JANUARY 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEWTON YMCA

1701 South Eighth Ave. East

January 2018

www.newtonymca.org

JOIN THE FUN AT THE Y—GREAT PROGRAMING FOR ALL!

LET THE Y HELP BE YOUR SOLUTION!

Along with singing "Auld Lang Syne" at the start of the New Year, making resolutions is a tradition for millions of Americans. However, while choosing a resolution can be easy, sticking to it can be sometimes impossible. A 2014 YMCA survey found that less than 25 percent of those who responded kept their resolutions, while 71 percent say they tried but fell short of their goals, and 40 percent confessed that gave up within the first few months, even weeks, after the New Year!

This year, the YMCA is encouraging members to give their New Year's resolutions a boost by creating smaller, more manageable goals that can lead to success of a larger one. Resolve to create a solution not a resolution.

"'Losing weight' is too broad," explains Hannah Bartlett, Group Fitness Coordinator. "Reframe that big resolution into smaller, more manageable ones. In addition, try joining a fitness class or a wellness program to add in some accountability and fun."

"Resolve to incorporate fruits and vegetables into at least two meals a day. If you're eating out three times a week, make a goal to only eat out two times a week." says Kelsey Miranda, Personal Trainer Coordinator.

The Y is here for you and your family.

Happy Holidays!!!

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ENJOY THIS ISSUE?

Feel free to share!

QUESTIONS, COMMENTS, IDEAS?

Rhonda R Robson
rhonda.robson@newtonymca.org

Y STAFF SPOTLIGHT

Rhonda Robson

Associate Executive Director

feeling - "Blessed, thankful and extremely proud! The Newton Community is so LUCKY to have a facility like our YMCA. I can't be more thankful or proud to be a part of a team and an organization that truly wants to help strengthen the foundations of our community one person and one program at a time. **We are truly blessed!**

SWIM PLAY LEARN

Safety Around Water S.A.W.

Group Swim Lessons

Shaphen Brooks
Aquatic Director

Group Swim Lessons Friday, January 5th	Monday & Thursday January 15th – February 15th
Water Discovery – Stage A (Parent/Child)	5:30pm – 6:10pm
Water Exploration – Stage B (Parent/Child)	5:30pm – 6:10pm
Water Acclimation – Stage 1 (Pre-School/School Aged/Teen/Adult)	5:30pm – 6:10pm 7:30pm – 8:10pm
Water Movement – Stage 2 (Pre-School/School Aged/Teen/Adult)	5:30pm – 6:10pm 7:30pm – 8:10pm
Water Stamina – Stage 3 (Pre-School/School Aged/Teen/Adult)	5:30pm – 6:10pm 7:30pm – 8:10pm
Stroke Introduction – Stage 4 (Pre-School/School Aged/Teen/Adult)	5:30pm – 6:10pm 7:30pm – 8:10pm
Stroke Development – Stage 5 (School Aged/Teen/Adult)	5:30pm – 6:10pm 7:30pm – 8:10pm
Stroke Mechanics – Stage 6 (School Aged/Teen/Adult)	5:30pm – 6:10pm 7:30pm – 8:10pm

POOL CLOSED

HS Boys Swim Team & YMCA Swim Team Home Meets

YMCA Pool, Sauna & Hot Tub will be **CLOSED**

- Saturday, January 6, 8:00 a.m. - 3:00 p.m.

CHILD CARE WHILE YOU WORK OUT

Child Watch Kid Zone

Children learn best through play. So here at the Newton Y we want to create and foster learning opportunities for your child while you enjoy time taking care of yourself.

Who: 6 weeks - 9 years

When: Mon - Fri 8:10-10:30 a.m.
Mon - Thu 5:00 - 7:30 p.m.
Saturday 8:45-11:30 a.m.

Brenda, Arlene and Chris
A.M. Child Watch Staff

LET'S GET FIT TOGETHER

Check out the new fitness class schedule at the Y!

Hannah Bartlett

Group Fit. Coordinator
Strength Circuit
Turbo Kick®
HIIT

Thank you Hannah for all you do for the community! Your leadership & energy is so very appreciated!

ADULT SPORTS

IT'S NOT JUST KID STUFF

ADULT VOLLEYBALL

Who: 9th Grade - Adult
When: Tuesdays Jan. 16-Feb. 20

WINTER BREAK

CHEERLEADING CAMP

Who: Children 6 and older
When: December 27, 28 & 29
6:00 - 7:00 p.m.

GYMNASTICS CAMP

Who: Children 6 and older
When: December 27, 28 & 29
7:00 - 8:00 p.m.

SOCCER CAMP

Who: 2nd - 6th Grades
When: December 27, 28 & 29
4:00 - 5:00 p.m.
High School Lower Gym

WINTER 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.

Who: Ages 2 and up!
When: Thur., Jan. 11 – April 5

Tumbling for Tots:	Age 2-4
Gymnastics Level 1:	Age 5 and Up
Gymnastics Level 2:	Complete Level 1
Gymnastics Level 3:	Complete Level 2

EVERYONE PLAYS EVERYONE WINS WINTER SPORTS

Scott Taylor
Sports and Recreation Director

THE BALL IS IN OUR COURT

WINTER BASKETBALL

Lil' Pro Basketball
Children ages 3-5 will work on the basic motor skills needed to play basketball. The skills will be taught in a positive and encouraging manner. Children will have a great deal of fun in this program

Who: Pre K (3-5 yrs.)
When: Wednesdays, January 17 - February 7
Fee: $23 Members $45 Non Members

Mighty Mites Kindergarten Basketball
This program entails skill building and fun games on Saturday afternoons. Having fun and learning skills is the focus! Volunteer coaches will instill the values of caring, honesty, respect and responsibility.

Who: Kindergarten Boys and Girls
When: Saturday afternoons
January 13 - February 17
Fee: $23 Members $45 Non Members

First Grade Basketball
This program entails skill building and fun games on Saturday afternoons. Having fun and learning skills Volunteer coaches will instill the values of caring, honesty, respect and responsibility.

Who: 1st Grade Boys and Girls
When: Saturday afternoons
January 13 - February 17
Fee: $23 Members $45 Non Members

Youth Basketball League
Don't miss out on this fun and exciting league! This program entails a game on Saturday morning and a separate weeknight practice. The league concludes with a tournament on February 24. This program focuses on skill development and having fun. Volunteer coaches will instill the values of caring, honesty, respect and responsibility.

Who: Boys and Girls grades
2nd & 3rd Division 4th- 6th Division
Practice: Begins Week of January 2
Games: January 13 - February 24
When: Saturday mornings

Fee: $45 Members/$58 Non Members

NOBLE AUTO GROUP

newton BOOTCAMP ...with CHAD!

Together **E**veryone **A**ccomplishes **M**ORE!

Start a new fire with boot camp! Come challenge yourself with Chad and the boot camp family! You will be set up to accomplish your goals- mentally and physically! New and seasoned campers of all ages and fitness levels welcome!

JOHN LEE PHOTOGRAPHY

Who: Men & Women 14+ yrs
Youth 10-14 are welcome with parential supervision.

When:
Next Session: January 8 - February 9
M, W, F 5:15-6 a.m.

GROWING STRONGER TOGETHER

Parent & Me (Lil Pro Gymnast)

It's never too early for your little one to be in Gymnastics.

At the Y, we aim to promote early development while providing a strong foundation for your child's critical first years.

By offering a safe and inspiring space where your child can direct their energy, build confidence, and develop coordination while learning basic gymnastics skills. Our class instructor will help guide each parent with proper spotting techniques as your toddler explores the gymnastics equipment.

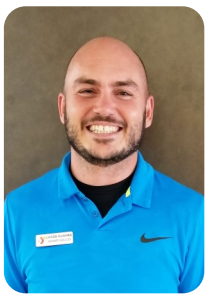
Who: 1-4 yrs of Age
When: January 11 - February 1
Thursdays 10-11 a.m.
Fee: $22 Member $44 Non Member

YOUR Y MEMBERSHIP MEANS SO MUCH MORE

More than a gym, a pool, or a place for fitness, the YMCA offers members a sense of belonging that can't be found anywhere else! When you're a member of the Y, you are part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, membership gives you and your family the opportunity to learn, grow and thrive.

Membership Benefits:

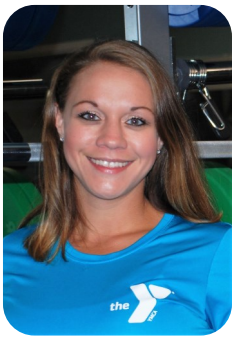
- Child Watch/Kid Zone (drop-in child care for youth 6 weeks-9 years while your at the Y)
- Discounted program rates
- Wellness Center and Equipment Orientation
- More than 60 group fitness and water exercise classes
- Indoor pool, walking/jogging track, two gyms, a racquetball court, and free weight room
- State-of-the-art cardio & weight resistance equipment
- Hot tub, Sauna and Steam Room
- Safe, welcoming, and family-friendly environment
- Member privileges at Ys across the nation



Lucas Hughes
Member Engagement Director

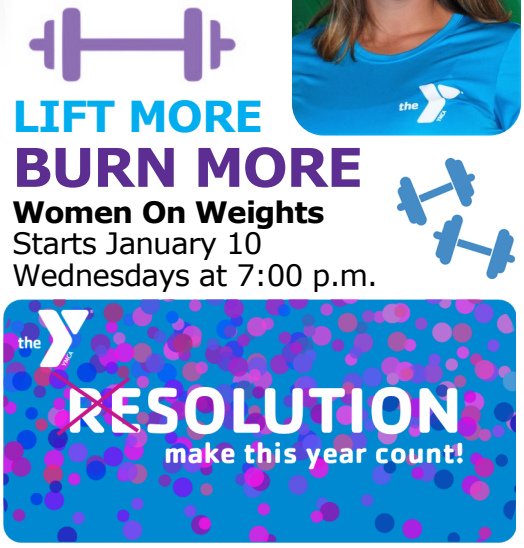
WELLNESS PROGRAMING

Contact Kelsey Miranda for Information about these and more programs offered here at the Y!



LIFT MORE BURN MORE

Women On Weights
Starts January 10
Wednesdays at 7:00 p.m.



NEW YEAR SOLUTION 12-WEEK FITNESS CHALLENGE

Starts Jan 16, 2018
Tuesday & Thursday Evenings
6:30 - 7:30 p.m.

Fees increase starting Jan. 7

NEW YEAR NEW HABITS ACCOUNTABILITY CHALLENGE

Will keep you on track during the eight week New Year Challenge
Starting Jan. 22
FREE for ALL YMCA Members

PERSONALIZED WORKOUT PLANS

Take your fitness to the next level. Jillian Michaels always says…"If you fail to plan you plan to fail."

Don't plan to fail, let our Certified Personal Trainers plan your workout for you!