



January 25, 2011

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ENSURE A BRIGHTER FUTURE

**SPRING ONE CLASS GUIDE
8 Week Session
February 20–April 15**

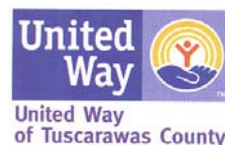
**Member Registration
Begins Monday, February 13
Online 6 AM / Desk at 8 AM**

**Open Registration
Begins Wednesday, February 15
Desk Only at 8 AM**



Building Hours

Monday - Friday 5:30 AM to 10:00 PM
Saturday 5:30 AM to 6:00 PM
Sunday Hours 1:00 PM to 6:00 PM



CHILD CARE

Preschool 2011-12 Creative Learning + Swim!

This state licensed learning center is designed for children 3-5 years old. Students develop early academic skills, social skills and independence in a safe and fun environment. 5-Day program includes 2 swim lessons per week.

DAY/TIME	CLASS NAME	PROGRAM CODE	MEMBERS	OTHER
M/W/F 9:30-11:30 AM	Preschool 3-Day AM	1PRETHRAM07 <small>March Payment</small> 1PRETHRAM08 <small>April Payment</small>	\$77 Monthly	\$97 Monthly
M/W/F 12:30-2:30 PM	Preschool 3-Day PM	1PRETHRPM07 <small>March Payment</small> 1PRETHRPM08 <small>April Payment</small>	\$77 Monthly	\$97 Monthly
M/T/W/TH/F 12:30-2:30 PM	Preschool 5-Day PM + Swim	1PREFIVEPM07 <small>March Payment</small> 1PREFIVEPM08 <small>April Payment</small>	\$112 Monthly	\$132 Monthly
REGISTRATION for 2012-13	CLASS NAME	PROGRAM CODE	MEMBERS	OTHER
Begins FEB 20	Registration 2012-13	1PRESCHREG1213	\$20 Registration Non-Refundable	\$30 Registration Non-Refundable

After School Club

School-age / Elementary to High School

This program provides a safe alternative for school age children childcare. Students will have a healthy snack, homework help, physical activity, and make new friends. We pick up from local schools and can make sure your child gets to their favorite Y program or Y team practice. Information call Etta Hilfinger, Childcare Director.

DAY/TIME till 6 PM	PROGRAM CODE	MEMBERS	OTHER
FEB 13-17	1YTAFTSCH25	\$45 Week	\$55 Week
FEB 21-24 (4 day week)	1YTAFTSCH26	\$36 Week	\$44 Week
FEB 27-MAR 2	1YTAFTSCH27	\$45 Week	\$55 Week
MAR 5-9	1YTAFTSCH28	\$45 Week	\$55 Week
MAR 12-16	1YTAFTSCH29	\$45 Week	\$55 Week
MAR 19-23	1YTAFTSCH30	\$45 Week	\$55 Week
MAR 26-30	1YTAFTSCH31	\$45 Week	\$55 Week
APR 10-13 (4 day week)	1YTAFTSCH32	\$36 Week	\$44 Week

Day-Off Club

School-age / Elementary to High School

When school is closed for a holiday we are here to help you with your childcare needs. Our creative, caring, and fun staff are ready to play, swim, and develop your child's core values of caring, honesty, respect and responsibility. Crafts, games, friendship, and fun all in one great convenient place—the heart of Dover/New Philadelphia.

New participants please pay at desk and fill out registration forms.

Same Day Registration will be charged \$5 more per day

DAY/TIME 7AM-6PM	PROGRAM CODE	MEMBERS	OTHER
FEB 20 (Spring Break)	1YTSCHOFF01 (Spring Break)	\$20 Per Day PRE REGISTRATION REQUIRED	\$25 Per Day PRE REGISTRATION REQUIRED
APR 2 Preregistration	1YTSPRBRK01		
APR 3 Preregistration	1YTSPRBRK02		
APR 4 Preregistration	1YTSPRBRK03		
APR 5 Preregistration	1YTSPRBRK04		
APR 6 Preregistration	1YTSPRBRK05		
APR 9 Preregistration	1YTSPRBRK06		
SAME DAY REGISTRATION Must Pay at Desk	1YTSCHOFFSD	\$25 per day No Online Regist.	\$30 per day No Online Regist

Hip Hip Hooray, It's A Snow Day

School-age / Elementary to High School

The Y will provide lunch and fun for your school-ager! Caring staff, fun games, swimming, game room, and basketball.

DAY/TIME 7AM-6PM	PROGRAM CODE	MEMBERS	OTHER
When both Dover/NP schools are out because of weather.	1YTSNOWDAY01	\$23 Per Day	\$28 Per Day

5th & 6th Grade

Teen "Second Saturdays" Dances

The Second Saturday of Every Month until May
7-10 PM

Member \$5/Other \$6 Pay at the Door

Supervised/Parents Welcome

TRANSACTION CODE

2nd & 3rd Grade

Friday Nite Blast

March 23

7-10 PM (Games, Swimming, Snack, and More Games)

Member \$7/Other \$10

Pre-Register by Mar 22

Program Code: 1YTFRIBLAST

YOUTH DEVELOPMENT

Adventure Center Indoor playground with rock climbing wall, cargo net, tree house, and more. Fun for play dates and rainy days. Parents please sign out the key at the Member Service Center and enjoy playing with your child during the daytime.

Please Note: Evening supervised hours are for School Aged Members (1st Grade to age 10). This time is not recommended for younger children.

DAY/TIME	CLASS NAME	AGES	MEMBERS ONLY
M/T/W/TH/F 5:30 AM - 4:00 PM	Adventure Center Parent/Child Play	0-6 Years old	FREE MEMBERS ONLY
M/T/W/TH 5:00 - 7:00 PM	Adventure Center PM Supervised Hours	1st grade through age 10	FREE MEMBERS ONLY

Childwatch Area

2 Hour Maximum/per visit

DAY/TIME	MEM	OTHER
M/T/W/TH/F/S 9 AM - Noon	FREE	\$5 per visit at desk Card \$25/10
M/T/W/TH 4:00-8:00 PM	FREE	\$5 per visit at desk Card \$25/10

Summer Day Camp Kids who are 6 years old and who have completed kindergarten are invited for a summer of fun.

Camp Dates: June 4 through August 17

Registration will begin May 7

Activities include games, swimming, field trips, crafts and much more.

More Information will be provide in our Spring 2 Program Guide.

Questions/Inquiries: Email Etta@tuscymca.org

DAY/TIME	RATES
M/T/W/TH/F/S 9:00 AM-4:00 PM	Rates to be announced
Extended Care Available 7:00 AM-6:00 PM	Summer Memberships will be available

Family Nights

PRE-REGISTRATION REQUIRED FOR FAMILY NIGHTS BY THE WEDNESDAY PRECEDING EACH EVENT

NAME/DAY/TIME	DESCRIPTION	PROGRAM CODE	MEMBERS	OTHER
Family Luau Friday, Feb 24 / 6:00-8:00 PM	Break out your grass skirt and enjoy a night of family swimming and luau activities.	1YTFAMILY02	\$1 Per Person	\$2 Per Person
Egg Dive Friday, Mar 30 / 6:00-7:30 PM	Traditional Easter Egg hunts don't have anything on us. Join our annual Easter Egg Dive for a splashing good time.	1YTFAMILY03	\$1 Per Person	\$2 Per Person

Coming in Spring 2 Session / FAMILY FITNESS FRENZY
A great way to get the whole family more active for summer

Church Youth Nights

Churches are invited to bring their youth middle school and up, for fun activities and fellowship

TIME: 6:30 PM to 8:00 PM

Feb. 19, Mar. 18, and Apr. 15

YMCA Members and Advisors FREE Others \$2 / Pay at the Door

TRANSACTION CODE

Interested in forming a sports league?

Racquetball, floor hockey, etc. Please contact Ashley Eick at 330-364-5511 ext. 36

Home School

Kids 6 yrs old to 13 that are involved in a home-school program will enjoy learning water skills, safety, sports and develop fitness endurance in this unique program designed just for them.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Gym ONLY THU 2:00-2:45 PM			
PROGRAM CODE	MEMBER	OTHER	
1YTHSGYM02	\$17	\$41	

Home School Swim/Gym Combo is available. If participating in both swim and gym, please register for both classes and pay combo price for both. MUST REGISTER FOR BOTH

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Swim Combo THU 1:00-1:45 PM			
PROGRAM CODE	MEMBER	OTHER	
1AQHSSWIM01	\$12	\$26	

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Gym Combo THU 2:00-2:45 PM			
PROGRAM CODE	MEMBER	OTHER	
1YTHSGYM01	\$12	\$26	

Swim Only Class

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Swim ONLY THU 1:00-1:45 PM			
PROGRAM CODE	MEMBER	OTHER	
1AQHSSWIM02	\$17	\$41	

PLAYFUL PARENTING Parent Participation Class

Ruff & Tuff (Boys Age 2-3/ Parent Participation) 30 Min

Activity for boys to run and develop large motor skills. A different activity introduced each week that involves running, bouncing balls, parachute, basketball, t-ball, soccer and more.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 11:00-11:30 AM	1PRERUF&TUF No Class APR 3	\$7	\$15

YOUTH SPORTS CLASSES

Sports of All Sorts 1 3-5 year olds 45 Min

Each week the class will focus on a different sport like basketball, T-ball, soccer, lacrosse or floor hockey. Parent participation is required during the class.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 6:00-6:45 PM	1YTSPORTS01	\$18	\$36

Sports of All Sorts 2 Kindergarten – 2nd graders 45 Min

Each week the class will focus on a different sport like basketball, T-ball, soccer, lacrosse or floor hockey. Parent participation not required but helpful.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
THU 6:00-6:45 PM	1YTSPORTS02	\$18	\$36

Saturday Swim & Gym Grades K-5 1 Hr 45 Min

Games on land and in the pool make this Saturday morning class a blast.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
SAT 10:30-12:15 PM	1YTSATSWGY01	\$20	\$40

All About Soccer 1 3-4 year olds 45 Min

This class is an instructional class to learn the basics of soccer. We will do drills and play games to enhance each child's' soccer aptitude.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
WED 6:00-6:45 PM	1YTALLSOC01	\$18	\$36

All About Soccer 2 5-8 year olds 45 Min

This class is an instructional class to learn the basics of soccer. We will do drills and play games to enhance each child's soccer aptitude.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
WED 6:45-7:30PM	1YTALLSOC02	\$18	\$36

YOUTH SPRING BASKETBALL LEAGUE

DAY/TIME	PROGRAM CODE	MEMBER	OTHER	(Ages 3 to 4 th Grade)
3 & 4 year olds Initial meeting: Mar 3 / 11:00 AM	1YTBALLO1	\$20 Includes Team Shirt	\$45 Includes Team Shirt	
5 year olds & K Initial meeting: Mar 3 / 12:00 PM	1YTBALLO2	\$20 Includes Team Shirt	\$45 Includes Team Shirt	
1 st and 2 nd Grade Initial meeting: Mar 3 / 1:00 PM	1YTBALLO3	\$20 Includes Team Shirt	\$45 Includes Team Shirt	
3 rd and 4 th Grade Initial meeting: Mar 3 / 2:00 PM	1YTBALLO4	\$20 Includes Team Shirt	\$45 Includes Team Shirt	

YOUTH VOLLEYBALL

Grades 3 to 8

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Mar 3 / 10:00 AM	3rd & 4th Grade	1YTVOLLEY01	\$20
	5th & 6th Grade	1YTVOLLEY02	Includes
	7th & 8th Grade	1YTVOLLEY03	T-Shirt
			\$45 Includes T-Shirt

MIDDLE SCHOOL/HIGH SCHOOL

Basketball League

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Mar 3 / 3:00 PM	5th - 8th Grade	1YTBALLO5	\$20
			\$45

Sports Conditioning Class Middle/High School 45 Min

This class is open to any middle or high school child looking to gain an edge in their sport. The class uses plyometrics and strength training to enhance each participant's endurance and strength. This class is taught by a certified athletic trainer.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W 6:30-7:15 PM	1YTCOND01	*LIMIT 5	\$40
			\$64

Sports Training All Ages 60 Min

Work with a personal trainer to achieve your sport specific goals.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
By Appointment Ashley Eick 330-364-5511 ext 36	1YTSPTRAIN01	\$20 private	NA
	1YTSPTRAIN02	\$15 semi-private (per person)	NA

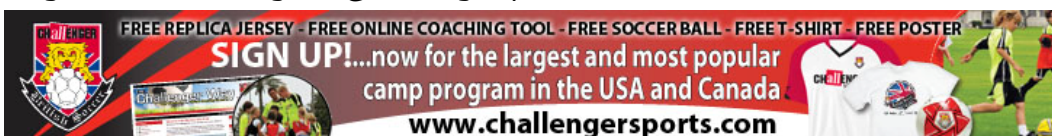
Soccer Camp June 18-22

Register Online at register@challengersports.com

FREE REPLICA JERSEY - FREE ONLINE COACHING TOOL - FREE SOCCER BALL - FREE T-SHIRT - FREE POSTER

SIGN UP!...now for the largest and most popular camp program in the USA and Canada

www.challengersports.com



JUDO PROGRAMS

Beginner

Age 6 & up. Basic techniques

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
T/TH 5:00-6:00 PM	1YJUDOBEG01	\$40	\$84
PROGRAM CODE			

Junior Team

Ages 6-12 Completed Beginner

DAY/TIME	PROGRAM CODE	MEMBER ONLY
T/TH 6:00-7:00 PM	1YJRTEAM01	\$43
PROGRAM CODE		

Senior Team

Ages 13 and over

DAY/TIME	PROGRAM CODE	MEMBER ONLY
T/TH 7:00-8:00 PM	1YTSRTEAM01	\$43
PROGRAM CODE		



UPCOMING SPORTS

Outdoor Soccer
(April 21-June 2)

T-Ball/Coach Pitch

(Session 1: April 24-June 7)

(Session 2: June 12-July 28)

British Soccer Camp
(June 18-22)

LEARN TO SWIM

YOUTH DEVELOPMENT

SAFETY TRAININGS

CPR for the Professional Rescuer

Includes Training in Pediatric and Adult CPR, Rescue Breathing and AED use. Certification is valid for 2 years and taught through the American Safety & Health Institute.

DAY/TIME	
Monday, Feb 20 5:00-9:00 PM	
PROGRAM CODE	
1AQCP01	Maximum 12
MEMBER	OTHER
\$17	\$32

Basic First Aid

American Safety and Health Institute Certification.

DAY/TIME	
Wednesday, Feb 22 5:00-9:00 PM	
PROGRAM CODE	
1AQ1STAID01	Maximum 12
MEMBER	OTHER
\$17	\$32

Emergency Oxygen Administration

DAY/TIME	
Will be available during Life Guard Training class. Date to be announced	
PROGRAM CODE	
1AQOXYGEN01	Maximum 12
MEMBER	OTHER
\$17	\$32



SILVER STREAKS SWIM TEAM

Not sure if team is for you? Take A Free Two Week Trial. Practice will begin October 3. Season Concludes late Feb/early March. Practice times: 13 & older Mon-Fri 3:30 to 5 PM. Practice times: 12 & under Mon-Fri 5:00 to 6 PM. Meets held on Saturdays. Some traveling required. Must be a full member for at least one year.

DAY/TIME	TEAM	MONTH	PAYMENT CODE	MEMBERS ONLY
M/T/W/TH/F 3:30-5:00 PM	Swim Team 13 & older Must by Y Member	FEB In Full	1AQSWEAM05 1AQSWEAM06	\$20 per month \$100 Total
	DHS/NPHS Swimmers Silver Streaks Team	In Full	1AQSWEAM07	\$40 Total
M/T/W/TH/F 5:00-6:00 PM	Swim Team 12 & under Must by Y Member	FEB In Full	1AQSWEAM05 1AQSWEAM06	\$20 per month \$100 Total
SUMMER TEAM	INFORMATION WILL BE AVAILABLE	NEXT PROGRAM BROCHURE	MEMBERS ONLY	

PLAYFUL PARENTING

Parent Participation Classes

We offer a variety of classes for kids who love exploring new ways to stretch, tumble, swing, balance, dance and play. Water and Land Classes Available...fun for the parents too!

Parent/Child Swim 6 Months-2 Years 30 Min Class

Want to add fun to your day...just add water. Introduction to beginning swimming skills and guided discovery. Swim diapers if not potty trained. Maximum 8

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 4:45- 5:15 PM	1AQPARCHLD01	\$22	\$57
THU 9:45-10:15 AM	1AQPARCHLD02	\$22	\$57
THU 4:45- 5:15 PM	1AQPARCHLD03	\$22	\$57
SAT 9:45-10:15 AM	1AQPARCHLD04	\$22	\$57

Pike/Parent Swim 2-4 year olds 45 Min Class

With parent's support, children gain confidence in the water and learn basic kicking, breathing, and arm techniques. Moms, Dads, Grandparents, or caregivers are welcome. Maximum 8

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 6:15- 7:00 PM	1AQPIKWPAR01	\$22	\$57
TUE 11:20-12:05 PM	1AQPIKWPAR02	\$22	\$57
THU 6:15- 7:00 PM	1AQPIKWPAR03	\$22	\$57
FRI 11:30-12:15 PM	1AQPIKWPAR04	\$22	\$57
SAT 11:20 AM-12:05 PM	1AQPIKWPAR05	\$22	\$57



LEARN TO SWIM

YOUTH DEVELOPMENT

Preschool Swimmers Age 3-K

Pike Beginner 45 MIN Maximum 6
 Little swimmers with little or no previous instruction will learn confidence, basic swim skills and safety. Swim diapers /or potty trained.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 1:00-1:45 PM	1AQPIKE01	\$22	\$57
MON 5:25-6:10 PM	1AQPIKE02	\$22	\$57
TUE 10:25-11:10 AM	1AQPIKE03	\$22	\$57
TUE 4:30-5:15 PM	1AQPIKE04	\$22	\$57
TUE 5:25-6:10 PM	1AQPIKE05	\$22	\$57
TUE 6:15-7:00 PM	1AQPIKE06	\$22	\$57
WED 1:00-1:45 PM	1AQPIKE07	\$22	\$57
THU 10:25-11:10 AM	1AQPIKE08	\$22	\$57
THU 11:20-12:05 PM	1AQPIKE09	\$22	\$57
THU 5:25-6:10 PM	1AQPIKE10	\$22	\$57
FRI 10:00-10:45 AM	1AQPIKE11	\$22	\$57
FRI 10:45-11:30 AM	1AQPIKE12	\$22	\$57
SAT 10:25-11:10 AM	1AQPIKE13	\$22	\$57

Eel Advanced Beginner 45 MIN Maximum 6
 Focus is on stroke development, endurance, and building independence and confidence in the water. Must have passed Pike.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 6:10-6:55 PM	1AQEELS01	\$22	\$57
WED 1:00-1:45 PM	1AQEELS02	\$22	\$57
THU 6:10-6:55 PM	1AQEELS03	\$22	\$57
SAT 11:30-12:15 PM	1AQEELS04	\$22	\$57

Rays Intermediate 45 MIN Maximum 6
 Learning to swim a full length of the large pool on their front and back is the focus of this level. Freestyle with rhythmic breathing, backstroke, sculling, and more will be introduced.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 6:10-6:55 PM	1AQRAYS01	\$22	\$57
SAT 11:30-12:15 PM	1AQRAYS02	\$22	\$57

Starfish Advanced /must pass Rays 45 MIN Maximum 6

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 6:10-6:55 PM	1AQSTRFISH01	\$22	\$57

SPLASH



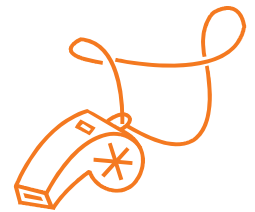
Funded by United Way of Tuscarawas County
 Water Safety Program
 Parents and Children grade 1st-5th
 Featuring pool safety, backyard pool safety, beach safety, boating safety, water park and diving safety. Parent participation is required. Parents will meet with the lead instructor to gain knowledge on each focus area while children meet with a swim instructor in the pool for safety lessons and basic swim skills. All swim levels welcome.

DAY/TIME	Space Limited / 30 Spots Available	
Saturdays March 3-31	NOON-1:00 PM	
Parent Participation Required		
PROGRAM CODE	MEMBER	OTHER
1AQSPASH01	FREE / Thanks to United Way	

Lifeguarding Space Limited

Prerequisites:

- Must be 16 years of age BEFORE the first day of class (proof of age is required on the first day)
- Must have current certifications in CPR for the Professional Rescuer (BLS or HEALTHCARE PROVIDER CPR is also accepted), Basic First Aid and Oxygen Administration or Emergency Oxygen, BEFORE the first day of Lifeguard class.
- Must be able to swim at total of 500 yards of the pool continuously performing the following strokes: Front Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Life-saving Stroke.
- Tread water with no assistance from the arms for two continuous minutes
- Surface dive to a depth of at least 9 feet.



DAY/TIME	100% Attendance Required	
Mondays & Wednesdays 5-9 PM	Begins Feb 27 Ends April 11	
PROGRAM CODE	MEMBER	OTHER
1AQGUARD01	Maximum 12	\$115 \$145

Lifeguarding Recertification Information

DAY/TIME	100% Attendance Required	
Mondays & Wednesdays 5-9 PM	Begins Feb 27 Ends April 11	
PROGRAM CODE	MEMBER	OTHER
1AQGUARD02	Maximum 10	\$58 \$72

LEARN TO SWIM

YOUTH DEVELOPMENT

13 & UP 45 MIN

Teen/Adult Beginner Swim

DAY/TIME	
SUN	4:45-5:30 PM
PROGRAM CODE	
1AQADBEGIN01	Maximum 6
MEMBER	
\$21	Other \$56

Home School

Kids 6 yrs old to 13 that are involved in a home-school program will enjoy learning water skills, safety, sports and develop fitness endurance in this unique program designed just for them. Max. 30

DAY/TIME		
Swim ONLY	THU	1:00-1:45 PM
PROGRAM CODE	MEMBER	OTHER
1AQHSSWIM02	\$17	\$41

Home School Swim/Gym Combo is available. If participating in both swim and gym, please register for both classes and pay combo price for both. **MUST REGISTER FOR BOTH**

DAY/TIME		
Swim Combo	THU	1:00-1:45 PM
PROGRAM CODE	MEMBER	OTHER
1AQHSSWIM01	\$12	\$26

DAY/TIME		
Gym Combo	THU	2:00-2:45 PM
PROGRAM CODE	MEMBER	OTHER
1YTHSGYM01	\$12	\$26

Gym Only Class

DAY/TIME		
Gym ONLY	THU	2:00-2:45 PM
PROGRAM CODE	MEMBER	OTHER
1YTHSGYM02	\$17	\$41

Swimmers Age 6-12

Polliwog Beginner Level 45 MIN Maximum 8

This level is for the beginning school age swimmers. Students will learn basic water adjustment and strokes/kicks on their front, back, and side.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 6:10-6:55 PM	1AQPOLLI01	\$21	\$56
TUE 7:00-7:45 PM	1AQPOLLI02	\$21	\$56
THU 6:10-6:55 PM	1AQPOLLI03	\$21	\$56
SAT 9:50-10:35 AM	1AQPOLLI04	\$21	\$56
SAT 10:40-11:25 AM	1AQPOLLI05	\$21	\$56



Guppy Advanced Beginner 45 MIN Maximum 8

Learning to swim on front and back in both shallow and deep water. Rotary breathing, back-stroke, and continuing to build endurance and safety skills.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 6:10-6:55 PM	1AQGUPPY01	\$21	\$56
TUE 7:00-7:45 PM	1AQGUPPY02	\$21	\$56
THU 7:00-7:45 PM	1AQGUPPY03	\$21	\$56
SAT 9:50-10:35 AM	1AQGUPPY04	\$21	\$56

Minnow Intermediate 45 MIN Maximum 8

Learn Front Crawl/4 lengths, Back Crawl/2 lengths. Sidestroke. Introduces diving.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 7:00-7:45 PM	1AQMINNOW01	\$21	\$56
THU 7:00-7:45 PM	1AQMINNOW02	\$21	\$56
SAT 10:40-11:25 AM	1AQMINNOW03	\$21	\$56

Fish Advanced Swimmer 45 MIN Maximum 10

Front Crawl/6 lgths, Back Crawl/4 lgths. Refined Sidestroke. Breaststroke and Butterfly intro.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
SAT 9:00-9:45 AM	1AQFISH01	\$21	\$56

Flying Fish Advanced Swimmer 45 MIN Maximum 5

Refine Front Crawl w/Bilateral Breathing/4 lgths, Breaststroke/4 lgths, Butterfly/2 lgths.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
SAT 9:00-9:45 AM	1AQFLYFISH01	\$21	\$56

Shark Advanced Swimmer/Max 5 45 MIN Swimmers will refine all strokes/4 lgths.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
SAT 9:00-9:45 AM	1AQSHARK01	\$21	\$56

GYMNASTICS

Age 2 to 6

PLAYFUL PARENTING Parent Participation Class

Kindergym

Ages 2-3 /with Adult Participant 45 Min/Patton Center
Introduction to movement and large motor skills.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 10:00-10:45 AM	1GYKINDGYM01	\$32	\$65
WED 10:15-11:00 AM	1GYKINDGYM02	\$32	\$65
FRI 11:00-11:45 AM	1GYKINDGYM03	\$32	\$65

Pajama Gym

Ages 2-4 /with Adult Participant 60 Min/Judo Room
Introduction to large motor skills. Story time, obstacle course, snacks. Weekly theme.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 5:00-6:00 PM	1GYPAJAM01	\$35	\$70
MON 6:00-7:00 PM	1GYPAJAM02	\$35	\$70

Let's Get Ready to Tumble

Age 3 /Limit 6 per class 30 Min
Readiness class focusing on very basic motor skills, tumbling and obstacle course work.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 11:00-11:30 AM	1GYLGRTOTUM1	\$23	\$46
THU 11:00-11:30 AM	1GYLGRTOTUM2	\$23	\$46

Tumbletots

Ages 4-5 /Beginner 45 Min
Travel station to station. Obstacle course work, uneven bars, beam, and vault.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 1:00-1:45 PM	1GYTUMBTOT01	\$32	\$65
TUE 10:00-10:45 AM	1GYTUMBTOT02	\$32	\$65
TUE 5:30-6:15 PM	1GYTUMBTOT03	\$32	\$65
WED 11:00-11:45 AM	1GYTUMBTOT04	\$32	\$65
WED 1:00-1:45 PM	1GYTUMBTOT05	\$32	\$65
WED 5:30-6:15 PM	1GYTUMBTOT06	\$32	\$65
THU 10:00-10:45AM	1GYTUMBTOT07	\$32	\$65
THU 6:30-7:15 PM	1GYTUMBTOT08	\$32	\$65
FRI 10:00-10:45 AM	1GYTUMBTOT09	\$32	\$65

Mini Elite

Ages 4-6 /Inter.-Adv / Instructor Placement Only 60 Min
Mastered Young Rollers/Tumbletots but aren't quite ready for the "big time" classes!

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 11:00-12:00 PM	1GYMNELITE01	\$35	\$70
THU 5:30-6:30 PM	1GYMNELITE02	\$35	\$70



Preschool Cheerleading

Ages 3-6 45 Min
Learn basic jumps, arm positions, chants, and tumbling!

DAY/TIME	PROGRAM CODE	MEM	OTH
SAT 10:00-10:45 AM	1GY PSCHEER 01	\$28	\$56

Young Rollers

60 Min
Ages 5-6 /Beg.-Intermediate. Kindergarten class for the younger gymnast to use all the equipment. Skills and progressions of Rollers class. Gymnast will be ready for Swinger level after completing skill sets.

DAY/TIME	PROGRAM CODE	MEM	OTH
TUE 6:30-7:30 PM	1GY YNROL 01	\$35	\$70
WED 12:00-1:00 PM	1GY YNROL 02	\$35	\$70
WED 6:30-7:30 PM	1GY YNROL 03	\$35	\$70
SAT 11:00 A-12:00 P	1GY YNROL 04	\$35	\$70

GYMNASTICS

SCHOOL AGED CLASSES



CHEERLEADING

Cheer Class Grades 6-8

60 Min

Get ready for tryouts, perfect form and technique on tumbling and jumps.

DAY/TIME	
MON 8:00 PM to 9:00 PM	
PROGRAM CODE	
1GYCHEER01	
MEMBER	OTHER
\$40	\$80

Open Gym

\$4/\$8 per visit

Grades 1-5

SUN 1:00-2:00 PM 1GYOPENGYM01

Grades 6-12

TUE 7:30-8:30 PM 1GYOPENGYM02

SUN 2:00-3:00 PM 1GYOPENGYM03

Private Lessons

Call for Appointments

330-364-5511

One Hour: 1GYPRIV01

Member \$15/Other \$35

1/2 Hour: 1GYPRIV02

Member \$7.50/Other \$17.50

School Aged Tumbling Classes

Tumbling Grades 1-5 Level One 60 Min

Introductory tumbling skills with strength, timing, and coordination skills taught. Emphasis on floor station.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 4:30-5:30 PM	1GYTUMBL01	\$40	\$80
THU 6:30-7:30 PM	1GYTUMBL02	\$40	\$80

Tumbling Grades 1-5 Level Two 60 Min

Walkovers, roundoffs, front and back handspring drills, progression towards power tumbling using drill stations.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 6:30-7:30 PM	1GYTUMBL03	\$40	\$80
THU 5:30-6:30 PM	1GYTUMBL04	\$40	\$80

Tumbling Grades 1-5 Level Three 60 Min INSTRUCTOR PLACEMENT ONLY

Roundoff back handsprings, front and back tucks, power tumbling. Must be able to do a Back Handspring unassisted.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
THU 4:30-5:30 PM	1GYTUMBL05	\$40	\$80

Tumbling Grades 6-12 Level One 60 Min

Introductory tumbling skills with strength, timing, and coordination skills taught. Emphasis on floor station.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 3:30-4:30 PM	1GYTUMBL06	\$40	\$80

Tumbling Grades 6-12 Level Two 60 Min

Walkovers, roundoffs, front and back handspring drills, progression towards power tumbling using drill stations.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
WED 8:00-9:00 PM	1GYTUMBL07	\$40	\$80

Tumbling Grades 6-12 Level Three 60 Min INSTRUCTOR PLACEMENT ONLY

Roundoff back handsprings, front and back tucks, power tumbling. Must be able to do a Back Handspring unassisted.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
THU 4:30-5:30 PM	1GYTUMBL08	\$40	\$80

Back Handspring Class Grades 6-12 60 Min

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
THU 7:30-8:30 PM	1GYBACKHS01	\$40	\$80

GYMNASTICS

YOUTH DEVELOPMENT

School Aged Dance Classes **Beginner and Intermediate**

No recitals or expensive costumes, just dance! Located: Aerobics Studio. Grades 1-5 Beginner: Learn basic dance techniques in a fun-filled hour of basic jazz, hip hop, lyrical and pom. Grades 1-5 Intermediate: Expand on basic dance techniques to master leaps, turns, jumps.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
SAT 9:30-10:30 AM	Beginner: 1GYDANCE01	\$40	\$80
SAT 10:30-11:30 AM	Interm/ limit 8: 1GYDANCE02	\$40	\$80

School Aged Gymnastics Programs

Learn USAG Junior Olympic Level 1-5 skills on Floor, Uneven Bars, Balance Beam, and Vault in station format. Strength building not only for muscles, but core values as well.

Rollers Level 1 Beginner 60 Min

Rolls, handstands, cartwheels, and beginner progressions on floor, bars, beam, and vault.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 5:30-6:30 PM	1GYROLLER01	\$40	\$80
TUE 6:30-7:30 PM	1GYROLLER02	\$40	\$80
THU 5:30-6:30 PM	1GYROLLER03	\$40	\$80
THU 6:30-7:30 PM	1GYROLLER04	\$40	\$80

Swingers Level 2 Advanced Beginner 60 Min

Bridges, back extensions, roundoffs on floor. Increase strength/coordination on equipment.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 5:30-6:30 PM	1GYSWING01	\$40	\$80
TUE 6:30-7:30 PM	1GYSWING02	\$40	\$80
THU 5:30-6:30 PM	1GYSWING03	\$40	\$80
THU 6:30-7:30 PM	1GYSWING04	\$40	\$80

Flippers Level 3 Intermediate/Advanced 60 Min

Gymnasts develop strength and more complex moves on the bars, beam, vault and tumbling.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 5:30-6:30 PM	1GYFLIPPER01	\$40	\$80
TUE 6:30-7:30 PM	1GYFLIPPER02	\$40	\$80
THU 5:30-6:30 PM	1GYFLIPPER03	\$40	\$80
THU 6:30-7:30 PM	1GYFLIPPER04	\$40	\$80

YMCA GYMNASTICS TEAM Call 330-364-5511. Competitive Season September -May. Two-three home meets. Away meets usually within 75 miles. Strength building not only for muscles, but core values as well.

PRACTICE DAY/TIME	TEAM	MONTH	PAYMENT CODE	MEMBERS ONLY
M/W/F 4:30-6:30 PM or 6:30-8:30 PM	Tryout Required Must be Y Member	DEC JAN FEB	1GYTEAM07 1GYTEAM08 1GYTEAM09 <small>(FEB is the last payment for 2011-12 Team)</small>	\$65 per month \$5 late fee after the 10th of the month

New! Trampoline Fun

45 Min Grades 1 to 5
Learn form and technique of using the tumble track. Fun skills and drills to learn tumbling with some floor work to reinforce basics.

DAY/TIME	
TUE 4:30-5:15 PM	
PROGRAM CODE	
1GYTRAMPOLO1	
MEMBER	OTHER
\$28	\$56

Non-Competitive Gymnastics Ages 12 & up

Beginner to advanced gymnastics for those wanting to stay in gymnastics but are involved in other school activities and are not on our gymnastics team.

DAY/TIME	
THU 3:30-4:30 PM	
PROGRAM CODE	
1GYGYM01	
MEMBER	OTHER
\$40	\$80

Twisters Pre-Team Advanced

90 Min
Meets 2x a week for practice with the Y Gymnastics Team.
Non-competitive atmosphere.

DAY/TIME	
M/W 5:00 PM to 6:30PM	
PROGRAM CODE	
1GYTWISTER01	
MEMBER	OTHER
\$70	\$140

New Member Fitness Orientation FREE

Our Wellness Team will introduce you to the Fitness Center with an informative introduction to resistance and cardio machines. Come dressed to get started! To schedule an appointment call 330-364-5511 or stop by the Wellness Trainer's Service Desk.

TechnoGym® Fitness System

A State-of-the-Art computerized fitness program. Our trainers design a special exercise program just for you and the SMART KEY records your progress. Programs designed to meet your fitness goals. Great for all levels.
Members Only \$37 One X Fee
Program Code: 1FITECHNOGYM

WOMEN'S WELLNESS GETAWAY INFORMATION TO BE ANNOUNCE SOON



Boot Camp

Intermediate

45 Min

Workouts include, but are not limited to, cardiovascular, speed and endurance, strength training, push-ups, plyometrics and maybe sit-ups.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
T/TH 9:00- 9:45 AM	1FIBOOTCP01	FREE	\$6 Per Day

Burn Intervals

Intermediate

60 Min

Bursts of Cardio, Plyometrics and Core Workout

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
WED 5:45- 6:45 AM	1FIBURNINT01	FREE	\$6 Per Day

Cardio Class

Intermediate

45 Min

Maximum 35

You will be led through a challenging combination of cardiovascular movements for the mind and body. Your goal is to work in a maintained aerobic state.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W 9:00- 9:45 AM	1FICARDIO01	FREE	\$6 Per Day

Fusion

Intermediate

60 Min

Maximum 35

Cardio & resistance training with free weights and bands. Cardio segments include easy to follow step combinations. 15 min of toning follows.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
T/TH 5:30- 6:30 PM	1FIFUSION01	FREE	\$6 Per Day

Pump

All Levels

60 Min

Maximum 35

Strength training with one minute intervals using multiple muscle groups, targeting the core.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
T/TH 5:45- 6:45 AM	1FIPUMP01	FREE	\$6 Per Day

Shred

All Levels

45 Min

Maximum 35

Barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music. Traditional strength training. Participants work at their own level.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W 6:30-7:15 PM	1FISHREDO1	FREE	\$6 Per Day
T/TH 8:00-8:45 AM	1FISHREDO2	FREE	\$6 Per Day

Turbo Kick

All Levels

60 Min

Maximum 50

An addictive workout that combines shadow boxing, kick boxing, sport drills and simple dance moves in a party atmosphere.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/F 5:45-6:45 AM	1FIKICK01	FREE	\$6 Per Day
M/W 5:30-6:30 PM	1FIKICK02	FREE	\$6 Per Day

Fitness Belly Dancing

All Levels 60 Min

Fun movements and authentic style to motivating music. Great for the core.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 9:00-10:00 AM	1FIBELDANCO1 1FIBELDANCO2	\$16 session or \$2 Per Day	\$48 session or \$6 Per Day

Chair Yoga

All Levels 50 Min Maximum 30

Gentle Yoga class. You have support of a chair and never have to get down on the floor.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
T/TH 1:00-1:50 PM	1FICHRHYOGA01 1FICHRHYOGA02	\$32 session or \$3 Per Day	\$70 session or \$7 Per Day

Gentle Yoga

All Levels/Max 30 60 Min Easy to learn/Soothing

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
1 Day a Week MON 9:30-10:30 AM	1FIGENYOGA01 1FIGENYOGA06	\$17 session or \$3 Per Day	\$44 session or \$7 Per Day
2 Days a Week T/TH 10:30-11:30 AM	1FIGENYOGA05 1FIGENYOGA06	\$32 session or \$3 Per Day	\$70 session or \$7 Per Day
1 Day a Week TUE 7:00-8:00 PM	1FIGENYOGA02 1FIGENYOGA06	\$17 session or \$3 Per Day	\$44 session or \$7 Per Day
1 Day a Week THU 5:30-6:30 PM	1FIGENYOGA03 1FIGENYOGA06	\$17 session or \$3 Per Day	\$44 session or \$7 Per Day
1 Day a Week SAT 9:30-10:30 AM	1FIGENYOGA04 1FIGENYOGA06	\$17 session or \$3 Per Day	\$44 session or \$7 Per Day

Fitness Yoga

Intermediate 60 Min

This class concentrates on body alignment, strength, and flexibility. Basic Yoga recommended as a prerequisite. Challenging postures, deep stretches, fat burning, ends with meditation.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
FRI 9:30-10:30 AM	1FIFITYOGA01 1FIFITYOGA02	\$17 session or \$3 Per Day	\$44 session or \$7 Per Day

NEW!!! YoRide

30 Min

30 Minute Cycling Class precedes a flowing strength-based yoga class plus flowing stretch and relaxation.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
WED 5:30 PM	1FIYORIDE01 Maximum 12 1FIYORIDE02	\$17 session or \$3 Per Day	\$44 session or \$7 Per Day

SilverSneakers® Muscular Strength & Range of Movement

45 Min

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Main Gym.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W/F 10:30- 11:15 AM	1FISROM	FREE No Registration Seating limited / Come early	\$6 Per Day

Personal Wellness Coach

Stay On Track All Year Long With This Great Wellness Service

- 1 Hour Visit With Your Coach Every Month To Plan Your Specific Goals
- Q&A About Your Exercises And Preview Equipment To Enhance Your Workout
- Provide Motivation And Stepping Stones For Success

Members Only
Monthly/bank draft \$10
Yearly Rate \$120

Form available at our Member Service Center

Transaction Code: 721

ART CLASSES

Creative Drawing/Painting Class

Ages 18 & Up

Instructor: Bill Shryock from the Tuscarawas County Center for the Arts and Cleveland Institute of Art Learn Basic Drawing and Water Color Skills. Supplies provided.

DAY/TIME	Class size is limited
Mondays 7:00 PM-8:30 PM	
PROGRAM CODE	
1ARTSDRAW01	Maximum 10
MEMBER	OTHER
\$25	\$40

ADULT SPORTS

HS/Adult Indoor Soccer

DAY/TIME	
Meeting March 1 / 7:00 PM 8 Week Season	
PROGRAM CODE	
1YTHSSOC01	
MEMBER	OTHER
\$10	\$35

Interested in a
Women's Basketball League?
Contact Ashley E.
asheick@tuscymca.org

Women's Volleyball

DAY/TIME	Tuesday Nights
Summer League begins June 5	
League is limited to 8 teams	

Coed Volleyball

DAY/TIME	Friday Nights
Summer League begins June 8	
Individuals or Teams Welcome	

Badminton

DAY/TIME		
T/TH 10:00 AM	MAIN GYM	
PROGRAM CODE	Member	Other
1FIBADMIN	FREE	\$4 per day
Anyone interested please sign up at Member Service Center.		

Racquetball

Courts may be reserved for one hour by Tusc. Y Members only. Reservations are taken up to 48 hours in advance. Court One/top of the hour, Court Two/bottom of the hour. Racquets/balls are available.

Walleyball

Courts may be reserved for one hour by Tusc. Y Members up to 48 hours in advance. Court one/women's height and court two/men's height. Please have your membership card available.

MORE GREAT FITNESS CLASSES

Zumba Fitness®

All levels 60 Min

Join the party! Easy to follow but exciting Latin dance moves and motivating rhythms allow you to dance while burning lots of calories! It's HOT, HOT, HOT!

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
TUE 6:00-7:00 PM	1FIZUMBA01	\$2	\$6
THU 6:00-7:00 PM	1FIZUMBA01	\$2	\$6
FRI 9:00-10:00 AM	1FIZUMBA01	\$2	\$6
SAT 8:00-9:00 AM	1FIZUMBA01	\$2	\$6
SUN 4:00-5:00 PM	1FIZUMBA01	\$2	\$6
Z CARD / 7 days per pass	1FIZUMBA02	\$14	\$42

Spinning

All levels 45 Min

Maximum 12 per class

Lower Body/Cardio endurance class. Cycling provides the fun and challenge of outdoor riding in an indoor setting. Music motivated, higher intensity, but adaptable to many levels of fitness. Please bring water bottle and arrive 5-10 min early to set your bike.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W 5:45AM	1FICYCLE01 1FICYCLE05	\$17 session or \$2 per day	\$79 session or \$7 per day
M/W 7:00 PM	1FICYCLE02 1FICYCLE05	\$17 session or \$2 per day	\$79 session or \$7 per day
T/TH 7:00 PM	1FICYCLE03 1FICYCLE05	\$17 session or \$2 per day	\$79 session or \$7 per day
T/TH 9:00 AM	1FICYCLE04 1FICYCLE05	\$17 session or \$2 per day	\$79 session or \$7 per day
FRI 5:45 AM	No Registration/ First come first serve	FREE	NA
SAT 8:00 AM	No Registration/ First come first serve	FREE	NA



PERSONAL TRAINING

Your trainer will design a program that focuses on your goals. Our latest addition to Personal Training includes Performance Coaching. Specialized programs and coaching techniques for swimming, running, or cycling.

DAY/TIME	one hour	PROGRAM CODE	MEMBER	OTHER
One (1) session/one (1) client		1FIPT01	\$25	NA
One (1) session/two (2) clients		1FIPT2CLIENT	\$15 each	NA
One (1) session/three (3) clients		1FIPT3CLIENT	\$12 each	NA
One (1) session/ four (4) clients		1FIPT4CLIENT	\$10 each	NA
Six (6) one hour sessions		1FIPT02	\$140	\$290

WATER WORKOUTS Large Pool

Aqua Zumba All levels 45Min Maximum 30

Known as the Zumba "pool party." Invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
MON 7:00-7:45 PM	1AQZUMBA01	\$3 Pay Per Day	\$7 Pay Per Day
WED 7:00-7:45 PM	1AQZUMBA02	\$3 Pay Per Day	\$7 Pay Per Day

Aqua Aerobics All levels 45 Min Maximum 30

Low Intensity : Cardiovascular/water resistance workout. Shallow water large pool.

Shallow/Deep Combo: Cardiovascular/water resistance using shallow & deep areas.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
Low Intensity M/W/F 9:00-9:45 AM	1QAEROBIC01	\$18 session	\$51 session
Shallow/Deep Combo T/TH 9:00-9:45 AM	1QAEROBIC02	\$17 session	\$43 session
Shallow/Deep Combo SUN 4:00-4:45 PM	1QAEROBIC03	\$2 Pay Per Day	\$6 Pay Per Day

Aqua Grooves 45Min Maximum 10

Various abilities join in for fellowship & exercise. Excellent mobility challenges. Large pool.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W 9:45-10:30 AM	1AQAQUAGRV01	FREE	\$44 session

Joy of Living 45 Min Maximum 30

Low impact, range of motion, flexibility. Large pool.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
T/TH 1:45-2:30 PM	1AQJOYLIV01	FREE	\$44 session

WATER WORKOUTS Small Pool

Twinges 45 Min

Designed for person with arthritis. Increases mobility, balance, and strength. Small Pool.

DAY/TIME	PROGRAM CODE	MEMBER	OTHER
M/W/F 8:15-9:00 AM	1AQTWINGES01	Maximum 20 FREE	\$66 session
M/W/F 9:15-10:00 AM	1AQTWINGES02	Maximum 20 FREE	\$66 session
M/W 10:00-10:45 AM	1AQTWINGES03	Maximum 20 FREE	\$66 session
M/W 10:45-11:30 AM	1AQTWINGES04	Maximum 20 FREE	\$66 session
M/W 11:30-12:15 PM	1AQTWINGES05	Maximum 20 FREE	\$66 session
T/TH/S 9:00-10:00 AM	1AQTWINGES06	Maximum 24 FREE	\$66 session



Hydro-Fit 60 Min

Deep Water Toning. Uses the resistance of the water to tone muscles. Large pool. Maximum 30

DAY/TIME	
M/W/F 10:30-11:30 AM	
PROGRAM CODE	
1AQHYDROFT01	
MEMBER	OTHER
\$19 session	\$54 session

Aqua Fit Everyone welcome

Perfect for SilverSneakers®

Emphasis on gentle exercise for increasing range of motion, strengthening, and reduction of pain. Class offers a mild cardio workout in the small pool. Good for easing Arthritis and Fibromyalgia pain. Small Pool. Maximum 22

DAY/TIME	
T&TH 2:00-2:45 PM	
PROGRAM CODE	
1AQAQUAFIT01	
MEMBER	OTHER
\$11	\$41

Strong Kids Annual Giving Campaign

Donating to the Y Strong Kids Campaign is a great way to help children and families who cannot afford to pay full fee for membership or programs. Please give generously to our Strong Kids Campaign and get involved by volunteering for this important cause. Contact Karol Jones at 330-364-5511 to donate.

SPECIAL PROGRAM INFORMATION

Can I transfer to a different class day? A \$2 transfer fee will be charged to your account and must be paid on your next visit or by credit card over the phone. No transfers are permitted after second class.

How do I withdraw from a program?

You may withdraw from a program or class before the first week. A computerized voucher will be issued to your account. There are no refunds or credits after the second class unless accompanied by a doctor's excuse. A \$5 cancellation fee will be issued if check refund is requested. Only a Director of the program area can issue a voucher or check request.

From Another Y? We are part of the AWAY Program. Please check in at our Member Service Center to use the facility at no-charge. Programs for non Tuscarawas County YMCA members will be charged at non-member rates. Twin City YMCA Members receive Tuscarawas County YMCA rates but must register during open registration for classes.

HAVE YOUR NEXT PARTY AT THE Y

Call Karol 330-364-5511 for availability

Adventure Center Party

Up to 20 children. Party room 1 hour/Adventure Center 1 hour
Members: \$80/Others: \$120 After Hours Pricing: Members: \$110/Others: \$150

Pool Party Open Swim

Party room for 1 hour/Swim during open swim
Members: 1-10 kids=\$50; 11-25 kids=\$60; >25=call for rates
Others: 1-10 kids=\$70; 11-25 kids=\$80; >25=call for rates

Pool Party Private Swim Party

Party room for one hour/Swim for one hour (after hours)
Members: \$120 Others: \$165

Gymnasium Party

Basketball, etc. up to 30 children * Larger parties call for pricing
Party room 1 hour/Main Gym 1 hour Only Available After Hours
Members: \$120/Others: \$165

Gymnastics Party Members Only- call Anne at 330-364-5511



TUSCARAWAS COUNTY YMCA

600 MONROE STREET DOVER, OHIO 44622
330-364-5511 Fax 330-364-5511

WWW.TUSCYMCA.ORG

Our Mission: We are committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.

Who We Are: The Y is the nation's leading non-profit organization committed to strengthening communities through youth development, healthy living and social responsibility.

the Staff

Member Service Center 330-364-5511

Keith A. Lands, Executive Director
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HEALTHY
KIDS DAY™

A YMCA Initiative

APRIL 28