



YMCA UPDATE

At work for tomorrow ... today.

BLACK HAWK COUNTY FAMILY YMCA

OCTOBER 1993

THANK YOU MEMBERS!

The Family YMCA of Black Hawk County would like to extend a very warm thank you to all of the members for their support and participation during the 125th Anniversary celebration. We literally could not have held the celebration without you, because you are the reason the YMCA is here. We look forward to the future with you and hope we can continue to serve you. Thank you for your loyalty and support!

GED/ABE Classes Offered at the YMCA

Free GED/ABE classes for adults, sponsored by Hawkeye Community College are now being offered at the YMCA. Classes meet Monday, Wednesday, and Friday from 1:30 -3:30pm. GED classes are designed for adults who want to earn their high school equivalency diploma. Although there is no charge for instruction and use of classroom books there is a fee for the GED test.

ABE (Adult Basic Education) classes offer all adults, no matter what age, a chance to brush up basic reading, writing, and math skills at their own pace. Individuals may decide which skills they wish to improve upon and thus may focus on these.

Adults are invited to enroll in the class at any point during the traditional school year. For further information, please call Beth Hanisch, 233-2895 or Hawkeye Community College, 234-5745.

ANNUAL MAKE A DIFFERENCE DAY UPCOMING

Saturday, October 23, is the annual day of National Volunteering. Three years ago the magazine "USA Weekend" founded this "Make A Difference Day". Although started with little fanfare or publicity, it is now a widely recognized day amongst volunteer organizations. October 23, will find volunteers from all over the country taking time to help out those less fortunate.

Start organizing your neighborhood, service club, or family and friends now. Options for volunteering are limitless whether it be cleaning a park, painting a house, or taking time to visit with a lonely person. This is a great chance to really make a difference not only in the life of someone else, but in your own life as well.

From the Executive's Chair

Greetings!

What a wonderful week we had celebrating the 125th Anniversary of the YMCA in this community. YMCA night in the UNI Dome, YMCA Sunday and community open house, the volunteer and Past President's luncheons, and the Tuesday birthday party were all truly fun to be a part of. My personal thanks to all who were a part of it either as a volunteer or participant. I hope you enjoyed it as much as I did.

During our special celebration, many of you have approached me asking what the next 125 years hold for this YMCA and specifically, the next several years. Many stories have begun circulating and I do have to admit, the enthusiasm of these inquiries have been appreciated.

The YMCA has worked very hard these past few years to re-focus on the mission of the Y and our Christian heritage, to get out from behind a building and operational debt, and increase program and membership services to the community for which it is here to serve. We can all be proud of our accomplishments. NO DEBT! 9,100+ Members! 28,000+ total persons served! 129 different program offerings!

In a nut shell, the next several years hold exciting **possibilities** of growth for the YMCA as a result of these past accomplishments. But, with these possibilities, come the **responsibility** to do it the right way. Our board of directors are committed to assessing the needs of the community and the YMCA, putting a priority on these needs and then determining the course of action to meet these challenges that lie ahead of us.

The underlying objectives of any forthcoming campaign effort will be:

First, to ensure the financial stability of the YMCA for the next 125 years through endowment and facility maintenance fund development.

Second, to evaluate the current and future program and community collaborative opportunities that are needed to enhance the quality of life for our community and,

Third, to expand and/or build, if **necessary**, to accommodate the future
(continued on back page)

BLOOD LIPID PROFILES

Blood Lipid Tests will be offered at the YMCA on Wednesday, October 27, 1993 from 6:00 - 8:00am.

The tests feature 23 different parameters including cholesterol, glucose, triglycerides, uric acid, all electrolytes and more. Each participant will receive a computer print-out of the results.

Having a blood lipid profile done is important because the results give pertinent information regarding proper functioning of the kidneys, liver, coronary arteries and also diabetic indications.

The profile is offered through the YMCA and Allen Hospital personnel. Those participating must fast following the previous evening's meal (please skip breakfast prior to the test.)

The cost for the test is \$15.00 for YMCA members and \$20.00 for the general public. A special "cholesterol only" test is available for \$5.00.

To make an appointment for the screening, call the YMCA, 233-3531.

FITNESS ASSESSMENTS

If you didn't already know, the YMCA offers the "Y's Way to Physical Fitness" test battery. The test includes measurements of strength, flexibility, body composition and cardio-respiratory endurance. Those tested receive a computer printout of their results.

This test is a great starting point for those who are interested in getting back into shape and are unsure where to begin. For the seasoned athlete, the test provides a set of standards to which results can be compared.

The fitness assessment is available to members at a cost of \$15.00 per test. To arrange an appointment for your analysis, contact Tom Sekeres at the Y, 233-3531.



WINTER I REGISTRATION INFORMATION

REGISTRATION FOR WINTER I SESSION

(November 8 - December 18)

YMCA Members	November 1-2
General Public	November 3-5

CLASS FEES

(Unless otherwise noted)

Preschool Swim Classes (Shrimp - Tadpole III)

	Member	General Public
1 time/week	\$6.50	\$12.50
2 time/week	\$13	\$25

Progressive Swim Classes, Gymnastics, and Dance Classes

	Member	General Public
*First Child	\$9	\$17
*Second	\$8	\$15
*Third	\$7	\$13

YOUTH AQUATICS

Parent/Child (Shrimp/Perch)

*Ages 6 months-2 years

M-W	10:30 am, 5:45 pm
T-TH	6:45 pm
Saturday	10:30 am

Pike (Tadpole I)

*Ages 3-4

M-W	9:30 am, 4:15 pm, 6:15 pm
T-TH	10:00 am, 4:45 pm, 7:15 pm
Saturday	9:30 am

Eel (Tadpole II)

*Ages 3-4

M-W	10:00 am, 5:15 pm
T-TH	9:30 am, 4:15 pm
Saturday	9:00 am

Ray (Tadpole III)

*Ages 3-4

M-W	9:00 am, 4:45 pm
T-TH	9:00 am, 5:15 pm
Saturday	10:00 am

Pollwog I

Small Pool

Large Pool

*Ages 5 & up

Monday		5:45 pm
Tuesday	5:45 pm, 7:45 pm	5:00 pm
Wednesday		5:00 pm
Thursday	10:30 am, 5:45 pm, 7:45 pm	4:15 pm
Saturday	11:00 am	10:30 am, 11:15 am

Pollwog II

Monday	4:15 pm, 5:00 pm
Tuesday	10:30 am, 5:45 pm
Wednesday	4:15 pm, 5:45 pm
Thursday	5:00 pm, 5:45 pm
Saturday	9:00 am

Guppy (Red Cross Beginner)

Tuesday	5:45 pm
Wednesday	4:15 pm, 5:00 pm
Thursday	4:15 pm
Saturday	9:45 pm

Minnow I

Monday	5:45 pm
Tuesday	4:15 pm
Thursday	5:00 pm
Saturday	9:00 am

Minnow II (Red Cross Advanced Beginner)

Monday	5:00 pm
Tuesday	4:15 pm
Thursday	5:45 pm
Saturday	10:30 am

Fish

Monday	4:15 pm
Wednesday	5:45 pm
Saturday	11:15 pm

Flying Fish (Intermediate)

Tuesday	5:00 pm
Saturday	9:45 pm

Shark (Swimmer)

Tuesday	5:45 pm
Thursday	5:45 pm

Porpoise

Monday	5:45 pm
Wednesday	5:45 pm

Synchronized Swimming

(Minnow II swimmers or above)

Friday	4:15-5:45pm
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ADULT AQUATICS

*Adult Beginning Swimming (For those 18 years & older)

Tuesday	11:15 am, 7:00 pm
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*Adult Intermediate Swimming

Thursday	7:00 pm
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Arthritis Water Exercise

Monday, Wednesday, Friday	10:30 am
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***Fees (For Adult Swim Classes) Members \$9 General Public \$17**

GYMNASTICS

Gym Tots (Ages 3-4)

Monday	9:30 am
Tuesday	10:15 pm, 4:15 pm
Thursday	5:00 pm

Pre-School Gymnastics (Ages 3-4)

Monday	10:15 am
Tuesday	9:30 am, 5:00 pm
Thursday	4:15 pm

Youth Progressive Gymnastics (Ages 5 & up)

	Beginner	Intermediate	Advanced
Tues.	5:45 pm		
Thurs.		5:45 pm	
Fri.	5:00 pm	5:45 pm	6:30 pm
Sat.	9:00 am	9:45 am	10:30 am

DANCE

Beginning Ballet (Ages 7-15)

Level 1	Monday	4:15 pm
Level 2	Wednesday	5:45 pm

Beginning Jazz (Ages 7-15)

Level 1	Monday	5:45 pm
Level 2	Wednesday	5:00 pm

Tap Dancing (Ages 7-15)

Monday	5:00 pm
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Popular Dance (Ages 7-15)

Wednesday	4:15 pm
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Adult Dance (Ages 16 & up)

Monday	6:30 pm
Wednesday	6:30 pm

**REGISTER NOW!
CALL THE YMCA AT 233-3531**

HEALTH ENHANCEMENT

WINTER I SESSION

NOVEMBER 8 - DECEMBER 18

Class	Time	Day
Freestyle Aerobics	6:00 am	M-W-F
Live "Y"ers	8:30 am	M-W-F
Hip & Tummy Trimmer	10:30 am	T-TH
Step Aerobics	10:00 am	M-W-F
Step Aerobics	4:30 pm	T-TH
Step Aerobics	5:30 pm	T-TH
Aerobics/Step Combo	9:30 am	M-W-F
Aerobics/Step Combo	5:30 pm	M-W
Weekend Workout	10:00 am	Sat
*Romp & Stomp	9:15 am	M-W
*You & Me, Baby	5:30 pm	M-W
(Pre-Natal)		

Y's Way to Water Exercise

7:30 am	M-W-F
8:30 am	M-W-F
9:30 am	M-W-F
9:30 am	T-TH
6:30 pm	M-W-TH

Jazzercise

9:30 am	T-TH
8:30 am	Sat

Karate

Beginners	4:30 pm	M-W
Intermed.	5:30 pm	M-W
Advanced	6:30 pm	M-W
Adult	7:30 pm	M-W

Fees:		
Adult	1 time/week	\$16 (members) \$25 (general public)
	2 times/week	\$26 (members) \$42 (general public)
Youth	1 time/week	\$12 (members) \$20 (general public)
	2 times/week	\$20 (members) \$36 (general public)

Strength Training

9:30 am	T-TH
6:30 pm	T-TH
4:15 pm (Youth)	M-W-F
Fees:	
Members	\$15
General Public	\$25

★Country Line Dancing ★

6:45 pm	Tuesday
Fees:	
Members	\$15
General Public	\$20

Healthy Back

5:30 pm	T-TH
Fees:	
Members	\$35
General Public	\$60

* Special Fees *

Romp & Stomp	
Member	\$12
General Public	\$24
You & Me Baby	
Member	\$16
General Public	\$30

♥ Fitness Classes ♥

Aerobics/Step Combo includes a warm up, cardiovascular section, muscular strength and endurance, and a cool down. The cardiovascular portion of the class is a mix of Step Aerobics and traditional land aerobics.

Freestyle Aerobics is a free style workout, using aerobics movements with dance steps. Muscular strength and endurance exercises are also included.

Hip & Tummy Trimmer focuses strictly on muscular endurance. A great way to tone your tummy, hips, thighs, and arms. This is also a super supplement to aerobics.

Step Aerobics helps to build strength, cardiovascular endurance and flexibility. It brings together low and high impact intensity aerobics without the stress on joints and muscles.

Strength Training serves as an introduction to the proper and safe use of weights while working with a trained instructor. Class participants will have access to Nautilus, Universal and Free weight equipment. Must be 13 or older to participate in a class.

Y's Way to Water Exercise is for swimmers and non-swimmers alike. Entire body workout includes warm up, aerobics, muscular strength and endurance, flexibility and cool down. This class is easier on the joints due to the support of the water, yet offers advanced participants more resistance while working out.

PUNCH TICKET FEES

15 PUNCH		30 PUNCH	
YMCA Members	\$15	YMCA Members	\$28
Sixty & Better Members	\$22.50	Sixty & Better Members	\$42
General Public	\$30	General Public	\$56

UPCOMING YOUTH ACTIVITIES...

HALLOWEEN OVERNIGHT

The annual Halloween overnight is scheduled from 8:00 pm, October 23 to 8:00 am October 24. All children aged Kindergarten through sixth grade are welcome to attend.

Advance registration is required for this fun filled evening of gym games, swimming, apple bobbing and movies. This is a great chance for your children to make new friends. Our staff are highly trained and ready to provide a fun, safe atmosphere for your child. Registration begins October 11 and runs through October 22. Cost is \$8.00 for members and \$12.00 for the general public.

RED CROSS BASIC LIFEGUARDING CLASS

The YMCA will be offering a course in Basic Lifeguarding on Saturdays from October 16 through November 13 from 10:00 am to 2:00 pm at the YMCA. The course will cover basic assists and rescues, defenses and releases, and how to handle aquatic emergencies.

Participants must be at least 15 years old and must pass both the written and swimming tests in order to be certified. Current CPR and First Aid are also required to receive the certification. This is a state recognized certification and those who pass will be certified as Red Cross Lifeguards. Limited space is available. **Registration deadline is Noon, October 14.** The fee for YMCA members is \$40 and \$50 for the general public. Call the YMCA to register.

NOTES FROM THE AQUATICS DIRECTOR...

I would like to extend a very big **THANK YOU** to all the participants and their parents for taking part in our Fall I sessions of aquatics, gymnastics and dance. Your involvement is why our staff is here.

In order to serve you best, we need your comments, ideas and suggestions. Please feel free to discuss any of these with me. We hope to see you in future sessions. Again, thank you for your participation.

Dave Peters

TEEN REC RETURNS

Saturday night fun for youth ages 13-18 has returned to the YMCA. For less than the price of a movie your teenager can enjoy six Saturday nights of strength training, basketball, volleyball, swimming, dances and much more. Just \$5.00 (YMCA members and the general public) covers the six sessions. Scheduled dates are September 18, October 2, 16, November 6, and December 4, 18 from 7:00-11:00 pm. Each participant must have a school ID or driver's license. Come and have fun and spend your Saturday nights at the YMCA!

PEE WEE BASKETBALL

The Pee Wee basketball clinic will begin October 30 and run on Saturdays until December 18. This clinic is specially designed for all children kindergarten through second grade. The fundamentals of basketball are taught as well as sportsmanship.

Emphasis is placed on participation rather than competition. A junior size ball is used for better handling and the hoop is lowered to 8 1/2 feet. The clinic is held at the YMCA and advance registration is required. The cost to members is \$6 and \$16 to the general public. Two clinics will be held each Saturday beginning at 4:30 pm or 5:30 pm and lasting one hour.

Catch some PRYME TIME after school!

The YMCA's **PRYME Time** program will be offered once again this year. This after school program provides a wide variety of activities from games and crafts to quiet time and homework. The program will begin October 8 at Kittrell and Kingsley schools. The times for these programs are from 4:00-6:00 pm.

Irving, Longfellow, Roosevelt, and Lincoln schools will host the program on Wednesdays beginning October 14. The Irving and Lincoln programs will be held from 3:30-5:30 pm; the Longfellow program from 3:30-5:00 pm and the Roosevelt program from 3:30-4:30 pm. Please contact the YMCA for additional information.

(Executive's Chair, Cont'd.)

growth of the YMCA related to meeting these future needs.

Ambitious but realistic and responsible. That is our pledge to each one of you as we attack the next several years and beyond. And, as our theme has always stated, "we are at work for tomorrow - today!"

In the 'Spirit' of the 'Y'

Jim Weaton
Executive Director

Bible Studies Continuing

The "Digging Deeper" Bible Study led by Pastor Steve Hein from Westminster Presbyterian Church will be continuing through November 17. This is an intensive study of the Book of Romans. Anyone is welcome to attend. The study meets from 12:10 - 12:50 pm every Wednesday. Bring your own lunch.

"Faith of the Fathers", a study led by Pastor David Lenz of Bethel United Presbyterian Church, is meeting every Tuesday from 6:30 - 7:30 am through November 16. Anyone is welcome to attend this study featuring biblical insights and practical tips for Christian fathers.

SELF DEFENSE CLINIC

The YMCA is offering a self defense clinic for Women and teens. The clinic, designed for and taught by women, will be held from 7:00 - 9:00 pm on Thursday, November 4, 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 members and \$15 for the general public. For more information contact the YMCA, 233-3531.

Men's Basketball League

The Family YMCA is currently forming a men's 5 on 5 basketball league. The league games will be held at Peet Jr. High beginning Monday, October 25 from 6:30 - 9:30 pm. The league will continue through January 24.

Team rosters need a minimum of 6 players with a maximum of 9 players. Referees will be provided. Fees are \$175 per team. For more information contact Tom Sekeres at the Family YMCA, 233-3531.

Black Hawk County Family YMCA
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Waterloo, Iowa 50701



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