

Black Hawk County Family YMCA
669 South Hackett
Waterloo, Iowa 50701
(319) 233-3531

★ MON-WED-FRI MORNINGS	8:30 - 11:45 AM	★
★ MON-WED EVENINGS	4:45 - 7:00 PM	★
★ TUE-THUR MORNINGS	8:40 - 11:20 AM	★
★ TUE-THUR EVENINGS	4:30 - 7:00 PM	★
★ SAT. MORNINGS	8:45 - 11:00 AM	★

1ST ANNUAL CAMPS, OVERNITES AND PARTIES

"ISN'T IT GRAND TO BE OUT OF SCHOOL FOR THE SUMMER" YMCA OVERNITE EXPERIENCE

Any boy or girl who is in the 1st thru 5th grade this year is invited to our first all-out celebration overnite to bring in summer vacation in style!

The overnite will be held Friday, May 30th beginning at 7:00 PM to Saturday, May 31st ending at 8:00 AM. Cost is \$8.00 for YMCA Members/\$12.00 for Non-Members. A \$2.00 discount on each additional members of the same family.

Activities for the overnite include games in the gym, relays, beach-ball volleyball, swimming, penny dives, movies, snacks, prize give-aways, breakfast and more.

Adult leadership will be provided by Jim Weaton and a staff of volunteers dedicated in helping the children have FUN!!!!

You won't want to miss out on this fun-filled evening of entertainment. It promises to be a great time so register early — enrollment is limited.

FUN — FOOD — FELLOWSHIP — THE Y.M.C.A. WAY — COME JOIN US!

Y.M.C.A. DAY CAMP 1986

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 chose 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 — "SummerCamp 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 4, 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!

CHILDREN'S BIRTHDAY PARTIES

KIDS! How about holding your Birthday Celebration at the Family YMCA. You may use the gym, pool and the game room. We will supply the cake, ice cream and the party room.

PARENTS! The fee is \$20.00 per party package which includes up to 10 children. Usage is limited to 3 hours and if the children are under 7, they need adult supervision at all times in the physical areas. Time and dates available according to current usage of the multi-purpose room. Contact Nancy Winchip for more information.

Y.M.C.A. PRE-SCHOOL SUMMER FUN CLUB

IT'S A GREAT IDEA!

Believe it or not, but it's almost Summer. As parents plan their childrens activities, add a fun one — YMCA Pre-School Fun Club. The club is for 3, 4, and 5 year old children whose parents are looking for a well-developed and rewarding Summer activity.

We have had a great response to this program in the past, so we have added two more sessioins for this Summer. Also new, is a session just for 5 year olds that have been in Fun Club before or for children that are five years old. (Session III).

SESSIONS TO CHOOSE

Each session runs Monday thru Friday, from 9:30 am thru 2:30 pm. We will be based at the YMCA facility at 669 S. Hackett, Waterloo.

- Session I — June 9 - June 13
- Session II — June 16 - June 20
- Session III — June 23 - July 27 (5's only)
- Session IV — July 7 - July 11
- Session V — July 14 - July 18

FEES: YMCA Members \$34.00* per session

Non-YMCA Members \$44.00* per session

*Note—A \$15.00 non-refundable deposit is due upon registration. Remaining balance is due 1st day of Fun Club.

TRANSPORTATION

Parents of pre-school fun club goers will be responsible for the daily transportation to and from the YMCA. We may ask some parents to volunteer to drive on area field trips.

HOW TO REGISTER

Registrations will begin on May 27th.

A registration form (available at the YMCA front desk) and the \$15.00 deposit is required in order to sign-up. Each session has limited enrollment, so early registration is advised. Cut-off for registrations will be the Wednesday prior to the beginning of each session.

A parent information packet will be mailed to you upon completing registration. If you have any questions, please contact Nancy Winchip at the YMCA at 233-3531.

RACQUETBALL, BICYCLING AND GOLF

RACQUETBALL NEWS

We have a lot going on this summer in racquetball, so don't miss the excitement. Almost something for everyone in the family!

Adult Lessons

Tuesdays — June 10th, 17th, 24th and July 1st at 6:30 - 7:30 PM

Fee: \$20.00 Y-Members \$30.00 Non-Members

Adult Clinic

Is for adults wishing to learn more about the sport but not interested in 4 lessons. Clinics last for one hour and are free for Y.M.C.A. members. The dates are listed below, if you are interested sign-up at the front desk. Class size is limited.

May 28th — 10:30 - 11:30 AM

May 29th — 6:00 - 7:00 PM

June 3rd — 10:30 - 11:30 AM

June 4th — 6:00 - 7:00 PM

Round Robin

Members can just show up and challenge one game at a time. This is a great way to meet new players. Men and women are welcome. It is free of charge. Starts the week of June 9th and runs thru August 14th, 1986.

Times are Mondays — 5:30 - 6:30 PM

Tuesday — 5:30 - 6:30 PM

Wednesdays — 10:30 - 11:30 AM

Thursday — 9:30 - 10:30 AM

Racquetball League

Summer racquetball league is for men and women of levels of skill. We will try morning and evening leagues. This is a great way to stay in shape and meet new friends. Forms available from the front desk after May 1st. Play begins week of June 1st.

GOLF OUTING



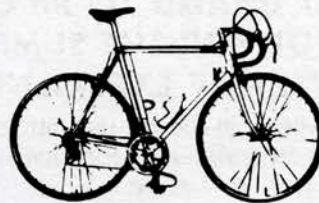
The Family YMCA will be holding a Four Person Best Shot Golf Outing on Saturday, June 28th at South Hills Golf Course. Tee-off is at 9:00 AM with an awards dinner and more golf to follow. Each team will have the opportunity to play 18 holes of Best Shot golf with the top finishers in each flighted division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

Fee: Member \$15.00 per player

Non-Member \$20.00 per player

(This fee includes green fees and the awards dinner) Cart reservations can be made at South Hills Golf Course (291-4268).



1ST ANNUAL FAMILY Y.M.C.A. BICYCLE RACES

The YMCA will be holding a series of bicycle races on Wednesday evenings this spring and summer. There are two types of races being offered: time trials and criterium races.

The time trials will allow the cyclist to race against the clock on a road course. During the criterium race each cyclist will ride on a loop course against others their age group.

Entry forms and registration materials can be obtained at the YMCA, Europa Cycles and Sunshine Cycles. Contact the YMCA at 233-3531 for more information.

TIME TRIALS (Eagle Center 8 miles S. on Kimball Ave.)

May 14th — 6:00 PM **FEE:** \$1.50 per time trial

May 21st — 6:00 PM \$4.00 for all three

May 28th — 6:00 PM

CRITERIUM RACES (River Hill School, 2700 Grand Blvd.-C.F.)

June 11th — 6:00 PM **FEE:** \$1.50 per criterium

June 18th — 6:00 PM \$4.00 for all three

June 25th — 6:00 PM

*Cyclists may enter as many races as they want.



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 - 7:00 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

YOUTH SPORTS AND GYMNASTICS

GYMNASTICS

GYM TOTS (3-4 yrs. old)

The purpose of this class is to help the child develop balance, coordination, flexibility and other movement related skills. It is also designed to improve the child's social development by participating with other children and by listening to adults other than a parent. Some of the activities included in Gym Tots are basic motor movements, ball skills, tumbling, games and more.

Day	Time
Monday	9:30 AM
Tuesday	10:15 AM

PRE-SCHOOL GYMNASTICS (4-5 yrs. old)

This class is designed to introduce gymnastic activities to 4 and 5 year old children. Tumbling and balance beam will be emphasized. Strength, flexibility, balance and coordination activities will be further developed.

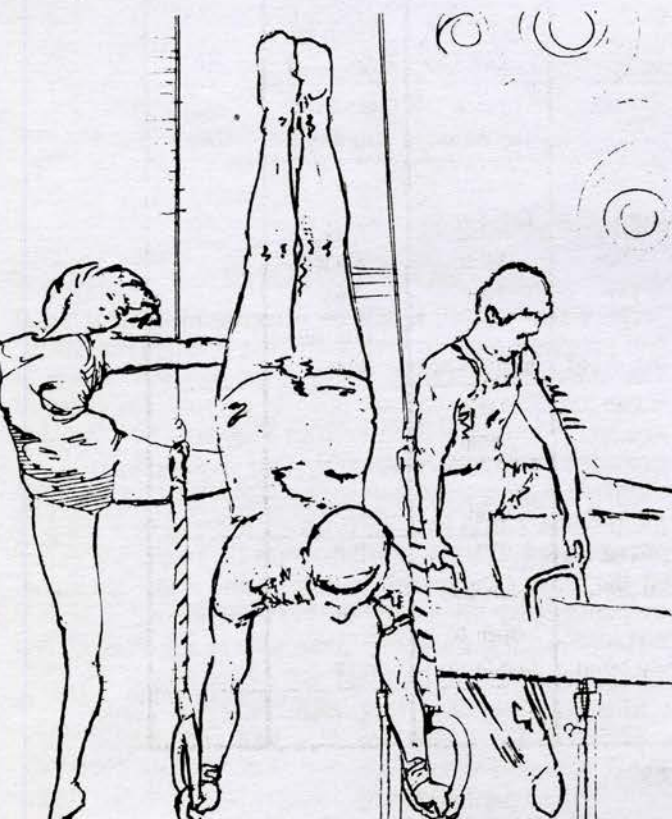
Day	Time
Monday	10:30 AM
Tuesday	9:15 AM

FEE: YMCA Member	Non-Member
\$11.00	1st child \$19.50
10.00	2nd child 17.50
9.00	3rd child 15.50

Registration:

Currently enrolled YMCA members . . . Fri, May 30th
 YMCA members Mon, June 2nd
 Non-YMCA members Tues, June 3rd-5th
 Registrations will be from 9:00 AM - 5:00 PM each day.

SESSION LENGTH: Gym Tots and Pre-School Gymnastics will begin the week of June 9th and continue to August 7th, this is a nine (9) week session for the price of eight (8) weeks.



Y.M.C.A. TEE-BALL CLINIC

It might be! It could be! It is! time again for the Black Hawk County Family Y.M.C.A. Tee-Ball clinic. All boys and girls 6-8 years old interested in having fun, meeting new friends, and learning the fundamentals, of Tee-Ball, the Y.M.C.A. Tee-Ball clinic is the place for you.

What is Tee-Ball? Tee-Ball is similar to baseball except that the ball is hit off a standard (tee) rather than a pitched ball. This allows for a safer, faster moving, more exciting, experience for all those involved.

The clinic will be held on Tuesday and Thursday evenings from 4:30 - 5:30 PM beginning Tuesday, June 3rd and ending Thursday, July 1st and July 3rd will be the rain date.

As in all Y.M.C.A. programs, competition is de-emphasized, with emphasis being placed on having fun, making new friends, learning the fundamentals and trying your best.

LOCATIONS:

The Y.M.C.A. Tee-Ball clinic will be held at the following locations:

Waterloo:

Devonshire Elementary (Limit 100)
 515 Devonshire Drive
 Castle Hill Elementary (Limit 50)
 1700 Maynard Ave.
 Lowell Elementary (Limit 50)
 1628 Washington

Cedar Falls:

Hansen Elementary (Limit 50)
 616 Holmes Dr.
 Orchard Hill Elementary (Limit 90)
 3909 Rownd St.

Evansdale:

Y.M.C.A. Property (Limit 50)
 645 Evans Rd.

FEE: "Y" Member	Non-Y-Member
\$10.00	1st Child \$18.00
9.00	2nd Child 16.00
8.00	3rd Child 14.00

REGISTRATION: Registration for the clinic will be taken starting Monday, May 5th. You may register by calling the Y.M.C.A. at 233-3531, or by stopping in at the Y.M.C.A., 669 S. Hackett Rd.

EQUIPMENT: All that is needed for you to wear are gym or street clothes and tennis shoes. You will also need a baseball glove. Balls, bats, and other equipment will be furnished by the Y.M.C.A.

PARENT PARTICIPATION: All parents are welcome to assist the Y.M.C.A. as a volunteer coach. It is a very rewarding experience to help the kids learn and have fun and watch them grow as a person, during the clinic. Anyone interested may contact Mark Singsank at 233-3531.

There will be a meeting for anyone interested in coaching at 6:30 PM on May 29th, at the Y.M.C.A.

SUMMER SMALL POOL SCHEDULE 1986

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:30 am	Open	Open	Open	Open	Open	Closed	Closed
8:30-Noon	Lessons	Lessons	Lessons	Lessons	Open	Open 8:00-8:45	All
12:00-1:00 pm	Open	Open	Open	Open	Open	Lessons 8:45-11:45	Day
1:00-2:45 pm	*Fun Club	*Fun Club	*Fun Club	*Fun Club	*Fun Club	Open 'til 2:00	
2:45-3:45 pm	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Closed	
3:45-5:00 pm	Open	Open	Open	Open	Open		
5:00-6:00 pm	Lessons	Open	Lessons	Open	Open		
6:00-7:15 pm	Lessons	Open	Lessons	Open	Closed		
7:15-8:00 pm	Open	Open	Open	Open	Closed		

*Fun Club: June & July, August will be open swim

SUMMER LARGE POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 am	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	CLOSED
8:00-9:00 am	Aqua Trim & Adult Lap	Adult Lap	Aqua Trim & Adult Lap	Adult Lap	Aqua Trim & Adult Lap	Youth & & Adult Lap	All
9:00-10:30 am	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Open & Lap Swim	Lessons & Lap Swim	Day
10:30-Noon	Lessons & Lap Lane	Lessons & Lap Lane	Lessons & Lap Lane	Lessons & Lap Lane	Open & Lap Swim	Lessons & Lap Swim	
Noon-1:00 pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	
1:45-2:45 pm	Open & Lap	Open & Lap	Open & Lap	Open & Lap	Open & Lap	Open 'till 2:00	
2:45-3:45 pm	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp		
3:45-5:30 pm	Open	Lessons & Lap Swim	Open	Lessons & Lap Swim	Open		
5:30-6:15 pm	Adult Lap	Lessons & Lap Swim	Adult Lap	Lessons & Lap Swim	Adult Lap		
6:15-8:00 pm	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim		

FAMILY YMCA GYM SCHEDULE 1986

NORTH COURT — ADULT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-11:00 AM	Open	Open	Open	Open	Open	Open 8:00 AM
11:00-12:30 PM	Open	Adult BB	Open	Adult BB	Open	Open
12:30-3:15 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Open til 1:45 PM
3:15-5:25 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Closed
5:25-7:00 PM	Adult BB	Adult BB	Adult BB	Adult BB	Adult BB	Closed
7:00-7:45 PM	Challenge	Challenge	Challenge	Challenge	Open	Closed

SOUTH SIDE — YOUTH

6:10-7:00 AM	Class	Open	Class	Open	Class	Closed
7:00-8:30 AM	Open	Open	Open	Open	Open	Open 8-9 AM
8:30-9:30 AM	Class	Class 9:15	Class	Class 9:15	Class	Class 9-10 AM
9:30-10:30 AM	Class	Class 10:00	Class	Class 10:00	Class	Open 11-1:45 PM
10:30-11:30 AM	Class	Adult @ 10:45	Class	Adult @ 10:45	Class	Open
11:30-12:30	Open	Adult BB	Open	Adult BB	Open	Open
12:30-3:15 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Close @ 1:45
3:15-5:25 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Closed
5:25-6:30 PM	Class	Class	Class	Class	Class	Closed
6:30-7:45 PM	Open	Open	Open	Open	Open	Closed

***Y-SPECIAL PROGRAMS INCLUDE:**

1. June 9 - July 2 — Jr/Sr High Basketball League, 3:15-5:25 Both Courts
2. June 16 - June 20 — Jr/Sr High 5 on 5 Girls Basketball Camp, 12:30-3:15 Both Courts
3. June 23 - June 27 — Jr/Sr High Volleyball Camp, 12:30-3:15 Both Courts
4. July 7 - July 23 — Pee Wee Basketball 1st & 2nd Grades, Time 1:00-3:00 p.m. Monday & Wednesday
5. July 28 - August 14 — Pee Wee Recreation 1st & 2nd Grades, Time 1:00-3:00 p.m. Monday & Wednesday

YOUTH SPORTS CONTINUED

JUNIOR HIGH/SENIOR HIGH BASKETBALL LEAGUE

The YMCA will be offering a basketball league for boys in 7th - 12th grades. There will be two divisions, 7th - 9th grade and 10th - 12th grade.

Games will be played on Mondays and Wednesdays, Junior High will play at 3:15 PM and Senior High will play at 4:15 PM. The league begins June 9th and will continue to July 2nd.

Interested participants may sign-up individually or as a team. Registration will begin May 3rd. Registration deadline is June 5th. We will need at least four teams in a division to hold the league.

Fee: YMCA Member \$5.00 Non-Member \$10.00

For information or to register call the YMCA TODAY!

GIRLS JR/SR HIGH BASKETBALL CAMP

The YMCA will host the 2nd annual girls basketball camp the week of June 16 - June 20th from 12:30 - 3:15 PM. Experienced coaches from the area will be guest speakers and most of last year's staff will be returning.

Fundamentals of 5 on 5 basketball will be covered as well as taking part in full court scrimmages.

We are looking forward to another exciting week. YMCA staff in charge are Mike Lubbe and Nancy Winchip.

Fee: YMCA Member \$15.00 Non-Member \$22.00

Registration begins Monday, May 12th.



GIRLS VOLLEYBALL CAMP

Girls presently in 7th - 12th grades improve your volleyball skills this summer at the YMCA. Instruction will be provided by USVBA players and area coaches. Emphasis will be placed on fundamental skill development, conditioning, strategy understanding and play execution.

The camp will be held in the YMCA gymnasium from 1:00 - 3:30 PM beginning Monday, June 23rd thru Friday, June 27th. The fee includes free usage of the YMCA during the week, a long sleeve T-shirt and fun.

Fee: YMCA Member \$15.00 Non-Member \$22.00

Enrollment is limited so sign-up NOW! For more information contact Bob Hoffmann at 233-3531. Don't "set" this one aside this summer!

PEE WEE BASKETBALL

An exciting new program at the Black Hawk County Family YMCA this summer is the Pee Wee Basketball clinic for all boys and girls who will be entering first or second grade in the fall. Participants will be introduced to the basic fundamentals of basketball and will play several games all at an 8 foot basket.

The clinic will be held on Mondays, and Wednesdays beginning July 7, through July 23. You may register for one of two times 1:00 - 1:45 PM or 2:00 - 2:45 PM.

FEE: YMCA Member \$7.50 Non-Member \$13.50

PEE WEE FUN & GAMES

After Pee Wee Basketball, there will be an opportunity to continue to have fun at the Y by participating in the Pee Wee Fun and Games program. This program is also open to all boys and girls entering first or second grade in the fall. We will be doing a variety of games and activities both in the gym and outside. Pee Wee Fun & Games will also be held on Mondays and Wednesdays beginning July 28 through August 14, from 1:00 - 2:00 PM.

FEE: YMCA Member \$7.50 Non-Member \$13.50

Enrollment is limited.

YOUTH RACQUETBALL CLINIC



A new program this summer for youth in 4th-12th grades is the Youth Racquetball clinic. The clinic will be designed like other Y.M.C.A. clinics with instruction being taught as well as time for match play. The clinic will be held on Tuesday and Thursday mornings from 9:00-10:00 AM beginning June 10 through June 26. The first four sessions will be instruction and the last two will be match play.

CLINIC FEE:
Y-Member \$5.00 Non-Member \$10.00

Registrations will be taken beginning Monday, May 5th. You may register by calling the YMCA at 233-3531 or by stopping in at the YMCA.

YMCA members currently enrolled in Session II:

Thurs., July 24th — 9 AM - Noon

Thurs., July 24th — 1 PM - 5 PM

Friday, July 25th — 9 AM - Noon

the first time this summer where:

Available times will be Monday and Thursday 11:30 - 3:00 PM and/or 6:30 - 8:00 PM.

cellent way to get in shape and stay fit. You need not know how to swim to take this class. It's a GREAT, COOL way to tone up your muscles this summer.

Y.M.C.A. AQUATICS

SUMMER SWIM REGISTRATION INFORMATION:

Registrations will be taken session by session. Registrations will be taken either by telephone (233-3531) or in person at the YMCA.

SESSION I — JUNE 16th thru JUNE 26th

YMCA members currently enrolled — Friday, May 30th
YMCA members — Monday, June 2nd
Non-YMCA members — Tues & Wed — June 3rd & 4th
(Registrations will be taken from 9:00 AM - 5:00 PM)

SESSION II — JUNE 30th thru JULY 10th

YMCA members currently enrolled in Session I:

Thurs., June 26th — 9 AM - Noon

YMCA Members:

Thurs., June 26th — 1 PM - 5 PM

Non-YMCA Members:

Friday, June 27th — 9 AM - Noon

SESSION III — JULY 14th thru JULY 24th

YMCA members currently enrolled in Session II:

Thurs., July 10th — 9 AM - Noon

YMCA Members:

Thurs., July 10th — 1 PM - 5 PM

Non-YMCA Members:

Friday, July 11th — 9 AM - Noon

SESSION VI — JULY 28th thru AUGUST 7th

YMCA members currently enrolled in Session III:

Thurs., July 24th — 9 AM - Noon

YMCA Members:

Thurs., July 24th — 1 PM - 5 PM

Non-YMCA Members:

Friday, July 25th — 9 AM - Noon

CLASS FEE:

YMCA MEMBER		NON-MEMBER
\$10.00	1st child	\$22.00
9.00	2nd child	20.00
8.00	3rd child	18.00

CLASS DETAILS:

Waterbabies — 0-3 years of age (parent-child)
25 minutes in length

Tadpole — 3-4 years of age
25 minutes in length

Polliwog thru — 5 years of age and older
Porpoise 40 minutes in length

MORNING CLASSES

The morning classes meet Monday through Thursday for a two week period. They're offered each session.

WATERBABIES: 9:00 AM

TADPOLE I: 9:30 AM, 10:00 AM, 10:30 AM

TADPOLE II: 9:30 AM, 10:30 AM

TADPOLE III: 10:00 AM

POLLIWOG I (Small Pool): 11:00 AM

POLLIWOG I (Large Pool): 9:00 AM, 9:45 AM

POLLIWOG II: 9:45 AM, 10:30 AM

GUPPY: 9:00 AM

MINNOW I: 9:00 AM

MINNOW II: 9:45 AM

FISH: 10:30 AM

FLYING FISH: 11:15 AM

(Session 1 & 4 only)

SHARK: 11:15 AM

(Session 2 only)

PORPOISE: 11:15 AM

(Session 3 only)

JR. LIFESAVING: Noon

(Session 3 only)

EVENING CLASSES

The evening classes meet 2 times a week for a 4 week period. Classes begin the 1st and 3rd sessions.

MON & WED

WATERBABIES: 5:00 PM

TADPOLE I: 5:30 PM, 6:00 PM

TADPOLE II: 5:30 PM, 6:00 PM

POLLIWOG I: 6:30 PM

(Small Pool)

TUES & THURS

POLLIWOG I: 4:00 PM

(large pool)

POLLIWOG II: 4:45 PM

GUPPY: 5:30 PM

SATURDAY CLASSES

Saturday classes will run from JUNE 21st THRU AUGUST 9th.

WATERBABIES: 10:30 AM

TADPOLE I: 9:30 AM

TADPOLE II: 10:00 AM

TADPOLE III: 11:00 AM

POLLIWOG I: 8:45 AM

(Small Pool)

POLLIWOG I: 10:30 AM

(Large Pool)

POLLIWOG II: 11:15 AM

GUPPY: NOON

MINNOW I: 9:00 AM

MINNOW II: 9:45 AM

PRIVATE SWIMMING LESSONS: will be available for the first time this summer where:

1. There is a special need
2. The progressive lessons alone aren't enough (need extra help)
3. There is a handicap or disability

Private lessons will cost \$6.00 per ½ hour and must be set-up through the aquatic director at the YMCA.

Available times will be Monday and Thursday 11:30 - 3:00 PM and/or 6:30 - 8:00 PM.

AQUA TRIM

This class is suited for every level of fitness. The exercises can be fitted to individual needs. It is an excellent way to get in shape and stay fit. You need not know how to swim to take this class, It's a GREAT, COOL way to tone up your muscles this summer.

MON, WED, & FRI — 8:00 AM (June 9th - August 7th)

CLASS FEE:

YMCA MEMBER

\$10.00

NON-MEMBER

\$22.00

BEGIN TO SWIM WEEK!

Our Begin to Swim is a separate and different program from our preschool and progressive swim lessons. It is a service designed for YMCA members or non-members who have never tried our swim program. It is for beginners in Waterbabies, Tadpole I, or Polliwog I.

Begin to Swim is Monday through Friday, the week of June 9th - 13th, 1986. Registration begins June 2nd at 9:00 AM. The cost is \$3.00 per child and enrollment is limited.

WATERBABIES: 9:00 AM, 10:00 AM

TADPOLE I: 9:30 AM, 10:30 AM

POLLIWOG I: 11:00 AM

(small pool)

POLLIWOG II: 9:00 AM, 9:45 AM, 10:30 AM, 11:15 AM

(large pool)

Y.M.C.A. FITNESS

LET US HELP YOU STAY IN SHAPE THIS SUMMER

It's almost here, warm weather and sunny skies. The YMCA Health Enhancement programs can help you stay in shape. Each class is taught by a qualified instructor and all areas of the YMCA are air conditioned. We offer a wide variety of classes to benefit all fitness needs. Come join the fun & fellowship. Below is the list of classes for Summer of 1986. Have a great Summer!

SUMMER SESSION OF CLASSES AND TIMES

CLASS	TIME	DAY
Early Bird Workout	6:15 AM	Mon-Wed-Fri
Live Yers	8:30 AM	Mon-Wed-Fri
Adv TUF	9:30 AM	Mon-Wed-Fri
Beg/Int TUF	10:30 AM	Mon-Wed-Fri
Youth TUF	4:30 PM	Mon-Wed
Int/Adv TUF	5:30 PM	Mon-Wed
You & Me Baby	5:30 PM	Mon-Wed
Dance/TUF combo	9:15 AM	Tue-Thur
Hip & Tummy	10:00 AM	Tue-Thur
Hip & Tummy	4:30 PM	Tue-Thur
Adv TUF	5:30 PM	Tue-Thur
Beg TUF	5:30 PM	Tue-Thur
Weekend Workout	9:00 AM	Saturday

REGISTRATION:

Currently enrolled YMCA members in Spring Session: Friday, May 30th from 9:00 AM to 9:00 PM.

YMCA Members not in Spring Session: Monday, June 2nd from 9:00 AM to 7:00 PM.

Non-YMCA Members: June 3rd-5th from 9:00 AM to 5:00 PM.

When registering for class, you may call the YMCA at 233-3531 or stop in at 669 South Hackett in Waterloo.

FEES: You may sign up for 2 to 5 days.

Days	Member Fee	Non-Member Fee
2	\$13.00	\$30.00
3	\$15.00	\$32.00
4	\$17.00	\$34.00
5	\$19.00	\$36.00

MOVIES AND SWIMMING

Tired of just "hanging around" all summer long? Here's your chance to get out of the house, have a blast and meet new friends.

Every Wednesday from 11:00 AM - 1:00 PM you will get to "go to the movies" right here at the YMCA. After the show the big pool will be open from 1:00 - 2:45 PM for swimming.

All this is free for members! A YMCA youth membership is only \$48.00 for an entire year, which is 92¢ a week. That's less than a candy bar and a can of pop from the vending machines.

You don't have to be a member to join us — all this is only \$2.00 a day for any guests, so bring a friend every Wednesday at 11:00!

*Note — There is no extra charge for Saturday morning class if you take class during the week M-F.

*SESSION LENGTH — 10 weeks (same price as 9 weeks); (June 9 - August 15, 1986).

*Note: Youth TUF will only run 5 weeks.

Fee: YMCA Member \$6.00

Non-YMCA Member \$11.00

DESCRIPTION OF YMCA FITNESS CLASSES:

Early Bird and All T.U.F. Classes are aerobic programs from the National YMCA. Each class has a warm up, muscular conditioning, aerobics and cool down.

Dance/T.U.F. COMBO is a class made from Dance Aerobics and T.U.F.

Youth T.U.F. is new this Summer and just for kids. The class is open to both girls and boys in 3rd thru 6th grade. This class is on Mon. & Wed. at 4:30 and lasts 5 weeks.

Hip & Tummy Trimmer is a class designed to work on your hips, tummy, thighs and other hard to reach places. This is NOT aerobic.

Live "Y"ers is a class for people who have not exercised in a while or prefer a more gentle way of exercising. The class is designed for those over 50, but we welcome any one. The class consists of stretching, toning, and conditioning of muscles in a non-stressful way.

You & Me Baby is a Pre-Natal exercise program for expecting mothers and is a great way to stay in shape at a very important time.

Weekend Workout is the T.U.F. program meeting on Saturday mornings with all YMCA Instructors rotating turns.



FROM THE EXECUTIVES CHAIR

The YMCA, at its recent Board of Directors meeting, approved a re-defined mission statement based on work being done by our Long Range Planning Committee. This mission statement reads:

*"The Family Y is an association for **everyone**, based on Christian principles put into practice thru spiritual, mental, physical and social activities."*

If I may spend a few moments reflecting on our mission which, like any other organization or business, is the reason why we do what we do.

The primary function of the Young Mens Christian Association is to build "Christian personality and a Christian society". This vision, which comes as part of the Association's heritage, permeates all of its activities and is the justification of its existence.

The YMCA, however, is not a church nor does it seek in any way to replace the position of the church in society. It is by its very genius closely allied with the purpose of the church. Its relationship is well stated in a past YMCA Sunday Bulletin which reads:

FROM YOUR CHURCH

*People learn of glory of God,
the ageless wisdom and beauty of the Bible,
the life and teachings of Jesus.*

YOUR YMCA

*In partnership with the Church
helps people translate these lessons
into vigorous, healthy lives —
lives rich in ethical value, moral conduct
and strong Christian faith.*

In order to fulfill this function, it is imperative that all of us, board/staff/members create and at all times maintain an atmosphere which will be conducive to the development of Christian Character with mind, body, and spirit unified to that end.

*Creating this atmosphere is the task of all of us by our own attitudes and commitment to the YMCA mission, will determine our success. Remember **YOU** are the YMCA.*

Might it be said of the YMCA that it helped "PEOPLE" to grow "In wisdom and stature and in favor with God and man."

Jim Weaton

YMCA Executive Director

WELCOME NEW YMCA MEMBERS

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

Tom Barry & Family
David Deffenbaugh
Mr. & Mrs. Fernando Rodriguez
Tim Osterholm
Tim Tucker
Lori Wilson
Kate Raker
Joanne Barth
Jana DeWitt
Michelle Freese
Emily & Michael Mangin
Jodi & Mark Reith
Jamie Runde
Steven Schmitt
Brett Clark
Tom Haurum
Danielle Hinkel
Lisa Hunemuller & Family
Lindsay Judas
Nathan Judas
Debbie Knudsen
Michael Kolling
Adam Leisinger
Sam Leopard
Wayne Stambaugh
Ross & Ryan Steckelberg
Rachelle Wallace
Alan & Kevin Youngblut
Nabil A. Kardosh
Warren Lucas
Joshua Luck
Thad Carlson
Chad McDermott
Jason Penning

Virginia & Jonathon Wilbur
Kathy Appleby
Rebecca Bagnall
Scott Cooley
Kate Debe
Bradley Johnson
Carey & Chantel Nagle
Agelo & Maria Reppas
Jackie Stark
Renee Wilson
Mike Harp
Donald Jacobson
Jill Benson
John Ramer
Khamis Al-Ajmi
Abdullah Asmari
M. A. Bakr
Donald Dirksen
Daniel Schmitt
Brett Hurst
Ryan Girsch
John Greenwood & Family
Lee Stucker
Chad Huhn
Jeff Sandvold
Cory Stephens
Manica Seenster
Nick Wilson
Aaron Jackson
Jamie & Kristin Cahill
Ruby Koch
Warren Ross
Marina Elwood
Tyler Wilson

BLACK HAWK COUNTY FAMILY YMCA
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