

YMCA UPDATE

At work for tomorrow ... today.

BLACK HAWK COUNTY FAMILY YMCA

JANUARY 1994



The winning team "Peters' Pushovers-Not!" consisted of (l-r) Roxanne Henry, Captain Dave Peters, Gerry Geinger, Mary Van Gundy, Jenny Corey, and Steve Boyd (not present).

Exercise-A-Thon Raises Over \$8000

The first annual Family YMCA Exercise-A-Thon was held Saturday, December 11. Six teams exercised for one hour and raised approximately \$8,596.75 to support the 1993 Partners' Campaign. The event provided friendly competition yet was exciting and a lot of fun.

All participants exercised in the multi-purpose room at the YMCA. The competition was limited to stationary exercise equipment that would allow all teams to remain in one location. The equipment utilized were the lifecycle, the liferower, the nordic track, and the lifestep. Two people from each team participated on the lifecycle, the lifestep and the liferower.

The winning team was "Peters' Pushover-NOT!" led by Captain Dave Peters with a total score of 46 points. Individual event winners included Gerry Geinger ("Peters' Pushovers-NOT!") on the lifestep, Bret Peterson ("Johnson's Jazz") on the liferower, and David Phelps ("Phelps Da' Crush") on the Nordic Track.

"Sekeres' Smashers", led by Captain Tom Sekeres was the team that raised the most money totaling \$2,194. Tim Moses raised the most money individually totaling \$700. Prizes were awarded to the above winners along with gift certificates to all participants who raised \$200 or more.

Educational Opportunity Center

The Educational Opportunity Center is a program funded by the Department of Education and sponsored by the University of Northern Iowa. EOC assists adults 19 years and older with financial aid and admissions procedures, as well as career interest testing. EOC provides information, applications, and placement figures for 2-year and 4-year institutions as well as GED placement.

In the coming year EOC will partner with the YMCA to bring a variety of workshops to members and general public. The first two will be held in February. A Career Exploration workshop will be held Monday, February 7 from 7-9pm. A follow-up Job Search workshop will occur on Monday, February 21 at 7pm. Financial Aid will be the topic of the March 28 workshop, also from 7-9pm. All workshops will be held in the YMCA Conference Room.

Fees for members are \$7 and \$14 for the general public for each workshop. Registration is required. Contact Lori Johnson at the YMCA at 233-331 for more information.

What's New for 1994...

- *Weight Control Sweepstakes
- *Racquetball Lessons
- *Tax Assistance
- *Expanded Milers Club

Weight Control Sweepstakes

Looking for a program designed to take you through the "ins and outs" of weight control in a fun way? This program includes comprehensive training and exercise to slim you down and show you how to stay that way. The fun part is the friendly competition that is built into the program.

Weight control sweepstakes is a six week program that includes before and after body composition testing, exercise guidelines, weekly food logs, and nutritional lectures. Participants will be competing against one another for prizes to be awarded at the end of the program. The Sweepstakes will start on Monday, January 17 and continue through February 28.

The program also includes a one hour workout with a personal trainer to help get you started on the road to weight/fat loss. Nutritional lectures will be held weekly at times to be arranged.

Points will be awarded for doing the positive things that it takes to lose weight and/or body fat in a healthful manner. Totals from workouts, food diaries, and lectures are accumulated weekly for each participant. At the end of the program, points are totaled to determine the winner. Body composition and body weight will be measured at the beginning and the end of the Sweepstakes. Activity logs will be provided.

Pre-measurements and an explanation of the Sweepstakes will be held on Monday, January 17 6:30pm at the YMCA. All measurement information will be kept strictly confidential by the YMCA. The first eligible day that participants may start recording points will be Tuesday, January 18.

The first place prize will be a \$30 gift certificate. The second place winner will receive a YMCA Fitness ticket good for 15 fitness classes. All participants who complete the program and earn at least 125 points will receive a YMCA T-shirt.

The fee for the program is \$30 for YMCA members, \$45 for the general public. The program is limited to the first 20 people.

To register, call the YMCA, 233-3531.



GED Classes Offered at the YMCA

Free GED/ABE classes for adults, sponsored by Hawkeye Community College, are offered at the Family YMCA beginning January 3, 1994. Classes meet Monday and Wednesday, 1:30pm-3:30pm. GED classes are designed for adults who want to earn their high school equivalency diploma. There is no charge for instruction and classroom use of books. There is testing fee, however.

ABE (Adult Basic Education) classes offer all adults, a chance to brush up basic reading, writing and math skills at their own pace in an adult setting. Adults may decide which skills they want to improve and focus on those skills. Classes are small, informal and friendly.

Enrollment may take place at any point in the session. Anyone who is interested can just attend at the scheduled time. Classes are available throughout the traditional school year. For further information, call Beth Hanisch, 233-2895 or Hawkeye Community College, 234-5745.



TAX ASSISTANCE

Free tax assistance is available through VITA, the Volunteer Income Tax Assistance program, TCE, Tax Counseling for the Elderly and RSVP, the Retired Senior Volunteer Program.

The program is designed to help elderly and lower-income taxpayers fill out a basic form 1040 or 1040A. Volunteers also alert taxpayers to special credits and deductions for which they may be eligible, such as child care and earned income credits, the tax credit for the elderly and deductions available for certain medical and dental expenses.

The program is available to persons living in Waterloo, Cedar Falls and surrounding communities.

The program is not intended to provide assistance on complicated capital gains, business expenses and the like.

Tax assistance will be available January 31 through April 15, 1994 at the Retired Senior Volunteer Program, the Jesse Cosby Center, Waterloo Senior Center and the Cedar Falls Senior Center. Appointments are required and may be made by calling 235-9316.

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RACQUETBALL LESSONS

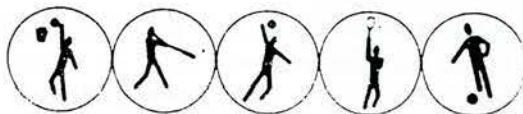
Nationally ranked open division player Brett Hansen will be teaching beginner racquetball lessons at the YMCA. Classes will be held on Tuesdays at 7pm, beginning January 25 and running through February 15. These classes are open to anyone 14 and older. Fees for members are \$16 and for the general public \$28. Advance registration is required and enrollment is limited. Please call the YMCA to register, 233-3531.



Winter Racquetball League

The Winter Racquetball League begins January 17 and runs through April 19. League play will be divided up according to ability level. All levels are welcome and encouraged to join. The YMCA Racquetball League promotes the game as a form of fitness and fellowship as well as an opportunity to meet new people.

Fees for members are \$10 and for the general public \$25. Contact Tom Sekeres with any question or for additional information, 233-3531.



EXPANDED MILERS CLUBS

If you are sport/fitness minded and are looking for the opportunity to measure your progress, consider joining one of the YMCA's Milers Clubs starting in January.

Throughout the course of the calendar year, each participant keeps track of their mileage on the charts provided by the YMCA in the lower level hallway. YMCA staff tabulates mileage totals on a monthly basis.

The activity choices have been expanded for 1994. The YMCA Milers Club still includes your choice swimming, running, walking and bicycling. The additional clubs for 1994 include cross-country skiing, rowing, stair climbing, and nautilus clubs. The fee is \$7 for one club or the avid cross trainer may join 3 clubs for \$18.

Club members qualify for a T-shirt if the following goals are met at the end of the year:

Swimming 75 miles	Cross-country skiing 325 miles
Running 750 miles	Rowing 350,000 meters
Bicycling 1500 miles	Stair climbing 60,000 floors
Walking 200 miles	Nautilus 100 workouts

The YMCA also has a Fitness Club available to YMCA members. Attend 100 fitness classes to receive your T-shirt.

For more information about the Milers Club call Tom Sekeres, 233-3531.

DISCOVERY TOY PARTY

The YMCA will be hosting a Discovery Toys party on February 10, 1994 at 7pm. The party will take place in the YMCA conference room. Discovery Toys are developmentally appropriate toys, games and books for children. These toys will be demonstrated by Ingrid Swanson, YMCA Child Care staff. Proceeds from the party will provide Discovery Toys for the YMCA's early childhood and elementary school programs. For additional information contact Dave Peters or Ingrid Swanson at the YMCA, 233-3531.

Self Defense Clinic

The YMCA is again offering a Self Defense Clinic for women and teens. The clinic, designed and taught by women, will be held from 7:00 - 9:00pm on Thursday, February 10 at the YMCA. The clinic is designed to increase awareness and confidence in defending yourself from attacks. This prevention based program includes lecture, discussion, and hands-on techniques from professional instructors.

The fee for the clinic is \$10 for YMCA members and \$15 for the general public. For more information contact the YMCA, 233-3531.



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Bake Sale a Success!

A big THANK YOU to all those who helped with the Child Care Bake Sale in December. This includes the child care staff as well as the parents of our child care regulars who donated time and goodies.

The fundraiser was a success-\$191 was raised and will enable the YMCA to purchase some needed supplies including a new filing cabinet, various toys, arts and crafts supplies, sanitary supplies, books, chalk and much more. These items will enhance our child care program significantly.



WRESTLING CLINIC

The YMCA will hold a series of wrestling clinics for 2-6 graders beginning January 28 or 29th and running for eight weeks. Clinics will be held on Friday evenings at the YMCA only or Saturday mornings at either the YMCA or Hansen Elementary. All 2-4 graders will meet either Fridays from 5-6pm or Saturdays from 9:30-10:30am. All 5th and 6th graders will meet on Fridays from 6-7pm or Saturdays from 10:30-11:30am.

The clinic will conclude with a wrestling tournament, sponsored by the Y's men, March 19 at 11am in the YMCA Gym. Please call the Tim Moses at the YMCA for more information, 233-3531.

PEE WEE BASKETBALL II

The YMCA will be holding a second session of Pee Wee basketball clinics beginning January 8 and running through February 26. This eight week session is designed for children in grades K-2. A smaller ball is used for better handling as well as a lower basket.

Clinics will be held on Saturdays at 4:30pm or 5:30pm. Each session will be one hour in length and will take place at the YMCA. Fees for members are \$7, for the general public \$17. Please call the YMCA to enroll, 233-3531.



2nd Season 5 on 5 Basketball

Learn the fundamentals of 5 on 5 basketball during the YMCA's 2nd eight week program. The program is open to all boys and girls grades 3-6. This eight week session will begin January 28 or 29 and conclude March 18 or 19.

Friday sessions for girls will be held from 5-6pm at either the YMCA or Cedar Heights Elementary School. Friday sessions for boys will be held from 6-7pm at either location. Saturday sessions will only be held at the YMCA. The girls' clinic will run from 9:30-10:30am and the boys' clinic from 10:30-11:30am.

Fees for members are \$7 and for the general public \$17. Please call the YMCA, 233-3531 to register.

Black Hawk County Family YMCA
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