

## **SPONSORSHIPS:**

**To ensure recognition of signage, the top two sponsorship levels must be in by July 8th!**

### **MASTERS - \$1,000**

Exclusive naming rights to hole of choice (first come, first served), corporate banner placed on same hole (if supplied), start on hole of choice (first come, first served), golf, cart rental, & dinner for a team of 4, corporate name on promotional gift, verbal & name recognition at award ceremony, placemats at each setting, sponsor board and at each hole - excluding Master Holes. Recognition in all Chamber publications.

### **ACE - \$750**

Corporate name on promotional gift, corporate banner displayed (if supplied), verbal & name recognition at award ceremony, placemats at each setting, sponsor board at each hole - excluding Master Holes. Recognition in all Chamber publications.

### **EAGLE - \$500**

Corporate banner displayed (if supplied), verbal & name recognition at award ceremony, placemats at each setting, sponsor board and at each hole - excluding Master Holes. Recognition in all Chamber publications.

### **BIRDIE - \$250**

Written name recognition at award ceremony, sponsored hole and on sponsor board. Recognition in all Chamber publications.

### **PAR - \$100**

Name on sponsor board and recognition in all Chamber publications.

### **Rain Date: August 16th at 1 p.m.**

This will involve golfing only, the dinner and other activities will take place in the club house on August 9th irregardless of weather.



### **Chamber Golf Outing**

**Tuesday, August 9, 2011**

**Maquoketa Country Club**

**17961 - 33rd Street**

**Maquoketa, IA 52060**

**1:00 p.m. Shotgun start**

**4-Person - 9 Holes - Best Shot**



**For more information,  
contact Cheryl Clark at  
[maqchamberassist@qwestoffice.net](mailto:maqchamberassist@qwestoffice.net)  
or call 563-652-4602**

**Cancellations received on or after  
August 1st will not be refunded and  
will be invoiced accordingly.**

**Payment is appreciated with  
registration and is  
due by July 22nd.**

**Sponsorships are due by July 8th  
to ensure recognition.**

Business Name \_\_\_\_\_

Contact Person \_\_\_\_\_

Signature \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Sponsorship Level:**

\_\_\_\_\_ Masters \$1,000

\_\_\_\_\_ Ace \$750

\_\_\_\_\_ Eagle \$500

\_\_\_\_\_ Birdie \$250

\_\_\_\_\_ Par \$100

MAQUOKETA AREA CHAMBER OF COMMERCE



\_\_\_\_\_ Door Prize or Stake Prize

\_\_\_\_\_ Dinner Only - \$25

**Golf Registration:**

***\$70 per person without cart or***

***\$85 per person with cart***

\_\_\_\_\_ Please place me on a team - \_\_\_\_\_ *I will need a cart*

1. \_\_\_\_\_ Amt. \$ \_\_\_\_\_

2. \_\_\_\_\_ Amt. \$ \_\_\_\_\_

\_\_\_\_\_ I will furnish my own team - *I will need* \_\_\_\_\_ *cart(s)*

1. \_\_\_\_\_ Amt. \$ \_\_\_\_\_

2. \_\_\_\_\_ Amt. \$ \_\_\_\_\_

3. \_\_\_\_\_ Amt. \$ \_\_\_\_\_

4. \_\_\_\_\_ Amt. \$ \_\_\_\_\_

**Payment appreciated with golf registration! Golf registration is due no later than July 22nd to ensure promotional gift!**

Please make payment to: Maquoketa Area Chamber of Commerce

117 South Main St. - Maquoketa, IA 52060-3035



# Fall Fitness Schedule

## September 12 - October 30, 2011



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Indoor Cycling \$ 5:30-6:15am Erin	Indoor Cycling \$ 5:30-6:15am Michelle	Indoor Cycling \$ 5:30-6:15am Erin Aqua Zumba 5:30-6:15am Marcy	Indoor Cycling \$ 5:15am/5:30am- 6:30am Buddy		
7:00am						Les Mills 7:00-8:00am Lacy
8:00am	Zumba Gold 8:00-8:45am Marcy		Zumba Gold 8:00-8:45am Marcy		Water Walk-n-Tone \$ 8:30-9:15am Nicole	Morning Yoga 8:30-9:30am Angie
9:00am	Hi-Lo (pool) \$ 9:00-9:45am Marcy	Aqua Zumba \$ 9:00-9:45am Marcy	Hi-Lo (pool) \$ 9:00-9:45am Marcy	Aqua Zumba \$ 9:00-9:45am Katy		
10:00am		Ai Chi (pool) \$ 10:00-10:45am Marcy		Ai Chi (pool) \$ 10:00-10:45am Katy		
5:00pm	Hip Hop Dance \$ 5:00-6:00pm Aaron Middle School Kids		Hip Hop Dance \$ 5:00-6:00pm Aaron High School Kids			
6:00pm	Hip Hop Dance \$ 6:00-7:00pm Aaron Grades 3-5 Kids  Group Training 6:00-6:45pm Staff  Zumba 6:00-7:00pm Ashley  Aqua Zumba \$ 6:15-7:00pm Shelly	Pilates 6:00-7:00pm Elly  Les Mills Body Pump 6:00-7:00pm Rachelle  Ai Chi (pool) \$ 6:15-7:00pm Ellen	Breakdancing \$ 6:00-7:00pm Aaron High School Kids  Group Training 6:00-6:45pm Staff  Zumba 6:00-7:00pm Ashley	Yoga 6:00-7:00pm Angie  Les Mills Body Pump 6:00-7:00pm Hannah  H2O Challenge \$ 6:15-7:00pm Deb	Les Mills Body Pump 6:00-7:00pm Aaron	
7:00pm	Les Mills Body Pump 7:00-8:00pm Sara	Zumba 7:00-8:00pm Shelly	Les Mills Body Pump 7:00-8:00pm Bridget	Zumba 7:00-8:00pm Shelly		

\$ = SMALL FEE CHARGED FOR THESE CLASSES

updated 8/3/11

- Cycling classes are held at the community center
- Please note that the YMCA reserves the right to cancel any programs not meeting the minimum enrollment of 7.

Maquoketa Area Family YMCA

500 W. Summit Street

Maquoketa, IA 52060

563-652-6566

## **Fall 1 Class Descriptions at Maquoketa YMCA**

**Ai Chi** is a form of aquatic exercise which is designed to strengthen and tone the body while also promoting relaxation and a healthy mind-body relationship. This technique was developed in Japan in 1990's, and it is practiced all over the world; in North America in particular, Ai Chi is very popular.

In an Ai Chi session, a single practitioner leads the class through a series of exercises in warm, shoulder-depth water. There are 16 poses in a full Ai Chi session which are designed to work various parts of the body. Throughout the session, a focus on breathing is heavily encouraged, with students breathing deeply and being mindful as they breathe.

Ai Chi has some clear benefits. Aquatic exercise is often recommended for people with limited mobility, because of the buoyancy; people can move more easily and comfortably in the water with stiff joints and injuries than they can on dry land. The poses are similar to those used in yoga and Tai Chi, and when performed on a regular basis, they certainly contribute to muscle tone. Mental health can also be benefited with regular Ai Chi sessions, and Ai Chi can help to reduce stress.

### **Les Mills**



# Maquoketa Area Family YMCA



## 2011 Fall YMCA Soccer

**Registration Deadline:**  
August 10, 2011

\*\*\*\*\*  
Preseason Clinic: August 20, 2011  
Games Begin: August 27, 2011

**Our Mission:**  
To put Judeo-Christian principles  
into practice through programs that build  
healthy spirit, mind and body for all.

PSRST STD  
US POSTAGE PAID  
MAQUOKETA IA  
PERMIT NO. 9

**Maquoketa Area Family YMCA**  
500 East Summit Street  
Maquoketa, IA 52060

RETURN SERVICE REQUESTED

**We build strong kids,  
strong families,  
strong communities**

### Waiver of Liability and Promotion

The Maquoketa Area Family YMCA (hereinafter referred to as "Y") is not obligated to furnish any insurance under the "Y" Fall Soccer Program referred to below although it may do so without any obligation as to the adequacy of any insurance it might furnish. I, the parent or guardian of the applicant agree that the "Y" and all individuals participating in the "Y" Fall Soccer Program in any capacity, will not be liable for any cause of actions, claims and injuries arising out of the participation of the applicant in the "Y" Fall Soccer Program, and hereby release all said individuals from such claims and liabilities. The undersigned acknowledges that in all sports there are certain risks of physical injuries and all players participate at their own risk. I, as legal guardian or parent of any applicant hereby consent to the participation of the applicant in the "Y" Fall Soccer Program under the above mentioned conditions. I, also agree to abide by the Young Athlete's bill of rights.

We (I) give our (my) consent for this player to be photographed, videotaped and/or filmed while participating in any YMCA activity and for the resulting photos, etc. to be used by the YMCA for educational and promotional purposes. I have read and understand the above.

### LEGAL AUTHORIZATION OF REGISTRATION INFORMATION AND WAIVER OF LIABILITY AND PROMOTION

Signature of Parent or Guardian

Date

### PRESEASON CLINIC August 20th, 10 a.m.

Jackson County Fairgrounds  
Players, coaches and officials are encouraged to attend this one-day event that will teach the fundamentals of the game of soccer.



\*More information will be handed out at Coaches Meeting\*



### Registration Information

**Registration Fee**  
\$33 per "Y" Member  
\$44 per Non "Y" Member  
**Preschool Division Only**  
\$16 per "Y" Member  
\$27 per Non "Y" Member

### YMCA JERSEY

The Maquoketa Area Family YMCA uses YMCA reversible jerseys for our youth sports programs. Each athlete will purchase one jersey, which he or she can wear for many different sport seasons as long as it still fits.

Available at the YMCA Welcome Center.  
Cost: Youth Sizes \$16.00  
Adult Sizes \$17.00

### Coaches Meeting

**Wednesday, August 10th @ 5:30PM in the YMCA Multipurpose Room**  
Coaches will draft teams and then contact participants with practice, game, and clinic schedules.

### Fun For Everyone

Our 5 division games are played at Jackson County Fairgrounds from August 27th — Sept. 24th.

\*Divisions and/or Sites may be changed due to registration numbers\*

Be sure to check us out on the web at  
[www.maquymca.org](http://www.maquymca.org)



For Y use only:  
Section: YOUTH  
Program Code: 9185-PA, B, C, D, E

Maquoketa Area Family YMCA 2011 Fall Soccer - Registration Form  
500 East Summit Street, IA 52060 - Phone (563) 652-6566

**TO BE FILLED OUT BY PARENT OR GUARDIAN**

Participant's Name \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone # \_\_\_\_\_ Work or Cell Phone# \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
School \_\_\_\_\_ Grade (2011-2012 school year) \_\_\_\_\_

Names of Parent(s) or Guardian(s) \_\_\_\_\_  
Did you play on a team in the Spring of 2011? Yes \_\_\_ No \_\_\_ If so, what team? \_\_\_\_\_  
Would either parent be interested in coaching? YES \_\_\_ NO \_\_\_  
Name of Parent wishing to Coach \_\_\_\_\_  
Phone # \_\_\_\_\_ E-mail Address \_\_\_\_\_

### Volunteer Coaches

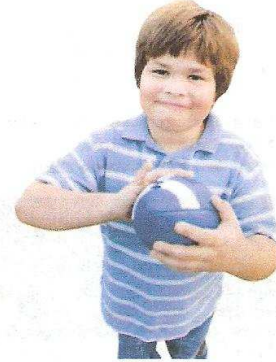
We need volunteer coaches in order to run our programs. Please consider donating your time for this truly rewarding experience. To volunteer, fill in the appropriate line on the registration form. Please contact Jay as soon as possible as the YMCA requires background checks for all volunteers.

**Financial Assistance Available:**  
Please call for assistance.  
Jay Swenson, Sports Program Director  
(563) 652-6566  
[jswenson@maquymca.org](mailto:jswenson@maquymca.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RUN PASS LEARN



SPORTS AND RECREATION  
2011 Flag Football  
MAQUOKETA AREA FAMILY YMCA

## Maquoketa Area Family YMCA Upcoming Youth Sports Calendar

### Youth Volleyball

For Boys and Girls Grades 1-6  
Registration Begins: September 5, 2011  
Registration Deadline: October 16, 2011  
Games Begin: November 5, 2011  
Games End: December 3, 2011

### Youth Basketball

For Boys and Girls Preschool through 6th Grade  
Registration Begins: November 7, 2011  
Registration Deadline: December 18, 2011  
Games Begin: January 7, 2012  
Games End: February 4, 2012

### Other Upcoming Youth Programs

#### Choreographed Hip Hop Dance

It's all the craze! Come and learn from a local expert.  
3rd to 5th Grade: Mondays at 6pm  
Middle School: Mondays at 5pm  
High School: Wednesdays at 5pm  
Registration for Members Begins: August 22  
Registration for Non-Members Begins: August 29

#### Swim Lessons

Preschool and Youth Groups  
Tuesday/Thursday nights or Saturday mornings  
Registration for Members Begins: August 22  
Registration for Non-Members Begins: August 29

#### Swim Team

For children up to age 18  
Season runs November to February  
Practice Monday - Thursday 4pm to 5 or 5:30pm  
Eight Saturday Swim Meets

#### New Group Fitness Classes

The YMCA now offers Les Mills Body Pump, Zumba, Zumba Gold, Aqua Zumba, Aqua Gold, and Ai Chi to its members!

\*Also offering free child watch for kids aged six months to seven years. Have someone watch your child while you workout!

### Waiver of Liability and Promotion

The Maquoketa Area Family YMCA (hereinafter referred to as "YMCA") is not obligated to furnish any insurance under the "YMCA Flag Football Program" referred to below although it may do so without any obligation as to the adequacy of any insurance it might furnish. I, the parent or guardian of the applicant agree that the "YMCA" and all individuals participating in the "YMCA Flag Football" in any capacity, will not be liable for any causes of actions, claims and injuries arising out of the participation of the applicant in the "YMCA Flag Football", and hereby release all said individuals from such claims and liabilities. The undersigned acknowledges that in all sports there are certain risks of physical injuries and all players participate at their own risk. I, as legal guardian or parent of any applicant hereby consent to the participation of the applicant in the "YMCA Flag Football" under the above mentioned conditions. I also agree to abide by the young athletes's bill of rights.

We (I) give our (my) consent for this player to be photographed, videotaped and/or filmed while participating in any YMCA activity and for the resulting photos, etc. to be used by the YMCA for educational and promotional purposes. I have read and understand the above.

### LEGAL AUTHORIZATION OF REGISTRATION INFORMATION AND WAIVER OF LIABILITY AND PROMOTION

Signature of Parent or Guardian

Date

## YMCA Flag Football

If you are in 1st - 6th grade in the fall of 2011, come join the fun and excitement of YMCA Flag Football!

All games will be held on Saturday mornings at the High School West Practice Field. Games begin October 1st and run until October 29th.

Participants will participate in the following co-ed divisions:

- A. 1st and 2nd Grade
- B. 3rd and 4th Grade
- C. 5th and 6th Grade

## Flag Football Clinic

Learn the fundamentals of flag football with our weekday clinic. This clinic will be held from 6:30 PM until 7:30 PM on the following dates.

- Monday, September 26 - Grades 1 and 2
- Tuesday, September 27 - Grades 3 and 4
- Wednesday, September 28 - Grades 5 and 6

\*\*\* Mouth guards are required to participate in YMCA Flag Football clinic and games \*\*\*  
\*Sold at the YMCA Welcome Center\*

### Financial Assistance Available:

No one is turned away due to an inability to pay!

Please call for assistance.  
Jay Swenson, Sports Program Director  
(563) 652-6566 jswenson@maqymca.org



**Mission Statement:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

### YMCA REVERSIBLE JERSEYS!

The Maquoketa Area Family YMCA uses reversible jerseys. Each athlete will purchase one jersey to wear for any Y Sports Program they register to participate in. The athlete may wear the jersey for as many seasons as it fits.

Youth Sizes:	\$16.00
Adult Sizes:	\$17.00

### Sign Up Early and Save!

**Early Bird Registration**  
August 1 to September 11, 2011

Fees:	\$23 per "Y" Member
	\$34 per Non "Y" Member

**Registration**  
September 12 to September 29, 2011

Fees:	\$33 per "Y" Member
	\$44 per Non "Y" Member

### Volunteer Coaches

The Maquoketa Area Family YMCA needs volunteer coaches in order to run its programs. Please consider donating your time. It is a truly rewarding experience. Volunteer coaches are the backbone of our youth sports programs.

Volunteer to be a coach. Just fill in the appropriate line on the registration form. Background checks are required. If you would like more information contact Jay Swenson, Sports Program Director, at 652-6566 or at jswenson@maqymca.org.

### Coaches Meeting

The Coaches Meeting will be held Wednesday, September 21st in the YMCA Multipurpose Room. Coaches will draft their teams at this meeting and will also receive coaches' packets that include schedule, rules, guidelines.

The Maquoketa Area Family YMCA 2011 Flag Football - Registration Form  
500 E. Summit St. Maquoketa, IA 52060  
TO BE FILLED OUT BY PARENT OR GUARDIAN

Participants Name \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone # \_\_\_\_\_ Work/Cell Phone# \_\_\_\_\_

E-Mail \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Did you play on a team in the fall of 2010? Yes \_\_\_ No \_\_\_ Which team? \_\_\_\_\_

Names of Parent or Guardian \_\_\_\_\_

Would either parent be interested in coaching? YES \_\_\_ NO \_\_\_

Name of parent coaching \_\_\_\_\_

Fill in both sides of the registration form. The waiver of liability MUST BE SIGNED to have a valid registration.

\* Please fill out for coaches email address \_\_\_\_\_

\* Please fill out for coaches contact phone number \_\_\_\_\_

Where did you hear about program?  
(circle all that apply)

- A. at YMCA
- B. at school
- C. via email
- D. newspaper
- E. radio station
- F. word of mouth
- G. Other (please specify) \_\_\_\_\_

For YMCA use only:  
Program Code: SYSTF - A, B, C