



IT FEELS LIKE SUMMER



THE NEWTON Y



BUILDING HOURS

SUMMER FACILITY HOURS

MONDAY-FRIDAY | 5AM – 8PM

SATURDAY | 6AM – 4PM

SUNDAY | 1pm – 5pm

**Hours may adjust following 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

BUSINESS PARTNER SPOTLIGHT



MercyOne Newton Medical Center has been a proud sponsor of the Newton YMCA for many years. They continue to donate in contribution towards our summer activities, sports programs, and the free movies provided throughout the year.

MercyOne Newton participates in our Corporate Membership Program that allows their employees to receive discounted YMCA memberships. The partnership involves MercyOne contributing a percentage of the fees, the Newton Y matching up to a certain percentage and the employee paying the discounted rate with no Joiner's Fee. Their participation shows that MercyOne Newton cares about the health and wellbeing of their staff.

You may also see MercyOne present at our Y events, including hosting a booth at the Healthy Kids Day, Senior Health & Fitness Fair and handing out candy at the Fall Festival.

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

FREE MOVIE NIGHT

FREE Movie

**Tues & Thurs
June 14th & 16th
10:30 am**

Pick Up FREE Tickets
at Newton YMCA or
Capitol II Theatre

\$4 Special
16 oz pop
32 oz popcorn

Sponsored by
the
Capitol II Theatre

**HOTEL TRANSYLVANIA
TRANSFORMANIA**

A LETTER FROM LUCAS

Hello YMCA members,

I hope everyone is living their healthiest and happiest lifestyle as we approach the summer months. I encourage all of you to carve out some time to enjoy with your family and friends. These months are short and sweet, and if you blink, you just might miss them!

The Y team is being especially intentional with their Summertime. We have so much to be proud of! It starts off with adding an additional site to our summer camp program for school-aged children. This additional site will be at Emerson Hough Elementary, where the Y can serve 30 more children. We also have our 20, week-long, summer camps for all of those children who don't need full-day care. Our Penguin swimmers will be in and out of the pool competing along the way, and our adults will either be outside playing pickleball or staying busy in our outdoor group fitness classes! We hope to see you and your family continue your healthy choices by participating in our programs this Summer and wish you some lovely, warm summer days!

God Bless,

Lucas Hughes
CEO
Newton YMCA

MEET OUR BOARD

BOARD PRESIDENT: Joe DeHart



My family first moved to Newton when I was 5 years old and I graduated from Newton High School in 1983. I have taught at an alternative high school in Marshalltown, worked for the Iowa Department of Education in Des Moines, and DMACC in Ankeny prior to becoming the 4th Provost of the Newton Campus in 2017. Through all these jobs, Newton was my home base and I was more than happy to commute considering the quality of life Newton provided for me and my family. Though I grew up with the YMCA in Newton and remember the downtown location, it has been during the last 15-20 years when I realized how the Y serves as a nexus for all Newtonians. It not only provides programming for all ages to keep everyone fit and active. I have seen the Y be proactive in identifying needs and providing services that maintain and improve our quality of life. Whether it was meeting childcare needs, opening a teen center to give young people something to do, or conducting adaptive sports for people with mobility issues, the Y is a vibrant, creative, positive and generous force for good in our community. I am proud to be a member and volunteer in such an important organization.

STAFF UPDATES

New staff members that have joined our Y team in the last 3 months:

Nicole Baker, Kelsey Clark, Chantelle Smith, Mike Hoover, Lex Dirksen, Jon Brekenridge, Evan Marshall, Erica Bossard, Trinity Coley, Bailey Good, Estella Allen, Traci Vanderleest, Elizabeth Larscheid.

Jordan Pritchard is not new to the Y but will be standing in as Aquatics Director for the summer so you will likely see her around the Y a lot more!

BUILDING UPDATES



SOLAR PANELS – The solar panels are running, and we are saving energy! The image shows the production of the solar panels and how this energy converts into the environmental benefits. The app shows that to date we have saved the equivalent of 541 trees.

KITCHEN REMODEL – The remodel of our kitchen is almost complete. A new partition firewall has been added, the room has been painted, equipment added, and a new office/training room has been created for our staff to use. A new entrance into the kitchen staff office has also been added near the east childcare entrance.

DRINKING FOUNTAINS – You may have noticed out-of-order signs on a couple of the drinking fountains due to parts being broken. While there was a delay due to parts not being available, two of our drinking fountains have been replaced.

FUTURE BUILDING PROJECTS – A big project that you will begin to see take place, is the conversion of the lobby area, walled off to create another classroom for our childcare. Childcare is a great need for many right now, and this expansion will help us support the families who are currently on our waiting list and others who are in need at the toddler age group.

MEMBER SPOTLIGHT

Roberto Flores



Why did you become involved in the YMCA?

Because the YMCA has everything I need, like good equipment, and also has a friendly staff

What do you enjoy most at the Y?

I enjoy lifting every day and going to the sauna

What is something that motivates you?

Having a healthier lifestyle and, in the process, I want to compete on weight lifting competitions in the future

Tell us about your health/fitness/wellness journey?

I've been lifting since 2015 and didn't really look at my food portions and started getting bigger. In 2021 after I went to the doctor for a check up, I noticed I was at 325lbs, that's when I decided to start my journey of losing weight and being healthier. I met a nutritionist at work and she has been helping me to eat healthy. With her help I've been able to see results from when I started at 325lbs to now 250lbs. It has been a year so far and I enjoy going to the gym every day pushing myself to do weights, cardio and the sauna.



HEALTH & WELLNESS

WOMEN ON WEIGHTS



Women on Weights is back! Women on weights is a program offered only for women who are 14 years of age 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.

NEW CLASSES

The spring months saw the return of our spinning class back to the Newton Y with instructor, Deb Kelly. Plus, the addition of a new fitness class, **STRONG**, which combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

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 & 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	\$36
5 SESSIONS	\$138
10 SESSIONS	\$206
15 SESSIONS	\$275
20 SESSIONS	\$344

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



SPORTS PROGRAMS

SPRING RECAP



This spring, between spring soccer, football, gymnastics and tee ball we had over 550 children staying active!

The donations we have received from different organizations and the volunteer coaches who step up to coach the teams, allow for these programs to continue to be successful.

The spring soccer program also continued the tradition of competing in a U14 game against Grinnell Soccer, hosted at Ahrens Soccer Complex in Grinnell. This allows the players to experience a competitive game, with the excitement of playing against players they do not know.

SUMMER PROGRAMS

Keep your children entertained this summer by signing them up for summer activities!

The Newton Y has recruited experienced coaches to run multiple summer sports for different age groups. This coaching will provide your children with the opportunity to develop new skills and techniques during the camps they attend, so their time will be well spent.

Some camps are starting at the beginning of June, but others are still available for sign up in July & August. Sports include track camp, football fundamentals, volleyball, soccer, tennis, basketball and two sessions of gymnastics.

Sign up at newtonymca.org, by phone 641-792-4006 or in person at 1701 S 8th Ave E, Newton IA 50208



SUMMER SPORTS & ACTIVITIES

SUMMER KIDS EXPRESS

Summer Kids Express

COLFAX JUNE 27 – JUNE 30

PRAIRIE CITY JULY 18 – JULY 21

SULLY JULY 25 – JULY 28

NEWTON TBD

A FREE fun four-day program, for ages 6-12, that includes playground games, sports, arts & crafts, snacks and sno-cones!

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

NEWTON FEST

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



AQUATICS

NEW LOOK FOR GROUP LESSONS

Group swim lessons are popular throughout the year at the Newton Y. Our aquatics director and swim instructors have worked together to streamline and improve the structure of our swim lessons, to make them inclusive to all and to make sure everyone can benefit the most from the time and money spent on lessons.

BABY & ME: This class is designed for babies and toddlers between 0-24 months. The class is structured to get them comfortable with being in the water by incorporating fun activities to teach them the basic skills needed to be in and around the water.



MY KIDDO & ME: This swim level is available for children ages 3-14 who need a little extra support in the water from an adult. This may be children who are not comfortable in the water or those who have not had swim lessons before. The curriculum will include some basics from Baby & Me, combined with lessons that move them along to the level 1 curriculum, preparing them for the next swim sessions.

ASSESSMENT BASED LEVEL SWIM LESSONS: Level 1 through 5 swim lessons will continue to use the medal system that was previously in place. The change that has been made, is that parents will no longer register for a level, instead they will register for an assessment session. At this session the swimmers will be monitored and then placed in the most appropriate level of swim lesson. The assessment will be used to place swimmers in My Kiddo & Me through to the level 5 sessions, depending on the placement given to them by the swim instructors.

The above classes begin June 6 with the new formatting. This same format will be used in the fall swim lessons so watch out for those dates if the summer class dates don't work for you this time!

ADAPTIVE AQUATICS: A brand new element to our aquatics programming. Adaptive Aquatics lessons are for all ages and skill levels with intellectual or physical disabilities. These sessions are geared towards providing an experience that helps participants feel comfortable and engaged in the water. all while providing a fun and safe environment to learn in. Our facility has equipment available to help aid adults and children into the water and our swim instructors have years of experience, teaching people with intellectual and physical disabilities.

Adaptive Aquatics will begin July 9. Sessions are split up by adult & child and then by intellectual & physical disability. Any questions about this program can be directed to our Aquatics Director, Malachi Jenkins.

SPRING SAFETY AROUND WATER RECAP

In May we wrapped up our Safety Around Water program for 2022. The program had second grade children from the local elementary schools learn the appropriate ways to act around water, swim techniques and what to do if someone needs help in or around the water. The Y and Newton Community School District have recognized the need for such a program, and it showed during this session with a handful of children who had not be in a large body of water before entering our pool for the first time.

Children were divided into three groups, the turtles, the jellyfish, and the dolphin groups, based upon their experience with swimming. Each instructor, of the groups, had experience instructing in this program previously and followed a curriculum for all schools to maximize the time spent learning.

The SAW program is free to all second graders, who are transported to and from the schools to the Newton YMCA. The program is made possible by the support of the school district and the generous donations that are given specifically to ensure it can continue to run.



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 16 years and older
- Sauna and Steam Room users must be 18 years and older

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



CHILD CARE

EARLY LEARNING CENTER

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

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

INFANT | 6 WEEKS – 12MONTHS

TODDLER | 1 - 2 YEARS OLD

2 YEAR OLDS

3 YEAR OLDS

PRE - K | 3 - 5 YEAR OLDS

SCHOOL AGE



PRESCHOOL

The Newton Community School District Preschool provides all children with a safe and nurturing environment where they can explore their interests and abilities, developing their individual strengths. We believe children will develop confidence, independence, and a lifelong love for learning through quality experiences. Community resources are also a valuable component in promoting the development of our children. We welcome families and respect them as advocates and volunteers to enrich the partnership between home and school.



Who: Students who turn 4 on or before September 15, 2022
What: Preschool Program
Where: Newton YMCA
When: Newton Community School Year
Cost: No monthly tuition fee for the program as it is State funded



To enroll in the program you can pick up an application from the Newton YMCA welcome center or email Melinda Robertson at robertsonm@newtoncsd.org

BEFORE & AFTER SCHOOL PROGRAM



**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.

FOUR YEAR OLD SWIM CURRICULUM

A unique part of having the early learning center located inside the Newton YMCA, is that those who attend our daycare get to benefit from the use of our facilities, as they are integrated in the childcare curriculum. This includes the gymnasiums, racquetball courts and the swimming pool.

Our four-year-old room enjoys weekly swim lessons on Mondays with certified swim instructors. The swim lessons are all included in the fees that are paid for the year-round care.

Swim lessons are added to the curriculum because the ELC staff are aware that being safe around the water is a vital skill to have, just as much as what they learn in the classroom. To learn more about our childcare programs and curriculum, please reach out to our Childcare director.



CHILDCARE DIRECTOR: Serenity Bookout
serenity.bookout@newtonymca.org
641-792-4006



MEMBERSHIP INFORMATION

SILVER SNEAKER CHANGES

The Newton YMCA supports the Silver Sneakers program that enables adults, 65 and older, to receive a free YMCA membership, with an insurance company that participates in the program. July 1 will see some changes to coverage, with some adults becoming eligible and some insurance companies choosing to no longer participate in the program.

For those whose insurance will no longer support the program, the Newton YMCA will **waive the JOINERS FEE** for members who wish to continue their membership with us. Simply visit the welcome center staff and add a payment method that you would like the monthly charge to be placed on, and then you are good to continue using the Y.

DOLLAR 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**

TAKE ON SUMMER College Membership Special

\$29/month
No Joiner's Fee
Cancel Anytime

Those who are back from College can enjoy a YMCA Membership with no joiner's fee applied. Simply show the front desk your college ID to redeem this offer.

Memberships are charged month to month, and can be canceled at anytime. Offer valid from May 23 thru Aug 31



FACILITY POLICY / UPDATES

Our facility policies are put in place to ensure the safety of all members and non-members using the Y.

Workout Equipment: Members and guests must be over the age of 14 to use the cardio, Cybex, weight equipment and free-weight equipment. Or between the ages of 9-13 to use under the direct supervision of an adult (18 and older). Those between 9-13 years of age must also complete a Cybex orientation.

Locker Rooms: Our Y facility offers the use of men's and women's locker rooms, for those 18 and older. Boys and girls locker rooms for those under the age of 18. For users that visit with a family, we do have family locker rooms for you to use together.

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. The center where the membership is signed up at is known as the home Y. This center must be used 51% of the time, with 49% available to use at other facilities.

LOCKER SERVICE

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. There are lockers that can be used without a charge, but you must use your own lock and remove it each day. Locks that remain on lockers, that are not ours, will be removed by the Y.

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