



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TWIN CITY YMCA PROGRAMS

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

**Member Registration  
Begins  
Mon, February 13  
Online 6 AM**

**Open Registration  
Begins  
Wed, February 15**

**HOURS  
Youth Fitness and  
Family Wellness Hour  
M–T 3:00–8:00 PM  
FRIDAY 3:00 – 6:00 PM  
SAT 9:00 AM–NOON**

**YMCA MISSION  
STATEMENT**

The Tuscarawas County YMCA is 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.

## Child Care / After School Program

Provided by the 21st Century Grant. Children receive a healthy snack & help with homework. Arts & Crafts and group physical activities are also part of the schedule.

DAY/TIME	WEEK	PAYMENT CODE	MEMBER	OTHER
M/T/W/TH/F til 6:00 PM (Spring Break Apr 2-6 No Afterschool Care)	Feb 13–Feb 16	2TCAFTER25	\$25 Week	\$45 Week
	Feb 21–24	2TCAFTER26	\$25 Week	\$45 Week
	Feb 27–Mar 2	2TCAFTER27	\$25 Week	\$45 Week
	Mar 5–9	2TCAFTER28	\$25 Week	\$45 Week
	Mar 12–16	2TCAFTER29	\$25 Week	\$45 Week
	Mar 19–23	2TCAFTER30	\$25 Week	\$45 Week
	Mar 26–30	2TCAFTER31	\$25 Week	\$45 Week
	Apr 9–13	2TCAFTER32	\$25 Week	\$45 Week



## DANCE

### Rock-n-Rhythm

February—April with a performance at Healthy Kids Day in April and at Railroad Days in June.

AGE DAY/TIME	PROGRAM CODE 3 Month Program	MEMBER Per Month	OTHER Per Month
Ages 3–5 TUE 5:30–6:00 PM Begins Feb 7	2TCROCK101 (FEB)	\$12	\$21
	2TCROCK102 (MAR)	\$12	\$21
	2TCROCK103 (APR)	\$12	\$21
Ages 6–8 TUE 6:00–6:45 PM Begins Feb 7	2TCROCK201 (FEB)	\$15	\$27
	2TCROCK202 (MAR)	\$15	\$27
	2TCROCK203 (APR)	\$15	\$27
Ages 9 & up TUE 6:45–7:30 PM Begins Feb 7	2TCROCK301 (FEB)	\$15	\$27
	2TCROCK302 (MAR)	\$15	\$27
	2TCROCK303 (APR)	\$15	\$27

## GYMNASTICS

### Young Beginner Gymnastics

Designed for beginner gymnasts. Intro. to gym skills including tumbling, balance & coordination.

DAY/TIME	AGE	
MON 5:30–6:15 PM	Ages 4–6	
PROGRAM CODE	MEMBER	OTHER
2TCYOUNG	\$23	\$46

### Tumbling

Includes gymnastics skills such as rolls, tucks and handsprings without the use of specialized equipment.

DAY/TIME	Age	
MON 6:15–7:15 PM	Ages 6–Up	
PROGRAM CODE	MEMBER	OTHER
2TCTUMBLING	\$27	\$54

## Twin City YMCA Satellite

Northside School Building 215 North Third Street, Dennison 740-922-1863  
Tuscarawas County YMCA 600 Monroe Street, Dover 330-364-5511

[www.tuscymca.org](http://www.tuscymca.org)

ONLINE CLASS REGISTRATION COMING SOON!

TOURS AND MEMBERSHIPS AVAILABLE! Youth, Adult, Family, Single Parent Family



# SPRING ONE CLASS GUIDE

## 8 Week Session

### Feb 20–April 15

# TWIN CITY YMCA PROGRAMS (Continued)

### Zumba Fitness®

An invigorating fitness experience incorporating Latin dance exercise moves for a total body workout.

DAY/TIME		PROGRAM CODE	MEMBER	OTHER
MON 6:00–7:00 PM	60 Min	2TCZUMBAMON 2TCZUMBAPPC	\$20 Session \$3 per day	\$40 Session \$6 per day
THU 6:00–7:00 PM	60 Min	2TCZUMBATHU 2TCZUMBAPPC	\$20 Session \$3 per day	\$40 Session \$6 per day
SAT 9:30–10:15 AM	45 Min	2TCZUMBASAT	\$14 Session	\$28 Session
Moderate intensity Zumba Fitness® designed to be family friendly		1 Child FREE per adult Each Additional Child	\$6 Session	\$12 Session
		2TCZUMBAPPC	\$3 per day	\$6 per day
		1 Child FREE per adult Each Additional Child	\$3 Session	\$6 Session

**Cardio Pump** Tone your body and increase your energy level to burn fat, increase flexibility, build strength and increase cardiovascular endurance.

DAY/TIME		PROGRAM CODE	MEMBER	OTHER
WED 6:30–7:15 PM	45 Min	2TCCARDIO 2TCCARDIOPPC	\$16 Session \$3 per day	\$32 Session \$6 per day

**Spinergy** A safe and effective workout through your ability to control your speed, resistance and intensity level.

DAY/TIME		PROGRAM CODE	MEMBER	OTHER
TUE 5:45–6:15 PM	45 Min	2TCSPIN01	\$12 Session	\$24 Session

**Pilates** Improve your mental/physical well-being by increasing the strength of your core muscles through controlled movements.

DAY/TIME		PROGRAM CODE	MEMBER	OTHER
TUE 6:30–7:00 PM	30 Min	2TCPILATES 2TCPILATEPPC	FREE	\$20 Session \$6 per day

### MEMBERSHIP OPTIONS

Monthly bank or credit draft is available. You may choose your automatic deduction from your account on the 3rd or 15th of the month. Draft memberships are perpetual, non-refundable and non-transferable.

For membership information stop by the Member Service Center.

### FINANCIAL ASSISTANCE

The Tuscarawas County YMCA is committed to providing membership services and programs to everyone. For membership or program assistance, please contact the Member Service Center and request a Financial Assistance Application.

All applications are confidential.

### CANCELLATIONS

A \$5 cancellation fee will be issued on all withdraws before the first week. A computerized voucher will be issued. There are vouchers issued after the second class unless accompanied by a doctor's excuse.

### TRANSFERS

Transfers are possible if space is available. \$2.00 transfer fee will be charged. No transfers are permitted after second class.