



FALL INTO FAMILY FUN

**FAMILY
MEMBERS
SAVE**

with discounted
family
memberships



**FAMILY YMCA OF BLACK HAWK COUNTY
FALL 2017-WINTER 2018 PROGRAM GUIDE**

www.blackhawkyymca.org

LETTER FROM THE CEO

At the Y, this fall we are focusing on families because we believe every family deserves a Y. From now until the end of 2017, new families are invited to join the Y at a special rate so you can experience why the Y is the place for your family.

A place for quality time as a family. This fall we are adding themed Family Nights, Parent and Tot Times, Family Swim Nights, and Family Campfires at our Y that are designed especially for families. We understand time alone for parents is also important in building a strong family, so this fall we are offering Parents' Night Out (monthly) and Parents' Morning Out (weekly) where you can feel assured your kids are safe and having fun while you take a little much deserved time for yourself.

A place to pursue healthy living together. The Y is a great place for you and your kids to play, whether in the gym or one of our pools, or through participation in one of our youth sports programs where your kids will build character and skills, and you can choose to be a volunteer coach or cheer from the sidelines. You can also pursue fitness goals through family training sessions led by our certified personal trainers.

A place for your kids to nurture their potential. At the Y, we invest in your kids. Whether it's teaching them new skills like ASL through our specialty programming, supporting their academic learning through our Summer Learning Academy, or encouraging discovery for the littlest ones in our Early Learning Center, our staff are professional mentors who care about your kids.

One of the reasons I took this job was because I knew the Y would be a great place for my own family. I am committed to ensuring our organization is a positive place where every member of your family can learn, grow, and thrive.

Angela Widner

Chief Executive Officer

Family YMCA of Black Hawk County



LETTER FROM THE CVO

One of the joys of living in Iowa is experiencing the different seasons. As we enter into fall, I think of sports and family.

Our sons have been actively playing soccer throughout their childhood and young adults years. Their involvement in sports has been valuable to our family, both in terms of the character and skills they have developed that will help them throughout their entire lives, as well as the opportunity we had to come together with other families to cheer on the team and socialize with each other. At the Y, kids as young as 3 years old can begin learning valuable life lessons like the importance of supporting your teammates, being a good sport, and how it takes practice and perseverance to build your skills.

I consider the Y a second home. Over the past 12 years, I have built relationships with staff, instructors, and members. I look forward to seeing Amy and the Member Services staff at the Welcome Desk. We put a smile on each others' faces and enjoy a laugh, exchanging holiday cards, and keeping our families in prayers through difficult times.



I am active in the group exercise classes at the Y and consider the others in those classes part of my Y family. Lynda is an awesome Pilates/Yoga instructor who pushes us both physically and mentally, making us to realize our true potential. Body Pump is a great class to help build and maintain strength. The instructors at the Y are professional, make sure proper form is used, and encourage us when our bodies are exhausted.

I am excited about the fall season, including what the Y has planned for this fall and winter. I encourage you to check out all the Y has to offer children, adults, and families.

I hope to see you at the Y.

Mike Brocka

Chief Volunteer Officer

Family YMCA of Black Hawk County

FAMILY YMCA OF BLACK HAWK COUNTY

FACILITY HOURS

Monday-Friday	4:30 am - 9 pm
Saturday	7 am - 6 pm
Sunday	Noon - 6 pm

LOCATION

669 South Hackett Road
Waterloo, IA 50701
p 319 233 3531

FACILITY CLOSURES

September 4	Labor Day
November 23	Thanksgiving Day
December 24	Christmas Eve (Close at 2 pm)
December 25	Christmas Day
December 31	New Year's Eve (Close at 2 pm)
January 1	New Year's Day

BOARD OF DIRECTORS

Mike Brocka	
Mike Halverson	Becky Mudd
Jeff Martin	Troy Love
Lisa Brodersen	Keith Hamer
Cindy Herndon	Carol Odekirk
Shelia Bullock	Ras Smith
Chuck Augustine	Amy Schmidt
Abu Timbo	Stacy Shugar-Davis
Scott Bradfield	Angie Weekley

STAFF MEMBERS

Angela Widner, Chief Executive Officer
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Andrew Peters, Chief Operating Officer
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Bri Boss, Aquatics Director
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Gina Weekley, Youth Development Director
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mharmon@blackhawkymca.org
Ryan Kendzora, Youth Sports Coordinator
rkendzora@blackhawkymca.org
Mikayla Lien, Marketing Coordinator
mlien@blackhawkymca.org
Kei-Che Randle, Youth Program Coordinator
krandle@blackhawkymca.org
Sandra Burroughs, Head Swim Team Coach
sburroughs@blackhawkymca.org

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE

We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors in 10,000 communities to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR VALUES

Caring, Honesty, Respect, Responsibility

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FOR SOCIAL RESPONSIBILITY**

MEMBERSHIP INFORMATION

CODE OF CONDUCT

At the Y, we work to create a place that upholds our core values of caring, honesty, respect, and responsibility. Our Code of Conduct is built around those values and is a safe, positive place. Everyone who is part of the Y is expected to follow our Code of Conduct. Violations can result in membership or program suspension or termination. Our Code of Conduct is available to view on our website or a copy can be obtained at our Welcome Desk.

SAFE FOR KIDS – PEACE OF MIND FOR PARENTS

We understand how important it is for parents to have peace of mind that their children are in a safe place. We run routine checks of our membership roster against a national sex offender registry to ensure no predators are allowed in our facility. You can rest assured we have your children's best interests and safety in mind at all times.

MEMBERSHIP CARD

Your membership card is very important. A valid membership card or photo ID is required every time you enter the Y.

NEW MEMBER ORIENTATION

An easy first step to getting started at the Y is to contact the Welcome Desk Staff for a free New Member Orientation. A trained Y professional will meet with you to discuss your goals with us, answer your questions, and recommend wellness programs suited for you.

TALK TO US

This is your Y. Please make your comments and concerns known. Suggestion cards are located near the meeting room. If you prefer to email or telephone your comment, please contact the Membership & Wellness Director, Malinda Gudgeon.

FACILITY RENTALS

We offer our facility and its many amenities (multipurpose spaces, gym, pool, playground) for groups interested in rentals for parties or events. The Y is popular for birthday parties, sporting events and/or tournaments and company parties. Visit our Welcome Center or our website to find out more about renting the Y for your next event.

LOCKERS

Lockers are available for day use by members and guests. You must bring your own lock and remove it at the end of each visit. If items are left overnight, they will be placed in the lost and found. Always secure your belongings. We recommend you don't bring valuables in the facility; the Y is not responsible for lost or stolen items.

CHILD WATCH

Parents, enjoy your workout while you know your kids are in great hands. Our child watch program offers structured play for your kids while you exercise or connect with others. A parent/adult guardian must remain in the facility. The Y's staff do not change diapers; guardians will be paged if their assistance is needed.

Monday-Friday Saturday

8:45-11 am 8-11 am

4:30-8 pm

Ages: 6 weeks to 10 years

Free with a Family Membership or \$10 per child per day!

YOUTH FACILITY USE AGE GUIDELINES

Ages 6 weeks to 7 years: can attend Child Watch or must be under direct supervision of a parent/guardian at all times.

Ages 8 to 10 years: can attend Child Watch or under direct supervision of a parent/sibling at least 13 years old (or 16 for swimming).

Ages 11 to 12 years: can be in the game room on their own or under direct supervision of someone at least 13 years old (or 16 for swimming). Cannot be in the Wellness Center.

Ages 13 to 17 years: has full access to facility unsupervised and can access wellness center after youth orientation.

FOOD & BEVERAGES

No food or drink other than water is permitted in the pool, workout or gym areas.

CELL PHONE POLICY

Use of cell phones is prohibited in locker rooms at the Y. Please turn your phone off and keep it stowed away while using our locker rooms.

MEMBERSHIP TYPES

YOUR MEMBERSHIP MEANS MORE AT THE Y!

When you become a member at the Family YMCA of Black Hawk County, you're setting yourself on a lifelong journey of healthy spirit, mind and body. You're a part of an organization that provides everything from child care, health and fitness, family time, and so much more. Membership at the YMCA provides many benefits, but comes with responsibilities, too. We ask that you dive into our organization to get involved and be a role model of the YMCA values of caring, honesty, respect and responsibility. We ask that you volunteer or contribute to the Y's Annual Support Campaign that provides membership assistance for those who can't afford full fees. Become a member at the Family YMCA of Black Hawk County and be a part of something so much more.

MEMBERSHIP TYPES

FULL Y MEMBERSHIP

Get full access to a family-friendly environment, two indoor heated pools, a whirlpool, cardio and weight rooms, indoor track and gymnasium, two racquetball courts, group cycling studio, group exercise classes, free new member orientation, and discounts on: specialty classes, swim lessons, youth programs, birthday parties, and child care.

PROGRAM MEMBERSHIP

If you're not already a Full Y Member and want to participate in programs like swim lessons and youth sports, you'll need an annual Program Membership. You'll receive the same great level of quality programming, but without access to the Wellness Center and other amenities provided through a Full Y Membership.

CORPORATE MEMBERSHIP

The YMCA Corporate Membership allows local businesses to offer all of the healthy lifestyle benefits of a Y membership to their employees at a rate that is attractive. Want to start a corporate membership plan for your business? Contact Malinda, our Membership & Wellness Director.

VISITING MEMBERSHIP

If you live 50 miles or more away from our Y, you may purchase a short-term Visiting Membership. Visiting Memberships must be paid up front at the time of registration.

MILITARY OUTREACH

Military families are encouraged to become a member of the Y, where you and your family can spend quality time together and enjoy fun. In partnership with the Armed Services YMCA and the Department of Defense, the Y proudly offers memberships to eligible military families and personnel. Restrictions apply, visit YMCA.net for details.

VETERAN MEMBERSHIP

We honor Veterans' service with a 10% discount off membership. Simply present your Retired Military ID, Veterans DD214 or Veterans ID Card from the Department of Veteran Affairs to receive discount.

IOWA RECIPROCITY & AWAY PROGRAM

We want to encourage members to utilize the Y as often as they can. Sometimes it's more convenient for members to utilize a Y in a different location when traveling. Now, Full YMCA members have the flexibility to use other Y facilities throughout the state and country, at no extra charge.



MEMBERSHIP CATEGORIES

Youth: Anyone 18 years old or younger with an independent membership. The membership application must be signed by a guardian who is 18 years old or older.

Young Adult: A membership for adults age 19-25.

Adult: An individual who is between the ages of 26 and 64.

Adult Couple: Two adults who reside in the same home and are both between the ages of 26 and 64.

Family: A family is defined as up to two adults and children 18 and younger residing in the same home. Membership extended to dependent college students with proof of registration. If you have more than two adults in your household please contact us to find out how you can add an additional adult to your membership.

Senior: A membership for those 65 years old and older.

Senior Couple: A membership for two adults residing in the same home, one at which is 65 years or older.

MEMBERSHIP RATES & BENEFITS

THE Y IS FOR ALL

We believe everyone deserves a Y, so the Family YMCA of Black Hawk County offers an Income-Based Membership Pricing structure. This program offers a sliding fee scale that is designed to fit the financial situation of each individual household in our community. We believe people should have access to the programs and services at the YMCA that nurture the spirit, mind, and body regardless of their personal financial circumstances. Financial assistance can be obtained for membership, as well as program fees. Applications are available on our website or at our Welcome Desk.

FULL Y MEMBERSHIP RATES

Membership Type	Join Fee	Monthly Rate
Youth	\$10	\$15
Young Adult *19-25	\$10	\$20
Adult	\$25	\$40
Couple	\$30	\$50
Family	\$30	\$55
Senior *65+	\$25	\$32
Senior Couple *65+	\$30	\$42

Optional Services & Rentals	Monthly Rate
Fitness Plus (access to fitness plus locker room, bath towel service & one kit locker) *must be 18+	\$20
Laundry Service	\$14
Bath Towel Service	\$8
Tall Locker Rental	\$5
Extra Kit Locker Rental (only available in Fitness Plus locker rooms)	\$2

PROGRAM MEMBERSHIP RATES

Membership Type	Annual Rate
Youth Program Member	\$20
Family Program Member	\$35

DAY PASS RATES

Day Pass Type	Daily Rate
Family	\$15
Adult	\$8
Youth	\$5

VISITING MEMBERSHIP RATES

Length	Join Fee	Adult Rate	Family Rate
15-Day	\$5	\$25	\$30
30-Day	\$15	\$45	\$58
90-Day	\$30	\$128	\$170

FAMILY MEMBERSHIP

SPECIAL OFFER

The Y values families, and we believe every family deserves a Y. From September 1 to December 31, join the YMCA as a family for only \$45 a month! The special rate will apply for the first 12 months of your membership.

Check out page 17 to view all the free or discounted family events available for those with Family Memberships.

*Eligible only for new members who haven't been a member within the last three months.



VALUE ADDED MEMBERSHIP BENEFITS

When you join, you will receive all the following benefits on an annual basis! Benefits are available to use once between January-December.

Family Membership Value Added Benefits

One Youth Sports Session	up to \$30
One Group Swim Lesson Session	\$32
30 min Personal Training Session	\$18
One week of Child Care (CDC, Camp, SAC)	\$120
One School's Out Fun Day	\$30
Two Family Guest Passes to give away	\$30
Group Exercise Classes	\$725
Child Watch Services	\$850
Value of FREE Services	\$1,835

Individual Membership Value Added Benefits

30 min Personal Training Session	\$18
Two Individual Guest Passes to give away	\$16
Group Exercise Classes	\$725
Two Child Watch Services	\$20
Value of FREE Services	\$779

CLASS PASS RATE FOR NON-MEMBERS

Interested in trying out one of our group exercise fitness classes? Purchase a \$5 Class Pass to 1 group exercise class and access to the locker room. View our list of classes on pages 21-22. Must be 18+ to participate in group exercise classes.

PLAY PASS RATE FOR NON-MEMBERS

\$5 one-time Play Passes are available for guests 18+ who would like to participate in adult sports. View our list of adult sports options on page 20.

PAYMENT OPTIONS

PAYMENT OPTIONS

A join fee is a one time fee charged to new members when they join. Memberships are non-refundable and non-transferable, including annual pay. Monthly payments allow members to pay via a credit card or bank draft (EFT) on the 9th of every month.

MEMBERSHIP CANCELLATIONS

Membership is continuous and requires a cancellation form be signed before the 20th of the month to cancel. All annual memberships can be paid by cash, check, debit or credit card. Annual members will be invoiced each year for their renewal.

YOUR HEALTH INSURANCE COMPANY MAY PAY YOU TO VISIT THE Y!

A YMCA membership helps you stay healthy, and insurers know it. That's why many insurance policies are now reimbursing the costs of YMCA memberships. If your health plan includes a reimbursement, we can help you claim it.

1. Check your policy or call your insurer to see if you qualify.
2. Call or stop by the Welcome Desk to talk with our Member Service Supervisors.
3. The Y will submit the appropriate paperwork depending on which plan you are covered under.
4. Scan your Y membership card each time you visit the Y to ensure your visit is recorded.



Eligible Reimbursement Amount: \$20/month

If spouse is on the same plan they too can receive a \$20 reimbursement, a total of \$40/month per household.

Minimum Visit Requirement: 12 visits/month

Program Details: The individual pays the YMCA full membership rate. The Y will submit scanned visits to United Healthcare monthly for the member to receive the reimbursement.



Iowa

Eligible Reimbursement Amount: AmeriHealth Caritas Iowa members of any age may join our Y at no cost.

Minimum Visit Requirement: 12 visits within 90 days

Program Details: AmeriHealth Caritas Iowa pays your annual membership. You must complete the AmeriHealth Caritas Iowa Health Risk Assessment to join the Focus on Fitness program. Stop by the Welcome Desk for details.

Questions about Y Membership? Contact our Membership & Wellness Director, Malinda Gudgeon.
(e) mgudgeon@blackhawkymca.org
(p) 319-233-3531 ext 207



Minimum Visit Requirement: N/A

Program Details: Individuals who are eligible for this plan will have a SilverSneakers card with their name on it along with a 16 digit account number. This card is required to set up a full Y membership through SilverSneakers. A SilverSneakers membership includes everything the Black Hawk YMCA has to offer.



Minimum Visit Requirement: Unlimited access

Program Details: The Healthways Prime Fitness Program is part of an overall health management solution for employer groups and the BCBS Federal Employee Program. It is designed for adults ages 18-64 with the goal of motivating the members to become more physically active.





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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SOCIAL RESPONSIBILITY

THERE'S NEVER BEEN A BETTER TIME TO BUILD A BETTER US.

As a member of the Y, you are joining a community of children and adults, families and retirees, who are on a journey of healthy spirit, mind and body. As a member of the Family YMCA of Black Hawk County you have many benefits, but you have responsibilities, too. We ask that you get involved and be a champion of the YMCA, our mission and cause, and our values of caring, honesty, respect and responsibility.

We encourage you to consider volunteering, either in one of our programs or by helping to make our facility more attractive. We also ask that you contribute to the Y's annual support campaign that helps make membership and participation in programs accessible for those who can't afford the full fees. We invite you to offer your time, talent and treasure for the good of our Y community and the greater Cedar Valley as well.

BE A PROGRAM VOLUNTEER

We are always looking for volunteers to help with programs and events at our Y. We are currently looking for volunteers to help with our Fall and Winter Youth Sports, and to be guest readers in our Child Care and School Age Care Programs. If you would like to learn more about volunteering, contact Gina Weekley at gweekley@blackhawkymca.org.

FALL FACILITY IMPROVEMENTS

Last spring during our Facility Facelift, 80 volunteers donated over 600 hours of service to help make improvements to our facility. We welcome your time and skills this fall in helping us tackle new projects to make our Y more attractive and welcoming. We will be organizing small groups to take on projects throughout the fall and we invite you to volunteer with your family, co-workers, or other Y members. Please visit our Social Responsibility page on our website or follow us on Facebook to learn about volunteer opportunities.

GIVE THE GIFT OF POSSIBILITY

You know the challenges that we face in Black Hawk County. People of all ages and backgrounds are struggling to reach their full potential. More and more children face seemingly insurmountable learning gaps. Families find it difficult to spend quality time together. People are not connected to their neighbors and face time happens through a phone. And instead of seeing the income gap shrink, it seems all we do is watch it grow.

But when challenges arise, the Y and donors like you step in. After nearly 150 years of serving Black Hawk County, the Y understands what our community needs to be its best and we adapt to meet those changing needs. Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in service of making us – as individuals and a community – better.

Please consider a donation to the Y. It will be used to strengthen our programs and ensure that everyone can be part of the Y.

YOUR DONATIONS AT WORK

- \$50** Increases one child's water safety education through *Water Safety* - a swim program teaching water safety and basic swimming, FREE to those enrolled.
- \$125** Helps one school age kid attend *Summer Camp* for one week. Camp keeps kids moving, learning and exploring all summer long.
- \$180** Supports *Family Time* activities hosted by the Y, such as family nights, family swims, family campfires, and events like Family Safety Day.
- \$240** Will provide one month of *School Age Child Care* for one child, helping improve academic proficiency among children of all backgrounds.
- \$746** Will give a *Family* one year of character building activities that they can share together through an *Annual Membership* to the Y.
- \$1120** Helps at-risk families afford *Child Care* for six months, so parents can go to work knowing their children are in a safe, positive and educational environment.



Give the gift of possibility by making a donation to the Y. Donations can be made online or by simply dropping them off at our Welcome Desk.

2017 DONORS

Thank you to our donors who have made an impact on our Y so far in 2017.

PLATINUM PARTNERS (\$10,000+)

Black Hawk County Gaming Association, \$60,000
RJ McElroy Trust, \$60,000
Community Foundation of Northeast Iowa, \$30,760
Boazs Harvest Zachary Foundation, \$20,500
Jeff & Heather Martin

GOLD PARTNER (\$7,500-\$9,999)

United Way of the Cedar Valley

SILVER PARTNERS (\$5,000-\$7,499)

Pepsico Foundation
Eric & Angie Widner
YMCA of the USA

BRONZE PARTNERS (\$2,500-\$4,999)

Robert Andres
State Farm Foundation
Mike & Rebecca Halverson
Jim & Linda Walsh

PARTNERS (\$1,000-\$2,499)

John Deere Foundation
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Community Bank and Trust
Cole & Chelsey Bowermaster
Deane & Marlene Bradfield
Scott Bradfield
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Jeff Burris
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Clint & Tanya Geffert
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Andrew Peters
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Ryan Drews
Duchene and Associates
Robert & Natalie Duryea
David & Mary Dutton
D. Jay Ellis
Gerry Gienger
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Paul & Gina Greene
Allen Griffith
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Karen Johnson
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Carl & Barb Scoles
Edwards & Smith Family Dentistry
Tami Sommerfeldt
Ben Squires
Lois Staff
Young Plumbing & Heating Co.
Gina Weekley

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Iowa Show Productions, Inc
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Bill Farmer
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Buffalo Wild Wings
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Kiwanis Club of Cedar Falls
James Lechtenberg

Jimmy Johns
Lee Nicholas
Tim & Nancy O'Connor
Kathleen Porter
Brian & Jan Quirk
Abu Timbo
Minnie Ware
Dick & Christie White
Ted & Peg Winnering

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Earth's Beauty Supply
Jesse Arensdorf
Bruce & Shelly Barnett
Jared & Marilyn Bauch
Ivo & Marina Bekavac
Veridian Credit Union
Juliann Boline
Timothy Boller
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Carmen Christie
Marty Colwell
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Greg & Kristi Diffor
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Lewis & Karen Everling
Vernon Fish
Shawn & Mindy Fisher
Brian Fletcher
William Frost
Kevin Bown & Julianne Gassman
Olive Garden
Building Solutions, LLC
Linda Gruetzmacher
Kelly & Shelley Hackett
Aaron Hagedorn
Pam Hammers
Visions Hair Studio
Eugene & Aurelia Harringa
Anne Hennessey & Karl Schmid
John & Ann Hessenius
Four Seasons Realty
Evelyn Honn
Tom & Mary Hoogestraat
Brett & Kim Hurst
Mary Jardine
Jacalyn Jaspers
Dana Jefferson
Carole Joblinske
Varotta Johnson
Ronald Johnston
Donna Jordan
Karen Kitchen
Clifford & Marjorie Kolthoff
Bob & Liz Kressig
Montage
Greg & Susan Lantz
Scott & Diane Larson
Norman & Kay Lemmon
Stephanie Logan
Greta Magee
John Marker
Darla McEnroe
Mary McInnis
Terry & Linda Meier
Burk & Julie Miehle
John Mixdorf
Stephen Mohlis
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Katrina Musick

Fidelity Charitable
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Arlen & Marilyn Parrish
Allstate Insurance Company
Larry & Sharon Petersen
Dorene Pierce
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Craig & Jill Rizner
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Charles & Marilyn Roudebush
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Sandra Scott
Ambassadors for Christ Church
Allison Shea
Heather Skeens
Brian & Rebecca Snyder
Scott Speaks
Margery Speicher
Brian Stark
Kenneth Stecher
Bonnie Stettler
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Marcia Street
Barbara Tako
Robert & Kathy Thiele
Leon & Gloria Tollefson
Jo Vincent
Accie Vivians
Brian & Candice Warby
Robert & Dee Way
Angela Weekley
Patrick Weires
Family Foot Health Care, PLC
Dwight & Patti Wielenga
Mark & Sydney Wilner
Nia Wilder
Richard & Dorothy Winsor
Adam Wolf

SUPPORTERS (\$25-\$99)

Saba Abebe
Shirley Ackerman
Sue Albright
Katherine Allison
Jeanette Alton
Stephanie Arensdorf
Tommy & Toni Babcock
Paula Beattie
Matt & Jen Beck
Sherry Benak
United Way of the Quad Cities
Violet Bown
Chenelle Brown
Paula Buehrer
Bethany Buelow
Esther Burlage
Virgil & Luanne Butterfield
Thomas & Kathryn Caley
Nikki Campbell
Gene & Ellen Carey
Luke Carman
Rebecca Carr
Tamara Carter Stanford
James & Angel Chamberlin
Keith & Sue Cheney
Norma DeVries
Danan Dou
Katherine Doughty
Charlotte Duffield
Waterloo Homecoming Association
Heather Eldridge
Jeanne & Virgil Erickson
Michael & Carla Fanelli

David & Junko Fell
Rachel Francois
Mark & Cheryl Gulden
Cindy Hahn
David Hakes
Eddie Halvorson
Beth Hanisch
Kent & Paula Hansen
Steven & Doris Heerts
Bob Hertges
Steamboat Gardens Inc
Susan Ilax
Jerry & Susan James
Jade Johnson
Maurice & Tewana Jones
George Karnik
Kastli Auctioneering
Lindsay Keltch
Ryan Kendzora
Kay Kladivo
Leigh & Kathy Klink-Zeit
Joel Koch
Penne Koeppel
Joyce Kolpek
Pat & Angela Kupka
Robert LaFavre
Sarah Lauterbach
KC Lehr
Brian Looby
Caroline Loveless
Lynn & Doris Lovell
John & Kris Luher
Robert Madland
Kayla Mathews
Dennis McCabe
Morgan McFate
David McRae
Rhonda McRina
Dustin & Cheryl Meller
Robert Morck
Marsha Muir
Mary Murphy
John & Sue O'Brien
Publio & Cristina Ortiz
Coved Oswald
Steven Ott
Ron Parks
Fran Pashby
Chris Petersen
Terrence & Helen Redding
Tiffany Rushing
Randy Sadd
Jim & Glenda Salyer
Henry & Meri Kay Shepard
Jack & Becky Sinkler
Craig Smith
William & Deirda Speller
Judy Staff
Sarah Staker
Roberts, Stevens & Prendergast, PLLC
Joseph Sweeney
Clatterie Thomas
Sailu & Kaitlynn Timbo
Evelyn Turner
Barry & Christy Twait
Steven Vanous
Lekeisha Veasley
Ned Venter
Diane Vestal
Shirley Walker
Andie Willey
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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH DEVELOPMENT

At the Y, we strive to help each kid reach their potential. From youth sports to academic support and leadership development, the Y helps bring out the best in kids.

CHILD CARE & EDUCATION

EARLY LEARNING CENTER

The Early Learning Center is a full-day licensed child care program that enables parents and family members to go to work knowing their children are in a safe, positive, and educational environment. We are committed to maintaining standards that meet the physical, intellectual, emotional, and social needs of your child.

Our teachers will welcome your child in a warm, safe and caring environment with a wide range of activities to stimulate your child's creativity, self-esteem and independence. Our values-based program will help young children learn essential social, physical and intellectual building blocks.

Registration: Contact Gina Weekley to schedule a tour and receive additional information.

Ages: 6 weeks to 5 years

Time: 6:30 am-6 pm

WEEKLY RATES	Members	Program Members
6 wks-18 mo	\$175	\$185
18-36 mo	\$165	\$175
36-48 mo	\$150	\$160
4-5 yrs	\$140	\$150

SCHOOL-AGE CHILD CARE

The Y works to ensure that youth not only have access to affordable, quality before-school and after-school programming, but are also in a safe and nurturing environment around caring adults where they can learn, play and grow. Our program provides a practical child care option for working parents. Youth will receive homework assistance and participate in activities that keep them active and productive before school begins and when the school day ends.

On-site programs are located at the following elementary schools: Cedar Heights, Dike, Fred Becker, Orange, Orchard Hill, Poyner and Southdale.

Registration: Visit our website to download and fill out a registration form. A completed enrollment packet is required one week before admission to the program.

Ages: Kindergarten-Grade 6

Mornings: 6:30am-school begins

Afternoons: school ends-6pm

WEEKLY RATES	Members	Program Members
Before & After	\$60	\$70
Before	\$35	\$40
After	\$40	\$45

**For youth program questions, contact our Youth Development Director, Gina Weekley.
(e) gweekley@blackhawkymca.org
(p) 319-233-3531 ext 216**



YOUTH DEVELOPMENT

SCHOOL'S OUT FUN DAYS

Need a safe place for your kids to go on a no school day? Bring them to the Y for a fun-filled day with friends! Our School's Out Fun Days program keeps kids busy!

Students receive a morning and afternoon snack and participate in a variety of activities, including arts & crafts, swimming, group games, gym activities and much more. Please provide a lunch for your children.

Ages: School Age

Time: 6:30 am-6 pm

Member Rate: \$30/day

Program Member Rate: \$45/day

WINTER BREAK CAMP

Member Rate: \$30/day; \$120 for full break

Program Member Rate: \$45/day; \$150 for full break

Dates: Dec. 22, Dec. 26-29 & Jan. 2

ARTS & HUMANITIES

The following programs will be held in seven week sessions:

September 11- October 29

October 30- December 17

LANGUAGE CLASSES

Help your child become a confident communicator in our Spanish or French Zone! These unique language and cultural opportunities will teach your child to understand not just the Spanish or French language, but also the many Spanish and French speaking cultures around the world. Please pack a light, healthy snack for your child.

Ages: 8-12

Spanish: Mondays and Wednesdays, 5:30-7 pm

French: Tuesdays and Thursdays, 5:30-7 pm

Member Session Rate: \$63

Program Member Session Rate: \$95

ASL CLASS

Youth ASL is a seven-week introductory course taught by Kei-Che Randle, owner of STEPS. Students will learn basic sign language through song and movement. In the 2 hours, students learn fingerspelling, colors, question words, people words, jobs and occupations, foods, and common objects around the house.

Students will also learn to sign to motivational songs.

The class is a combination of learning signs and applying them in fun, real-life practice.

Ages: 5-12

Saturdays, 1-3 pm

Member Session Rate: \$42

Program Member Session Rate: \$63

Register for these programs online or at the Welcome Desk.

DATES

Sept. 1- Waterloo

Sept. 15- Waterloo/CF

Oct. 12- Waterloo

Oct. 13- Waterloo

Oct. 23- Waterloo

Nov. 13- Waterloo

Nov. 17- Cedar Falls

Nov. 22- Waterloo/CF

Nov. 23- Waterloo/CF

Nov. 24- Waterloo/CF

Dec. 11- Waterloo

Jan. 12- Waterloo/CF

Jan. 15- Waterloo/CF

Feb. 15- Waterloo

Feb. 16- Waterloo

Feb. 23- Cedar Falls

Feb. 26- Waterloo

March 9- Cedar Falls

March 30- Waterloo

April 2- Waterloo

April 30- Waterloo

May 21- Waterloo

*Dates are subject to change based on area school schedules.

Children do not need to be enrolled in our School Age Care program to attend and any child in the Cedar Valley is welcome to register. For more information call the YMCA at 319-233-3531. A completed registration form is required at least 24 hours before camp! Spots are limited.

CREATIVE WRITING

This program provides youth the opportunity of self expression by allowing them to learn about how they think and feel through a combined reading and writing curriculum. This program will teach youth how to express themselves by utilizing healthy methods of communication.

Ages: 12-18

Mondays, 4:30-6 pm

Wednesdays, 5:30-7 pm

Member Session Rate: \$53

Program Member Session Rate: \$79

VISIONARY CLUB

The purpose of this club is to give youth an environment that is conducive to their artistic abilities. Teaching the skill of drama and poetry will help them gain self discipline for future endeavors.

Ages: 8-16

Tuesdays & Thursdays, 5:30 - 7 pm

Member Session Rate: \$53

Program Member Session Rate: \$79

YOUTH HIP HOP

Students will develop coordination, flexibility, and physical fitness in a fun, safe environment at Hip Hop class.

Ages: 8-18

Saturdays, Noon-1:30 pm

Member Session Rate: \$30

Program Member Session Rate: \$60



YOUTH SPORTS

At the Y, our staff, coaches and volunteers all share a vision of helping all youth reach their full potential in life. We aim to create a healthy outlet for children to build character, gain new skills, develop a sense of team and connect with positive role models through youth sports. We also make sure kids can just be kids — playing, learning and growing.

YEAR ROUND

TAE KWON DO

Member Rate: \$18/month
Second Child: \$15 /month
Program Member Rate: \$36/month
Second Child: \$18/month
Ages: 5 and up
Tues & Thurs
Time: 5:30-7 pm

KARATE

Member Rate: \$18/month
Second Child: \$15 /month
Program Member Rate: \$36/month
Second Child: \$18/month
Ages: 10 and up
Mondays
Time: 5:30-7 pm

FALL SESSION ONE

Flag Football: Sept 11-24

Baseball: Sept 4-24

FLAG FOOTBALL

Member Rate: \$15
Program Member Rate: \$30
Ages: K-3rd Grade
Mon & Thurs
Time: 5:30-7 pm

BASEBALL

Member Rate: \$23
Program Member Rate: \$45
Ages: K-3rd Grade
Tues & Fri
Time: 5:30-7 pm

FALL SESSION TWO

October 2-29

SOCCER

Member Rate: \$30
Program Member Rate: \$60
Ages: K-3rd Grade
Mon & Thurs
Time: 5:30-7 pm

TRACK

Member Rate: \$30
Program Member Rate: \$60
Ages: K-3rd Grade
Tues & Fri
Time: 5:30-7 pm

FALL SESSION THREE

November 3 - December 6

K - 2ND GRADE BASKETBALL

Member Rate: \$30
Program Member Rate: \$60
Mon & Thurs
Time: 5:30-7 pm

3RD - 5TH BASKETBALL

Member Rate: \$30
Program Member Rate: \$60
Tues & Fri
Time: 5:30-7 pm

WINTER SESSION ONE

January 1-31

CHEERLEADING

Member Rate: \$30
Program Member Rate: \$60
Ages: K-3rd Grade
Practice: Thursdays, 5:30-7 pm
Games: Saturday Mornings

ROOKIE SPORTS

Will be held every session
Member Session Rate: \$20
Program Member Session Rate: \$40
Ages: 3-5 year olds
Mondays, 4:30-5:15 pm

Rookie Sports is designed for kids who are new to sports and teaches basic skill development. Players are introduced to sports through drills, gym games and active play.

WINTER SESSION TWO

February 5 - March 4

VOLLEYBALL

Member Rate: \$30
Program Member Rate: \$60
Ages: K-3rd Grade
Mon & Thurs
Time: 5:30-7 pm

INDOOR HOCKEY

Member Rate: \$30
Program Member Rate: \$60
Ages: K-3rd Grade
Tues & Fri
Time: 5:30-7 pm

LEAGUE PLAY

YOUTH BASKETBALL

Winter Session One & Two
Member Rate: \$25
Program Member Rate: \$50
Ages: K-5th Grade
Practice: TBD by coaches
Games: Saturday Mornings

Questions? Contact our
Youth Sports Coordinator,
Ryan Kendzora, at
rkendzora@blackhawkymca.org



FALL GROUP SWIM LESSONS

Choose from 7 levels of group instruction during these 5 or 8 week class sessions. Find a time and level that is right for you with the charts on pages 9-11.

Prices

Parent/Child will meet once per week for 5 weeks

Member Rate: \$20

Program Member Rate: \$40

Preschool/School Age will meet once per week for 8 weeks

Member Rate: \$32

Program Member Rate: \$64

Fall Swim Session 1: August 28-October 21

*No lessons Monday, Sept. 4 - fees have been adjusted

Parent/Child Dates

Monday: August 28-October 2

Thursday: August 31-September 28

Saturday: September 2-30

Preschool/School Age Dates

Monday: August 28-October 16

Tuesday: August 29-October 17

Thursday: August 31-October 19

Saturday: September 2-October 21

Fall Swim Session 2: October 23-December 17

*No lessons Thurs, Nov. 23 - fees have been adjusted

Parent/Child Dates

Monday: October 23-December 11 November 20

Thursday: October 26-November 23

Saturday: October 28-November 25

Preschool/School Age Dates

Monday: October 23-November 20

Tuesday: October 24-December 12

Thursday: October 26-November 30

Saturday: October 28- December 16

BLACK HAWK COUNTY YMCA PIRATES SWIM TEAM

This program is for youth, teens and adults age 6-21 years. Our state-certified coaches work to improve swimmers skill level and endurance in an atmosphere that is positive, fun and challenging. Our program embraces the YMCA core values of caring, honesty, respect and responsibility, and promotes progression at an individual and team level.

Price/Membership Requirements

The program fee for Swim Team is \$50 per month. In addition, all swim team members are required to have a Family or Youth Membership at the Family YMCA of Black Hawk County. Member rates can be found on page 3. Due to the intense nature of the program, Program Memberships are not eligible to participate in swim team.

SWIM CLINIC

The Black Hawk County YMCA Pirates Swim Team is getting ready for another season. Join us for four days of swimming that will focus on improving your stroke technique for freestyle, backstroke, breaststroke and butterfly. Time will also be spent improving your starts, turns and finishes. The clinic will be led by Head Swim Team Coach, Sandra Burroughs, along with our state-certified assistant coaches. Our program embraces the YMCA core values and promotes progression at an individual level.

Must be able to swim 25 yards of freestyle.

Rate: \$35 *available for members, program members, and non members

Dates: September 18-21, Mon-Thurs 6:30-8 pm

PRIVATE LESSONS

Personalized instruction for any age. Complete the Private Swim Lesson registration form at our Welcome Desk and the Aquatics Director will contact you to register once an instructor has been assigned. Payment must be received at the time of registration.

Private lessons are sold in packages of four 30-minute classes. Private lessons are assigned based on instructor availability. Participants may be added to a waiting list while an instructor is being assigned to them.

*Cancellations or rescheduling must be made four hours prior to the start of the lesson or participants will be charged for that lesson.

Member Rate: \$80

Regular Rate: \$110

SEMI-PRIVATE LESSONS

Semi-private swimming lessons are available for two to three immediate family members. If children of different families wish to take private lessons together, they must both pay the normal private lesson fee.

Member Rate: \$130

Regular Rate: \$160



Never participated in swim team before? Not sure if it's for you? Contact our Head Swim Team Coach, Sandra Burroughs to schedule an orientation.
(e) sburroughs@blackhawkymca.org

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



6 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

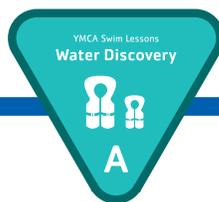
**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Email Bri Boss, our Aquatics Director, at bboss@blackhawkymca.org

SWIM LESSON SCHEDULE

FALL SWIM LESSONS SESSION 1 (AUGUST 28-OCTOBER 21)

CLASS	MONDAYS	TUESDAYS	THURSDAYS	SATURDAYS
PARENT/CHILD	5-5:30pm		5-5:30pm	10:30-11 am
LEVEL 1	5:30-6 pm (P) 6:50-7:30 pm (SA)	5:30-6 pm (P)	5:30-6 pm (P) 6:50-7:30 pm (SA)	9-9:30 am (P)
LEVEL 2	5:30-6 pm (P)	5:30-6 pm (P) 6:50-7:30 pm (SA)	5:30-6 pm (P)	9-9:30 am (P) 9:40-10:20 am (SA)
LEVEL 3	6:10-6:40 pm (P) 6:50-7:30 pm (SA)	6:10-6:50 pm (P)	6:10-6:50 pm (P)	9:40-10:20 am (SA) 10:30-11 am (P)
LEVEL 4	6:10-6:40 pm (P)	6:10-6:50 pm (P) 6:50-7:30 pm (SA)	6:10-6:50 pm (P)	
LEVEL 5			6:50-7:30 pm (SA)	

FALL SWIM LESSONS SESSION 2 (OCTOBER 23-DECEMBER 16)

CLASS	MONDAYS	TUESDAYS	THURSDAYS	SATURDAYS
PARENT/CHILD	5-5:30pm		5-5:30pm	10:30-11 am
LEVEL 1	5:30-6 pm (P) 6:50-7:30 pm (SA)	5:30-6 pm (P)	5:30-6 pm (P)	9-9:30 am (P) 9:40-10:20 am (SA)
LEVEL 2	5:30-6 pm (P)	5:30-6 pm (P) 6:50-7:30 pm (SA)	5:30-6 pm (P) 6:50-7:30 pm (SA)	9-9:30 am (P)
LEVEL 3	6:10-6:40 pm (P) 6:50-7:30 pm (SA)	6:10-6:50 pm (P)	6:10-6:50 pm (P)	
LEVEL 4	6:10-6:40 pm (P)	6:10-6:50 pm (P) 6:50-7:30 pm (SA)	6:10-6:50 pm (P)	10:30-11 am (P)
LEVEL 5			6:50-7:30 pm (SA)	
LEVEL 6				9:40-10:20 am (SA)

P = Preschool SA = School Age

Classes offered are subject to change depending on class enrollment.

POOL & GYM SCHEDULES

POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4:45-7 am	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	SATURDAY 7 am-5 pm Lap Swim (4 Lanes) Open Swim Aqua Zumba (11:15) ----- Small Pool open 1-4 pm
7-7:45 am	Water Fitness Lap Swim (1 lane)	Lap Swim (4 lanes)	Water Fitness Lap Swim (1 lane)	Lap Swim (4 lanes)	Water Fitness Lap Swim (1 lane)	
7:45-9:25 am	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	
9:25-10:30 am	Cardio/Strength Lap Swim (1 lane)	Cardio Lap Swim (1 lane)	Bootcamp Lap Swim (1 lane)	Deep Water Lap Swim (1 lane)	Water Fitness Lap Swim (1 lane)	SUNDAY 12-5 pm Lap Swim (4 Lanes) Open Swim ----- Small Pool open 1-4 pm
10:30-11:45 am	Water Arthritis Lap Swim (1 lane)	Lap Swim (4 lanes)	Water Arthritis Lap Swim (1 lane)	Lap Swim (4 lanes)	Water Arthritis Lap Swim (1 lane)	
11:45 am-5:30 pm	Lap Swim (4 lanes) Open Swim	Lap Swim (4 lanes) Open Swim	Lap Swim (4 lanes) Open Swim Aqua Zumba (4:15)	Lap Swim (4 lanes) Open Swim	Lap Swim (4 lanes) Open Swim	
5:30-8:30 pm	Swim Lessons Swim Team Lap Swim (limited lanes) ----- Small Pool Open 7:30-8:30 pm	Aqua Zumba Swim Lessons Swim Team Lap Swim (limited lanes) ----- Small Pool Open 7:30-8:30 pm	Swim Lessons Swim Team Lap Swim (limited lanes) ----- Small Pool Open 5:30-8:30 pm	Swim Lessons Swim Team Lap Swim (limited lanes) Aqua Zumba (5:30) ----- Small Pool Open 7:30-8:30 pm	Swim Lessons Swim Team Lap Swim (limited lanes)	

Schedule is subject to change. During open swim, we ask swimmers to use lanes 5 and 6. During peak volume times, we ask lap swimmers to circle swim. Please remember, we all share the pool.

GYM SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45-7 am		5:30-6:30 am TRX & Kickboxing					
7-9 am							7-8 am TRX & Kickboxing
9 am-Noon				9:30 am-Noon Parent & Tot Time			Seasonal Youth Basketball
Noon-5 pm	4-5 pm Pickleball (1/2) gym		Noon-1pm Pickleball (1/2 gym) 2:45-3:45 Speical Olympics		Noon-1 pm Pickleball (1/2 gym) 2:45-3:45 Speical Olympics		1-3 pm Sportability
5-7 pm	Facility Closes at 6 pm	5:30-7 pm Seasonal Youth Sports	5:30-7 pm Seasonal Youth Sports	5-6 pm Seasonal Rookie Sports	5:30-7 pm Season- al Youth Sports	5:30-7 pm Seasonal Youth Sports	Facility Closes at 6 pm
7-9pm			Adult Basketball	Adult Pickleball (1/2 gym)	Adult Basketball	1st, 2nd, & 3rd Fridays of the month are reserved for family program- ming at this time	

Schedule is subject to change due to facility rentals and new classes. Please stop at the front desk to check on the gym schedule if you plan to use it.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FAMILY TIME

One of our priorities at the Family YMCA of Black Hawk County is to strengthen families. We offer activities and events to promote quality time for families to spend together.

TEEN NIGHT

Come spend the second Friday of the month at our Y! Each night will feature different activities including: open swimming, open gym, Youth Center activities, open racquetball courts. Snacks and drinks will be provided.

Second Friday of the month 8 pm-Midnight

October 13 January 12
November 10 February 9
December 8

Ages: 12-15

Members: \$2 Guests: \$5

FAMILY NIGHT

Cherish family time at the Y every 1st Friday of the month. Participate in activities fun for all ages. Activities and themes will be announced one month prior to the event.

First Friday of the month 6-8 pm

October 6 January 5
November 3 February 2
December 1

Free with a Family Membership!

FAMILY CAMPFIRE

S'mores, stories and more at the Y! Enjoy campfire treats, stories, and camp songs during our campfire program. If it's raining, we will bring the fun (but not the fire!) indoors.

September 23, 7-8:30 pm
October 14, 7-8:30 pm

Free with a Family Membership!

FAMILY SWIM

Enjoy time together swimming and playing in our pool. Children under the age of 8 must be supervised in the water by an adult 16 years old or older.

Second Saturday of the month 2-4 pm

September 9 December 9
October 14 January 13
November 11 February 10

Free with a Family Membership!

PARENTS' NIGHT OUT

A moment away while the kids play. Drop your children off with us for an evening of guided play and swimming. Light snacks provided. Space is limited so please register at the Welcome Desk.

Third Friday of the month 6-9 pm

September 15 December 15
October 20 January 19
November 17 February 16

Ages: Kindergarten-5th Grade

Family Memberships: \$20 for first child
\$5 for each additional child

PARENTS' MORNING OUT

Need some time for errands? We've got you covered! Every Thursday starting in September, we'll provide time to watch the kids while you take some time off. Space is limited so please register at the Welcome Desk.

Thursdays 9:30-11 am

Ages: 6 weeks -Pre Kindergarten

Family Memberships: \$10 for first child
\$5 for each additional child

PARENT & TOT TIME

Parent & Tot Time is a non-structured indoor playtime for youth ages 4 & under and their parent/s. No need to pre-register, attend when it works for you!

Mondays, 9:30-11 am

Free with a Family Membership!

BIRTHDAY PARTIES

Celebrate your birthday with us at the Y! Party packages include a variety of fun activities that will make your child's birthday one to remember. All birthday parties run 2.5 hours and can include time in our pool, gym and party room. You may bring your own food and non-alcoholic drinks to your party. A \$50 refundable deposit is required.

Member Rate: \$125

Non-Member Rate: \$155

For more information, call
319-233-3531.



SPECIAL EVENTS

FALL HARVEST FESTIVAL

Families are welcome to join us for a FREE Halloween Harvest Festival! Come enjoy face painting, games, prizes and more in a family-friendly environment. All ages are welcome. Costumes are optional, but encouraged!

Saturday, October 28, 9:30-11:30 am

FAMILY SAFETY DAY

At the Y, we are committed to building strong and SAFE families. At our Family Safety Day we will have a variety of stations where kids and parents can learn how to stay safe in different situations and environments. Learn how to be safe around water, fires, and much more. Special demonstrations will be provided by local police and fire departments. Kids will earn a safety badge to show off what they know about staying safe.

Saturday, October 14, 9-11 am

1ST ANNUAL Y APPRECIATION WEEK

Join us for our inaugural Y Appreciation Week, a celebration of thankfulness. We'll have special activities throughout the week to honor our members, program participants, staff, donors, sponsors...everyone who makes our Y community what it is. Check out more details coming in October and be sure to stop by during the Y Appreciation Week for this year's special Y appreciation gift.

November 6-10, 2017

CERTIFICATION CLASSES

CPR/AED

The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course is to teach those with a duty to act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim experiencing cardiac arrest. First Aid is also included as a component of this course. Certification is valid for 2 years.

LIFEGUARD

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. This includes land & water rescue skills as well as first aid and CPR.

Prerequisites: Must be 15 years old on or before the last scheduled session of the course. Must successfully complete the prerequisite skills evaluation: 300 yard swim, tread water for 2 minutes (using legs only), retrieve 10 lb brick from six-feet of water or deeper.

Upon completion, participants will be able to provide professional-level care for aquatic, breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Certification is valid for 2 years.

SANTA'S DROP & SHOP

Let holiday shopping and stress be much easier with the Y. Drop off your little "elves" with us while you prepare for the holiday season. Kids will enjoy fun and games in the gym and pool areas. Due to the unique needs of every child, please pack a sack lunch.

Saturdays, 10 am-3 pm

December 9

December 16

December 23 (for those last minute shoppers)

Ages: 3-12 years (must be potty trained)

**Family Memberships: \$30 for first child
\$10 for each additional child**

GROUNDING IN LOVE VALENTINE'S EVENT

As part of our Family Night at the Y on February 2nd, we will have a special event that is all about love. Kids and parents will participate together, and separately, in activities focused on the special love found in families. Join us for this touching event that will remind us what it means to be a family grounded in love.

Friday, February 2, 6-8 pm

Free with a Family Membership!

CLASS DATES

One Certification Class will be held each month. Only 5 participants required for class to be held. The max occupancy for the class is 10. Classes are as scheduled:

CPR/AED:

September

November

December

LIFEGUARD:

October

January





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY LIVING

Achieving and maintaining wellness is a task that is ongoing. We are here to help you at a starting point that's right for you. You will find a large assortment of wellness programs and classes fit for members of all ages and abilities.

BLOOD PRESSURE SELF-MONITORING PROGRAM

According to the American Heart Association, nearly 80 million adults have high blood pressure in this country. Less than half have it under control. It is often referred to as "The Silent Killer" because there are typically no warning signs or symptoms. Lifestyle modifications and medication treatment can be challenging, but many studies have focused on the potential of self-monitoring as an effective tool for blood pressure management.

The Y-USA evidence-based, self-monitoring program aims to help participants better manage their blood pressure. Our Y will be launching this program in Fall 2017.

PROGRAM OVERVIEW

The Blood Pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

PROGRAM GOALS & DESCRIPTION

Participants will receive support from trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Measure and record blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

PROGRAM DATE

The program will launch on Monday, September 25. On September 21 from 6-10 am, Blood Pressure Screenings will be held at our Waterloo and Grundy locations. Registration for the program will also occur. Registration is ongoing.

PROGRAM RATE

\$40 if you don't have a blood-pressure cuff; \$30 if you do.

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. A trained lifestyle coach facilitates the small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions delivered over the course of one year.

PROGRAM OVERVIEW

The 12-month group-based program consists of 16 one-hour, weekly sessions, followed by monthly sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals. The group will discuss topics such as healthy eating, increasing physical activity, reducing stress, and problem solving to stay motivated and maintain progress towards program goals with monthly maintenance sessions.

PROGRAM GOALS & DESCRIPTION

- Lose 7% of your body weight
- Gradually increase your physical activity to 150 minutes per week

You will do this by learning strategies for:

- **Healthy Eating:** Eating smaller portions, reducing fat in your diet and discovering healthier food options has been proven to help prevent the onset of type 2 diabetes.
- **Increasing Physical Activity:** Studies have repeatedly shown that moderate physical activity (walking, swimming, mowing the lawn) for as little as 30 minutes, five days a week can help improve your blood pressure, raise your good cholesterol and prevent blood flow problems.
- **Losing Weight:** It has been shown that reducing your body weight by even a small amount (as little as 7%) can offer tremendous benefits for people at risk for diabetes.

PROGRAM RATE

\$429, and includes a Full Y Membership for a year.

Interested in participating in these programs? Visit our website at www.blackhawkymca.org or contact Malinda Gudgeon, Membership & Wellness Director. (e) mgudgeon@blackhawkymca.org (p) 319-233-3531 ext 207

Members can qualify for financial assistance for these programs. Be sure to check your insurance benefits because these may be covered by your health insurance.

ADULT SPORTS & RECREATION

We offer the following open gym options for adults 18 years and up. Open gym play is available for all members, or guests may purchase a \$5 Play Pass at the Welcome Desk each time you come.

BASKETBALL OPEN GYM

Tuesday and Thursday, 7-9 pm

PICKLEBALL OPEN GYM

Wednesday, 7-9 pm
Tuesday and Thursday, Noon-1 pm
Sundays, 4 pm

WALLEYBALL & BADMINTON OPEN GYM

Monday, 7-9 pm
Wednesday and Friday, 9:30-11 am

PERSONAL TRAINING

PERSONAL TRAINING BENEFITS

- Reach your goals faster and more efficiently
- Get the most out of your time at the YMCA
- Motivation & accountability
- Gain the knowledge & skills to work out on your own
- Workouts that are specifically for YOU

SESSION TIMELINE

You can meet with your personal trainer anytime from 1 to 7 days per week. On average, most people meet with their trainer 1 to 3 times per week. Sessions are sold by the hour, however they can be broken up into 20, 30 or 45 minute sessions as well.

MEET OUR TRAINERS

Come meet our trainers to find out how Personal Trainers might push your fitness goals forward. Stop at the Welcome Desk to schedule an appointment.

NEW! FAMILY PERSONAL TRAINING SESSIONS

Get the whole family moving - together - with our new Family Personal Training Sessions. This package is five sessions long. Prices can be found below.

PRICES & PACKAGES

Member Rates Starting At:

# of Sessions	Individual	Partner	Family
3 sessions	\$90	\$105	
6 sessions	\$168	\$198	\$99
10 sessions	\$260	\$280	
20 sessions	\$480	\$520	

INJURY SCREENINGS

Complimentary Injury Screenings to come this Fall with Full Y Membership! Benefits include: injury assessment by a licensed rehabilitation specialist, convenient and easy scheduling, personal attention to your health education regarding potential injury, injury care plan/or physician referral if needed, and peace of mind.

Those that are on Medicare/Medicaid do not qualify for this free screening due to terms with their insurance.

Dates:

September 25th, 11am-12pm December 11th, 11am-12pm
October 23rd, 11am-12pm January 29th, 5:30-6:30pm
November 13th, 5:30-6:30pm February 26th, 11am-12pm

BODYPUMP 103 LAUNCH

Join us for new music and new moves at our launch event introducing Bodypump 103 at the Black Hawk County YMCA.

Saturday, September 30th from 8-9 am

HEALTHIEST STATE WALK

This year's Healthiest State Annual Walk is encouraging Iowans to *get your walk on* by walking 30 minutes on Wednesday, **October 4 at Noon**. We welcome any Y members, staff and community members to join us for this 30-minute walk. Being physically active is one of the most important steps that people of all ages and abilities can take to improve their health.

THANKFULLY ACTIVE CHALLENGE

Attend as many classes as you can during the month of November to be entered into a gift basket drawing! Punch cards will be available at the Welcome Desk, and fitness class instructors will punch your card every time you attend a class. Once you have 10 punches completed, drop the card in the collection box at the Welcome Desk and start a new punch card. You'll not only have fun trying new classes, but you'll meet new instructors and new fitness friends.

Challenge Timeline: November 1-30

TURKEY TO TREE CHALLENGE

Maintain your weight from Thanksgiving to Christmas with the Turkey to Tree Challenge! The average person can gain up to 5 pounds or more from Thanksgiving to Christmas, and we are here to help you manage that this holiday season. If you maintain your weight within two pounds, or lose weight, from weigh-in at the beginning of the challenge to weigh-out at the end, you will be eligible to win a gift basket valued at \$500!

Challenge Dates: November 20-December 29

Weigh In: November 20-22

Weigh Out: December 26-29

Registration Fee: \$25

LOVE YOUR BODY MONTH

Join us for heart-healthy breakfasts every Friday in February to celebrate *Love Your Body Month*! We will also be providing health checks throughout the month of February to help you monitor and love your body.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE

Schedule is subject to change with two weeks notice and is updated the first of every month. Please visit our website at blackhawkymca.org or stop at the Welcome Desk to pick up the most current group exercise schedule.

GROUP EXERCISE CLASSES

These classes are free to Full Y Members, guests who purchase a \$5 Class Pass and those with a day pass.

AQUA ZUMBA®

Are you looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? This class blends the Zumba® philosophy with water resistance, for one pool party you won't want to miss! Great for all levels!

B3 (BARS, BELLS & BANDS)

In just 30 minutes this highly efficient, full body strength workout will use bars, bells, and bands to maximize your strength-training experience. Join in and develop the definition and tone you desire.

BOOTCAMP (WATER FITNESS)

This class will challenge your whole body! Bootcamp will offer both cardiovascular and muscular components while utilizing the shallow & deep ends of the pool. Participants will do a variety of activities that will keep them moving!

CARDIO (WATER FITNESS)

This high intensity, low impact workout will focus on cardiovascular development through various water exercises. You will stay in the shallow end of the pool.

CARDIO/STRENGTH (WATER FITNESS)

You will experience the perfect combination of strength and cardio. The instructor will lead you through intervals of cardiovascular and strength exercises utilizing different equipment such as water weights and noodles.

CARDIO BOOTCAMP

This is a total body, heart pumping aerobic conditioning workout. This interval-based class combines high-intensity cardio bursts designed to tone your body and improve your endurance, along with core exercises to define your midsection.

CIRCUIT BOXING

Whether or not you plan on sparring anytime soon, using a boxing workout that combines interval and circuit trainings is one of the best ways to trim, tone, and strengthen your body as you work on your right hook.

CYCLING

Add a new element to your exercise program with this high-energy bike class that is designed for beginners and advanced alike because you set your own pace and tension. You will run, sprint, jump, and climb your way to a healthier you.

DEEP WATER (WATER FITNESS)

Designed for individuals seeking a non-impact, deep water exercise program. It emphasizes joint flexibility, range of motion and muscle toning through specific exercises. Must be comfortable in deep water, flotation belts provided.

FOREVER FIT

This total-body conditioning class will get your heart pumping. This workout contains a variety of high/low floor-based aerobics, as well as strength training to gain muscular endurance. This class is for all ages.

H2O EXPRESS

Embrace the challenge of a new level of cardiovascular conditioning. Movement plus the resistance of water equals one calorie-burning, muscle-conditioning class for participants of all levels.

HIP HOP CARDIO

High-Energy music makes this class a MUST! Join our fitness party as we move to the greatest hits from yesterday and today! Show us your style and you'll leave with a smile! No hard choreography here - just fat-blasting, FUN cardio. Come ready to SWEAT! Suitable for all fitness levels.

KETTLEBELLS TABATA

Kettlebells are an exciting form of resistance training that blends strength, power, flexibility, endurance and cardio into a single workout. Suitable for all levels.

LES MILLS BODYPUMP

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you want fast! **NEW LAUNCH COMING. SEE PAGE 20 FOR DETAILS

GROUP EXERCISE

ONE STEP AHEAD

Step is back! This classic aerobics class is choreographed to music and will have you stepping up and down from an adjustable height bench. Always a ton of fun, this class will get your heartrate up and burn tons of calories. Come ready to sweat!

PILATES

This non-impact class will strengthen your core muscles while improving your balance, posture, and body alignment. Exercises are performed on a mat with a high focus on breathing and good posture.

SILVERSNEAKERS®

Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and skills for daily living activities. Weights, elastic tubing, and a SilverSneakers ball are all offered for resistance. A chair is used for seated and/or standing support. This class is open to all YMCA members.

SUPER CIRCUIT

This class is designed to strengthen and tone while leaving you breathless! It uses a variety of equipment from free-weights to step platforms as well as incorporating running, plyometrics (jumping), and medicine balls.

STRENGTH & CORE CONDITIONING

Get a total body workout during this 45 minute class that will leave you feeling toned and strong. This class will combine upper and lower body strength training with core exercises; along with some short bursts of cardio.

TAI CHI

If you're looking for a way to reduce stress, consider tai chi. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions.

TRX BOOTCAMP

TRX is a suspension training system that allows you to use your own body weight and gravity to produce fast and effective total body workouts. Improve your strength, balance, flexibility, balance, and core stability with this intense workout!

ULTIMATE CORE

Take your core training to a higher level. In only 30 minutes this unique class puts you through a series of exercises that work your abs, back, and buns to the limit. Produce a more sculpted midsection in less time.

WATER ARTHRITIS

Regular exercise helps keep joints moving while restoring and preserving flexibility and strength. This water exercise class, designed for those with arthritis or similar conditions, emphasizes good body mechanics, joint stability, and utilizes the buoyancy of the water to reduce stress on the bones and joints.

YOGA

Participants are guided through a series of yoga poses that develop strength, range of motion, joint mobility, and breathing awareness. This class will also improve your breathing techniques and help you relax.

ZUMBA®

A Latin-inspired dance fitness class that uses international music as a background for cardio-interval training to tone & sculpt your body.

ZUMBA TONING®

This class combines targeted body-sculpting exercises and high-energy cardio work with latin-infused ZUMBA® moves to create a calorie-torching, strength-training dance fitness party. Using light-weight dumbbells, you'll work every muscle group while you groove.



Questions? Contact Malinda Gudgeon,
Membership & Wellness Director.
(e) mgudgeon@blackhawkymca.org
(p) 319-233-3531 ext 207



CONNECT WITH US



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319-233-3531



GUEST PASS

BE OUR GUEST!

Join in on the fun for a day.
Present this pass at the Welcome
Desk for one free day at the
Family YMCA of Black Hawk County!

One guest pass per person.

FAMILY YMCA OF BLACK HAWK COUNTY

Serving our community
for 150 years in 2018.

FAMILY FOCUSED FUN

Inviting your family to join our Y family!

See page 5 for the special offer on Family Memberships.

