

Newsletter of the YMCA of Black Hawk County
669 South Hackett Road
Waterloo, Iowa 50701
(319) 233-3531

December 1990

Happy Holidays from the YMCA!

New Year's Overnight

Boys and girls grades K-5 are invited to join in the fun of another exciting overnight at the YMCA.

The fun starts on Monday, December 31, at 8 p.m. and ends at 8 a.m. on Tuesday. The overnight features swimming, gym time, and watching movies. Doors are locked at 8:30 p.m. Parents leaving their children for the night are required to leave a number where they can be reached.

A snack will be served on Monday night and breakfast will be provided on Tuesday morning. Those attending need to bring a sleeping bag and pillow, swimsuit and towel, gym clothes, pajamas, and some clean gym shoes (other than those worn to the Y).

Fees are \$10 for members and \$15 for the general public, with discounts being given to families that register more than one child.

For more information or to register, call the YMCA, 233-3531.

Mom and Pop Shop

Due to popular demand — it's back!

Friday, December 14, drop off your child, ages 3-6, at the Y from 5:30 to 8:30 p.m. to enjoy swimming, crafts and a snack while you get in some extra shopping time.

Youngsters need to bring a swimsuit, towel and lots of energy. Fees for Mom and Pop Shop are \$6 for members and \$12 for the general public, with a discount being given to families registering more than one child.

Call the YMCA to register, 233-3531.

School's Out Fun Days

What do you do when school's out and Mom and Dad are busy or have to work? Try going to the YMCA all day for Fun Days!

Boys and girls grades K-6 are welcome to attend our special School's Out Fun Days on December 27, 28, 31 and January 2, each day from 8 to 5. A variety of field trips and miscellaneous activities are planned for each day, making for action-packed fun.

The cost for School's Out Fun Days is just \$8 per day (members) and \$12 (general public).

Register early, these programs frequently fill up and there is a daily registration limit!

Saturday Fun Days

Finish that last minute Christmas shopping without the kids being there. This program will be run on Saturdays at the YMCA, at a special time: 11 a.m.-8 p.m. This program is similar to School's Out Fun Days and is for the same ages.

Register for December 15 and/or 22. Saturday Fun Days cost \$8 per day for YMCA members and \$12 per day for the general public.



From the Executive's Chair

I am particularly fond of this time of year more than any other. I think so because it seems we spend more time reflecting on ourselves, our friends, our families and our fellow human beings as we journey towards Christmas day. Our attitudes alone make for a pleasant experience.

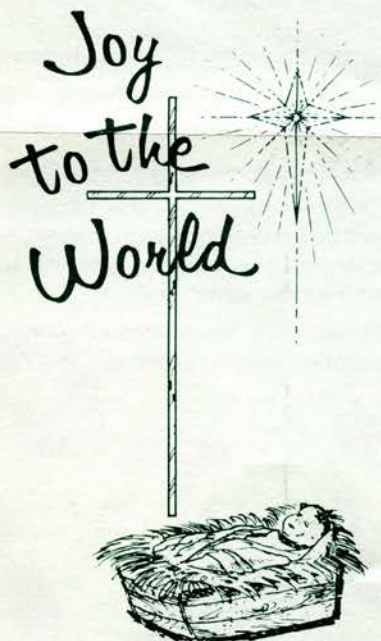
It, too, is a time of preparation — a preparation for Christmas. I firmly believe that our preparations for Christmas are just as important as our celebration of it. How we choose to spend our days and weeks getting ready may, in fact, say more about our observance of the coming of the Christ Child than anything else we do on December 25.

Christ's best gift to mankind was Himself. He didn't give parties, bonus checks, or material things. He was born for us. He had given us all an abundant life here on earth and eternal life in heaven if we so choose. Therefore, the best gift we can give this Christmas season is ourselves — our time, our talents, our love — so that others may come to understand the true meaning of Christ-mas.

As we travel towards that blessed day, may we all take time to pause, reflect and give thanks for His gift to us. And as we celebrate this most joyous birth, may the meaning of Christmas be deeper and the hopes brighter.

From my family to yours, Merry Christmas and a very happy 1991.

*In the 'spirit' of the Y,
Jim, Nancy, Nathan and
Heather Weaton
YMCA Executive Director
and Family*



Tadpoles and Waterbabies

The next session of Waterbabies (ages 1-2) and Tadpoles (ages 3-4) swimming classes begins on Monday, January 7, and runs through February 2.

Classes are available on either Mondays/Wednesdays, Tuesdays/Thursdays, or Saturdays. The weekday classes are held twice a week for four weeks, and the Saturday classes are held once a week for eight weeks.

Class registration for members currently enrolled is Wednesday, January 2, from 9 a.m.-noon.

Other YMCA members are welcome to sign up that same day from 1-5 p.m. The general public will be allowed to register on January 3 and 4.

Tadpoles and Waterbabies are taught on an on going basis annually at the YMCA.

Register on the dates shown above by calling the YMCA, 233-3531.

Splashing and Dashing Continues

The YMCA is looking for preschool and day care programs in the community that would like to make a connection for a jointly sponsored gym and swimming program.

The YMCA is able to provide transportation if needed for groups that participate. Structured activities are conducted in both the pool and the gym.

If you would like to know more about Splash and Dash or would like your child's day care center or preschool to have the opportunity to attend the YMCA regularly as a part of its program, call Dave Peters at the YMCA, 233-3531.



Membership Memos Membership Assistance Available

If you know someone who would benefit from a membership but has a low, limited or fixed income, contact Julie Mitchell at the YMCA, 233-3531.

Through the United Way and generous contributions from YMCA members, the YMCA is in the position to offer assistance for those who can prove a need.

Encourage anyone you know who would qualify to call the YMCA for more information.

Corporate Memberships Available

When the people you work with start in on their new year's resolutions, you might want to consider getting together with your company's management and mention the idea of getting corporate memberships at the YMCA.

If your company signs up, the employees receive an automatic 20% reduction in membership fees.

For more information or a presentation on corporate memberships, contact Tom Sekeres at the YMCA, 233-3531.

Sign-a-Member Sweatshirts

As long as they last, high-quality navy and white sweatshirts are being given as a "reward" for any member that recruits a new member to join the YMCA at the basic adult level (\$216 or higher). The new member should mention your name when they join in order for you to receive credit.

Specific rules for the promotion are posted at the YMCA, or if you have any questions, ask at the Welcome Center.

If you know someone who has been thinking about joining, get them in and show them around. Earn up to four sweatshirts per household. Hurry before your size is gone!

Sunday Reminder

This is a reminder that the YMCA is now open on Sundays from 1-6 p.m.

The Y is specifically open for families and adult members and their guests to provide a "members only" atmosphere on Sundays. Young people under age 16 must be accompanied by an adult.



Fitness/Health News

Racquetball Social

If you're looking for fun and an informal group to play racquetball with or a way to meet other YMCA members who are looking for racquetball partners, consider joining in on the Tuesday night Racquetball Mixed Social.

Courts are pre-reserved and held from 7-8:30, with a weekly cost of one punch or \$1 (free for unlimited play cardholders) for those who participate.

Join by just showing up when you can. The social will be held on Tuesdays through December 18 and will begin again on January 8.

New Karate Time

An additional section of Karate has been added on Mondays and Wednesdays at 4:30 p.m. to meet the demand for Beginning Karate lessons.

A new seven-week session of classes is underway. The new YMCA Karate schedule is:

Beginners — Mon. and/or Wed. at 4:30 or 5:30 p.m.

Advanced — Mon. and/or Wed. at 6:30 p.m.

Adults — Tues. and/or Thurs. at 7:30 p.m.

Pre-registration is required. Call the YMCA, 233-3531.

You and Me Baby

We need your help to reach a very select group of our friends and members — those who could benefit from signing up for prenatal fitness classes.

If you know someone who is "expecting" the arrival of this type of a special post-holiday "gift," let them know about our classes, which are held on Mondays and Wednesdays at 5:45.

Our Your and Me Baby instructor, Debbie Spray, has been through extensive training and knows the safest ways that the mother-to-be should exercise. Benefits include improved extra strength and stamina for child birth and a rapid postpartum recovery.

Call the YMCA, 233-3531, for more information or to register.

Red Cross Screenings

Stop by in the YMCA lobby on Wednesday, December 12, between 11:30 and 1:30 and take part in a free blood pressure screening.

For just \$5 on the same day during the same hours, find out what your cholesterol level is. The blood pressure checks and the cholesterol tests will be done by American Red Cross.

These programs are open to members and the general public. No registration is required.

Fitness Clubs

If you are "into" your own sport or fitness thing and are looking for the opportunity to measure your abilities, consider joining one of our fitness clubs starting in January. Each participant keeps track of their own progress on charts in the hallway on the lower level.

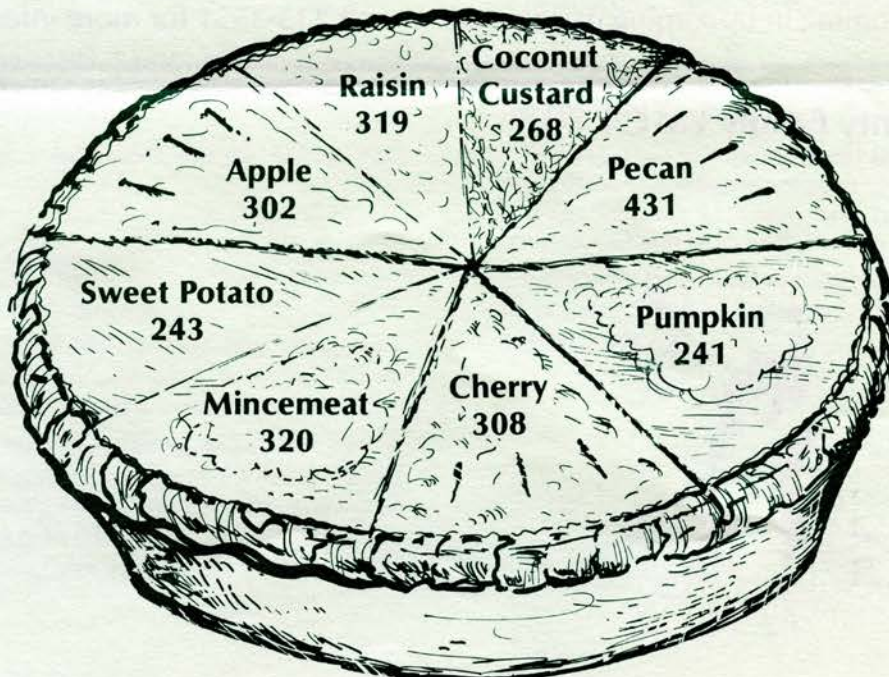
Miler's Club — Only \$6 each or \$15 for all three: swimming, running/walking or biking (members only). Qualify for a t-shirt if you swim 70 miles, run 750 miles or bike 1500 miles during the course of the year.

Walker's Club — \$6. Two levels of shirts given for members only: over 200 miles in a year or over 400.

Aerobics Club — The only club offered to non-members. Attend 130 classes in a year and receive a t-shirt (that's an average of only once a week). Members \$6, general public \$12.



How many calories are there in a slice of your favorite pie?



Briefly . . .

- There still might be room in **your favorite YMCA fitness class**, swimming, dance, gymnastics or karate. New classes begin December 10 and last through February 9. A two-week break will be taken over the holidays. Call to register.

- Most **fitness classes** can be joined at any time during a session. Don't hesitate to contact the YMCA if you want to start between sessions.

- Call early (a month is recommended) to schedule **birthday parties** at the YMCA. The cost is very reasonable, and the party is fun for all!

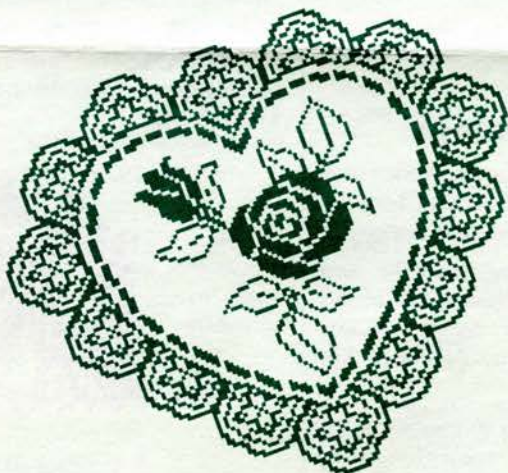
- **Renting the YMCA** for other events (family get togethers, anniversaries, recreation events for churches or scouts) is another idea for the winter months. Call early to reserve your date.

- The next session of **racquetball lessons** begins January 15 and runs on Tuesdays, 7-8 p.m., for four weeks. Call or stop to register.

- The next **racquetball league** will begin play the week of January 7. Those interested must register by December 31 so divisions can be arranged. Call or stop to register. Don't delay!

- **Y's Way to Weight Management**, a ten-week health and nutrition education program that is geared toward good eating and weight loss, will start on January 15. Call the YMCA to register. The class is held on Tuesdays from 6:45-8 p.m.

- **Family programs** begin in January. Look for information at the Y about weekly offerings. One special program coming up is cross-country skiing on January 26. If you have ideas for programs, contact David Phelps at the Y, 233-3531.



From the Heart

From the Heart Annual Appreciation Dinner on February 16, 1991, is not your typical annual meeting. There will be **no** long speeches, **no** snoring, **no** hem and hawing. What there will be is laughter, elegance, great food, dancing, free child care, valet parking, and much more. Ask your sweetheart to spend an evening of romance from the heart on February 16 at the YMCA. More details will be coming in upcoming newsletters, or call 233-3531 for more information.

Black Hawk County Family YMCA
669 South Hackett Road
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