



# NEWSLETTER / SEPT. 2018

NEWTON YMCA

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[www.newtonymca.org](http://www.newtonymca.org)  @newtonymca50208  NewtoniaYMCA



## Newton YMCA Member Spotlight



## JIM AND CATHY TYSON

Jim has been going to the Y almost 15 years. Cathy joined him 9 years ago. Both of us need to work out to improve our health. Jim is diabetic and Cathy had heart by-pass surgery. We learned the Y offered a variety of workout options that we both could receive benefits. Cathy has been taking medicine to prevent osteoporosis. Working out on the treadmill has actually improved her back condition.

We often see younger school age children coming to the Y with their parents playing basketball, riding bikes, and keeping active with other activities. That is great to start exercising early in life.

We have met people here at the Y that we may not have ever known if we had not been coming. Staff does a great job communicating with those who use the YMCA and make everyone feel welcomed. It has been fun meeting other people and socializing with them at the YMCA. Beginning the day at the Y just seems to get the day off to a better start.

The Y has been very open to accepting and working with those with disabilities. For the past few years the Y has hosted the Newton Athletes Special Olympian time trials in track, field, and swimming. Since we have two adult sons with disabilities we are very grateful for them to have the Y to work out. We are thankful the Y accepts people with disabilities and makes them feel welcome.



-Jim and Cathy Tyson



## NEW FALL HOURS



Your Newton Y will have new fall hours! These hours will start September 4 (we will be closed for Labor Day September 3). The new hours are Monday-Friday 5 a.m.-10 p.m. (aquatics area will close at 9 p.m.), Saturday 6 a.m.-6 p.m., and Sunday 1 p.m.-5 p.m.

We are happy to be open longer to better serve you!

-Your Newton Y Staff

# HEALTHY LIVING

## NEW FALL SCHEDULE

We have a new Fall Group Fitness schedule that starts Sept. 4. Here are some new classes to look out for!

Zumba-Perfect for everyone! A total body dance workout that feels more like a party!

Amped Power Flow-Light kettle bells, resistance bands and yoga inspired movements fused together.

Bedtime Yoga-Wind down with meditation and stretching.

Sat. Classes Time Change-Make sure to look at the schedule to see the new times on Saturdays.

R.I.P.P.E.D. (starting Sept. 27)-Combines resistance, interval, power, plyometrics, endurance, and core.

## DANCE WORKSHOP

Learn hip-hop & break dancing technique and a routine with Amanda Roberts at her farewell event!

This one day only workshop will be Sept. 15 and it will run three different classes for ages 5-8, 9-12, and 13+. Come to the welcome center to register!

## SMALL GROUP LIFE TRAINING

Find freedom from the body shaming, guilt, and obsession we put on striving for a certain body weight or pant size with this empowering 4 week program led by Hannah Bartlett. You will get small group fitness training, basic nutrition information, daily accountability, daily encouragement, and weekly support group meetings. This program will start the week of Sept. 3 and there is a Tuesday evening option. Register at the Welcome Center or call 641-792-4006.

Questions? Contact Hannah Bartlett at [hannah.bartlett@newtonymca.org](mailto:hannah.bartlett@newtonymca.org) or 641-792-4006



## WOW/ POWER LIFTING

Women on weights (W.O.W.) is back! Learn the fundamentals of all things weight training in a comfortable environment! Thursdays Sept. 13-Oct. 18 with an a.m. option and a p.m. option!

We are now offering a power lifting class! Work with two trainers who are power lifters to learn how to maximize your reps and compete in a mock power lifting competition at the end. This class is for women ages 18+ starting Sept. 25-Nov. 28 with a Tuesday morning option and a Wednesday evening option.

Contact Kelsey Miranda at

[kelsey.miranda@newtonymca.org](mailto:kelsey.miranda@newtonymca.org) or 641-792-4006

## ADULT FLAG FOOTBALL

It's that time of year again for the Newton YMCA Adult Flag Football League! This league is for anyone 9th grade or older. Games are played 5 v 5 under the lights at Woodland Park on Thursday nights. There is a regular season followed by playoffs. The league begins Oct. 4. Please register as a team. The deadline for registration is Sept. 20. You can register at the Newton Y Welcome Center.

Questions? Contact Scott Taylor at

[scott.taylor@newtonymca.org](mailto:scott.taylor@newtonymca.org) or 641-792-4006

## PERSONAL TRAINING SALE & SQUAD STRONG

We will have a 5-1 personal training sale running from Sept. 22-Oct. 22. Buy 5 get 1, buy 10 get 2, buy 15 get 5, and buy 20 get 8. If you've ever been interested, now is the time to try personal training!

Squad Strong Challenge is a new challenge that will be starting where you have the opportunity to team up with your choice of trainer and compete against other trainers and their teams. You will have daily accountability, weekly weigh-in's, weekly group workouts, special events/outings, a healthy recipe guide, and individual as well as team prizes! The challenge will run from Oct. 1-Nov. 16, but if you register before Sept. 24 you get the early-bird rate!

# YOUTH DEVELOPMENT



## FALL SPORTS



**Flag Football** -This league is a great opportunity to meet new friends, work on existing skills, enjoy the outdoors, practice sportsmanship, and have fun! For kids K-6, practices start the week of Sept. 4 (time and location determined by coach) with games beginning Sat. Sept. 22 in the afternoon and continuing for 6 consecutive Saturdays. Games will be located in the high school field along 8th Ave.

**Soccer**-This popular fall program focuses on skill development, sportsmanship, and having fun. For kids Pre K-6, practices start the week of Sept. 4 (time and location determined by coach) with games on Saturdays Sept. 15-Oct. 20 at the Y game fields.

**Lil' Pro Football**-Children ages 3-5 will work on the basic motor skills needed to play flag football. For kids ages 3-5 Mondays 6-6:45 p.m. from Sept. 10-Oct. 1

**Parent & Me Gymnastics**-This is offering a safe and inspiring space where your child can direct their energy, build confidence, and develop coordination! For kids ages 0-3 Wednesdays 5-5:45 p.m. from Sept. 5-26

**Gymnastics**-Gymnasts will receive weekly instruction, supervised practice, and the opportunity for an end of session showcase to show off what they have learned to their family and friends. For all class ages, days, and times visit the Y or our web page.

**Lil' Pro Ninja**-This program is a combination of gymnastics, martial arts, obstacle training, and freestyle movement. For kids ages 3-5 Fridays Sept. 7-Oct. 5

To register for any of these programs you can visit the Welcome Center or call us at 641-792-4006

## FALL JAMBOREE

All students enrolled in 7th & 8th grade, come out to the Y Fri. Sept. 21 from 9-11:30 p.m. for a fall dance! There will be a DJ, Dodgeball (dress in t-shirts, jeans, and tennis shoes), Domino's pizza, beverages, and a night of fun. You will need to bring a current Berg school I.D. and \$5 to get in. Drop off and pick up in the lower S.W. parking lot, entrance on the N. side of the playground.

Questions? Contact Shaphen Brooks at [shaphen.brooks@newtonymca.org](mailto:shaphen.brooks@newtonymca.org) or call 641-792-4006

## AQUATICS

**Swim Team**-YMCA swim team is a great opportunity for youth to swim competitively against other swimmers from around the state. Our skilled coaches provide a fun, energetic atmosphere for your swimmer to learn the techniques of swimming all competitive strokes. For ages 5-18 who can swim 25 meters without assistance. Register Sept. 10-Nov. 4, practices start Mon. Oct. 22

**Swim Lessons**-Different classes are offered for all age ranges so all kids can learn how to be safe in water. Register by Sept. 27 with lessons held Mon. and Wed. going Oct. 1-Oct. 24. For all information come into the Y or check out our web page.

## CHILD CARE LAUNCH

We are so happy to announce our NEW Enhanced Learning program for our Early Learning Center! These programs will start shortly after Labor Day! This will be our own S.T.E.A.M. program: S-Sports and Swim, T-Theatre, E-Education, A-Art, and M-Music and Movement.

Scott Taylor will be working on basketball, soccer, and football with a variety of ages.

Shaphen Cellucci-Brooks will be doing swim lessons with the 4-year-olds and water safety with the 3-year-olds.

Centre for Arts and Artists -(Newton, IA) CAA Center's Linda Klepinger will be teaching the pre-school and school-age kids both the creative and educational sides of art.

Newton Community Theatre's Melinda Worthington will be doing theater workshops, puppet making, miming, and reading scripts with a variety of ages. Hannah Bartlett will be doing a groove and grow program where she will be teaching dance, playing instruments, and doing creative movements with a variety of ages.

We will also have Carrie Hook, a pre-school teacher, come in Monday-Friday to work on education and Kindergarten readiness with our pre-school aged kids.

If you are interested in having your child enrolled in our Early Learning Center contact Debbie Knopf at [debbie.knopf@newtonymca.org](mailto:debbie.knopf@newtonymca.org) or 641-792-7021



# MARK YOUR CALENDAR



Event Name	Event Date	Event Time	Event Location
Membership Sale	September 1-30	All Day	YMCA
Labor Day/New Hours Start	September 3	Closed All Day	YMCA
Flag Football Starts	The Week of September 3	TBD by coaches	YMCA
Fall Soccer Starts	The Week of September 3	TBD by coaches	YMCA
New Fitness Schedule	September 4	All Day	YMCA
Life Training Program Starts	September 4 & 5	6 p.m. & 8:30 a.m.	YMCA
Parent and Me Gymnastics Starts	September 5	5 p.m.	YMCA
Fall Gymnastics Starts	September 6	Dependant on Class Level	YMCA
Lil' Pro Ninja Starts	September 7	4:30 p.m.	YMCA
Registration Open for Swim Team	September 10	All Day	YMCA
Lil Pro Football Starts	September 10	6 p.m.	YMCA
Pool Closed	September 11	3:30 p.m.	YMCA
Golf Outing Fundraiser	September 13	7:30 a.m.	Westwood Golf Course
WOW Starts	September 13	8:30 a.m. & 6 p.m.	YMCA
Dance Workshop	September 15	Dependant on Class Level	YMCA
Last Day to Register for Adult Flag Football	September 20	All Day	YMCA
Homecoming Dance	September 21	9 p.m. - 11:30 p.m.	YMCA
Personal Training Sale	Sept. 22-Oct. 22	All Day	YMCA
Deadline for Squad Challenge	September 24	All Day	YMCA
Power Lifting Class Starts	September 25	8:15 a.m.	YMCA
Pool Closed	September 25	3:30 p.m.	YMCA
Last Day to Register for Swim Lessons	September 27	All Day	YMCA
Women's Self Defense Class	September 29	8 a.m.	YMCA



## SOCIAL RESPONSIBILITY



### September Sale

Fall into a better you at your Newton Y! When you become a part of our YMCA community you find out that together, we are better. Through all of September if you join the Y you will get the renewal rate instead of the new member rate! We hope that this opens the opportunity for more community members to be able to join their Y! This can be a savings of up to \$120.

Questions? Contact Amy at [amy.yoder@newtonymca.org](mailto:amy.yoder@newtonymca.org), call 641-792-4006, or stop by the Y's Welcome Center.

We look forward to seeing you at your Newton Y!