

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

February 1991

YMCA Annual Dinner Promises Fun

All members of the YMCA of Black Hawk County and their guests are encouraged to reserve tickets *immediately* to attend the YMCA's annual dinner, to be held on Saturday, February 16 starting at 5:30 p.m. at the Y.

Each and every YMCA member should consider attending. The number one reason is to enjoy an evening of pure fun with other YMCA members. Other reasons include taking someone special out for an evening of top-notch entertainment, having the opportunity to have a keepsake photo taken by Lattin Photography and just having the chance to do something different at the height of "cabin fever" season.

Doors will open at 5:30 p.m. and dinner will be served at 6. At

7 there will be some special entertainment, including some fast-moving acts by the YMCA staff. Then, at 8, the music of SoundTrack begins. Stay and dance if you'd like!

All this plus free child care, valet parking, a classy meal, recognition of the YMCA Volunteer of the Year and Family of the Year and *more!*

To be a part, all you need to do is call and reserve your spot(s). Cost for the entire evening is \$15/person, \$28/couple, and \$78/table of six. The number for the YMCA office is 233-3531.

Invite your YMCA friends join you. It will be an evening long remembered.



*From the
Heart*

From the Executive's Chair

Nineteen ninety-one has certainly started off with a bang! Your enthusiasm and participation continues to surpass previous records as we continue to provide more opportunities for the community. Nineteen ninety-one marks the 123rd year that the YMCA has served this area. You can be proud that you're a part of continuing a rich tradition locally, nationally and internationally. Thanks for your continued support.

Many projects lie ahead of us in an effort to keep pace with the demands of an ever-growing YMCA population. A population that has increased in membership almost six-fold since we moved our primary focus facility to South Hackett Road. I don't believe there is another organization in town that can boast 7200+ members, 48% of which are under the age of 18. With your help, we will continue to keep pace and grow, prosper and serve.

Two major projects loom in the not-so-distant future. Our parking lot expansion will continue this spring with an additional 60+ permanent stalls added to ease the burden for our wintertime 5-8 p.m. crowd. Solving our facility leaks that have occurred since we opened our facility in '82 is the other major issue our corporate board is committed to for this coming year, and that will also gain momentum come spring.

As was the case with our pool mechanical and gym floor renovation projects the previous two years, much demand continues to be placed on meeting these expenses and, at the same time, maintaining a balanced budget like we have these past five years. My thanks to all who help in these regards — through membership, contributions, giving of time and talents and just plain being there. You're the best Y community a director could ask for! And you always respond!

A reminder that there are always plenty of opportunities to give back what you may have received growing up. Volunteering for your YMCA could change your life and I know it will change someone else's. Don't hesitate to contact any of our professional staff if interested.

A parting thought: John 15:16 speaks of us specifically as being chosen by Christ to go and bear fruit. In a sense we are advertisements for him. Often persons will judge what it means to be a Christian by our example. What kind of advertisement for Christ are we?

123 years and still in our prime.

In the 'Spirit' of the Y,
Jim Weaton
YMCA Executive Director

News from the Aquatic Department

YMCA Lifeguarding Class

Now is the time to get prepared for that upcoming guarding season. The YMCA will be offering a lifeguarding class in April.

Class times are tentatively set for Monday and Thursday evenings from 6-10 p.m. Registration will take place in March.

Call Dave Peters at the YMCA, 233-3531, for more information.

Progressive Swimming Lessons

There still might be time to get into the current session of lessons for children ages 6 and up and also for adults.

A new session is starting the week of February 11. Look in your 1990-91 program booklet for class days and times or call the YMCA for more information.

The progressive swim classes include Polliwog through Porpoise, plus Synchronized Swimming. The adult classes are beginning, intermediate and joint mobility.

There will be a one week break the week of March 18-24, due to spring break.

Preschool Swimming Lessons

The next session of Waterbabies (ages 1-2) and Tadpoles (ages 3-4) begins the week of March 4 and runs through April 6.

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 who are enrolled in the current session is on Wednesday, February 27, 9-noon. Other Y members may register that afternoon from 1-5 p.m. Starting on February 28 the general public may register.

Waterbabies and Tadpoles classes cost \$9 for YMCA members and \$26 for the general public for the session.

To register or obtain more information on our Tadpole and Waterbabies swimming classes or information on any other YMCA swimming class, call the YMCA, 233-3531.



Dance Classes

Try something NEW! Try a fun and different way of working out while being creative through dance.

It's great exercise, promotes flexibility, and helps improve your poise. Think of it as a way to release your tensions while expressing yourself in a performing art!

It may not be too late to register. New classes begin the week of February 11. There are a variety of classes for youngsters and adults:

- Ballet
- Modern Dance
- Jazz

Our class schedule fits just about everyone's schedule. Learn more by calling 233-3531 or stopping by the YMCA.



Health and Fitness News

1990 Milers Club Results

Congratulations are in order for the 1990 Milers Club participants who achieved their goals!

Runners over 750 miles

Alan Brandhorst
Paul James
Karen Johnson
Greg McClain
Max McCullough
Rick Miller
Jack Mussett
Dave Nicol
Jeff Oltmann
Mary Reinard
Rodger Smith
Vicki Smith
Dave Snook
Annie Sorge
John Stater
Steve Thomas

Walkers over 200 miles

Kathy Bradfield
Jack Bullock
Kay Bullock
LaVerne Donahoe
Marie Mahler
Kathy Trimble

Fitness over 100 classes

Linn Bowman
Tricia Bullis
Kay Bullock
Kim Burdette
Pam Carlson
Evelyn Honn
Mary Jo Klatt
Renate Nadler
Deb Oltmann
Greta Robin
Ann Trent

Bikers over 1500 miles

Barry Haskins
Greg McClain
Bill Schuerman
Steve Thomas
Dave Van Kamen

Swimmers over 70 miles

Jack Bullock
Joe DiMartini
Greg McClain
Steve Thomas
Hank Wellnitz
Fred White



Nautilus Hours Extended

Recently our Nautilus hours were extended. The change in the schedule takes place on Saturdays where previously the center was open from 8-noon.

To better serve our Nautilus members during the busy season, the Nautilus Center will now be open on Saturdays from 8 a.m.-4 p.m.

Karate Tournament

The YMCA's Shinkyudo Karate School and the New Hartford Karate Club are sponsoring an inter-school tournament on March 3 at the YMCA.

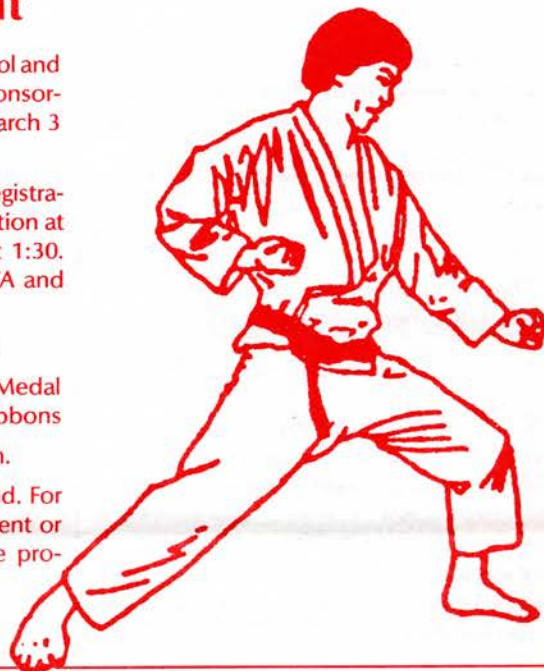
The tournament schedule features registration at 1 p.m., a black belt demonstration at 1:20 and the start of competition at 1:30. There is a \$5 entry fee for both KATA and KUMITE.

The following awards will be given:

1st Place	Medal
2nd, 3rd and 4th Place	Ribbons

All participants will receive a ribbon.

Spectators are encouraged to attend. For more information about the tournament or about the YMCA's Shinkyudo Karate program, call the YMCA, 233-3531.



Racquetball News

We Need Your Racquets

The YMCA needs your old racquetball racquets. We loan them out at the Courtesy Center and have many requests for loaner racquets. From time to time we could use replacements. Contact Dave Peters if you have a racquet you would be willing to donate.

Who Can Resist A Challenge?

We've been challenged to a day of racquetball by the Mason City YMCA.

All Black Hawk County YMCA players who would be interested in traveling to Mason City to play matches on Saturday, March 9 should register immediately at the YMCA front desk.

Racquetball Lessons

Registrations are being taken for an upcoming session of Racquetball Lessons. The lessons are held on Tuesday nights beginning March 12 and run for four weeks.

Beginners are provided with an explanation and demonstration of racquetball rules, basic skills and safety tips.

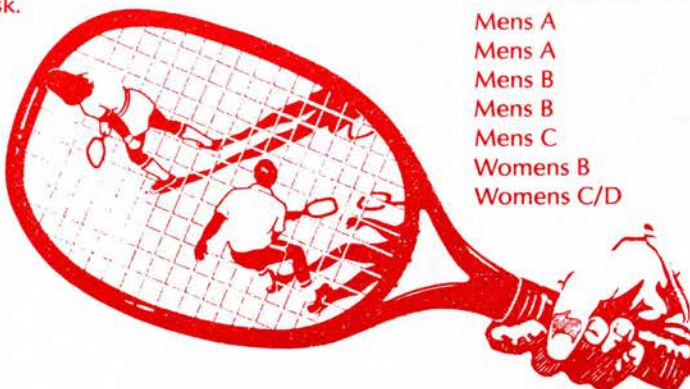
The cost for lessons is \$15 for members and \$35 for the general public.

Spring Racquetball League

The Spring Racquetball League will begin the week of April 1. Registration forms will be available on March 11 and they need to be returned no later than March 25.

The leagues and times are:

Mens A	Wed. 6:00/6:30 a.m.
Mens A	Mon. 7:00 p.m.
Mens B	Tue. 6:00/6:30 p.m.
Mens B	Thur. 6:00/6:30 a.m.
Mens C	Thur. 5:30/6:00 p.m.
Womens B	Wed. 5:30/6:00 p.m.
Womens C/D	Mon. 6 p.m.



Briefly . . .

- We're having another **YMCA Night at Waterloo Greyhound Park** on Tuesday, February 19. Greyhound Park donates fifty cents back to the YMCA for every paid admission. Support the YMCA and join us for fun at the track.

- The minimum age requirement for **Nautilus** has been lowered to 13 years of age.

- **We need your help!** Participants who are not YMCA members but are at the Y while their children or other family members are taking a class are **not allowed** to use the YMCA facilities. Should you notice someone using the Y who is not entitled to be doing so, please contact a YMCA staff member so the situation can be handled.

- The **YMCA Spring Break Overnight** will be held sometime the weekend of March 16-17-18. We are exploring some new ideas for this overnight. If you have ideas that you'd like to see us incorporate into our overnight programs, please let us know. Look for more details later.

- We still have **lost and found items from the New Year's Overnight**. If you are missing an item, call Tom Sekeres at the YMCA, 233-3531.

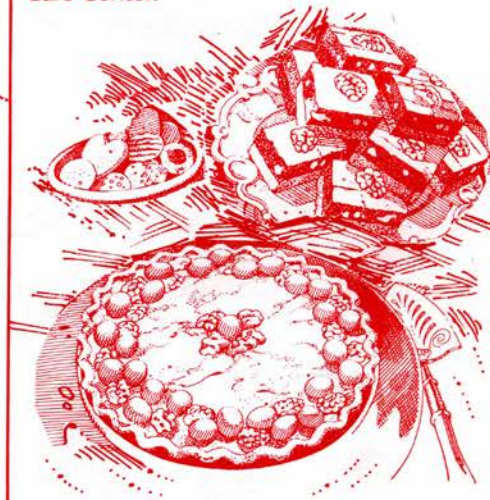


Bake Sale Coming Up

A bake sale will be held on Tuesday and Wednesday, February 12 and 13 in the YMCA lobby.

Proceeds from the sale will be used to purchase supplies for the YMCA Child Care Center.

Volunteers are needed to bring baked goods and to help sell items. If you can help out, please sign up on the list in the Child Care Center.



Black Hawk County Family YMCA
669 South Hackett Road
Waterloo, Iowa 50701

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