

MAY 2017



NEWTON YMCA

1701 South Eighth Ave. East

May 2017

www.newtonymca.org

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

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ENJOY THIS ISSUE?

Feel free to share!

QUESTIONS, COMMENTS, IDEAS?

Rhonda R Robson
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Y Staff Spotlight

Scott Taylor
Sports Director

feeling - "Passionate" The following quote summarizes how I feel.



"Sports should be about kids and their passion, not about parents and their goals"
Mike Matheny

For a better us!
**EXERCISE YOUR HEART
IN MORE WAYS THAN ONE.**

2017 Annual Support Campaign
March 31 - April 28

Have you ever stopped to think about what your support for the Newton YMCA does? You might just think it is to help those who are less fortunate have a membership, but there is so much more to your gift. Here are a few lives your gift helps right here in Newton:

- A 13-year-old boy goes to the Y after school because his home is empty; there's no one there to welcome him home. So he comes to the Y because Amy at the Welcome Center will smile and say, "Hey there, how was school today?" As he hangs out, Scott Taylor, who believes every child should get a chance to play, asks him to play some b-ball. Now he has friendships and memories he is developing for a lifetime.
- An 8-year-old little girl is learning how to stay safe around water. She enjoys playing in the pool during her lesson and yet doesn't realize that the reason she is there is to learn skills to keep her safe. She has no idea that drowning is a leading cause of death for kids.
- There is a young professional man who just moved to town. He plays in the adult basketball leagues on Tuesday evenings. He enjoys meeting other community members with the same love for the game he has and has met a number of new business connections.
- A young couple works out at the 9 a.m. Body Pump class on Saturday while their children are in Child Watch. After class they rush their kids to the soccer game at 10:30 a.m. Mom and dad feel so grateful that as a family they can stay active together.
- A single mom with three children, abandoned by their father, works to supply her kids with necessities; food, a house and things most kids have, but she can barely pay for child care. The Y offers her financial assistance so she can stay in the work force and feel a wonderful sense of accomplishment that she can take care of them.

Help us reach our goal and together we can transform lives within our community. Thank you for your support!

FOR A BETTER US!



SWIM PLAY LEARN STAY SAFE

Research shows that participation in formal swimming lessons can reduce the risk of drowning among children. Our skilled, trained instructors make learning to swim easy and fun! Instructors will help your child learn techniques to swim, teach water safety, the Y pool rules and basic emergency procedures. Classes are kept small to ensure an appropriate child to instructor ratio. This ensures all participants get the proper instruction while learning and practicing their skills in a safe atmosphere.

When: May 1 - 18
Fee: \$25 Y Member
 \$50 Non-Member



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
 *NEW HOURS Start May 1, 2017

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

BE A VALUED TEAM MEMBER



Lifeguard Certification

Course candidates will become Red Cross Certified Lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies. **Prerequisites:** Swim 300 yards combination of front crawl and breaststroke (non-stop swimming), tread water for 2 minutes (non-stop) without use of hands or arms, perform a surface dive 9 feet to retrieve a 10 pound brick and swim back holding the brick on top of the water (timed). Participants must have a passing score of 80% or better on all exams and pass the final skills scenario to receive certifications. The course certifications include Lifeguarding/First Aid/CPR/AED for Professional Rescuer (valid 2 years).

Who: 15 years and older
When: May 5-7, 2017
 Fri: 5:00-9:00 p.m., Sat: 9:00 a.m.-1:00 p.m. &
 Sat: 2:00-6:00 p.m., Sun: 9:00a.m.-2:00p.m.
Fee: \$200 Y Member / \$240 Non-Member

Lifeguard Recertification

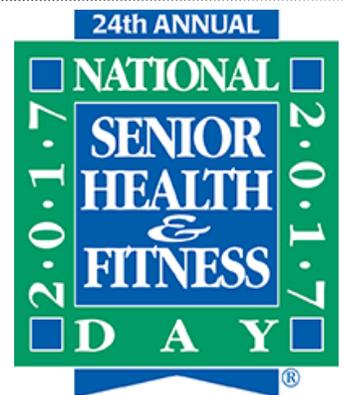
Learn the updated American Red Cross Lifeguard skills in order to renew your soon to be expired lifeguard certifications. Upon successful completion participants are awarded with a 2 year certification in Lifeguard Training/First Aid/CPR and AED. Proof of current certification required.

Who: 15 years and older
When: May 13, 2017, 9:00 a.m.-2:00 p.m.
Fee: \$75 Y Member / \$125 Non-Member



**HEALTHY
KIDS DAY®**
 A YMCA Initiative

**Saturday
 April 29, 2017
 9:00 - 11:30 a.m.
 At the YMCA
 FREE for all kids!**



**Wednesday
 May 31, 2017
 8:00 - 10:00 a.m.**

The Newton YMCA will host this free event sponsored by local businesses and organizations to bring awareness to healthy aging and resources available to stay young heart. This year's theme is "With movement...There's improvement." Entertainment will be provided by The Iowa Youth Chorus, Newton Children's Choir at 9:00 a.m.

Soccer 4 v 4



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



Who: Pre-K through 6th Grade
When: Tuesday evenings
 June 6th—July 25th
 No separate practices
Fee: \$23 Member
 \$46 Nonmember

Lil' Pro T-ball

Hey Parents, introduce your child to the game of t- ball. Fielding base running hitting will be covered. This is a fun little program to encourage children to want to play baseball. The program is open to both boys and girls.



Who: Ages 3-5 years
When: Monday Evenings
 6:00 - 6:45 p.m.
 June 5 - June 26
Fee: \$22 Member/\$44 Nonmember

Basketball League

Dribble, rebound, shoot & score!
Who: Kindergarten - 8th Grade
When: Weds., June 14 - July 2
 Games ONLY
Fee: \$23 Member
 \$46 Nonmember



EVERYONE PLAYS EVERYONE WINS!



SUMMER Sports & Specialty Camps



Newton YMCA / SKIFF Medical Center – 2017 Youth Summer Sports & Specialty Camps

□ Track Camp	2 nd to 6 th	June 12-16	10:00 a.m.-Noon	Berg School
□ Junior Strength Training Camp	4 th -6 th	June 12-16	1:00 p.m.-2:00 p.m.	YMCA Wellness Areas
□ Senior Strength Training Camp	7 th -9 th	June 12-16	2:15 p.m. - 3:15 p.m.	YMCA Wellness Areas
□ Football Skills Position Clinic	7 th & 8 th	June 19 (1 day)	10:00 a.m.-Noon	HA Lynn Field
□ Junior Swim Stroke Camp	K-3 rd	June 19-22	11:00 a.m.-Noon	YMCA Pool
□ Senior Swim Stroke Camp	4 th -6 th	June 19-22	12:30 p.m.-2p.m.	YMCA Pool
□ Junior Flag Football Camp	K & 1 st	June 20-23	9:30 a.m.-10:30 a.m.	HA Lynn Field
□ Senior Flag Football Camp	2 nd to 6 th	June 20-23	10:45 a.m.-12:15 p.m.	HA Lynn Field
□ Junior Volleyball Camp	K-2 nd	June 26, 27, 28 & 29	2:00-3:30 p.m.	YMCA Gym
□ Senior Volleyball Camp	3 rd -6 th	June 26, 27, 28 & 29	3:00-4:30 p.m.	YMCA Gym
□ Tot Gymnastics Camp	Ages 3-5	July 6-27 (Thu only)	5:30 p.m.-6:00 p.m.	YMCA Gym
□ Gymnastics Camp	Ages 6 & up	July 6-27 (Thu only)	6:00 p.m.-7:00 p.m.	YMCA Gym
□ Dodge Ball Camp	Ages 8-13	July 10-14	10:30 a.m.-Noon	YMCA Gyms
□ Soccer Camp	K-2 nd	July 17-21	9:30 a.m.-11:00 a.m.	YMCA Fields
□ Junior Basketball Camp	K-3 rd	July 24-28	9:00 a.m.-10:30 a.m.	YMCA Gyms
□ Senior Basketball Camp	4 th -6 th	July 24-28	10:45 a.m.-12:15 p.m.	YMCA Gyms
□ Swim Team Camp	K-3 rd	July 24-28	11:00 a.m.-12:30 p.m.	YMCA Pool
□ Swim Team Camp	4 th -6 th	July 24-28	12:45 p.m.-2:15 p.m.	YMCA Pool
□ Archery Camp	Ages 8 & up	Jul 31-Aug 4	5:00 p.m.-7:00 p.m.	YMCA Fields
□ Lifeguard Camp	4 th -6 th	July 31-Aug 4	10:00 a.m.-2:00 p.m.	YMCA Pool/Conf. Rm.
□ Lifeguard Camp	7 th -8 th	July 31-Aug 4	2:00 p.m.-6:00 p.m.	YMCA Pool/Conf. Rm.
□ Speed Strength & Agility Camp	2 nd -4 th	Aug 7-11	10:00 a.m.-11:30 a.m.	YMCA Gym
□ Speed Strength & Agility Camp	5 th -8 th	Aug 7-11	Noon-1:30 p.m.	YMCA Gym



Boone YCamp One-Day Trips

Get ready for fun and sun and explore the wilderness! Join us on our adventure to the YMCA Camp in Boone Iowa! Bus leave Y at 8 a.m. and back by 4:30 p.m.

When: Wednesday, June 21
Who: 3rd - 5th Grade for the 2017/2018
 Kids will build a survivor shelter for half of the day and take a Discovery Hike

When: Wednesday, July 19
Who: 6th - 8th Grade for the 2017/2018
 Rockwall and build a survivor shelter are the activities for this day.

When: Wednesday, August 9 Bus leave Y at 8 a.m. and back by 4:30 p.m.
Who: 3rd - 6th Grade for the 2017/2018
 Stream Ecology and Birding will be a part of this trip.

Fee: \$50 Member/\$75 Nonmember for each trip





...with CHAD!

Together Everyone Accomplishes MORE!

Boot Camp is all about **TEAM** comradery!



Knowing the workout is hard, we work together to accomplish our goals. We start as a team and we end as a TEAM.

Who:

Men & Women 14+ yrs

Youth 10-14 are welcome with parental supervision.

When:

Next Session: May 8 - June 9

M, W, F 5:15-6 a.m.



YOUR MEMBERSHIP BENEFIT

Did you know?

As part of your member benefit, the YMCA offers **FREE** Wellness Center Orientations & Training.

Do you want to get started using the Cybex equipment? Are you unsure how to make adjustments to your workout on the treadmill or elliptical? Are you afraid to use a piece of equipment for fear of "doing it wrong"? Sign up at the Welcome Center to have a staff person guide you through a 45 minute orientation. You will learn how to set up and use of each piece of equipment as well as begin setting some personal goals.

It's awesome to see families work out together in our wellness center. Youth ages 9 and older are welcome to use our wellness center equipment as long as they have had the orientation and training. Youth 9-13 must be supervised by an adult who has also had the orientation and training.

Are you looking for a little more personal instruction? Would you find a personal trainer helpful in reaching some personal goals? Ask the Welcome Center about Personal Training sessions. Fees vary depending on how many session per week you'd like 1 on 1 instruction.



Parent's Night OUT!

April 21

5:15 - 9 p.m.

Youth 1-11 yrs.

Members - \$12/child

Non Member - \$24/child

Next one is May 19

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 you work out)
- Discounted member rates and priority registration for programs
- FREE Fitness Center Orientation
- FREE unlimited group fitness classes and water exercise classes
- Indoor pool, walking/jogging track, two gyms, two racquetball courts, and free weight room
- State-of-the-art cardio & weight resistance equipment
- Hot tub, Sauna and Steam Room
- Safe, welcoming, and family-friendly environment
- Limited guest use for friends and family



YMCA Child Care

6 Weeks - 6th Grade

Contact Debbie Knopf

Register for Summer!

