



MAKING SPIRITS BRIGHT

WINTER NEWSLETTER | THE NEWTON Y

THE NEWTON Y



BUILDING HOURS

MONDAY - THURSDAY	5 AM - 9 PM
FRIDAY	5 AM - 8 PM
SATURDAY	6 AM - 6 PM
SUNDAY	1 PM - 5 PM

CHILD WATCH HOURS

MONDAY - THURSDAY	8 AM - 11 AM 5 PM - 8 PM
FRIDAY - SATURDAY	5 PM - 8 PM

-Hours vary throughout the day, week & season.
-For the most up-to-date schedule and details, please check the website or our ask our Welcome Center staff.

HOLIDAY HOURS

CHRISTMAS EVE	5 AM - 2PM
NEW YEARS EVE	5 AM - 5 PM

NEW YEAR'S DAY	CLOSED
EASTER SUNDAY	CLOSED
INDEPENDENCE DAY	CLOSED
LABOR DAY	CLOSED
THANKSGIVING	CLOSED
CHRISTMAS DAY	CLOSED

641 - 792 - 4006 | NEWTONYMCA.ORG
1701 S. 8TH AVE. E. NEWTON IA 50208
[FACEBOOK.COM/NEWTONIAYMCA](https://www.facebook.com/newtoniaymca)
INSTAGRAM: @NEWTONYMCA50208

OUR AREAS OF FOCUS

We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. At the Y, we measure the success of our cause by how well we engage communities in our three areas of focus: **YOUTH DEVELOPMENT, HEALTHY LIVING, & SOCIAL RESPONSIBILITY**

FREE COMMUNITY MOVIE

Get in the Christmas spirit with a free community showing of **The Polar Express** at Capitol II Theatre in Newton on December 11th at 10:00am! Sponsored by the Newton YMCA and Lauterbach Buick GMC!

The movie is free and open to all ages. Tickets will be available beginning December 3rd at Capitol II Theatre and the Newton YMCA.

LIFEGUARD CERTIFICATION COURSE

Become a certified lifeguard! Learn how to effectively prevent and respond to emergencies. This course is designed to teach participants the skills and knowledge needed to be prepared for various scenarios in and around the water.

WHO: Individuals 15 and older

WHERE: Newton YMCA pool and conference room

WHEN: Jan 7th from 5pm - 9pm

Jan 8th from 8am - 5pm

Jan 9th from 8am - 5pm

**MUST ATTEND ALL CLASSES TO PASS

FALL EVENTS RECAP



TURKEY TROT 2021



ADAPTIVE SPORTS



FAMILY FALL FESTIVAL



SOLAR PANEL UPGRADE -->
<-- ADULT FLAG FOOTBALL LEAGUE



ANNUAL CAMPAIGN

When you give to your Newton YMCA, you continue to strengthen your community and move us all forward. As Jasper County's leading nonprofit for youth development, healthy living, and social responsibility, the Newton Y uses your gift to make a meaningful and enduring impact right in your own neighborhood.

- We impacted over 70 families every week that we ran our Free Pantry Pickup during the months where unemployment was at it's highest during COVID.
- We were able to do 2 Red Cross Blood Drives, helping save more than 200 lives.
- We have around 16% of our membership base on our Financial Assistance program, impacting more than 480 community members.
- Our Early Learning Center is able to bring top quality child care to everyone, no matter their income through scholarships and DHS partnerships.
- We partner with local groups like Progress Industries to provide a fun, safe, and cost friendly space for people with special needs to come and work on their health.
- We have more than 350 people use our free group fitness classes to work on a healthy mind, body, and spirit.
- We provided free swim lessons to 200 kids each year to teach them how to be safe around water to help stop the drowning crisis in America.



YOUR MEMBERSHIP OPERATES THE FACILITY YOUR GIFT CHANGES LIVES

HEALTH & WELLNESS



PERSONAL TRAINING

These individual training sessions are for anyone interested in learning how to make the most of their workouts. Whether you need to lose weight, tone up, train for a specific event, or change your current exercise routine, these sessions will allow you to benefit one-on-one with your trainer at an affordable price.

To set up your personal training sessions with one of our great trainers, please ask the welcome center for a personal training request form or reach out to Alvaro Alvarez alvaro.alvarez@newtonymca.org.



BIOELECTRICAL IMPEDANCE ANALYSIS (BIA) **NEW**

Bioelectrical Impedance Analysis (BIA) is a safe, accurate and noninvasive body composition technique. Testing results can give you an accurate picture of your body composition and help you target your training to maximize results! Re-testing is recommended every 3-4 months as you work toward accomplishing your long-term goals! Tests can be scheduled at the YMCA Welcome Center.

Testing and consultation takes less than 15 minutes and will provide you with the following information:

- Body Fat Percentage
- Body Mass Index (BMI)
- Skeletal Muscle
- Resting Metabolism
- Visceral Fat
- Body Age
- Body weight

Member Fee \$5. Non-member fee \$10.

NEW YEAR, NEW YOU: FITNESS CHALLENGE

Are you looking for a challenge to start your new year off right? Do you need some extra help holding yourself accountable when it comes to fitness and wellness? Track your minutes of cardio for entries to win a prizes! The challenge will begin and end with a weigh-in. You'll receive weekly motivation and work out ideas. Join us as we begin a NEW YEAR and work toward a NEW YOU!

WHO: All ages and all fitness levels

WHEN: January 1st - January 31st

FEE: \$10.00 Members

**QUESTIONS ABOUT FITNESS?
CONTACT ALVARO AT ALVARO.
ALVAREZ@NEWTONYMCA.ORG.**

GROUP FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:30 – 6:15	Morning GRIT John Studio A/Outside		Morning GRIT John Studio A/Outside		Morning GRIT John Studio A/Outside	
6:15 – 7:00						Spinning Brad Studio A
7:00 – 8:00		Yoga Meghan Studio A		Yoga Meghan Studio A		
7:05 – 7:50						Spinning Brad Studio A
8:15 – 9:15	Body Sculpt Esmeralda Studio A	Les Mills Core® Esmeralda Studio A	Body Sculpt Esmeralda Studio A	Les Mills Core® Esmeralda Studio A	Body Sculpt Esmeralda Studio A	BODY PUMP® Esmeralda Studio A
8:30 - 9:15	BLAST Kristin Big Gym		Mix-Fit Katie Big Gym		BLAST Kristin Big Gym	
9:00 - 10:00			Step N Sculpt Mary L. Studio B			
9:00 – 10:00	Shallow H2O Priscella Pool	Shallow H2O Linda Pool	Shallow H2O Priscella Pool	Shallow H2O Linda Pool	Shallow H2O Roberta Pool	
9:15 – 10:15	BODY PUMP® Esmeralda Studio B			Line Dancing Mary L. Studio A		
9:15 - 10:00		Dance Fitness Savannah/Katie Studio A				
10:00 - 11:00	Chair Aerobics Mary L. Studio A				Chair Aerobics Mary L. Studio A	
AFTERNOON						
1:00 - 2:00	AFYAP Juanita Pool		AFYAP Juanita Pool		AFYAP Juanita Pool	
EVENING						
5:15 - 6:15		BODY PUMP® Esmeralda Studio A		BODY PUMP® Esmeralda Studio A	Aqua	
5:30 – 6:30	Power & Strength Laurie Studio A				Cardio	
5:45 - 6:15				Fat Guy Yoga Rich Studio B	Strength	
6:00 – 6:45			Circ-HIIT Kristi Studio A		Strength/Cardio	
6:15 – 7:00	Intro to Fitness Sarah Studio B				Mind, Body, Spirit	
6:30 – 7:00		Les Mills Core® Esmeralda Studio A		Les Mills Core® LaTisha Studio A	Senior Focused	



GROUP FITNESS CLASS DESCRIPTIONS

AFYAP: (Arthritic Foundation & Y Aquatic Program): Designed for those with arthritis and similar conditions. Low impact, refreshing, and meant to keep you moving!

BLAST: A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning tons of calories. This class focuses on body mechanics and efficiency utilizing different types of equipment and a variety of movements that will make you sweat!

BODYPUMP®: Looking to get lean, toned, and fit FAST? This is for you. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a full body workout. We will coach you through the moves and techniques pumping out encouragement, motivation, and great music.

Body Sculpt: Using dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, body sculpt focuses on overall strength, stabilization, and flexibility.

Chair Aerobics: Have fun while moving to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubing, and small inflatable balls are used for resistance and a chair is used for seated and/or standing support. Great for seniors!

Circ-HIIT: High energy, fun, and fresh! Work off the stress of your day with this heart pumping circuit style high intensity interval training workout!

Dance Fitness: Get your heart rate up with upbeat music, a fun environment, and easy to follow choreography!

Intro to Fitness: A great place to start for those who are wanting to ease into an exercise routine. The focus is movement and health! Perfect for beginners or those who don't know where to start.

Les Mills Core: A 45-minute class from Les Mills that will challenge your core! Tighten and strengthen your core in a fresh yet intense class!

Line Dancing: You never need a partner for our line dancing class, but feel free to bring along your friends to enjoy the music and atmosphere. Low impact and low intensity, but a super fun hour formatted for seniors.

Fat guy yoga: A yoga class designed for males (or females!) who know they need some more recovery time. Take an hour each week to focus on stretching, breathing, and giving your body a break from the normal routine of a hard-working lifestyle!

Morning GRIT: Get your day started utilizing a variety of exercises, equipment, and types of training to improve physical health, build muscle, and jump start good energy to carry you through the day! Expect to be outside for most classes but will utilize the large gym in case of poor weather.

Power & Strength: A high intensity, high energy class focusing on strength training using barbells, dumbbells, and other equipment.

SHALLOW H2O: Using water resistance, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels.

Step N Sculpt: Half step aerobics, half strength work using light dumbbells and body weight. Expect full body exercises with cardiovascular benefit!

Mix-Fit: A great class to get your sweat going and your heart pumping! We will take you through a fast paced 45-minute workout that focuses on cardio, strength, and stamina. This class is designed to be enjoyed by both beginning and longstanding members alike!

Yoga/ Yoga Flow: Experience a mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Strength, flexibility, and posture will be improved, and you'll leave feeling relaxed and refreshed.

*Join the "Newton YMCA fitness classes" group on Facebook to be notified of updates and announcements!

*Access the Daxko App to have the group fitness schedule at your fingertips!

* Classes subject to change at any time. Classes may be canceled due to consistently low attendance.

YOUTH SPORTS

MIGHTY MITES BASKETBALL

This is a great program to get your little one on the court and honing their basketball skills. For this program, the first 2 meetings are practices and the following meetings start with a short warm-up followed by a game.

WHO: Kids, Kindergarten - 1st grade

WHEN: Saturday Afternoon

January 22 - February 26

FEE: Before Jan 4

\$28.00 Member | \$49.00 Non-member

FEE: Beginning Jan 4

\$43.00 Member | \$59.00 Non-member



YOUTH BASKETBALL LEAGUE

Get ready to hit the courts with our youth basketball league! Kids will improve their skills, sportsmanship, and teamwork all while having a fun time!

WHO: Kids, 2nd grade - 6th grade

WHEN: Practice starts the week of January 10th
Saturday games start January 22th

FEE: Before December 27

\$28.00 Member | \$49.00 Non-member

FEE: Beginning December 27

\$43.00 Member | \$59.00 Non-member



LIL' PRO BASKETBALL

Do you need a good program to get your little one out and moving in a fun and safe way? Why not have them try our Lil'Pro basketball program!

WHO: Kids, 3 - 5 years old

WHEN: Wednesdays 6 PM - 6:45 PM

Jan 19 - Feb 9

FEE: \$24.00 Member | \$48.00 Non-member



GIRLS BASKETBALL BASICS & BEYOND

Girls Basketball Basics & Beyond is designed to get girls playing/liking basketball at an early age. All skill levels are encouraged to participate. This program will teach the fundamentals of basketball in a positive and encouraging environment. We will be focusing on the rules of the game, ball handling, passing, shooting and defense.

WHO: 1st - 4th Grade Girls

WHEN: Wednesdays 6 PM - 6:45 PM

Jan 10th - Feb 28th

FEE: \$28.00 Member | \$48.00 Non-member

VOLUNTEER COACHES

Did you play sports as a youngster? Do you remember the first experience you had being part of a team? Would you like to pass on the same positive experience you had to the youth of today? Then, we need you as a volunteer coach at the Y! We are always in need of great coaches willing to make a difference in the lives of our community's children. Your time is our most valuable asset.

GYMNASTICS

We can't wait to see you at our gymnastics sessions with Olga and Olivia! Below are the class days and times available! The winter session starts December 9th.



THURSDAYS | DEC 9TH - FEB 24TH

TUMBLING TOTS: AGES 3-4, 4 PM - 4:30 PM

FEE: \$84.00 Member | \$168.00 Non-member

LEVEL 1: AGES 5-6, 4:45 PM - 5:45 PM

FEE: \$84.00 Member | \$168.00 Non-member

LEVEL 2: AGES 7-8, 5:45 PM - 6:45 PM

FEE: \$84.00 Member | \$168.00 Non-member

LEVEL 3: AGES 8+, 6:45 PM - 8:00 PM

FEE: \$93.00 Member | \$168.00 Non-member



UPCOMING MMCF SOCCER

Don't miss out on this fun and exciting league! This popular spring program focuses on skill development, sportsmanship and having fun. Volunteer coaches help instill the values of caring, honesty, respect, and responsibility in each player.

WHO: Kids, 3 - 12 years

WHEN: Weekly practice starts the week of March 29th
Saturday morning games: April 10th - May 15th

WHERE: Newton YCMA game fields.

FEE: FREE!! Due to a generous donation from MMCF



UPCOMING LIL'PRO T-BALL

Do you want your child to learn the basics of base running, fielding, and hitting off of a batting tee? Introduce your kids to the game in a fun and positive skill-building environment.

WHO: Kids, 4 yrs - 7 yrs

WHEN: Practice Time TBD
Starts June 6th

FEE: \$29.00 Member | \$49.00 Non-member



UPCOMING LIL'PRO TENNIS

Does your son or daughter have an interest in tennis? Our certified instructors will be able to meet your child where their are and help them grow in a fun environment.

WHO: Kids, 3 - 5 years old

WHEN: Wednesdays 6 PM - 6:45 PM
Starts February 23rd

FEE: \$24.00 Member | \$48.00 Non-member



**QUESTIONS ABOUT YOUTH SPORTS?
CONTACT SCOTT TAYLOR
SCOTTAYLOR@NEWTONYMCA.ORG**

AQUATICS



POOL INFORMATION

- Children 8 and under must be accompanied by a guardian 16 & up in the water unless they are able to pass a YMCA test given by a lifeguard. Children who have not passed the swim test must have a guardian 16 & up in the water, with active supervision.
- Children 9 & up may be in the pool area unsupervised if they have passed the swim test.
- Children who have not passed the swim test 9 & up may only be in the shallow end.
- If a child needs a flotation device or does not pass the swim test, a guardian 16 & up must be actively supervising and in the water with the child.
- All situations are at the discretion of the lifeguard on duty.
- Whirlpool users must be 14 years and older.
- Sauna and Steam Room users must be 18 years and older.

Questions? Contact Aquatics Director, Malachi Jenkins, at malachi.jenkins@newtonymca.org or 641-792-4006

PRIVATE SWIM LESSONS

Great for first time swimmers of all ages or those wanting a personalized one-on-one swim lesson approach. No matter the level of you or your swimmer, we have just the instructor to help you reach your goals! Learn water safety, basic swim strokes, or work on perfecting already learned techniques to achieve your swim goals! To set up your private swim lessons with one of our great instructors, please ask the Welcome Center for a private swim request form.

SWIM EVALUATIONS

Not sure what level to put your child in? We are here to help! Sign up for a 15-minute swim lesson evaluation with a YMCA swim instructor. The instructor will get in the water with the child, evaluate their swimming skills, and recommend what class to sign them up for. Please reach out to Aquatics Director, Malachi Jenkins to schedule an evaluation time.

100 MILE SWIM CLUB

Grab your suit, cap, and friends and jump into our brand new 100-mile swim club! All participants 16 and older are welcome! This program only costs \$10 and all you have to do is keep track of your distance in our binder.

If you get over 100 miles during the course of 2021 you get a T-Shirt and you get to attend the celebratory banquet. There are bonus prizes for people who go above and beyond 100 miles! You can use any swimming stroke that you are comfortable with!

SWIM TEAM

Join the Penguins Swim team for practice! If you register for the team after December 1st, you will not be eligible for state meets, but you can still work on your skills to be ready for the next summer season!



SWIM LESSONS

Winter Session: January 5th – February 9th

SWIM STARTERS: Accompanied by a parent, infants and toddlers learn to be comfortable in water and develop swim readiness skills. Parents learn about water safety, drowning prevention, and the importance of supervision. Ages: 6 months – 3 years old. Fees: \$25 Y Members | \$35 Community Members.

WATER DISCOVERY **A**

Infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

WATER EXPLORATION **B**

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM LESSONS: 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 as well as jump, push, turn, and grab. Ages: 3 – 14 years old. Fees: \$35 for Y Members | \$50 for Community Members

WATER ACCLIMATION **1**

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.

WATER MOVEMENT **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.

WATER STAMINA **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.

STROKE INTRODUCTION **4**

Students 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.



QUESTIONS ABOUT AQUATICS?
CONTACT MALACHI AT MALACHI.JENKINS
@NEWTONYMCA.ORG OR 641-792-4006

ADULT SPORTS



ADULT COED VOLLEYBALL

Teams are comprised of a minimum of a 6 players, but no more than 9 players, and must be co-ed. We encourage teams to register as a team. If you are interested in playing and do not have a team, please contact Scott Taylor at scott.taylor@newtonymca.org or 641-792-4006.

WHO: Men & Women, 9th grade & older

WHEN: Tuesday nights, January 11 - March 8
Plus season ending tournament

FEE: \$125 per team (Must register as a team)

WHERE: YMCA Small Gym



ADULT BASKETBALL

This is a 5 V 5 full-court league. Teams have a maximum of 8 players. There is a regular season plus a season ending tournament. League jerseys are provided. Please register as a team. If you are interested in playing and do not have a team, please contact Scott Taylor at scott.taylor@newtonymca.org or 641-792-4006.

WHO: Men, 9th grade & older

WHEN: Tuesdays, February 22 - April 5
Plus season ending tournament

FEE: \$28.00 Member | \$56.00 Non-member

WHERE: YMCA Large Gym

DEADLINE: February 11



PICKLEBALL LEAGUE

Pickleball is a paddle ball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles to hit a perforated polymer ball over a net. Pickleball is a sport that is fun and very easy to learn. We have players of all ages and we provide paddles and balls to anyone that needs them. Every team is guaranteed two matches plus pick up matches.

WHO: Anyone

Divisions: Beginner, Intermediate, Advanced, Singles

WHEN: Jan 9 - Feb 20

Matches late Sunday afternoon & evening

FEE: \$25.00 Member | \$35.00 Non-member



**QUESTIONS ABOUT ADULT SPORTS?
CONTACT SCOTT TAYLOR
SCOTTAYLOR@NEWTONYMCA.ORG**

CHILD CARE



CHILD WATCH | KID ZONE

The Newton YMCA provides drop-in child care for members with young children wishing to work out. Drop-in child care is provided from 8:00 a.m. to 11:00 a.m. and 5:00 p.m. to 8:00 p.m. Monday–Thursday, 8 a.m.–11 a.m. on Saturday from Labor Day to Memorial Day. Children MUST be part of a current family membership and at least 6 weeks of age.

EARLY LEARNING CENTER

With so many demands on today’s families and the increased focus on early brain development, families need support to nurture their child and help the child reach their full potential. The Y focuses on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy and trusting relationships and build self-reliance. We focus on providing an all day learning environment!

Our philosophy is to maintain open communication between the parents and staff to meet your child’s needs. The vital component to our child care program is our staff. Staff is trained to guide and direct children with warmth, acceptance, concern, approval and respect which helps develop a strong positive self-concept. We believe that parents and staff working together and sharing knowledge is the key to a successful program.

School is about to start and with the new ways that things are going, we have our No Mondays, No Problem program to help kids continue in a supportive learning environment during virtual Mondays. We are also getting our Preschoolers ready for Kindergarten with all kinds of activities to improve mind, body, and spirit.

INFANT | 6 WEEKS - 12 MONTHS

TODDLERS | 1 - 2 YEAR OLDS

2 YEAR OLDS

3 YEAR OLDS

PRE - K | 3 - 5 YEAR OLDS

SCHOOL AGE



We’d be happy to give you a tour and discuss with you how the YMCA Early Learning Center can meet your family’s child care needs. For more information please call today, (641) 792-7021.



MEMBERSHIP INFORMATION



TO ENSURE SAFETY FOR ALL AGES

- Children under the age of 9 must have direct supervision within the facility and on YMCA property.
- Supervision must be maintained by someone 18 years (unless otherwise specified) or older who is physically present and available to immediately respond to the needs and well-being of the child and others.
- Child Watch will be available for those kids 6 months through 8 years of age.
- Kid Zone will be available for kids who are 6 months through 8 years of age.

WELLNESS CENTER

- Members and guests 14 years and older may use the cardio, Cybex Weight Equipment, and free weight equipment.
- Youth ages 9-13 may use the cardio and Cybex weight equipment area after successful completion of a Cybex orientation and must be under direct supervision of an adult (18 or older) in the area at all times.
- Children age 8 and younger are not permitted in the Wellness Center.

FREE WEIGHT ROOM

- Members and guests 14 years and older may use free weight equipment.

LOCKER ROOM USAGE AND POLICY

The locker rooms are available for our members and guests. The men's and women's locker rooms are for adults 18 and older or youth accompanied by a parent. Youth under 18 must use the boy's and girl's locker rooms.

During your visit, please bring your own padlock. Please take your lock and belongs when you leave. The YMCA is not responsible for damaged, lost or stolen items in the locker rooms or anywhere at the YMCA. Additionally, lockers may be rented in the men's and women's locker rooms for \$20 per month, this includes 2 bath towels and a laundry service. Please do not take photos in the locker room.

Gender neutral changing rooms and private restrooms are available for members and guests.

TRACK

- Members and guests 9 years and older may use the track as long as they are exercising and not disrupting others from enjoying their workout.

RACQUETBALL COURTS

- Members and guests 14 years and older may utilize the racquetball courts.
- Youth under 14 may utilize the racquetball courts if they are playing and under direct supervision of a member or guest (18 or older).
- Members and guests are asked to wear eye protection & tennis shoes while using the area.

SENIOR DAY

Every Thursday, community members 62 and older has full access to the facility including the whirlpool, swimming pool, group classes, and exercise equipment for only \$1 per person.

TOWEL SERVICE

Hand towels are available from the front desk. Clothes baskets are located around the Y for towel return. The YMCA does not have large towels for use by patrons. Please be sure to bring your own from home if planning on showering or swimming at the YMCA.

**QUESTIONS ABOUT MEMBERSHIP?
CONTACT AUSTIN RUSHFORD AT
AUSTIN.RUSHFORD@NEWTONYMCA.ORG
OR CALL 641-792-4006**

MEMBER RATES

MEMBER TYPE	DUES/MONTH	JOINERS FEE	ANNUAL	DAY PASS
Youth Individuals 9-18 year of age	\$25	\$18	\$288	\$6
College Requires Registrar's letter of confirmation verifying full time status	\$29	\$30	\$336	\$8
Adult Individuals 19-61 years of age	\$49	\$42	\$564	\$12
Family 1 or 2 adults with or without dependent child under the age of 23 residing in same household	\$70	\$60	\$816	\$20
Senior Citizen Individuals 62+	\$38	\$30	\$432	\$8
Senior Family Two adults residing in the same household with at least one individual 62+	\$53	\$42	\$612	
One Week Pass	\$25			

-Daily pass allows guests to use the entire facility including the pool, fitness center, weight rooms, locker rooms, game rooms and more.

-Paid annually by cash, check, or card.
-Pay monthly by automatic monthly bank draft.
-Bank draft occurs on the 20th of each month.

PROGRAM CANCELLATION & REFUND POLICY

Due to low enrollment, the YMCA may cancel a program. Registrants will be informed of any cancellations. If the YMCA cancels a class, registrants will receive a full credit. To receive a refund, you must cancel within 3 business days of the class starting, a credit or full refund will be provided.

Members are required to fill out a cancellation sheet in order to stop their membership. A member must fill out cancellation sheet before the 1st of the month in order to stop that month's payments. There is no cancellation fee. The YMCA does not provide refunds on memberships.

NATIONWIDE MEMBERSHIP

With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost.

MEMBERSHIP INSURANCE PARTNERS

The Newton YMCA partners with the following insurance health plans to offer membership discounts; Silver Sneakers, Renew Active, and AARP Medicare. If you have questions regarding your plan please reach out to your provider. These plans are subject to change at any time.

