

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

The YMCA facility hours for the Thanksgiving Holiday are as follows: Wednesday, November 26th the Y will be closed at 6 P.M. and on Thursday, (Thanksgiving Day), November 27th the Y will be closed **all day**.

The YMCA will resume it's regular hours on Friday, November 28th at 6:00 A.M. to 9:00 P.M. Be sure to note the hours changing for the holiday and have a safe and Happy Thanksgiving!

Y.M.C.A. "Family Day" are times set aside by the YMCA on Saturdays from 6:30 - 9:30 p.m. and Sunday, 1:00 - 5:00 p.m., from November 1st through March 29th, 1987. (In order to continue the Saturday evening "Family Time", it will be necessary to have an average attendance of 30 participants or more.)

These special times are for families of our Y.M.C.A. membership to enjoy being together, using the physical facilities as a vehicle for family fun and entertainment. Participation in "Family Days" is for 1) Husband/wife/children; 2) Husband/wife; 3) Father/children; 4) Mother/children; 5) Single adult (19 years of age or older). For your added convenience the Child Care Room will be available for those who wish to use it.

Y.M.C.A. "Family Days" are a great opportunity to spend time with your family without having to compete with other "Y" programs. We feel this to be an important happening for the family unit, so take advantage of it and spend some precious time together.

HOW IS YOUR WELL-BEING

The YMCA offers a great facility and great programs for members and guests to get physically fit. But, there is more on Wednesday, November 12th at 6:30 - 7:30 a.m. Allen Hospital lab staff will be here to get blood lipid samples from YMCA members and guests. What is a blood lipid? Actually it is a very important ingredient in a well rounded fitness routine. The Blood Lipid Profile provides an analysis of various blood components. Profile includes cholesterol level and blood sugar in addition to other tests. By knowing your cholesterol level, you can make necessary changes in your diet to reduce risks of heart disease and other related disorders. Also available on November 12th will be Health Risk Appraisals. This is a health education tool designed to show how individual lifestyle and habits effects you. Individuals will receive computer print-outs of their Blood Lipid and Health Risk Survey. If you have never had this, now is your chance to get both done at the YMCA.

NOTE: YOU CANNOT EAT ANYTHING AFTER 6:30 P.M. ON THE NIGHT BEFORE. AS THIS THROWS OFF THE RESULTS. Cost is \$12.00 per person for both tests. For further questions contact Nancy Winchip.

FROM THE EXECUTIVES CHAIR

Caring & Sharing . . . I use those two words often when I talk about our YMCA to others in the community that have not experienced our organization. I use those two words because I believe that is really what we are — a human service agency designed to meet the ever-changing needs of our community.

Caring about ourselves as we develop spiritually, physically, mentally and socially in today's society "That all May be one" (John 17:20). **Caring** for others that may be less fortunate than we. **Sharing** our time and talents with others through our joy of expression. **Sharing** our financial resources so that others might benefit by our acts of kindness and generosity.

Our United Way is embarking on their annual campaign to support the 27 different agencies in our community. The YMCA is a partner with United Way in its crusade to raise the dollars necessary to maintain the quality of services this community so deserves. 10% of our annual budget comes from United Way support. Please, when a volunteer calls — remember all the lives you will be touching by your caring and sharing.

In these troubled economic times of ours we need to know ourselves better, to understand one another more fully. We will continue to face great challenges in our community. The issues will not be decided by our productive power, not even by our government, but by the men and women, boys and girls who live and work here . . . and by the degree to which their courage, morale, faith and vision are channeled into one unified and noble purpose.

*Here's to a better tomorrow for all of us — because we **care** and **share**!*

*Jim Weaton
YMCA Executive Director*

— FOR YOUR INFORMATION —

Some members have asked recently why there is a charge for the racquetball courts compared to other areas of the facility such as the swimming pool or running track. This F.Y.I. hopefully serves to answer that question.

The six racquetball/handball courts the Y.M.C.A. operates were built separately from the main construction project in 1981. The financing and payback of the courts was based on a users fee by those persons that wished to use it. That fee was set at \$5.00 per court per hour.

In May of 1982 when the Family Y.M.C.A. opened its new doors, an introductory offer of \$4.00 per court per hour was initiated for the summer. That fee did not change. It was felt that the \$4.00 fee was easier to handle financially. \$2.00 per person for single and \$1.00 per person for doubles.

That \$4.00 fee continues to be the same fee four years later and the money collected totally goes against the facility mortgage and not into the Y.M.C.A. operational budget.

The Y.M.C.A. continues to carry a 1.2 million dollar debt on our Y.M.C.A. facility. The servicing of that mortgage continues to come from private donations, foundations, racquetball fees and potential grants.

Hopefully, when the mortgage is eliminated, our Y.M.C.A. can take a look at the Racquetball/Handball

fee structure as it relates to the total opportunity of the Family Y.M.C.A.

CAR POOLING AS AN ALTERNATIVE

As the weather changes and it becomes colder outside, people will be moving indoors once again to recreate and attend classes. This means the YMCA's parking lot will need your patience.

The cold winter months tend to be the busiest season for the YMCA and the "Y" has done some things to try and help or deter the overcrowding of the parking lot. The YMCA has rescheduled some of its programs, plus some of the programs and clinics have been moved to other sites other than here in the building. Another alternative to help the parking problem is car pooling with friends and/or neighbors.

As this busy season draws near we ask that you please:

Do not double park.

Do not park on the grass.

Do not block other cars when you park.

Do not park in the fire lane along the sidewalk, and please do not park in the circle drive in front of the building.

We ask that you do not leave your cars unattended in those areas or they will be towed. Thank you for your cooperation, patience, and understanding dealing with this problem!

RENTING THE YMCA . . .

Interested in a place to go that can provide good wholesome fun for your youth group? Your son's/daughter's graduation party? Your square dance club? Your Family Y.M.C.A. may be the place. The "Y" is available for rental contracts after hours Thursday through Sunday. Facilities include our swimming pool, double gymnasium, *running track, *weight and exercise rooms, racquetball/handball courts, the adult/youth locker rooms, game room and multi-purpose room. The fitness centers and childcare room are **not** available. Rental options include:

A. Multi-purpose room only

B. Gymnasium only

C. Swimming pool only

D. The entire facility (as mentioned above)

All groups/organizations must adhere to the YMCA policies and rules as well as follow the YMCA philosophy of purpose and programming.

For more information contact Bob Hoffmann, YMCA staff.

*Age restrictions apply.

THE CORPORATE HEALTH ENHANCEMENT MEMBERSHIP

The Corporate Health Enhancement Membership Plan has been developed for companies of five or more persons. This plan helps a person become aware of areas of risk and offers a program for lifestyle improvements.

A MESSAGE FOR THE EMPLOYER

Healthy, fit individuals tend to spend fewer health care dollars than their sedentary unfit counterparts and

also generally have fewer cardiovascular risk factors. Health Enhancement in the corporate setting can make employees more productive and is known to reduce absenteeism.

Corporations participating in the YMCA Corporate Health Enhancement Membership Program may choose one of the following options:

Option A — YMCA WELLNESS ASSESSMENT PROGRAM

1. A Pre and Post Physical Fitness Evaluation
2. Computerized Health Risk Appraisal
3. Blood Lipid Profile

Cost: \$30.00 per employee

Option B — MEMBERSHIP SUBSIDY PLAN

This plan requires the employer to subsidize a minimum of 10% of the total Corporate Health Enhancement Membership Fee:

EMPLOYER % OF MEMBERSHIP FEE	EMPLOYEE % OF MEMBERSHIP FEE
10%	90%
30%	70%
50%	50%
75%	25%
100%	NO CHARGE

Employers may choose from any of the above subsidy plans.

FAREWELL MIKE!

Mike Lubbe, Director of Health Enhancement, has resigned from his position here at the Y.M.C.A. He is now employed at the Beloit Y.M.C.A. as their Director of Wellness. This is a great opportunity for Mike and even though he now will be cheering for the Badgers, we still wish him the best of luck!

Taking over most of his responsibilities, which included corporate memberships, health assessments and special events, will be Nancy Winchip, who will incorporate the above along with her present duties as Physical Director.

YOUTH BASKETBALL CLINIC BEGINS NOVEMBER 7, 1986

The Y.M.C.A. Youth 5 on 5 Basketball Clinic for boys and girls in 3rd through 6th grades will begin Friday, November 7th and Saturday, November 8th. The basketball clinic is designed to teach and enhance the skill development of each participant. Sportsmanship, enjoyment of sports and trying your best are also emphasized.

Participants may enroll in either a Friday evening or Saturday morning clinic session. The clinic will be held once a week for 8 weeks. Four of those weeks will be used to learn drills and the fundamentals of basketball, the last four will involve playing games.

Dates for the clinic are as follows: November 7th & 8th, November 14th & 15th, November 21st & 22nd, December 5th & 6th, December 12th & 13th, December 19th & 20th, January 9th & 10th and January 16th & 17th.

There will be two sites available on Friday evening, the Y.M.C.A. and Orchard Hill Elementary in Cedar Falls. On Saturday morning the clinic will be held at four different sites; the Y.M.C.A., Hoover Intermediate

in Waterloo, Hansen Elementary and Valley Park Elementary in Cedar Falls.

Clinic fee is \$10.00 for Y.M.C.A. members and \$18.00 for non Y.M.C.A. members. To register simply call the Y.M.C.A. or stop by. If anyone is interested in being a volunteer coach please contact Mark Singsank, Youth Sports Director at the Y.M.C.A.

REMEMBER THE GOLDEN RULE:

An Editorial From the YMCA STATIONARY BICYCLES

Ten months old! It is hard for us stationary bicycles to believe we have enhanced a number of people's fitness levels for almost a year. To this we are proud. Although rewarding, the last ten months have also been tough and painful.

When we first came to the YMCA in January of 1986, we were the envy of the exercise room. People from all over the facility came to see us and treated us with respect, tenderness and love. The first few months were wonderful, and then it happened. The newness wore off and the abuse began yes we're talking . . . Stationary Bicycle Abuse! It happened so fast. It was as if our users turned from Dr. Jeckle to Mr. Hyde! People were spinning our pedals as fast as they could and then bang on our pedals with their feet to slow us down. They forced their feet through our pedal stirrups and ripped them off. Ouch! Our consoles were under attack by human fist and worst of all, they left our energy source on which resulted in many battery transplants.

One by one we were transported to the "Schwinn Hospital" and had undergone numerous treatments. Although we are serviced a couple times a week by the "YMCA Nursing Staff" we can still be injured. After all, we are only human . . . made.

We don't like to complain, but, let us offer some suggestions on how to keep us injury free and you physically fit.

1. To properly adjust the seat height, your leg should be fully extended when you place your heel on the pedal.
2. After adjusting the seat to an appropriate height, gently place the ball of your foot on the pedal.
3. Turn the console on and set your riding time.
4. Adjust the tension to a resistance you can handle for 15-20 minutes without going over your training heart rate.
5. Parents, directly supervise your children who are riding with you so they can learn to use it properly and with maximum benefits.
6. Turn off our energy console (batteries) when you are finished.
7. If you perspire on my console, wipe off the perspiration so my mechanisms don't rust.
8. Enjoy your ride.

Last of all, remember the Golden Rule; do unto others (and other things) as you would like them done unto you (and your things).

On behalf of stationary bikes #1 thru #6, thank you for your cooperation and support.

WELCOME, NEW YMCA MEMBERS

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

Sarah & Molly Taylor
Mr. & Mrs. Merlyn Thompson
Nick Trent
Nicole Tuve
Crystal VanDeCastele
Darla Van Dyke
Steve Wood
Mr. & Mrs. Todd Amani
Shane Moore
James Vilmain
Jamie Anderson
Jamie Brown
Adam Hoppe
Jodi Niemeyer
Scott Butterfield
Steve Herder
David Partridge
Marcia Vachon
Rob VanDaver
Tom Church
A. V. Kavle & Family
Beth Owen
Jim Schrempf
Kevin Stubbe
Michael & Cheryl Wheaton
Jennifer Van Etten
Katie O'Connor
Tom Hingtgen
Angelique Coffin
Scott Beckman
Phyllis McKinley
Scott Schoer
Raye Stitchman
Stan Worthington
Jackie Young
Adam Weedman
Mike Santangelo
Donna McKay
Bob Clark
Kristian Aspen & Family
Margaret Bachtell
G. David Lloyd
Mr. & Mrs. Frank Magsamen
G. O. Shatzer
Linda Topping
Jamie Welch
John Hines
Lona Mittelstadt
Marilyn Bauch
Curt Hill

Jim Bast
Sara Schmidt
Mr. & Mrs. Michael Charley
Kris Einsweiler Family
Laura & Traci Olson
Brian Shaw
Nathaniel Richmond
Keith Lienhard
Mr. & Mrs. Tim Kelsey
Peggy Evans
T. M. Allan
Larry Anderson
Mary Barnes
Mary Entz
Judith Brush Griffith
John Grundmeier
Geoffrey Mills
Margaret & Eleanor Mills
Steve Ogden Family
David Thompson
Cory Witt
John Andres
Mr. & Mrs. Gary Friedman
Luanne Klatt
Rachel Seemann
John Williamson
Greg Hoekstra Family
Dawn Kane
Jace Kane
Roger Lear
James Miller
Brian Carlson & Family
Doug Dunkerton & Family
Tom Fettkether & Family
Kevin Halterman
Ricky Johnson
Louis Rhodes
Mike Wandenriessche
Brett Walker
Duane Amhof
Mike Andreasen
Michelle Burvee
Mr. & Mrs. Mike Davis
Steve Green
Gregory Henn
Vicky Holler
Ann Kuehn
Larry Anderson Family
Mike Clayton
Brian Hanna

Jacquelyn Harris
Warren Hudson Family
Greg Mitchell
Norman Montgomery
Jan Halterman
Dennis Nelson
Jocelyn Peterson
David Riley
Mr. & Mrs. Rick Carbiener
Merv Deeds
Sheldon Kohls
Todd Foss
Thomas Hayes
Mr. & Mrs. Gary Lagerstrom
Doreen Lampe
Trevor Wienhold
Charles & Gretchen Callaway
Martin Elbert
Terry Gruetzmacher
Pennie Taylor
Karen Wentz
John Hessenius
Kent Larsen
Edward Narigon
Mr. & Mrs. Stephan Siglin
Earl Bellis
Jennifer Bruggeman
James Dralle
Sean Nelson
Mr. & Mrs. Robert Richter
Mr. & Mrs. Al Van Engen
Colleen Wilson
Donald Doering Family
Michael Peters Family
Eddie Begley
Roger Boyd & Family
Terry Frantz
Mr. & Mrs. Allen Jones
Rand Randall Family
Willie Russell
Rick Thompson
Robert Verly Family
Jenny & Tammy Axtell
Michele Carolan
Lee Hein
Shari Merrill
Trista Muller
Terry Pensel
Elizabeth Voshell
Lee Werner
Colleen Cahill
Pennie Graham
Mr. & Mrs. Joel Harris
Diana Mason
Paul Walton
Dee Yuska & Family

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