



SPRING IN YOUR STEP

SPRING 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

**Hours may vary during the summer months*

CHILD WATCH HOURS

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

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

YMCA MOBILE APP



Membership information straight on your mobile device. Use it to keep up to date with the center, register for programs and see fitness schedules

DAXKO MOBILE APP

- Facility Announcements
- Fitness Schedules
- Program Schedules
- Program Registrations
- Member Card Scanner

OUR AREAS OF FOCUS

We believe that to bring meaningful change in individuals and communities, we must be focused and accountable. At the Y, we measure the success of our cause by how we engage communities in our three areas of focus:

YOUTH DEVELOPMENT, HEALTHY LIVING, & SOCIAL RESPONSIBILITY.

BUSINESS PARTNER SPOTLIGHT



Monsignor McCann Community Fund is an organization established as a nonprofit corporation focused in providing funding to organizations performing charitable work and/or serving the needs of poor and disadvantaged persons in

Jasper County, Iowa. The organization was created under the direction of Sacred Heart Catholic Church, located in Newton, Iowa, and is affiliated with the parish. The initial funding of the organization will consist of cash sale proceeds from McCann Village Corporation's sale of the McCann Village apartment complex.

Monsignor McCann Community Fund's generous donation has allowed us to offer Spring Youth Soccer for FREE to the community members of Newton. This gift allows for over 300 children to participate in a program, socialize with teammates and learn the game of soccer. Visit their webpage: <https://www.mmcfund.org/>

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

A LETTER FROM LUCAS

Hello YMCA Family,

I have never been more excited to hear that a groundhog has seen its shadow! Although the winter was mild, the past two years have made this winter dreary and drawn-out, and I am ready for some sun rays and longer days. The YMCA and its staff look forward to the providing some exciting programs and events this Spring as it kicks off with our free community wide soccer league, thanks to our partners at Monsignor McCann Community Fund. That league will be followed up with another free event for our youth called Healthy Kid's Day on April 30. This is where over 200 children get to experience fun ways to keep healthy habits provided by your Y and local vendors. Our facility will be experiencing some new changes, as well. The newly installed solar panels will be in full use this March, and the Y will have a completely remodeled childcare kitchen for the children at our Early Learning Center. We are thrilled with the tremendous amount of support we have seen over the past few years from our members, and we hope to have your continued support moving into Spring. If you have a friend, family member, or a loved one – Invite them to the Y! Our staff loves seeing and meeting new faces throughout the community. If you can donate to the Y – Do so! We are always accepting gifts throughout the year to help provide the best quality programs for our youth and adults. We thank you and we look forward to seeing you soon.

Thank you again and God Bless

STAFF UPDATES

You may have seen many new faces within the Newton YMCA over the past six months! As an organization we are always investing in people who choose to invest in our members and our community. New faces mean new ideas, new passion, and new connections that our members can take advantage of. Welcome to all our new staff, if you see them during your visit, be sure to tell them hi.

MEMBERSHIP DIRECTOR
Austin Rushford



FITNESS DIRECTOR
Alvaro Alvarez



CHILD CARE DIRECTOR
Serenity Bookout



MARKETING DIRECTOR
Deb Greif



Front Desk Staff

Annabelle Bartell
Carol Reeder
Katie Suttek
Kael Swarts
Chantelle Smith
Terri Hernandez
Jamie Lamb

Fitness Staff

Christine Wendel
Debra Kelly

Maintenance Staff

Jason Coleman

Child Care Staff

Catherine McCollum
Marybeth Walter
Linsey Roberts
Zeola Hesse
Jocelyn Osborn
Jimena Aguilar
Layla Baldwin
Hayley Musick

Aquatics Staff

Denise Doucette
Grace Glass
Ashley Robbins
Maggie Williams

BUILDING UPDATES

SOLAR PANEL INSTALLATION – This Winter the Newton YMCA installed approximately 550 solar panels across the roof line of the center. The panels are all set up and ready to go, we are just waiting on the go ahead to get them switched on and working to give us renewable energy. The installation will allow the center to produce roughly 36% of its electricity needed to run the facility.



KITCHEN REMODEL – Work is in progress on the extension for the Early Learning Center kitchen. The fire wall has been installed, dividing the kitchen and the infant room, painting is almost complete, and appliances are in the process of being moved over. Part of the remodel will include a new office and training area for the kitchen staff.

CHILD CARE BATHROOM REMODEL – Work is complete on the bathroom located in the 3's childcare room on the lower level of the center. This project included the removal of the full-size toilets, and the installment of child size toilets and new floor tile throughout the bathroom. The smaller sized toilets make it much easier for the children in that room to use the restroom independently.

FUTURE BUILDING PROJECTS TO WATCH FOR:

- New faucets in the men's & women's locker rooms
- New sound system throughout the cardio equipment, weight room and Welcome Center
- Extension of the ELC into the current seating area of the welcome Center

HEALTHY KIDS DAY



THEN

the **Y**

HEALTHY KIDS DAY®

SATURDAY, APRIL 30

For 30 years, Healthy Kids Day has been where fun and play become lifelong memories. Join us April 30 for a day of healthy, fun activities that celebrate kids being kids!

NEWTON YMCA
1701 S 8TH Ave E
Newton, IA 50208
641-792-4006
<https://www.newtonymca.org>

FREE
& Open to the Public!

National Sponsor **Howard Johnson** BY WHORHAM Local Sponsors **Walmart**

Learn more ymca.org/hkd

30 Years of Celebrating Healthy Kids

NOW

SAVE THE DATE!

Healthy Kids Day provides all the ingredients for developing healthy, resilient kids. Join the Y for a day full of fun activities that celebrate kids being kids!

April 30

10:00am-12:00pm

Family friendly activities

Come out to the Newton YMCA for fun activities, vendors, and a great opportunity to learn more about living healthy lifestyles



HEALTH & WELLNESS

CARDIO CHALLENGE

NEW YEAR'S CARDIO CHALLENGE SUCCESS!

In January, we had our New Year's Fitness Challenge. It was a cardio challenge where members could earn prizes by accumulating minutes doing any kind of cardio workout or by attending some of our fitness classes. We received a great amount of positive feedback about the challenge, mainly about how it helped participants hold themselves accountable to come to the YMCA and work out. Therefore, we are already planning on launching another session of this challenge with more and better prizes! Keep up with us on social media to not miss out on it!

PERSONAL TRAINING

Nothing should stand between you and your health. The YMCA Nationally Certified Personal Trainers will help you achieve your health and fitness goals by offering:

- Personalized Program Tailored to YOU
- One-on-One Attention
- Motivation and Accountability



INDIVIDUAL TRAINING	PRICE
1 SESSION	\$50
5 SESSIONS	\$165
10 SESSIONS	\$275
15 SESSIONS	\$385
20 SESSIONS	\$495

GROUP TRAINING	PRICE (PER PERSON)
1 SESSION	\$35
5 SESSIONS	\$125
10 SESSIONS	\$195
15 SESSIONS	\$270
20 SESSIONS	\$350

WOMEN ON WEIGHTS

Women on Weights is back! Women on weights is a program offered only for women who are 14 years old or older. This program teaches the fundamentals of free weight training in the weight-room and free weight area in the Wellness Center.

A Certified Personal Trainer instructs the participants on proper form, technique, and a variety of lifts for each muscle group. This 6-week program helps participants become more comfortable and confident when training with free weights.

Our goal is to help you build a base of knowledge so you can continue training and achieve your fitness goals.

FITNESS CLASSES

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!

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 hardworking lifestyle!

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.

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!

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.

SPIN & WEIGHTS:

A strength and conditioning class that will have you breathing heavy. Expect a mix of weights and spinning and a lot of energy that will help you push through the workout.

STEP N SCULPT:

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

STEP STRENGTH:

Work on your cardio like you would on a Step Aerobics class and add some weights to strengthen your muscles at the same time.

YOGA:

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.

FITNESS DIRECTOR: Alvaro Alvarez | alvaro.alvarez@newtonymca.org | 641-792-4006

YOUTH SPORTS

GYMNASTICS



**Gymnastics
Spring 2022**

Register by March 14

March 17 - May 19

Classes offered include Tots, Level I, Level II & Level III
Instructor: Olgar Baldwin

INDOOR T-BALL SKILLS

INDOOR T-BALL SKILLS

The basics of base running, fielding, and hitting off a batting tee will be covered

WHO: Ages 4-7

WHERE: Newton YMCA Gyms

WHEN: Wednesday,
March 30 - April 27
6:00-6:45pm

FEE: Y Member \$28
Non-Member \$48



Scott Taylor:
scott.taylor@newtonymca.org
641-792-4006

FLAG FOOTBALL

**Spring
Outdoor
Youth Flag
Football**

New 5v5 Format

Practices Start March 28
Games end May 21
Kindergarten - 6th Grade
REG DEADLINE: MARCH 17
Early bird discount ends March 4

CAPTURE THE FLAG



SPRING SOCCER

FREE SPRING SOCCER



Free of Charge - Thanks to Monsignor McCann
Community Fund



NEWTON YMCA

AGES 3-14

**MARCH 28 -
MAY 21**

Registration Deadline:
March 4

Register at newtonymca.org





ADULT SPORTS

PICKLEBALL FESTIVAL



The Newton Festival 2022 Pickleball Tournament is back this year! Hosted at Aurora Heights Park, in Newton, on June 11th & 12th.

Participants will get to join in for the pickleball tournament and compete for winners medals. The event will provide a sandwich and a drink to the players.

Fee: \$40.00 per team

Registration Deadline: June 4, 2022

SAND VOLLEYBALL

Summer Days Are COMING! Adult Sand Volleyball League will start up in June, with registration opens in April. Registration for all programs is available online, at our Welcome Center or on the Daxko App.

Registration Opens: April 15, 2022

PROGRAMS DIRECTOR:
Scott Taylor
scott.taylor@newtonymca.org
641-792-4006





AQUATICS

SAFETY AROUND WATER (SAW)

Being safe around water is an essential skill for any child or adult to have! The YMCA along with the Newton School District and Newton Christian School, have come together to offer a Safety Around Water (SAW) program. This program is offered to all second-grade children in the Newton community for FREE, including transportation to and from the Newton YMCA!

By offering this program, we have hopes that it will reduce the risk of drownings, develop a strong sense of accomplishment, overcome fear of water, understand safety around water, and develop a skill set that can be enjoyed the rest of their lives



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 at the Welcome Center for a private swim request form.

100 MILE SWIM CLUB

The 100 Mile Swim Club for 2022 has already begun but there is still time to join! The goal for the club is to be able to swim 100 miles by the end of the year. Participants must be 16 or older to join the program. \$10 to join, miles are tracked in the swim binder.

Those who achieve 100 miles, during the 2022 year, will get a t-shirt and will be invited to 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!



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

BECOME A LIFEGUARD



Lifeguard courses are instructed by certified lifeguards and are available for members and non-members who are 15 years of age and older

Lifeguard Course

March 11th to the 13th

Friday, 5:00pm to 9:00pm

Saturday & Sunday, 8:00am to 5:00pm

Lifeguard Course

April 22nd to the 24th

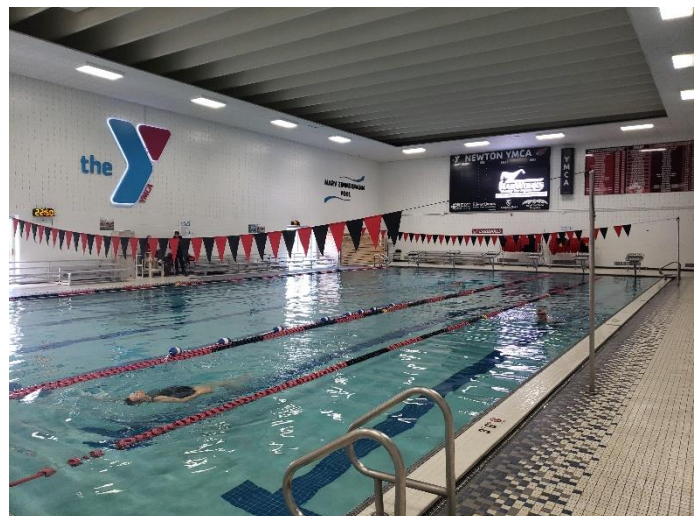
Friday, 5:00pm to 9:00pm

Saturday & Sunday, 8:00am to 5:00pm

GROUP SWIM LESSONS

Group swim lesson sessions are held throughout the year. Our Spring session has just started at the end of February. Watch out for our spring/summer swim sessions coming soon. These will be posted on our website, social media and on the Daxko app.

AQUATICS DIRECTOR: Malachi Jenkins
malachi.jenkins@newtonymca.org
641-792-4006



CHILD CARE



EARLY LEARNING CENTER

With so many demands on today's families and the increased focus on early learning 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 are 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.

INFANT | 6 WEEKS – 12MONTHS

TODDLER | 1 - 2 YEARS OLD

2 YEAR OLDS

3 YEAR OLDS

PRE - K | 3 - 5 YEAR OLDS

SCHOOL AGE



PRESCHOOL



Our Early Learning center preschool enrollment is open for those needing care. Children must be four years old on or before September 15th, to be a part of the program. The class is taught by a teacher from the school district with help from certified teaching staff at the YMCA. A focus on small group and large group activities to build confident and capable learners.

CHILD WATCH

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

SUMMER CAMP



The poster features the Newton YMCA logo at the top left. The main title 'GREAT SUMMERS' is in large, bold, white letters, followed by 'START AT THE Y!' and 'YMCA Day Camp | 2022'. Below this, a paragraph reads: 'Summer is a time for kids to be kids. And Y day camp is the place to make every precious summer day a great one!'. On the right side, there are three circular images of children: a girl smiling, a boy with his hands up, and a boy wearing a face mask. Overlaid on these images are two teal circles with white text: 'RESERVE YOUR SPOT TODAY' and 'NOW ACCEPTING APPLICATIONS FOR THE Y & EMERSON HOUGH LOCATIONS'. At the bottom, a teal banner says 'For a better us. | [\[https://www.newtonymca.org\]](https://www.newtonymca.org)'.

the **NEWTON YMCA**

GREAT SUMMERS

START AT THE Y!

YMCA Day Camp | 2022

Summer is a time for kids to be kids. And Y day camp is the place to make every precious summer day a great one!

RESERVE YOUR SPOT TODAY

NOW ACCEPTING APPLICATIONS FOR THE Y & EMERSON HOUGH LOCATIONS

For a better us. | [\[https://www.newtonymca.org\]](https://www.newtonymca.org)

Enrollment for the YMCA Summer Camp is open! The YMCA has spaces available for the Y location and, newly added for this summer, Emerson Hough Elementary School location. Spaces fill up fast so the sooner you submit your application, the higher chance of claiming a spot.

Summer Camps are open to children from kindergarten thru 12th grade. The program will include fun activities, learning opportunities and engaging field trips.

Applications can be received from our Child Care Director

BEFORE & AFTER SCHOOL PROGRAM



The poster has a dark blue background with white stars and a planet. The text 'WHERE FUN AND LEARNING TAKE FLIGHT' is in large, bold, white letters. Below this, a white banner says 'BEFORE & AFTER SCHOOL CARE'.

WHERE FUN AND LEARNING TAKE FLIGHT

BEFORE & AFTER SCHOOL CARE

**HOMEWORK
& SKILL
BUILDING**

**PHYSICAL
ACTIVITY**
OUTDOOR/GYM TIME

SNACK

**CLUB
TIME**

The Newton YMCA Early Learning Center Before & After School is a full-time program for children in kindergarten through the age of 13.

Before School Hours: 6:00-8:00am

After School Hours: 1:00pm-6:00pm on Mondays, 3:00-6:00pm Tuesday-Friday

The Newton YMCA & the Newton Community School District have partnered together to provide before and after school care for area families during the school year at Emerson Hough Elementary School. Enrollment is now open for care starting in the Fall. The program includes transportation to and from the school. Weekly lesson plans of the activities that will be provided for the children and snacks provided for after school participants.

CHILD CARE DIRECTOR: Serenity Bookout
serenity.bookout@newtonymca.org | 641-792-7021

MEMBERSHIP INFORMATION



SAFETY POLICIES

- Children under the age of 9 must have direct supervision within the facility and on the 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 is available for children aged 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 always under direct supervision of an adult (18 or older) in the area.
- Children ages 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 POLICIES

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 belongings when you leave. The YMCA is not responsible for damaged, lost or stolen items in locker rooms or anywhere at the YMCA. Additionally, lockers may be rented in the men's and women's locker room 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 if they are exercising and not disturbing 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 years or older)

Members and guests are asked to wear eye protection and tennis shoes while using the area

SENIOR DAY THURSDAYS

Every Thursday, community members 62 and older have 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 to use by patrons. Please be sure to bring your own from home if planning on showering or swimming at the YMCA.

MEMBER RATES

MEMBER TYPE	DUES/MONTH	JOINERS FEE	ANNUAL	DAY PASS
Youth	\$25	\$18	\$288	\$6
Individuals 9-18 year of age				
College	\$29	\$30	\$336	\$8
Requires Registrar's letter of confirmation verifying full time status				
Adult	\$49	\$42	\$564	\$12
Individuals 19-61 years of age				
Family	\$70	\$60	\$792	\$20
1 or 2 adults with or without dependent child under the age of 23 residing in same household				
Senior Citizen	\$38	\$30	\$432	\$8
Individuals 62+				
Senior Couple	\$53	\$42	\$612	
Two adults residing in the same household with at least one individual 62+				
One Week Pass	\$25			
Temporary Month Pass	\$35			

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

-Paid annually by cash, check, or card.
-Pay monthly by automatic monthly bank draft.
-Bank draft occurs on the 1st of each month.

CORPORATE MEMBERSHIPS

Corporate Memberships are available to companies with employees of all sizes. This option allows for companies to contribute toward their employees' memberships as an added employee benefit. Employees only pay for employees who select to be involved in the program and the YMCA will match up to 10% of the employees' standard month

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 to stop their membership. A member must fill out the cancellation sheet prior to the 1st of the month 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.

MEMBERSHIP DIRECTOR: Austin Rushford | Austin.rushford@newtonymca.org | 641-792-4006

