for eight weeks, June 14 - August 7.

Youth Beginning	M and/or W	5:30 p.m.
Youth Advanced	M and/or W	6:30 p.m.
Adult Karate	M and/or W	7:30 p.m.

Adult Karate is \$16 for members who take the class once a week; \$26 for twice a week. The general public pays \$25 for classes if they attend once a week and \$42 for twice a week.

Youth Karate is \$12 for members who take the class once a week; \$20 for twice a week. The general public pays \$20 for classes if they attend once a week and \$36 for twice a week.

RACQUETBALL

Summer Racquetball League

A summer racquetball league will begin the week of June 28 and continue for seven weeks. Each league is formed according to skill levels. Playing times are determined by players. Those interested should register by June 23.

Youth Racquetball Lessons

Youth racquetball lessons are open to members and non-members on Monday and Wednesday afternoons from 4:30 - 5:30 p.m. These lessons will be held June 14 - July 7. Fees are \$5 for members and \$25 for the general public. For youth ages 7-15.

NAUTILUS SUMMER SPECIAL

Take advantage of super summer rates for the use of Nautilus strength training equipment at the YMCA.

(This offer is good June 1 - September 1)

	Members	General Public
Youth	\$10	\$24
Adults	\$20	\$36
Family	\$30	\$52
College	\$15	\$30

YMCA Summer Activities

Summer Child Care Program



The YMCA will be offering an all day - child care program this summer for children ages 3 - 9, weekdays from 6:30 a.m. to 5:30 p.m., beginning June 7 and running through August 27.

Some of the child care activities will include use of the YMCA facilities like the small pool and gym.

The YMCA Child Care fees are:

- ▶ For weekly registrations, full day, eight hours or more, the fee will be \$60, with each additional child costing \$40.
- ▶ For half-day registrations (up to 5 hours), the weekly fee is \$35 for the first child, \$20 for each additional child.
- ▶ If you wish to register just on a daily basis, the fee will be \$12 for a full day and \$7 for a half-day.

For more information regarding the YMCA Child Care program contact Tom Sekeres at the Y, 233-3531.

Adult Sand Volleyball Leagues



Again this summer the YMCA will be running a sand volleyball league for men, women and co-ed teams. Leagues will start the week of **June 7** and go through the week of **Aug. 9**.

The leagues will consist of eight teams and the team fee is \$77. Team roster and payment must be received with registration. Team trophies will be awarded to the first and second place teams.

- ▶ Mens (B,C teams) - Monday evenings
 - ▶ Co-ed (B,C teams) - Tuesday evenings
 - ▶ Womens (B,C teams) - Wednesday evenings
- All games will be played at 6:30 or 7:30 p.m.

Registrations are now being taken on a first come, first serve basis. **Deadline is May 21.**

For more information regarding the league contact Dave Peters at the Y, 233-3531.

YMCA Summer Teen Rec Program



All teens ages 13 - 18 are invited to participate in open rec activities: basketball, volleyball, wallyball, running, swimming, strength training, dances and more. The first time you come to a teen rec program you will pay a one time fee of \$5 for your teen rec membership card that is good for the whole summer (both locations listed below). All you need is a school I.D. or drivers license. Enjoy this summer by participating in the Teen Rec program.

Days/	Fridays - Boys and Girls Club
Locations:	Saturdays - YMCA
Dates:	For YMCA location only , July 10, 17, 24, 31 and August 7, 21, 28
Times:	7:00 - 11:00 p.m. (both locations)
Fee:	One time \$5 fee - good for both locations for the entire summer

3 on 3 Youth Basketball League



This summer the YMCA will be running a 3 on 3 youth basketball league, for boys and girls going into grades 3rd, 4th, 5th or 6th.

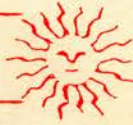
The league will start on Saturday, June 19th and run through Saturday July 31st. Games will be played Saturday mornings from 9 a.m. to 11 a.m. at the YMCA. There will **no clinic on Saturday, July 3** for the holiday weekend.

Day/Dates:	Saturdays, June 19 - July 31
Time:	Grades 3-4 9 - 10 a.m. Grades 5-6 10 - 11 a.m.
Fee:	YMCA Members \$6 General Public \$16



YMCA Summer Activities

1993 YMCA Summer Camp Programs



The YMCA Summer Day Camp, for boys and girls ages 6 - 12, begins June 14 and runs through August 20.

Camp activities include archery, environmental ed, arts and crafts, canoeing, swimming, camping skills and more. Children are picked up and dropped off daily at one of five sites throughout Waterloo and Cedar Falls. Campers need to bring a sack lunch, swimsuit and towel each day.

The camp program is held at the Waterloo Rotary Reserve, approximately a ten-minute drive north of Cedar Falls off N. Union Road.

Fees per week are:

- ▶ YMCA Members \$49
- ▶ General Public \$64

The YMCA Preschool Day Camp, for boys and girls ages 3 - 5, begins June 14 and runs through August 13.

Preschool day campers have a full schedule of activities that have been designed especially for the younger child. Campers will need to bring a sack lunch, swimsuit and towel each day. Preschool Day Camp is held every other week of the regular day camp session.

Fees per week are:

- ▶ YMCA Members \$35
- ▶ General Public \$45

For more information, call the YMCA at (233-3531) or stop by and pick up a YMCA Day Camp brochure.

IOWA GAMES 1993



The 1993 Summer Iowa Games will be held on July 16, 17, and 18 in various locations throughout Waterloo and Cedar Falls.

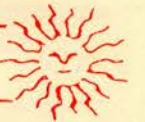
This year the opening ceremony will be held in the UNI Dome - it promises to be more spectacular than last year. Brochures and registration materials will be available at the YMCA.

YMCA SUMMER MEMBERSHIPS



YMCA Summer memberships will be available at the Y front desk beginning May 15th. The summer membership runs from June 1st through September 1st. For more information stop by the YMCA front desk or call the Y at 233-3531

SUMMER FUN DAYS



The Summer Fun Days program is the YMCA's "schools out" program adapted for summer-time. Lots of daily activities are available for your K-6th grader to participate in. Fun Days will be held the week of June 7th and August 23 at the Y from 8 a.m. to 5 p.m., Monday - Friday. For information about fees and registration contact Dave Phelps at the YMCA 233-3531.

Have a great summer !!!



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