



**NEWTON YMCA  
FALL NEWSLETTER  
2020**

### Member Spotlight–Mandy Longacre

#### When did you become a member that the Newton YMCA/How did you become involved with the Y?

In May of 2018 I wanted to sports discount for my kids, so I became a member. I never thought I would come here to workout, I just wanted the discounted sports rate for my kids. I started coming into some group fitness classes and got hooked on those. I continue to come to those, but I now train on my own too!

#### Why do you come to the YMCA? / What does the Y mean to you?

I come to my Y for the encouragement, support, and friendships. I hate working out and exercising at home now. I love all of the people and the fun family atmosphere!

#### What is something that motivates you?

What motivates me is being the healthiest version of myself. I love being stronger and healthier than I was even in high school.

#### Tell us more about your health/fitness/wellness journey:

Only two years ago I couldn't do a pull up. With some guidance and reassurance from staff and friends, now I know how to train and gain progress in the goals I set for myself. The help that I've gotten along the way has made a world of difference on how far I've been able to come. For the past year I have been in Tae Kwon Do with one of my sons. I absolutely love martial arts. The discipline and mental training that is required in that practice has really helped me along my journey.

#### Any other additional comments?

I can't emphasize how much I love the group fitness classes. We are all each other's cheerleaders and biggest fans! My next goal is to teach a no contact kick boxing class here at the YMCA (hopefully coming soon!)



#### Newton YMCA Facilities

To ensure the 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 those kids who are 6 years through 8 years of age or older if needed.
- Hours vary throughout the day, week and season.
- For the most up-to-date schedule and details, please check the web site or our Welcome Center staff can provide you with the information.

#### 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.
- Youth ages 13 and younger are not permitted in the weight room area.

#### 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.

#### Program Cancellation & Refund Policy

The YMCA reserves the right to cancel classes due to low enrollment. Registrants will be informed if a class is cancelled. If the YMCA cancels a class, registrants will receive a full credit. Should a registrant cancel within 3 business days of the class starting, a full program credit will be provided. No credit or refund will be given after the first class. All registration fees for the Early Learning Center are non-refundable. The YMCA does not provide refunds on memberships.

#### Towel Usage

The YMCA has a free hand towel service. However, to save energy, each visitor is limited to two towels per visit. Towels are available from the front desk attendant only. Please be sure to return all towels before leaving the YMCA. The YMCA does not have large bath/pool towels for use by patrons. Please be sure to bring your own from home if planning on showering or swimming at the YMCA.

#### 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. Youth under 18 and unaccompanied by an adult should use the Boy's and Girl's locker rooms.

Please bring your own padlock. The padlock is for your visit only and will be removed when the YMCA is closed if it remains on the locker. Also, please be sure to take your belongings with you 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 program is called "Plus" membership and includes locker rental, 2 bath towels, and laundry service. Please inquire about the benefits of "Plus" membership at the front desk.

### Membership

**MEMBERSHIP CANCELLATION FEE**

Members are required to fill out a cancellation sheet in order to stop their membership. A member must fill out cancellation sheet by the 5th of the current month in order to stop that month's payments. There is no cancellation fee associated to your membership, as it is a month by month basis.

**DAY PASSES**

Guests will be charged a guest fee as follows:

- \$6 per visit/youth
- \$6 per visit/senior citizen (62 and older)
- \$8 per visit/college (with I.D.)
- \$10 per visit/adult
- \$15 per visit/family (1-2 adults and legal dependents)

Daily fees allow guests to use the entire facility including the pool, fitness center, weight rooms, locker rooms, game rooms and more.

**SENIOR DAY**

All day every Thursday, anyone 62 and older can use the entire facility such as the whirlpool, swimming pool, and exercise equipment for only \$1 per person.

**INSURANCE**

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

**ANNUAL MEMBERSHIPS**

- Paid by cash, check, VISA, Master Card, or Discover
- All membership fees are non-refundable and nontransferable
- Payment through automatic monthly bank draft.
- Bank draft occurs on the 20th of each month.
- Cancellation requires written notice by the 5th of the month to avoid money being taken out of your account on the 20th.
- Cancellations are not accepted by phone or e-mail. A cancellation form must be filled out in person.

Memberships	Monthly		Annual	
	Renew	New	Renewal	New
Youth*	\$ 24	\$ 27	\$ 276	\$ 312
College**	\$ 28	\$ 33	\$ 324	\$ 384
Adult	\$ 47	\$ 54	\$ 540	\$ 624
Family***	\$ 67	\$ 77	\$ 756	\$ 876
Senior Citizen (62 and older)	\$ 36	\$ 41	\$ 408	\$ 468
Senior Citizen Couple	\$ 50	\$ 57	\$ 576	\$ 660

\*Individuals between 9 and 18 years old to qualify.

\*\* Requires proof of 12 credit hours from Registrar's office

\*\*\* Dependant children under the age of 23 are allowed on the family membership

**MEMBERSHIP INFORMATION**

Your YMCA membership is valid at the Newton YMCA and all practicing Nationwide YMCAs across the country. Your membership may be used for membership services and program registration rates. All children over the age of 9 and younger than 14 must be supervised throughout the weight equipment and cardio area at all times. Rates, hours of operation and services provided with your membership are subject to change. Please have your Membership ID Key Tag ready to scan for admittance to the facility.

### Building Info

1701 S. 8th Ave. E., Newton IA, 50208  
 641-792-4006 / www.newtonymca.org  
 facebook.com/newtoniaymca  
 Instagram: @newtonymca50208

**Building Hours**

**\*Starting September 8**

Monday-Friday, 5 a.m.-9 p.m.

Saturday, 6 a.m.-6 p.m.

Sunday, 1 p.m.-5 p.m.

Pool: Please call or check online for the most up-to-date schedule.

Closed: September 7 & November 26

**Child Watch Hours**

**Mornings:**

Mon-Sat: 8am-11am

**Evenings:**

Mon-Thur.:5pm-8pm

**MEMBERSHIP BENEFITS**

As a member of the YMCA your entire family will benefit:

- Get more savings on more programming fees when a member compared to the non-member rate
- Use of the fitness center equipped with treadmills, elliptical and step machines, upright and recumbent bikes, arc trainers. Access to resistance weight machines and the free weights room
- Receive one free Fitness Center Orientation with a trained professional
- Receive three free day passes when you sign up for a membership
- More than 50 land and water classes offered free each week to members
- Use of a racquetball court and two pickle ball courts
- Indoor walking/jogging track
- Use of two gyms and basketball courts
- A 25-meter, heated, indoor pool, hot tub, steam room and sauna
- Free youth, adult and family activities
- Guest privileges at YMCA facilities around the U.S.
- Support in achieving personal wellness goals
- A friendly, caring staff to help at any time
- A safe, family-friendly environment

### Contents

**COVER-**

**Y BRIGHT SPOTS-** Pg. 1: Member Spotlight: Mandy Longacre

**POLICIES & PROCEDURES-** Pg. 2

**MEMBERSHIP-** Pg. 3

**FACILITY INFO-** Pg. 4

**CONTENTS-** Pg. 4

**SPECIAL EVENTS-** Pg. 5: September Sale & Golf Outing. Pg. 6: Family Fall Festival & Turkey Trot. Pg.8: CPR Classes.

**SPECIAL INFO-** Pg. 7: Annual Campaign. Pg. 8: Letter from Lucas & Business Spotlight.

**AQUATICS-** Pg. 9: Pool Info & Group Swim Lessons Pg. 10: 100 Mile Swim Club, Swim Team, Private Swim Lessons, Swim Evaluations, & Swim Academy.

**CHILD CARE-** Pg. 11

**FITNESS & WELLNESS-** Pg. 12: Personal Training Pg. 13 & 14: Group Fitness.

**ADULT SPORTS-** Pg. 15: Coed Volleyball & Fall Flag Football. Pg. 16: Gymnastics & Pickleball.

**YOUTH PROGRAMS-** Pg. 17: Lil' Pro Football, Lil' Pro Ninja, Dance, & Gymnastics. Pg. 18: Basketball, Soccer, & Flag Football.

**MARK YOUR CALENDAR-** Back Cover

## September Sale

Are you ready to fall back into good routines? We've got you covered! During each day in September the price of your first month of membership will be the date. That means if you sign up for a membership on September 1, you only pay \$1! The earlier that you come in to sign up, the better your deal. Make sure you get in early to get the best price and then you will have our membership pricing for all of our great fall programs for adults and kids. You also get a free personal training consultation when you sign up for your membership! What a steal!

September 1 First Month <b>\$1</b>	September 2 First Month <b>\$2</b>	September 3 First Month <b>\$3</b>	September 4 First Month <b>\$4</b>	September 5 First Month <b>\$5</b> <small>And so on...</small>
--	--	--	--	--

## Golf Outing

Join us for our 11th Annual Newton YMCA Golf Fundraiser at Westwood Golf Course on Thursday, September 17 at 12 p.m., sponsored by Clemon-Maki and West Bend Insurance. All proceeds go towards supporting your Newton YMCA. The format will be a four-person best-ball with a shotgun start, starting at 1 p.m. Lunch will be served beforehand at 12 p.m. We will have hole and flight prizes, including a FREE CAR!

The tournament fee is \$50 per player. Your tournament fee covers your lunch and cart. If you are interested in being a hole sponsor you get a free foursome, your business sign at the hole, and recognition through social media for \$500.

We will have fun games going on at registration and at some holes like 50/50 raffle, a wager hole, black jack, and many more!

Register with ease at <https://newton-ymca-golf-fundraiser.perfectgolfevent.com/>

In need of more information or have questions? Contact our Marketing & Special Events Director, Miranda Caldwell, at [miranda.caldwell@newtonymca.org](mailto:miranda.caldwell@newtonymca.org) or 641-792-4006



## Family Fall Festival

We are getting ready to have a fun and safe Family Fall Festival during this COVID-19 time. While this year it will look a little different than before, we are working hard to make sure that this event still happens this year.

Our vision is to do a "drive through" trunk or treating experience through Maytag Park. We will be having this at the end of October, with a specific date to be released soon. We look forward to trying to make this year as fun as every year!

Sponsored in part by the Allen Family &



## Turkey Trot

Start training for one of our favorite traditions - our 9th annual 5K Turkey Trot! This is a fun race to do with the whole family! Bring strollers, or have the kids enter in our children's category. Prizes, snacks, and a T-Shirt are all included in your registration! Please bring non-perishable food items to go with our annual holiday food drive.

Packet pickup will be Friday, November 20 from 4 p.m. - 9 p.m. and Saturday November 21 from 7:30 a.m. until the race starts at 8:30 a.m. This run is open to anyone and everyone! Runners under the age of 14 must run with an adult over the age of 18. The race location is still TBD, but the price will be \$30 for Y Members and \$35 for Community Members with kids under 14 free with an adult.

\*Register by November 6 to be guaranteed a T-shirt.

Register at: <https://www.raceentry.com/races/newton-ymca-turkey-trot-/2020/register>

Questions? Contact Miranda Caldwell at [miranda.caldwell@newtonymca.org](mailto:miranda.caldwell@newtonymca.org) or 641-792-4006



### Annual Campaign

September is the kick off to our Annual Campaign season. When you give to your Newton YMCA, you continue to strengthen your community and move us all forward. As Jasper County's leading non-profit 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 during this COVID crisis, when blood supply is at it's most needed, 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 men how to be safe around water to help stop the drowning crisis in America.



**Without donations like yours, none of these things would be possible. Thank you!**

### CPR Classes

Don't be unprepared when it counts! Whether you want to get certified to boost your resume or be prepared for any situation, register for our CPR classes today! Here is all of the information that you need to know!

Saturday, September 12: 9 a.m. - 1 p.m.

Sunday, September 20: 12 p.m. - 4 p.m.

Saturday, September 26: 9 a.m. - 1 p.m.

The fee for this class is \$35 for Y Members and \$55 for Community Members.

### A Letter From Lucas....

Hello YMCA and Community Members,

2020 has been a long and rough road for all of us. My heart breaks when I think of all the devastation it has brought to our community and to our country, but it rebuilds when I see the resilience of our community members helping each other through this hardship. The Newton YMCA has done it's best to provide opportunities for uplifting moments in our community, like the blood drive and the food drive we held this Summer. We are striving to continue our servant heart mentality by allowing any of our Alliant energy heroes to shower for free through the Derecho debris clean up and power restoration. We are here for each and every one of our community members and we hope that you can see that. As we turn to the Annual Campaign season (September through December), I want to encourage all of you to donate to the YMCA this year, as we too have seen hardship financially. Whether it be a \$1, \$5, or \$5000, we are grateful for your love and support. I leave with a quote from Acts 20:35, "It is more blessed to give than to receive."



*Lucas Hughes*

CEO

Newton YMCA



### Business Partner Spotlight



Over 70 Years of Combined Experience

Warnick & Reeves Mechanical, in Newton, Iowa, is the area's leading plumber and HVAC contractor serving Newton, Baxter, Grinnell and surrounding areas since 1974. With over 70 years of combined experience, we specialize in heating and cooling, geothermal, plumbing, sewer services, drainage and more. We are also available 24/7! For all your plumbing and HVAC needs, contact Warnick & Reeves Mechanical in Newton!

### 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, Nick Shelton, at [nick.shelton@newtonymca.org](mailto:nick.shelton@newtonymca.org) or 641-792-4006

### Group Swim Lessons



Have you noticed the changes that we made to our swim lesson program to better serve your child? Below is a breakdown of each level of training and the different groups within:

**Swim Starters:** Accompanied by a parent, infants and toddlers learn to be comfortable in water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. These lessons are for children ages 6 months - 3 years old. The fees are \$20 Y Members/ \$35 Community Members.

-A/Water Discovery: Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

-B/Water Exploration: In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

**Swim Basics:** 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. These lessons are for children ages 3 - 14 years old. The fees are \$60 for Y Members/\$90 for Community Members.

-1/Water Acclimation: 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.

-2/Water Movement: In stage 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.

3/Water Stamina: 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.

-4/Stroke Introduction: Students in stage 4 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.

Sessions will run August 24 - September 22 (No lessons on September 7, due to Labor Day and September 15, due to AquaGirls Swim Meet), October 5 - October 30, November 9 - December 4 (No lessons on November 26 due to Thanksgiving).

### 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 2020 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 a brand new season for your swimmer's skills to improve while competing against surrounding teams! More information and registration will be released in early September.  
Practices Begin: Monday, Oct. 5, 2020



### Private Swim Lesson Information

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 or reach out to Nick Shelton at [nick.shelton@newtonymca.org](mailto:nick.shelton@newtonymca.org)

### 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 and evaluate their swimming skills. After the evaluation, the instructor will recommend what class to sign them up for. Evaluation schedule is as follows:

September 28 - 5:30 p.m. - 7:15 p.m.

September 30 - 5:30 p.m. - 7:15 p.m.

October 1 - 5:30 p.m. - 7:15 p.m.

If you are unable to make any of the above times, please reach out to Aquatics and Wellness Director, Nick Shelton, to schedule an evaluation time.

### Swim Academy

Get your child ready to join the swim team by signing them up for the new Swim Academy! In this program, participants will work on their endurance and stroke development.

Requirements: Passed the deep end test (swim 25 meters and tread water for 1 minute) and has knowledge of all 4 race strokes (freestyle, backstroke, breaststroke, and butterfly).

Age: Children over 5

When: Wednesday nights 5:30 p.m. - 6:15 p.m. for six weeks

Session 1: August 26 - September 30

Where: Newton YMCA Pool

Y Members: \$75

Community Members: \$100

**Member Benefit**

**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.

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. Please call today, (641) 792-7021.

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.



**Personal Training**

Personal Training at the YMCA is all about YOU! Your personal trainer will help you achieve your wellness goals in a program that is geared toward your needs. Our certified trainers will assist you in delivering the results you are looking for. Stop by today for pricing and to see how we can get you closer to your fitness goals!

We also offer Cybex orientations to all new members for free! This is a one hour walk through of how to properly use all of our Cybex machines in the cardio and strength area. If you haven't had a Cybex orientation before, stop by the Welcome Center to get your name down to have one scheduled.

**JULIE**



**NICK**



**RICH**



**DROP THE QUARANTINE FIFTEEN!**

COVID-19 might be all over the news, but it doesn't have to be on the scale! Shed those extra pounds with FREE Personal Training sessions! Through the month of August, you can get a FREE session for every 5 sessions you purchase.

- Buy 5 sessions, get 1 FREE! (save \$30)**
- Buy 10 sessions, get 2 FREE! (save \$50)**
- Buy 15 sessions, get 3 FREE! (save \$69)**
- Buy 20 sessions, get 4 FREE! (save \$90)**

## Group Fitness

### Fitness Classes

- Members and guests 14 years and older may participate in any Group Fitness Class.
- Youth 9 and older may participate in the Group Fitness Class if they are fully participating in the class and under direct supervision of an adult (18 or older).

Whether your goal is to lose weight, improve health, release stress, or to meet like-minded people, we have a class for you! A wide variety of classes including strength, cardio, cycle, yoga, senior chair, aqua fitness, and more! Contact our Aquatics and Wellness Director, Nick Shelton, at 641-792-4006 or [nick.shelton@newtonymca.org](mailto:nick.shelton@newtonymca.org) for help on finding a class that fits you!

**AQUA FIT:** A class for everyone! This shallow water, medium intensity workout will leave you feeling refreshed! Each class will include exercises in cardio, strength training and balance. You will have a safe, effective and fun workout while taking it easy on your joints, ligaments and tendons. Getting FIT never felt so good!

**ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP):** Fun and easy exercises in water to increase or maintain range of motion and flexibility while promoting joint protection.

**BODY SCULPT:** Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, body sculpt focuses on overall strength, stabilization, and flexibility.

**BODY PUMP:** Anyone looking to get lean, toned, and fit FAST, this is for you. Using light to moderate weights with lots of repetition, BODYPUMP gives you total body workout. Instructors will coach you through the moves and technique pumping out encouragement, motivation, and great music.

**BOOT CAMP:** Early morning High Intensity Interval Training class. This class focuses on getting the heartrate up and keeping it up!

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

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

**CXWORX:** A short, 30-minute class from Les Mills that will challenge your core! Tighten, tone, and strengthen your core in a new, fresh, and intense class!

**DEEP WATER:** A deep-water class ideal for aerobic and muscle conditioning. Water belts and floatation devices such as barbells and noodles are used to provide a great workout with no impact. Shallow water exercise may be incorporated into this class at the instructor's discretion.

**Full Body Fit:** A class that incorporates getting your whole body moving! This fun, high intensity class incorporates aspects of strength and cardio that will be sure to get your heart pumping.

**My Body My Machine:** A high intensity body weight class that focus on strength and cardio.

**PiYo@:** Feel the combined effects of Yoga and Pilates. This class incorporates traditional yoga poses while adding in elements of Pilates to improve endurance, flexibility, body awareness, and coordination.

**Rollga:** A class to help stretch, strengthen, and increase flexibility!

**SHALLOW H2O:** Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels. You get a great workout without the impact of the land aerobics.

**WATER WELLNESS:** An aqua class designed to improve flexibility while getting your heart rate up! Each class includes cardio, strength training, and balance.

**YOGA:** Experience the mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Focus on strength, flexibility, and posture.





## Coed Volleyball

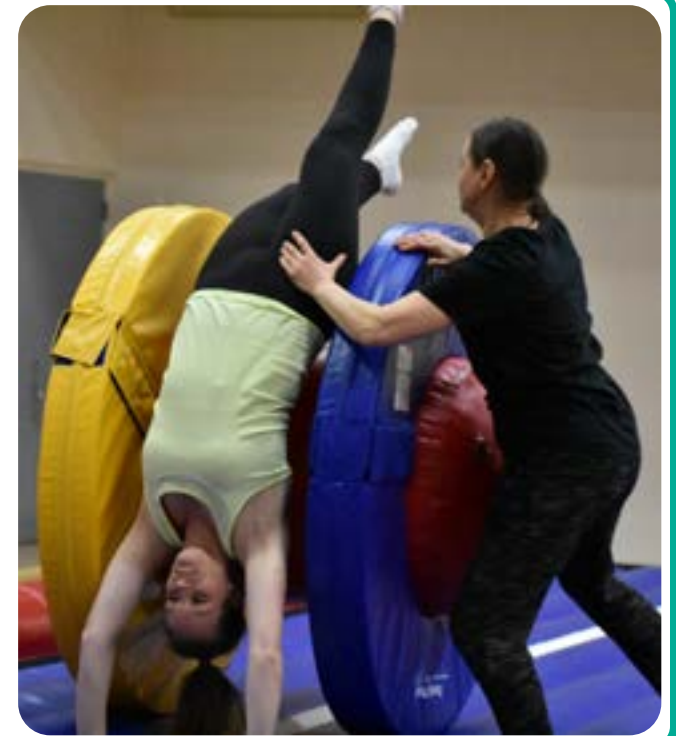
Get back in the game with our Adult Coed Volleyball League! Teams are comprised of a minimum of 6 players, but no more than 9 players, and must be co-ed. We encourage teams to register as a team. If you are interested in playing and do not have a team, please contact our Youth & Adult Sports Director, Scott Taylor, at [scott.taylor@newtonymca.org](mailto:scott.taylor@newtonymca.org) or 641-792-4006.

This league is for men and women in 9th grade or older. The deadline for registration is October 6, with games being Tuesdays starting October 13 - December 8 (plus a tournament). The fee will be \$125 as a team. There will be no refs, so you will have to make your own calls.



## Gymnastics

We are excited to offer this NEW program as another fun way for adults to explore different ways of being active in their life! Our Adult Gymnastics classes are for men and women of any age looking to get fit, build skills, and have fun. Classes always begin with stretching, proper posture, technique, and enhancing balance. Adults will improve their strength, flexibility, and body awareness; as well as master fundamental skills. New skills can be taught with confidence using our new Air Trac, soft air mattress. This class is for anyone 14 years and older and will be Fridays from 7 p.m. - 8 p.m., session one running from September 18 - October 9 and session two running from October 23 - November 13. The price is \$28 for Y Members and \$56 for Community Members.



## Fall Flag Football

Join us for our fall flag football for adults! Take your love of football out onto the field in this competitive and fun league. Players put together their own team comprised of at least 6 and no more than 8 players. If you are a team of only 5 or 6 players and you would like to pick up one or two more, you can contact the Y and see if there are any free agents that need to be signed. If you do not have your own team, sign up as a free agent and we will find you one. Our Youth & Adult Sports Director, Scott Taylor, will have final say on team rosters. Our games are 5-on-5 on a 60-yard field with two 7-yard end zones.



This league is for anyone in 9th grade and older and will be \$27 for Y Members and \$54 for Community Members. The deadline to register is September 19 with games being played Thursday evenings starting October 1 at Woodland Park.

## Pickleball

Pickleball is a paddle ball sport (similar to a racket 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. We have a Tuesday and Thursday time of 8 a.m. - 10 a.m. that is open to anyone seasoned or new. We have a newer group that is running on Sundays from 1 p.m. - 3 p.m., through November 1, that is open to all skill levels, but there are a few more advanced players in this group. If you are interested in joining a Pickleball League, please contact our Youth & Adult Sports Director, Scott Taylor, at [scott.taylor@newtonymca.org](mailto:scott.taylor@newtonymca.org) or 641-792-4006.



**Lil Pro Football**

Little moments bring big magic in our Lil' Pro Football program! Children ages 3 - 5 years old will work on the basic motor skills needed to play flag football. Skills are taught in a positive and encouraging manner. We work to make ensure that your child will have so much fun! This program will run Mondays from 6 p.m. - 6:45 p.m. September 14 through October 5. The fee will be \$26 for Y Members and \$46 for Community Members.



**Gymnastics**

Our fall session of gymnastics is back with our great instructors, Olga and Olivia! Below are all of the class days and times available! The fall session will run from Sept. 17 - Nov. 20. The last day for Early Bird pricing is Sept. 10!

**Thursdays - 9/17**

**Tumbling Tots: Ages 3-4, 4 PM - 4:30 PM**  
 Early Bird:\$70 Y Members/\$135 Community Members  
 Sept. 11:\$80 Y Members/\$145 Community Members  
**Level 1: Ages 4-5, 4:45 PM - 5:45 PM**  
 Early Bird:\$84 Y Members/\$168 Community Members  
 Sept. 11:\$94 Y Members/\$178 Community Members  
**Level 2: Ages 6-7, 5:45 PM - 6:45 PM**  
 Early Bird:\$84 Y Members/\$168 Community Members  
 Sept. 11:\$94 Y Members/\$178 Community Members  
**Level 3: Ages 8+, 6:45 PM - 8 PM**  
 Early Bird:\$93 Y Member/\$186 Community Member  
 Sept. 11:\$103 Y Member/\$190 Community Member

**Fridays - 9/18**

**Parent & Me: Ages 2-3, 4 PM - 4:30 PM**  
 Early Bird:\$65 Y Member/\$130 Community Member  
 Sept. 11:\$75 Y Member/\$140 Community Member  
**Level 1: Ages 4-5, 4:30 PM - 5:30 PM**  
 Early Bird:\$84 Y Member/\$168 Community Member  
 Sept. 11:\$94 Y Member/\$178 Community Member  
**Level 2: Ages 6-7, 5:45 PM - 6:45 PM**  
 Early Bird:\$84 Y Member/\$168 Community Member  
 Sept. 11:\$94 Y Member/\$178 Community Member

**Saturdays - 9/19**

**Advanced Level 1: Ages 4-5, 9 AM - 10 AM**  
 Early Bird:\$84 Y Members/\$168 Community Members  
 Sept. 11:\$94 Y Members/\$178 Community Members  
**Boys Tumbling: Ages 7+, 10 AM - 11 AM**  
 \*Session Oct. 31 - Nov. 21\*  
 \$28 Y Members/\$56 Community Members



**Dance**

Our dance program is designed to introduce children to dance. This class will develop a child's coordination as well as an understanding of dance concepts. Children will begin to use dance as a creative means of self-expression. Children will improve their motor skills and learn basic ballet positions. This program is designed for children 3-5 years old. It will run from Sept. 8 - Oct. 6, Tuesday evenings with Wee Dance 1 from 5 PM-5:30 PM and Wee Dance 2 from 5:30 PM-6 PM. To be in Wee Dance 2 you have to have permission from the instructor. The fee will be \$55 for Y Members and \$90 for Community Members.



**Lil' Pro Ninja**

Lil' Pro Ninja Warrior training is a fun way to stay active. This program is a combination of gymnastics, martial arts, obstacle training and freestyle movement. This program is for children ages 4-5 and will be held Saturdays from 11:15 AM - 12 PM from Oct. 31 - Nov. 21. The fee will be \$26 for Y Members and \$48 for Community Members.



**Fall Basketball**

We are happy to have our fall basketball program back! In this league we will have a 2nd & 3rd grade division and a 4th - 6th grade division for boys and girls. The deadline for registration will be Oct. 18, practices start the week of Oct. 26, and games will be Sunday afternoons Nov. 8 - Dec. 20. The fee will be \$28 for Y Members and \$46 for Community Members.

Questions? Contact Scott Taylor at scott.taylor@newtonymca.org or 641-792-4006



**Soccer**

Fall Outdoor Soccer League will be for kids age 3 years old - 12 years old. With this program there will be one weeknight practice and Saturday games. Practices start the week of Sept. 8 with games running from Sept. 19 - Oct. 17. The fee before Aug. 28 is \$28 for Y Members and \$42 for Community Members, starting Aug. 28 is \$44 for Y Members and \$58 for Community Members.



**Flag Football**

Fall Outdoor Flag Football League will be for kids in grades Kindergarten - 6th. With this program there will be one weeknight practice and Saturday games. Practices start the week of Sept. 8 with games running from Sept. 19 - Oct. 17. The fee before Aug. 28 is \$28 for Y Members and \$42 for Community Members, starting Aug. 28 is \$44 for Y Members and \$58 for Community Members.



## MARK YOUR CALENDAR

Event Name	Event Date	Event Time	Event Location
Swim Lessons Start	Aug. 24	Dependant on Class	YMCA Pool
Swim Academy Starts	Aug. 26	5:30 p.m. - 6:15 p.m.	YMCA Pool
Last Day of Early Bird Pricing for Soccer and Flag Football	Aug. 27	All Day	YMCA
Last Day of Personal Training Sale	Aug. 31	All Day	YMCA
Membership Sale Starts	Sept. 1	All Month	YMCA
Labor Day	Sept. 7	Closed	YMCA
Dance Starts	Sept. 8	Dependant on Class	YMCA Wellness Studio
Practices Start for Soccer and Flag Football	Week of Sept. 8	Dependant on Coach	YMCA Fields
CPR Class	Sept. 12	9 a.m. - 1 p.m.	YMCA Conference Room
Annual Campaign Starts	Sept. 14	Until the end of the year	YMCA
Lil' Pro Football Starts	Sept. 14	6 p.m. - 6:45 p.m.	YMCA Fields
Golf Outing	Sept. 17	12 p.m.	Westwood Golf Course
Gymnastics Starts	Sept. 17	Dependant on Class	YMCA Gym
Adult Gymnastics Starts	Sept. 18	7 p.m. - 8 p.m.	YMCA Gym
Deadline for Adult Flag Football Registration	Sept. 19	All Day	YMCA
CPR Class	Sept. 20	12 p.m. - 4 p.m.	YMCA Conference Room
CPR Class	Sept. 26	9 a.m. - 1 p.m.	YMCA Conference Room
Swim Evaluations	Sept. 28	5:30 p.m. - 7:15 p.m.	YMCA Pool
Swim Evaluations	Sept. 30	5:30 p.m. - 7:15 p.m.	YMCA Pool
Swim Evaluations	Oct. 1	5:30 p.m. - 7:15 p.m.	YMCA Pool
Adult Flag Football Games Start	Oct. 1	Dependant on Team	Woodland Park
Swim Lessons Start	Oct. 5	Dependant on Class	YMCA Pool
Swim Team Starts	Oct. 5	Dependant on Age	YMCA Pool
Deadline for Volleyball Registration	Oct. 6	All Day	YMCA
Volleyball Starts	Oct. 13	Dependant on Team	YMCA Small Gym
Deadline for Youth Basketball	Oct. 18	All Day	YMCA
Adult Gymnastics Starts	Oct. 23	7 p.m. - 8 p.m.	YMCA Gym
Youth Basketball Starts	Oct. 26	Dependant on Team	YMCA Gym
Lil' Pro Ninja Starts	Oct. 31	11:15 a.m. - 12 p.m.	YMCA Gym
Family Fall Festival	TBD	TBD	Maytag Park
Swim Lessons Start	Nov. 9	Dependant on Class	YMCA Pool
Turkey Trot	Nov. 21	8:30 a.m.	TBD
Thanksgiving	Nov. 26	Closed	YMCA