

# FUN STARTS HERE



## FALL 2 SESSION CLASS GUIDE

**Oct 27-Dec 20**

**Member Registration**

**Begins Sun, Oct 19**

**Community Registration**

**Begins Wed, Oct 22**

**No Classes Nov 24-28**

**24/7 ADULT  
FITNESS CENTER  
ACCESS**



**TUSCARAWAS  
COUNTY  
YMCA  
WWW.TUSCYMCA.ORG**

**MONDAY-THURSDAY  
5 AM-9 PM  
FRIDAY 5 AM-7 PM  
SATURDAY 6 AM-4 PM**

**Financial Assistance Available**

# YOU "BELONG" AT THE Y

## BECOME A MEMBER

More than just a gym, a pool, or a place for fitness; Y members experience a sense of belonging that can't be found anywhere else! Our healthy living environment gives our friends and neighbors across Tuscarawas County a network of people who are ready to take charge of their health through our growing programs and services that enhance total wellness.

### Membership has Great Benefits

- 24/7 Fitness Access for Adult Members.
- Fully trained caring staff.
- Nationwide access to more than 2,400 Y's across the country.
- Free startup session in our Fitness Center.
- Free fitness classes both land and water.
- Free child watch services and family nights.
- Reduced rates on classes and programs.
- Early registration perk for child care, youth sports, swim lessons, gymnastics, and fitness.

**Our Mission:** To put Christian principles into practice through programs that build health spirit, mind and body for all.

### Facility Includes:

25-Yard Indoor Pool  
Warm Water Pool  
Adult Whirlpool  
Gymnasium  
Gymnastics Center  
2-Adult Locker Rooms  
with Sauna & Steam

2-Youth Locker Rooms  
Family Locker Room  
2-Racquetball Courts  
Fitness Center  
Free Weight Area  
Youth Fitness Area  
Aerobics Studio

Outdoor Sports Field  
Multipurpose Room  
Chapel  
Preschool Learning Center  
Adventure Center  
Functional Fitness Room

**We Partner  
With:**



Current Member Rates <b>6.75% Ohio Sales tax NOT included</b>	1st Month Join Fee	Monthly Bank Draft	Annual Rate NO JOIN FEE!
<b>Youth</b> Ages 6 months-grade 12	No Join Fee	\$22.00 +tax	\$264.00 +tax
<b>Young Adult</b> Ages 18 (out of HS) through age 29	\$25	\$30.00 +tax	\$360.00 +tax
<b>Adult</b> Ages 30 through 64	\$25	\$40.00 +tax	\$480.00 +tax
<b>Couple</b> 2 adults in same household	\$50	\$60.00 +tax	\$720.00 +tax
<b>Family/2 Adults</b> 2 adults in same household and dependents. Ages 6 months-full time college student.	\$50	\$63.00 +tax	\$756.00 +tax
<b>Family/1 Adult</b> 1 adult and dependents. Ages 6 months-full time college student.	\$50	\$51.00 +tax	\$612.00 +tax
<b>Senior Adult</b> Age 65 and older	\$25	\$35.00 +tax	\$420.00 +tax
<b>Senior Couple</b> 2 adults in same household age 65 and older	\$50	\$50.00 +tax	\$600.00 +tax
<b>Two week cancellation notice is required on ALL DRAFT MEMBERSHIPS. Cancellations may be made in person, online or by phone. Please be prepared to show a Photo ID for purchase of Memberships. Financial assistance is available for membership and programs.</b>	<b>1st Payment Includes Joiners Fee, if applicable.</b>	<b>Monthly payments are available through Checking, Savings or Credit Card</b>	<b>Annual/Full Pay Memberships are Non-refundable and Non-transferable</b>

# 24/7 FITNESS CENTER ACCESS



## Here's how it works.

Tuscarawas County YMCA Members who are 18 or older can sign up for 24/7 access by stopping at our Member Service Center and updating their waiver, membership and photo. There is no additional cost.

## REMINDERS FOR USAGE

- Door must close between each scan. Do not open the door for others.
- Each member must scan their own card to enter. If you do not have your card you may not enter. If your card does not work you may not enter. Please return during normal business hours and stop by the Member Service Center to fix issue.
- No Guests (including family) are permitted to enter with you. The Y has a Zero Tolerance Policy which states anyone found bringing in guests will have their access terminated and other YMCA privileges may be subject to review.
- No staff on duty. Security cameras monitor access and usage.
- Zero Tolerance on rule violation.

**SAFETY REMINDER:**  
**Bring a cell phone.**  
**In case of emergency**  
**Call 911.**

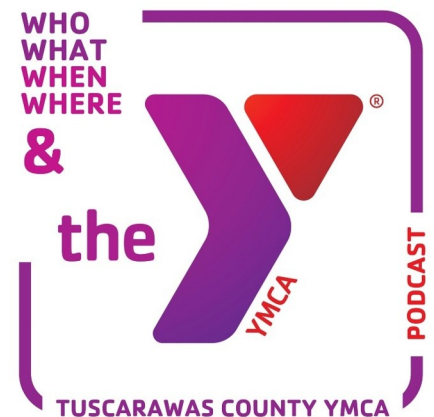


## SOCIAL MEDIA

We love to connect with you on all our social platforms.  
Follow us on:



## YMCA PODCAST



Watch past episodes on  
YouTube and follow us on  
Facebook for new episodes.

## OUTREACH



### What is Puentes?

Puentes is a community group dedicated to connecting people and strengthening relationships between different cultures.

### OFFICE HOURS

THUR 6:00 PM to 8:00 PM

These hours are designed to answer questions, help fill out paperwork, and connect non-English speaking families with resources. 330-556-0428

# HAZTE MIEMBRO

Más que un gimnasio, una piscina o un lugar para hacer ejercicio. ¡Los miembros de Y son parte de nuestra comunidad! Nuestros amigos y vecinos se unen a la Y para sentirse inspirados, animados y motivados a disfrutar de un estilo de vida más saludable.

## Beneficios de la Membresía

- Sesión gratuita de inicio de fitness
- Clases de fitness gratuitas
- Atento Personal
- Acceso nacional a la YMCA
- Cuidar a los niños gratis
- Noches de familia gratis
- Descuentos en programas
- Registro de primera prioridad

## YMCA incluye

- 2 piscinas adentro
- 2 canchas de ráquetbol
- Varias áreas de fitness
- Ciclismo en grupo
- Pista para caminar adentro
- Aeróbicos
- Cancha de baloncesto
- Centro de gimnasia
- Jacuzzi para adultos
- Sauna y sala de vapor para adultos
- Campo de deportes afuera
- Capilla
- Preescolar
- Cuidado de niños
- Área de juegos adentro para jóvenes
- Vestuarios para adultos
- Vestuarios Juveniles
- Vestuario para familias

Tarifas para miembros 6.75% Ohio Impuesto sobre las ventas NO incluido	Entrar Tarifa	Mensual Giro bancario	Tarifa anual ¡SIN CARGO DE UNIRSE!
<b>1 joven</b> Edades 6 meses-grado 12	\$0	\$22.00 + impuestos	\$264.00 + impuestos
<b>1 adulto joven</b> 18 años (fuera de la escuela secundaria) hasta 29 años	\$25	\$30.00 + impuestos	\$360.00 + impuestos
<b>1 adulto</b> 30 años hasta 64 años	\$25	\$40.00 + impuestos	\$480.00 + impuestos
<b>Pareja</b> 2 adultos en el mismo hogar	\$50	\$60.00 + impuestos	\$720.00 + impuestos
<b>Familia/2 Adultos</b> 2 adultos en el mismo hogar y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$63.00 + impuestos	\$756.00 + impuestos
<b>Familia/1Adultos</b> 1 adulto y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$51.00 + impuestos	\$612.00 + impuestos
<b>Adulto mayor</b> 65 años y mayor	\$25	\$35.00 + impuestos	\$420.00 + impuestos
<b>Pareja mayor</b> 2 adultos en el mismo hogar de 65 años y mayor	\$50	\$50.00 + impuestos	\$600.00 + impuestos
Se requiere un aviso de cancelación de dos semanas para TODAS LAS MEMBRESÍAS DE DÉBITO AUTOMÁTICO. Las cancelaciones se pueden realizar en persona, en línea o por teléfono.  Por favor, prepárese para mostrar una identificación con foto para comprar una membresía.  Asistencia financiera está disponible para membresías y programas.	El <b>primer pago</b> incluye la cuota de inscripción, si corresponde.	Los pagos mensuales están disponibles a través de cuenta de cheques, ahorros o tarjeta de crédito.	Las membresías anuales/de pago completo no son reembolsables ni transferibles.



# 24/7 FITNESS CENTER ACCESS

## ASÍ ES CÓMO FUNCIONA EL PROGRAMA 24/7 ACCESS YMCA:



Miembros de la YMCA del condado de Tuscarawas que tienen más de 18 años pueden inscribirse para el programa 24/7 Access YMCA por pedir ayuda en el centro de servicios de miembros y actualizar su formulario de renuncia, membresía y foto. No hay un costo adicional.

## RECORDATORIO SOBRE EL USO DE LA YMCA

- La puerta tiene que cerrarse entre cada persona que escanea la tarjeta. No abra la puerta para otras personas.
- Cada miembro tiene que escanear su propia tarjeta para entrar. Si no tiene su tarjeta, no puede entrar hoy. Si su tarjeta no funciona, Ud. no puede entrar hoy. Por favor regrese durante el horario normal y pida ayuda en el centro de servicio para miembros.
- No se le permite entrar ninguna otra persona, incluyendo familia. La YMCA tiene una política de cero tolerancia que establece que cualquier persona que traiga invitados tendrá su acceso cancelado y otros privilegios de la YMCA pueden estar sujetos a revisión.
- No hay empleados aquí fuera del horario normal. Cámaras de seguridad observan el acceso y el uso de la instalación.

## RECORDATORIO DE SEGURIDAD: Traiga un celular.

**En caso de emergencia llame al  
911.**



# OUTREACH



## ¿Qué es Puentes?

Puentes es un grupo de la comunidad dedicado a conectar a las personas y fortalecer las relaciones entre diferentes culturas.

## Horas de Oficina

Los jueves de 6:00 pm-8:00 pm. Estas horas están diseñadas para responder preguntas, llenar papeles, brindar información y conectar a las personas con los recursos necesarios.

**330-556-0428**



**TUSCARAWAS COUNTY YMCA  
600 MONROE STREET, DOVER OHIO  
44622 330-364-5511  
WWW.TUSCYMCA.ORG**



**FIND YOUR  
REASON  
TO GIVE.  
FIND YOUR Y.**



## **For a better us.®**

**When you donate to the Y,  
you're giving kids in need the  
opportunity to explore all they  
can become.**

To learn more about giving to the Y: Contact  
Jenny Dallas, 600 Monroe St, Dover, OH 44622  
330-364-5511 [jenny@tuscymca.org](mailto:jenny@tuscymca.org)  
Or click GIVE at [www.tuscymca.org](http://www.tuscymca.org)



All contributions are  
administered by the  
Tuscarawas County YMCA,  
a 501(c)(3)  
non-profit organization.  
All contributions are  
tax-deductible to the extent  
allowed by law and are  
acknowledged in writing.

**2025 Goal  
\$125,000**

# **WE are HERE for ALL FINANCIAL ASSISTANCE Available for Membership and Programs!**

**With a commitment to nurturing the potential of kids,  
promoting healthy living, and fostering a sense of social  
responsibility, the YMCA ensures that every individual has  
access to the essentials needed to learn, grow, and thrive  
through our Financial Assistance Scholarship Program.**

The YMCA welcomes all who wish to participate. Through our Annual Giving Campaign, the YMCA provides assistance to youth, adults, and families based on individual needs and circumstances. Every YMCA member receives the same membership benefits, regardless of whether or not they receive assistance. YMCA members can feel confident knowing that they are a part of an organization that cares greatly for the well-being of all people, and is committed to youth development, healthy living and social responsibility. **Download our Financial Assistance Application on our website at [www.tuscymca.org](http://www.tuscymca.org) or stop by our Member Service Center for more information.**



# CELEBRATE GOOD TIMES PARTY RENTALS

## Party Room

After Hours Only  
Up to 50 People

Members: \$40 per hour  
Others: \$60 per hour



## Large Pool Party

After Hours Only  
Party room for one hour  
Large Pool swim for one hour  
Up to 25 Swimmers  
Members: \$130  
Others: \$180

## Small Pool Party

After Hours Only  
Party room for one hour  
Small Pool swim for one hour  
Up to 15 Swimmers  
Members: \$130  
Others: \$180

## Adventure Center Party

After Hours Only  
Party room for one hour  
Adventure Center for one hour  
Up to 15 children.  
Pricing: Members: \$80  
Others: \$120

Call Garry 330-364-5511 or email [garry@tuscymca.org](mailto:garry@tuscymca.org) for availability

## CHILDWATCH SERVICE FOR Y MEMBERS



Our Child Watch program offers an opportunity for infants and children to grow, learn, and explore while meeting the need of their parents and family members who participate in Y programs and activities.

**NOTE:** This area is a no shoe zone. Please have socks available. Please do not bring food or extra toys. The parent/guardian of the child must remain on the premises while utilizing Child Watch.

Ages 6 Weeks–Age 9 Years

### DROP IN HOURS:

AM Mon–Sat 9–11:30 AM

PM Mon–Thu 4:30–8 PM

### Maximum Occupancy:

12 Children / 2 Staff

6 Children / 1 Staff

Max usage for members will be 1.25 hours per day.

## ADVENTURE CENTER INDOOR PLAY AREA

Includes rock wall and slide. Members please come to front desk for key to enter. Children age 3–10. Children must be supervised by an adult.

Area may be closed for YMCA Preschool Gym Time from 10:15–11 AM and 2:15–3 PM during school year.

# PERSONAL TRAINING

Workouts are tailored to Your Goals/Your Needs/Your Potential. Customize Your Experience by choosing your program duration, style & budget.

**Need A Speaker for Work or Special Group?** Wellness Speakers. Many topics available or we can design one just for you. We can come to you or you can bring your team to us. Contact Senior Program Director Kathleen Johnson 330-364-5511 ext. 317 or [kathleen@tuscymca.org](mailto:kathleen@tuscymca.org).

## Personal Training Session

One-on-One or Buddy Personal Training with a Certified Trainer. Includes cardio respiratory training, resistance training, fitness assessment, and personal coaching. Approx. 1 hour

## 30 Minute Motivator

Fast and fun results driven workouts with a Certified Personal Trainer. These workouts are a great way to begin or end your day.

## Youth Personal Training

Let us motivate and teach your child the path to healthy living and exercise. Great way to improve personal fitness

## Personal Training Team

Ryan Hursey, Natalie Weston, & Nathan Levensgood.



	Y Mem	Other
<b>PERSONAL TRAINING</b> Approx. 1 Hour (1 person)		
1 Session	\$40	\$55
4 Sessions (Save 5%)	\$152	\$209
8 Sessions (Save 10%)	\$288	\$396
12 Sessions (Save 20%)	\$384	\$528
<b>BUDDY TRAINING</b> Approx. 1 Hour (2 people)		
1 Session	\$40	\$55
4 Sessions (Save 5%)	\$152	\$209
8 Sessions (Save 10%)	\$288	\$396
12 Sessions (Save 20%)	\$384	\$528
<b>30 MINUTE MOTIVATOR</b> Package Rates (1 person)		
1 Session	\$30	\$45
4 Sessions (Save 5%)	\$114	\$171
8 Sessions (Save 10%)	\$216	\$324
12 Sessions (Save 20%)	\$288	\$432
<b>YOUTH PERSONAL TRAINING</b> 30 MIN (1 person)		
1 Session	\$30	\$45
4 Sessions (Save 5%)	\$114	\$171
8 Sessions (Save 10%)	\$216	\$324
12 Sessions (Save 20%)	\$288	\$432

**\*Note: Independent Personal Trainers are not permitted to provide personal training appointments at our facility.**

# READY, SET, GO

**FREE FITNESS START UP SESSION Easy as 1-2-3**

**Member Perk:** New to the Wellness Center? We are here to help. Register at the Member Service Center for an informative introduction to our Wellness Center. Try resistance & cardio machines, learn about personal training and classes.

**Come dressed to get started!**





# YMCA FITNESS CLASSES

## Cardio Mix HIIT

Cardio & Core Training using Body Weight

## Drumming

Super fun, great music, and lots of calories burned. Drum, squat, lift, and sing if you want.

## Fit & Strong

Our certified personal trainer will help you to stay committed to your goals in a fun and efficient way. Group setting. Encouragement, motivation, and accountability. Bodyweight exercises along with dumbbells, kettlebells, Bosu Balls, bands, ropes, weighted balls and large fitness balls.

## LaBlast® Fitness

A partner-free dance fitness workout created by world-renowned dancer and fitness expert Louis van Amstel (as seen on Dancing with the Stars). It's accessible for all levels—from the absolute beginner to the experienced dancer. LaBlast® takes you through a diverse mix of famous ballroom dances set to your favorite music, everything from pop and rock to hip-hop and country. Experience the full array of dance styles from Jive to Foxtrot and Viennese Waltz to Lindy Hop. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance or just have great time. LaBlast® offers something for everyone.

## Strength Training with Weights

Great for anyone looking to learn or challenge strength. free weights, kettlebells, bars, etc.

## Group Cycling

Cardio endurance class. Music motivated and adaptable to all levels of fitness. Bring water. Arrive early for bike setup.

## Total Body Strength

Rep effect and metabolic resistance weight training styles using barbells and dumbbells. Sculpt lean muscle while building strength, power and endurance. Routine caters to all fitness levels with simple athletic movements.

## Yoga

**Chair Yoga:** Seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Shoe friendly. **Gentle Yoga:** Basic Yoga practice for flexibility and strength. Standing, kneeling, sitting, lying down poses. **Yoga:** More challenging poses for strength, balance, & intensity.

## Zumba® Fitness

45-60 Min Easy to follow Latin dance moves and motivating rhythms.

# YMCA TURKEY TROT – Prepare to cross the finish line! 5K RUN/WALK SUMMER PREP CLUB

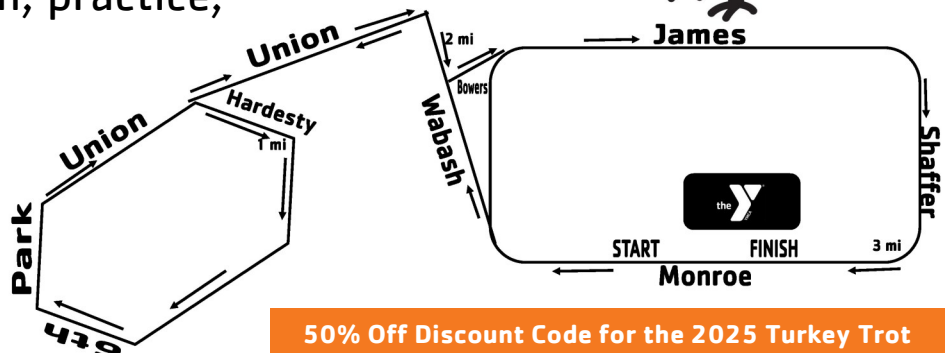
## SATURDAYS 8 AM / NOW-NOV 8

Have you ever wanted to run a 5K but need a little inspiration, practice, and fellowship?

We've got the club for you! Whether it's your first 5K or not—

Everyone loves fitness and friends.

**FREE FOR MEMBERS  
REGISTRATION REQUIRED**




50% Off Discount Code for the 2025 Turkey Trot will be awarded to 10 lucky participants!

# FITNESS SCHEDULE

Registration Required for All Classes.  
Room doors open 10 min prior to class.

## FALL 2 CLASS SCHEDULE

Schedule Subject to Change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 AM</b> <b>CARDIO MIX</b> Michelle Levitt/ Terri Hupp (Aerobics Room)	<b>5:30 AM</b> <b>TOTAL BODY STRENGTH</b> Terry McCrory (Functional Fitness/MP2)  <b>5:30 AM</b> <b>GROUP CYCLING</b> Open Studio	<b>5:30 AM</b> <b>CARDIO/CORE MIX</b> Kelly Vanarsdalen (Aerobics Room)	<b>5:30 AM</b> <b>TOTAL BODY STRENGTH</b> Terry McCrory (Functional Fitness/MP2)	<b>5:30 AM</b> <b>GROUP CYCLING</b> Mandy McMath (Spin Studio)  <b>5:30 AM</b> <b>PILATES</b> Sarah Custer (Chapel)	
	<b>8:00-8:45 AM</b> <b>STRENGTH TRAINING</b> (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)	<b>8:00-8:45 AM</b> <b>FIT &amp; STRONG</b> (Weights & More) Instr. Varies (Functional Fitness/MP2)	<b>8:00-8:45 AM</b> <b>STRENGTH TRAINING</b> (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)	<b>8:30 AM</b> <b>TRX—Limit 4</b> (Functional Fitness/MP2)	<b>8:00 AM</b> <b>GROUP CYCLING</b> Fritz Johnson (Spin Studio)
<b>9:00 AM</b> <b>LABLAST</b> (Dance/Fitness) Chris Sulzener (Aerobics Room)  <b>9:15 AM</b> <b>GROUP CYCLING</b> John Nemuth (Spin Studio)  <b>9:30 AM</b> <b>TRX—Limit 4</b> (Functional Fitness/MP2)	<b>9:00 –9:45 AM</b> <b>EVERY BODY FITNESS CIRCUIT</b> (Low Impact Cardio & Light Weights) Instructor Varies (Aerobics Room)  <b>GROUP CYCLING</b> Fritz Johnson (Spin Studio)  <b>GENTLE YOGA</b> Variety of Instructors (Chapel)	<b>9:00 AM</b> <b>DRUM &amp; TONE</b> (Low Impact Cardio using Drumsticks and Light Weights) Ryan Hursey (Aerobics Room)  <b>9:15 AM</b> <b>GROUP CYCLING</b> John Nemuth (Spin Studio)	<b>9:00-9:45 AM</b> <b>EVERY BODY FITNESS CIRCUIT</b> (Low Impact Cardio & Light Weights) Instructor Varies (Aerobics Room)  <b>GROUP CYCLING</b> Fritz Johnson (Spin Studio)  <b>GENTLE YOGA</b> Kathleen Johnson (Chapel)	<b>9:00 AM</b> <b>ZUMBA FITNESS</b> (Cardio) Jen Demuth (Aerobics Room)  <b>YOGA</b> Karen Sousaris (Chapel)	<b>9:00 AM</b> <b>LESMILLS BODYPUMP</b> Virtual (Functional Fitness/MP2) Or Live Class <b>GET PUMPED</b> Instructors Vary
<b>10:30 AM</b> <b>SILVERSNEAKER® CLASSIC CLASS</b> Christine Welsh (Main Gym)	<b>10:30 AM</b> <b>SILVERSNEAKER® CLASSIC CLASS</b> Bonnie Jones (Main Gym)  <b>CHAIR YOGA</b> Colleen Martini (Chapel)	<b>10:30 AM</b> <b>SILVERSNEAKER® CLASSIC CLASS</b> Christine Welsh (Main Gym)	<b>10:30 AM</b> <b>SILVERSNEAKER® CLASSIC CLASS</b> Bonnie Jones (Main Gym)  <b>10:00 AM</b> <b>TRX—Limit 4</b> (Functional Fitness/MP2)	<b>10:30 AM</b> <b>SILVERSNEAKER® CLASSIC CLASS</b> Jen Demuth (Main Gym)	
<b>6:00 PM</b> <b>YOGA</b> Aubrey Gealsha (Chapel)  <b>6:00 PM</b> <b>GROUP CYCLING</b> Varies (Spin Studio)	<b>5:30 PM</b> <b>TRX—Limit 4</b> (Functional Fitness)  <b>6:00 PM</b> <b>EVERYBODY FITNESS</b> Rachel Bolek (Aerobics Room)  <b>6:00 PM</b> <b>GROUP CYCLING</b> Mandy McMath (Spin Studio)  <b>6:50 PM</b> <b>PILATES</b> Sarah Custer (Chapel)	<b>5:30 PM</b> <b>TRX—Limit 4</b>  <b>6:00 PM</b> <b>TRX—Limit 4</b> (Functional Fitness/MP2)  <b>6:00 PM</b> <b>ZUMBA</b> Brenda Ramey (Aerobics Room)  <b>6:00 PM</b> <b>GROUP CYCLING</b> Sarah Lanzer (Spin Studio)	<b>6:00 PM</b> <b>DRUMMING FOR FITNESS</b> Jen Stewart (Aerobics Room)		

**FREE FITNESS CLASSES for YMCA MEMBERS**  
**\$10 Drop In Rate Per Class for Others**

# VIRTUAL STUDIO

# LES MILLS

Located  
in the  
Functional  
Fitness Room

See LesMills Virtual Schedule on our AAP or Website [www.tuscmca.org/schedules](http://www.tuscmca.org/schedules)

LES MILLS  
**BODYPUMP**

**BODYPUMP** is a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

LES MILLS  
**BODYATTACK**

**BODYATTACK™** is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way.

LES MILLS  
**BODYBALANCE**

**BODYBALANCE™** is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

LES MILLS  
**BODYCOMBAT**

**BODYCOMBAT** This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

LES MILLS  
**CORE**

**LES MILLS CORE™** is a scientific core workout for incredible core tone and sports performance. Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves have options, so it's challenging but achievable whatever your level of fitness. Trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus there are some hip, butt and lower back exercises too.



TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

**See Fitness Schedule for times  
Registration Required.**



## PARTY, MUNCH & LEARN

**Please Pre-Register at the  
Member Service Center / Free Events  
Snack or Lunch Provided.  
Details at registration.**

**SilverSneakers Birthday Celebrations on the  
last Thursday of the Month  
Main Gym 10 AM**

Oct 9– 11:30 AM–12:30 PM  
Aultman Therapy

Nov 4– 11:30 AM–12:30 PM  
Tusc County Sheriffs Office-Orvis Campbell

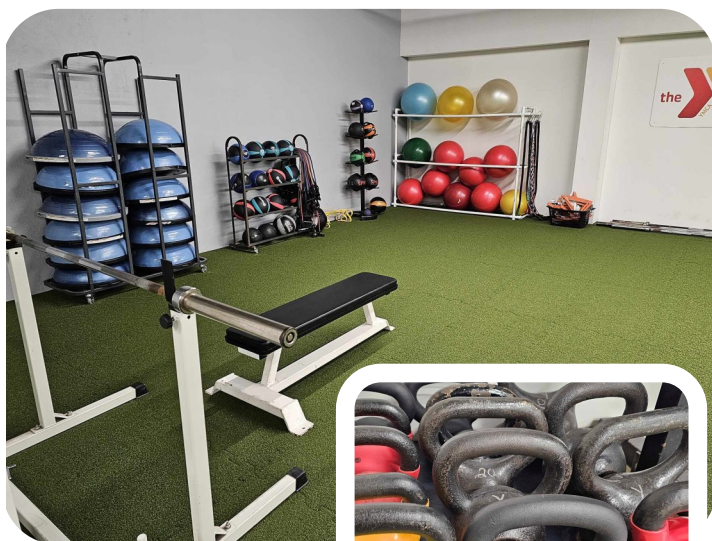
Dec 2—11:30 AM–12:30 PM  
Modern Hearing—Ross Milicia

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:40 AM BODYCOMBAT 30	
6:15 AM CORE 15	6:15 AM CORE 15	6:15 AM CORE 15	6:15 AM CORE 15	6:15 AM CORE 15	
6:35 AM BODYPUMP 30	6:35 AM BODYPUMP 30	6:35 AM BODYPUMP 30	6:35 AM BODYPUMP 30	6:35 AM BODYPUMP 30	
7:10 AM BODYBALANCE 15	7:10 AM BODYBALANCE 15	7:10 AM BODYBALANCE 15	7:10 AM BODYBALANCE 15	7:10 AM BODYBALANCE 20	
7:30 AM BODYPUMP 30	7:40 AM BODYBALANCE 15		7:40 AM BODYBALANCE 15	7:30 AM BODYPUMP 30	
				8:05 AM BODYPUMP 30	
8:05 AM BODYPUMP 30				8:40 AM BODYPUMP 30	
8:50 AM BODYPUMP 30	9:15 AM BODYBALANCE 30	9:15 AM BODYBALANCE 15	9:15 AM BODYBALANCE 15		9:00 AM BODYPUMP 60
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Schedule  
Subject to  
Change  
Please check  
our Schedules  
Page at  
[www.tuscymca.org/schedules](http://www.tuscymca.org/schedules)  
Filter Area:  
Les Mills  
Virtual



# FUNCTIONAL FITNESS ROOM



## HOURS:

Mon-Thu 5:30 AM - 8 PM

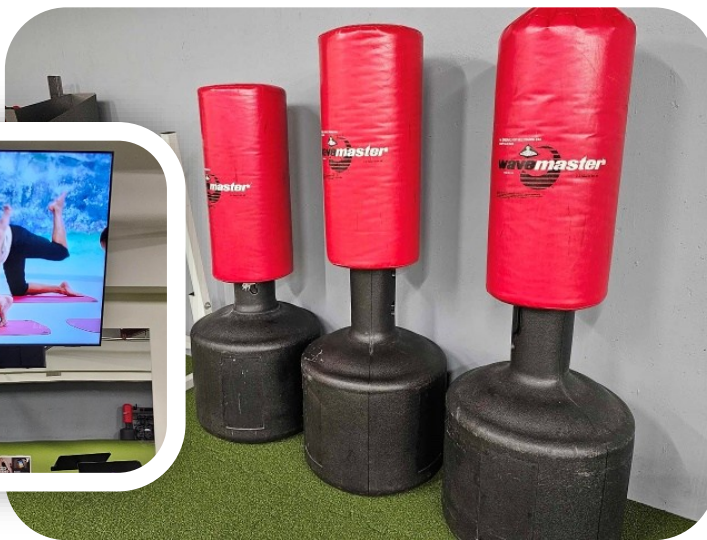
Fri 5:30 AM - 6 PM

Sat 6:30 AM - 3 PM

Reminder area closed during live classes.  
See Fitness Schedule.

Located in the Lower Level  
of the Patton Center  
Multipurpose Room 2

Ages 15 & Up / Children 7-14 must  
be accompanied by an Adult



**Increase your workout!** Try our Battle Ropes, Free Weights, Bosu Balls, Stability Balls, Step Benches, Kettlebells, Jump Ropes, Heavy Bags, Penalty Box and Agility Ladders, Hurdles, Resistance Tubes, Jump Box and the LesMills Virtual Studio. Plenty of space to challenge your workout.

# LES MILLS

VIRTUAL STUDIO



# RUN HAPPY RUN FAST BE THANKFUL TURKEY TROT 5K RUN/WALK

**THURSDAY, NOV 27 / 9:00 AM**

**Online Registration Only**

**[https://runsignup.com/Race/OH/Dover/  
TuscarawasCountyYMCATurkeyTrot](https://runsignup.com/Race/OH/Dover/TuscarawasCountyYMCATurkeyTrot)**

**In Person Race Fees & Registration Dates**

**Age 16 & Over**

\$20.00 through June 30, 2025

\$25.00 through August 31, 2025

\$30.00 through October 31, 2025

\$35.00 through November 26, 2025

\$40.00 Race Day / Registration closes at 8:15 AM

**Age 15 & Under**

\$20.00 through November 26, 2025

\$25.00 until registration closes Race Day at 8:15 AM

**AWARDS** to the top three overall female and male finishers and top three in each age group.

**Age Groups:** 14 and under, 15-19, 20-24, 25-29,

30-34, 35-39, 40-44, 45-49,

50-54, 55-59, 60-64,

65-69, 70-74, 75-79, 80 & over.

**SPECIAL AWARDS FOR PRE REGISTERED RACERS**

**ANNOUNCED RACE DAY (Oldest, Youngest, and More!)**

**Awards begin at 9:30 AM in Main Gym.**

**TUSCARAWAS COUNTY YMCA**

600 MONROE STREET, DOVER OHIO 330-364-5511

**WWW.TUSCYMCA.ORG**



**Shirts Guaranteed if  
Registered by Nov 1**

**PACKET PICK-UP / Main Gym**

Nov 26 4:00-7:00 PM

Packet Pick-Up also available on Nov 27  
from 7:00-8:15 AM at the Y



# HOME SCHOOL PROGRAMS

## ART CLASS

45 Min

MP1 / Min 5-Max 24

**Kids 6 to 13 years.** Easy to understand lectures about artists and art styles. Projects based on the lecture and include all types of medium from crayon, pencil, chalk, pastel, and paint.



DAY/TIME	MEM	OTH
THU 12:00-12:45 PM	\$30	\$65

## SWIM LESSONS

45 Min Large Pool / Max 24

**Kids 6 to 13 years old** who are involved in a home school program. In our swim program, the kids will enjoy learning water skills, safety, and develop endurance in a group setting with swimmers of similar swim ability.

DAY/TIME	MEM	OTH
THU 1:00-1:45 PM	\$30	\$65



# MORE Y ARTS PROGRAMS

## MESSY HANDS

**ART FOR AGES 2-5**

**4 WEEK PROGRAM Tuesdays**

**Nov 11, 18 & Dec 2, 9**

**Messy Hands (Art Class for Ages 2-5 / Parent participation)** Art in a playful manner with all types of creative fun. Each project will allow the preschooler and parent to get a little messy and encouraging them to create, sing and move. Projects will be "make and take, Multipurpose Room YMCA Instructor Michele Moore

DAY/TIME	MEM	OTH
TUES 10:00-10:45 PM	\$25	\$40
Price includes all 4 days Limit 10 Kids		

## CHRISTMAS

## COOKIES AND CANVAS

**Adult and School Age Children.**

Enjoy your creative side at the Y. All welcome. No skill necessary. Snacks provided. Please bring a paint shirt.

**Instructor Joella Elbert**

**Pre-Register Online or at the Y by DEC 1**



DAY/TIME	MEM	OTH
THU Dec 4 at 6:30 PM	\$15	\$20
Limited Registration Ages 8 and Up		



# WATER FITNESS

# SMALL POOL



## Twinges

Small Pool

45 Min / Max 20

Arthritis Class. Increases mobility, balance, and strength.

DAY/TIME	MEM
MON 8:00-8:45 AM	FREE
MON 9:00-9:45 AM	FREE
MON 10:00-10:45 AM	FREE
MON 11:00-11:45 AM	FREE
TUE 9:00-9:45 AM	FREE
WED 8:00-8:45 AM	FREE
WED 9:00-9:45 AM	FREE
WED 10:00-10:45 AM	FREE
WED 11:00-11:45 AM	FREE
THU 9:00-9:45 AM	FREE
FRI 8:00-8:45 AM	FREE
FRI 9:00-9:45 AM	FREE
SAT 9:00-9:45 AM	FREE

## Aqua Fit

Small Pool

45 Min / Max 20

Emphasis on gentle exercise for increasing range of motion, strengthening, and reduction of pain. Mild cardio workout. Good for easing Arthritis and Fibromyalgia pain.

DAY/TIME	MEM
TUE 1:00-1:45 PM	FREE
TUE 2:00-2:45 PM	FREE
THU 1:00-1:45 PM	FREE
THU 2:00-2:45 PM	FREE

## Aqua Yoga

Small Pool

60 Min / Max 14

Class uses the buoyancy and resistance of the water to create new challenges and range for yoga poses without the fear of falling. The warm water helps create better flexibility in the joints.



DAY/TIME	MEM
WED 6:30-7:30 PM Oct 29-Nov 26	FREE
THU 6:45-7:45 PM Dec 4-18	FREE

Fitness Classes are FREE for YMCA MEMBERS - \$10 Drop In Rate for each class is available for Community Members.



# LARGE POOL



## Aqua Aerobics

Large Pool 45 Min / Max 25

### Low Intensity:

Cardiovascular/water resistance workout. Shallow water large pool.

### Shallow/Deep Combo:

Cardiovascular/water resistance using shallow & deep areas. Med/High Intensity.

DAY/TIME	MEM
Low Intensity MON 9:00-9:45 AM	FREE
Shallow/Deep MON 7:00-7:45 PM	FREE
Shallow/Deep TUE 9:00-9:45 AM	FREE
Low Intensity WED 9:00-9:45 AM	FREE
Shallow/Deep THU 9:00-9:45 AM	FREE
Low Intensity FRI 9:00-9:45 AM	FREE

## Hydro-Fit

Large Pool 60 Min Max 25

Deep Water Toning. Uses the resistance of the water to tone muscles.

DAY/TIME	MEM
MON 10:00-11:00 AM	FREE
WED 10:00-11:00 AM	FREE
FRI 10:00-11:00 AM	FREE

Please check our  
**Pool Schedule at [www.tuscymca.org](http://www.tuscymca.org)**

Lifeguard on duty in Large Pool and Whirlpool area. Adult Swim, Open Swim and Lap Swim times available. No Lifeguard on duty in Small Pool. Adult Swim and Family Swim times are available. Adult must be in the water with children at all times. See Pool Rules posted in area and online for more details.

**Pool area camera and cell phone usage:** For the privacy of our participants-please do not take cameras or cell phones into Locker Rooms, Whirlpool or Pool Areas. Cameras/Cell phones may only be used during scheduled programming for the purpose of taking photos and videos of your participant to record memories as they progress through swimming milestones. Thank you for your cooperation.

Fitness Classes are FREE for YMCA MEMBERS - \$10 Drop In Rate for each class is available for Community Members.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PAINT NIGHT with TOM THE TURKEY

**THU. NOV 13**  
**6:30-8 PM**



Join us at the YMCA for a cozy evening of creativity and fun! Families will follow along with a Thanksgiving-inspired painting, perfect for all ages and enjoy a special visit from Tom the Turkey himself. (Not a live turkey)

- All supplies included
- Great for families to do together

## Registration Required

Member \$15 per person / Other \$20

Questions: Contact Jeff Bray  
[jeff@tuscymca.org](mailto:jeff@tuscymca.org)



**FAMILY TIME / TUSCARAWAS COUNTY YMCA**

600 Monroe Street, Dover 330-364-5511

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





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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GINGERBREAD HOUSE CONTEST



LIMITED ONE PER FAMILY

**Members \$15**  
**Others \$30**



Each family that registers will receive a kit with a gingerbread house to decorate using items in the kit and any other edible options.

Sign up by December 9th at our Member Service Center or online. Pick up your kit on Monday, December 9th, and then let the decorating begin! Submit a photo of your creation (with your family!) by midnight on December 21st by emailing it, along with your family name, to [jeff@tuscymca.org](mailto:jeff@tuscymca.org)

We'll post all entries on social media from December 22nd to 26th, and the winner will be announced on December 29th. The top team will take home a prize!

Please contact Jeff Bray  
[Jeff@tuscymca.org](mailto:Jeff@tuscymca.org) with questions.

**TUSCARAWAS COUNTY YMCA**

600 Monroe Street, Dover 330-364-5511 [www.tuscymca.org](http://www.tuscymca.org)



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FOR SOCIAL RESPONSIBILITY



# SILENT NIGHT... OUT!

## Parent's Night Out

Friday, Dec 12

5:30-8 PM

Ages 3-10



Need a night to finish up Christmas shopping or just enjoy a silent night?  
Drop the kids off at the Y for a festive evening of fun!  
Kids will enjoy:

- Cookie decorating
- A special visit from Santa
- A Christmas movie on the big screen
- Hot cocoa to warm up
- And yes—pajamas encouraged!

Let us take care of the fun while you take care of you!

**Registration Required**

Member \$10 / Other \$25

Questions: Contact Jeff Bray  
[Jeff@tuscymca.org](mailto:Jeff@tuscymca.org)



**TUSCARAWAS COUNTY YMCA**

600 Monroe Street, Dover 330-364-5511 [www.tuscymca.org](http://www.tuscymca.org)





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FOR SOCIAL RESPONSIBILITY



# YMCA KIDS IN ACTION

**Future Leaders Start Here!**

**Oct 2 – Nov 20 (8 weeks) JOIN TODAY!**

The YMCA Kids in Action program helps kids in grades 4–5 explore leadership skills in a fun, supportive space. Each week, participants hang out with friends, learn about a leadership quality, and put it into action through activities or service. Kids in Action also get to help at select YMCA events, building confidence and connections.

**Who: Youth in Grades 4–5**  
**When: Thursdays 5–5:30PM**  
**Members: \$5 Others: \$15**



**For More Information or to Join Contact:**

Jeff Bray, YMCA Youth and Family Director  
330-364-5511 Ext. 310 or [jeff@tuscymca.org](mailto:jeff@tuscymca.org)

**TUSCARAWAS COUNTY YMCA**  
600 Monroe Street • Dover, OH • 44622 330.364.5511 • [tuscymca.org](http://tuscymca.org)



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FOR SOCIAL RESPONSIBILITY



# OUR TOMORROW YMCA TEEN LEADERS CLUB

**Your Voice, Your Leadership, Your Future!**

The YMCA Teen Leaders Club empowers students to build leadership skills through discussions on core values, responsibility, communication, and teamwork. Participants enjoy guest speakers, field trips, and volunteer service while learning how to positively impact their family and community.

**Who:** Youth in Grades 6-12

**When:** Weekly Meetings Thursdays 6:30-7:30 PM

**Fee:** \$30\* includes Club T-Shirt

**For More Information or to Join Contact:**

Jeff Bray, YMCA Youth and Family Director  
330-364-5511 Ext. 310 or [jeff@tuscymca.org](mailto:jeff@tuscymca.org)

**Scan to apply today!**



\*Must obtain a YMCA membership, however, financial assistance scholarships are available to ensure accessibility and membership.

**TUSCARAWAS COUNTY YMCA**  
**600 Monroe Street    Dover, Ohio 44622    330-364-5511    [www.tuscymca.org](http://www.tuscymca.org)**



## COMING WINTER SESSION 2026

# YMCA ON THE GUARD – LIFEGUARD V7 CERTIFICATION COURSE

Details to come in Winter Brochure. Class will begin in January 2026. Scholarships are available. Contact Stacy Harlan at 330-364-5511 ext. 314 or [stacy@tuscymca.org](mailto:stacy@tuscymca.org) for details.

# YMCA SWIM TEAM

**Ages 5-18 (See requirements below)**

**Training begins Monday Sept 29.** Season concludes for most swimmers in early March 2026.

Silver Streaks Swim Team is open to any Youth YMCA member who has already participated in a previous YMCA swim season or completed the SILVER STREAKS PRE-TEAM CAMP. If a participant is new to the team and missed the Pre-Team Camp, they must be approved by the Head Swim Coach to join.

Swimmers 8 years of age and younger will be required to complete 1 full length of the pool with no assistance front crawl/freestyle and 1 full length with no assistance back crawl/backstroke to join the swim team. Those who are 9 years of age and older will be required to swim 2 full lengths of each stroke to join the swim team.

Once training begins on September 29th, swimmers will be assigned to one of four groups: Advanced Group A, Advanced Group B, Intermediate Group or Beginner Group.

Swim Meets are held on various Saturdays and some travel is required. All swimmers are required to participate in at least three swim meets throughout the season but encouraged to attend as many meets as possible.

### PRACTICE SCHEDULE:

Monday-Friday 3:30pm-5pm (Advanced Group A)

Monday – Thursday 5pm – 6pm (Advanced Group B, Intermediate Group and Beginner Group)

Note: Practice schedule is subject to change in November with the start of High School Swim Season.

### SEASON RATE:

Active membership is required – bank draft option now available for payments with details to be presented at the parents' meeting. Parents' meeting date will be sent out through the Silver Streaks Remind messaging and announced at practice. All swimmers will pay the \$50 registration fee for September/October.

**BEGINNER GROUP:** \$200 for the season (\$50 registration fee for first month, then \$37.50/monthly to cover remaining season fee balance of \$150)

**ADVANCED GROUPS A & B, INTERMEDIATE GROUP:** \$250 for the season (\$50 registration fee due for first month, then \$50/monthly to cover remaining season fee balance of \$200)

**QUESTIONS:** Contact Aquatic Director, Stacy Harlan, at [stacy@tuscymca.org](mailto:stacy@tuscymca.org) or to Head Swim Coach, JoLyn McFadden, at [streaksswimming@gmail.com](mailto:streaksswimming@gmail.com).



# LEARN TO SWIM 6 Months–Age 5

**No Classes Nov 24–28 (M–F)  
No Classes Sat. Dec 6**

## Level A - Water Discovery

6 Months–2 Years 30 Min Small Pool / Max 8

This class introduces infants and toddlers to the aquatic environment through songs and games.

Adult must accompany the swimmer in the water.

DAY/TIME	MEMBER	OTHER
THU 10:00–10:30 AM	\$37	\$81
THU 5:15–5:45 PM	\$37	\$81
SAT 10:00–10:30 AM	\$37	\$81

## Level B - Water Exploration

2–4 year olds 45 Min Small Pool / Max 8

This class focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Adult must accompany the swimmer in the water.

DAY/TIME	MEMBER	OTHER
TUE 10:00–10:45 AM	\$40	\$87
TUE 5:15–6:00 PM	\$40	\$87
FRI 10:00–10:45 AM	\$40	\$87
SAT 11:15 AM–12:00 PM	\$40	\$87

## Preschool - Level 1&2

Water Acclimation & Stamina Max 6

Age 3–Entering Kindergarten 45 MIN Small Pool

Perfect class for those who are Beginners/Advanced Beginners who are not yet able to swim without assistance for the full of the length of our Small Pool (about 30 feet) both on their front with face in the water showing rhythmic breathing, and on their back, and showing confidence in the deeper end of the small pool.

DAY/TIME	MEMBER	OTHER
MON 5:15–6:00 PM	\$40	\$87
MON 6:00–6:45 PM	\$40	\$87
TUE 10:45–11:30 AM	\$40	\$87
TUE 6:00–6:45 PM	\$40	\$87
THU 10:45–11:30 AM	\$40	\$87
THU 5:45–6:30 PM	\$40	\$87
FRI 11:00–11:45 AM	\$40	\$87
FRI 11:45 AM–12:30 PM	\$40	\$87
SAT 10:30–11:15 AM	\$40	\$87

## Ages 3–Entering Kindergarten

### Preschool–Level 3&4

Water Stamina & Stroke Introduction:

Age 3–Entering Kindergarten

45 MIN Large Pool Max 6

This class is for those who are already able to complete the following – Floating on front and back without assistance, rolling from front float to back float without assistance, comfortable with swimming with face in the water, swim full length of the small pool (about 30 feet) on front showing rhythmic breathing without assistance, swim full length of the small pool (about 30 feet) on back in any form without assistance. These swimmers will be introduced to swimming in deeper water, and will build up to swimming a full length of the large pool on both front and back.

DAY/TIME	MEMBER	OTHER
TUE 6:15 PM–7:00 PM	\$40	\$87
SAT 11:15 AM–12:00 PM	\$40	\$87

## PRIVATE SWIM LESSONS

YMCA members can get one-on-one instruction/coaching at levels ranging from first time beginner level up to preparing for swim team or triathlon level. Availability is limited and requires contacting the Aquatic Director at [stacy@tuscymca.org](mailto:stacy@tuscymca.org) or 330-364-5511 ext. 314 to get connected to an instructor/coach.

**30 Minute Session**  
\$25 Member

**30 Minute Semi Private**  
\$30 Member

**1 Hour Session**  
\$40 Member

**1 Hour Semi Private**  
\$45 Member

Note: Semi-Private is limited to 2 swimmers at or around same level of swimming



# LEARN TO SWIM Ages 6-12 Years Old

**No Classes Nov 24-28 (M-F)**  
**No Classes Sat. Dec 6**

## Youth-Level 1&2 Beginner Level

Perfect class for those who are beginners/Advanced Beginners who are not yet able to Swim without assistance for half of the length of our Large Pool (about 35 feet) both on their front with face in the water showing rhythmic breathing, and on their back, and showing confidence in deeper water.

## Youth-Level 3&4 Intermediate Level

This class is for those intermediate level swimmers who can already complete half of the length of our Large Pool (about 35 feet) both on their front with face in the water showing rhythmic breathing, and on their back. These swimmers will build up to completing full lengths of the pool on their front and back and will be introduced to new strokes and swimming skills that require deep water confidence.

## Youth-Level 5&6 Advanced Level

This class is for those who are already able to complete the following - 2 full lengths of the large pool front crawl (freestyle) with rotary breathing, 2 full lengths of the large pool back crawl (backstroke) with good form, 1 full length of elementary backstroke, 1 full length of the whip kick (breaststroke kick) and dolphin kick (Butterfly kick), tread water using multiple kicks for at least 1 minute.



### Youth Levels 1 & 2

6-12 year olds 45 Min  
Large Pool / Max 8  
Descriptions above.

DAY/TIME	MEM	OTH
TUE 6:15-7:00 PM	\$40	\$87
TUE 7:00-7:45 PM	\$40	\$87
THU 6:15-7:00 PM	\$40	\$87
THU 7:00-7:45 PM	\$40	\$87
SAT 10:15-11:00 AM	\$40	\$87

### Youth Levels 3 & 4

6-12 year olds 45 Min  
Large Pool / Max 8  
Descriptions above.

DAY/TIME	MEM	OTH
TUE 7:00-7:45 PM	\$40	\$87
THU 6:15-7:00 PM	\$40	\$87
SAT 11:15-12:00 PM	\$40	\$87

### Youth Levels 5 & 6

6-12 year olds 45 Min  
Large Pool / Max 10  
Descriptions above.

DAY/TIME	MEM	OTH
TUE 7:00-7:45 PM	\$40	\$87



**Questions about  
Swim Lessons**  
Please Contact  
**Stacy Harlan**  
Aquatics Director  
**330-364-5511**  
ext. 314

## Teen/Adult Beginner

13 year & older. 45 Min  
Large Pool / Max 6  
For those just getting started and those working their way up to comfortably and efficiently completing full lengths of the Large Pool. Skills taught will begin with survival skills and progress into introduction to swimming strokes. All swimmers at the beginning and intermediate level are welcome. It's NEVER too late to start!

DAY/TIME	MEM	OTH
THU 7:00-7:45 PM	\$40	\$87

## Teen/Adult Intermediate

13 year & older. 45 Min  
Large Pool / Max 6  
This class is designed for those who can complete one full length of the pool performing front-crawl and back-crawl. Participants will learn how to perform their current strokes more efficient, while also learning new swim strokes. Swimmers will build confidence and knowledge to use swimming for workouts.

DAY/TIME	MEM	OTH
SAT 10:15-11:00 AM	\$40	\$87

**NO CLASSES NOV 24-28 (M-F) / YMCA CLOSED THANKSGIVING DAY / NO CLASSES SAT DEC 6**

# GYMNASTICS PROGRAMS

No Classes Nov 24-29 (M-S)

Progressive gymnastics classes use a system of steps where skills are introduced in one level and then practice and mastered in different levels.

It is not unusual to spend more than one session per level.

Multiple skills and drills will be used to improve agility and strength.

Instructors will evaluate gymnast at the end of each session.

## PRIVATE GYMNASTICS LESSONS

One-on-one instruction. These lessons may include bars, vault, beam or floor.

### Private Lesson Pricing

60 Min

Member \$40-Other \$80

### Package Pricing Available 4 Lessons / Save \$20

60 Min

Member \$140-Other \$300

**Pricing has a no show/no refund policy.** Missed lessons will not be made up unless the instructor cancels and cannot reschedule. Private lessons expire two months after purchase.

### CONTACT

Gymnastics Coord. Nancy Smith  
info@tuscymca.org for  
appointments before purchase.

For Private Lesson &  
Pricing with  
YMCA Gymnastics Team  
Head Coach call  
330-364-5511

## PRESCHOOL LESSONS AGE 2-6

### Kindergym

Ages 2-3 Only - Max 10 Students

**Adult participation required**

Locomotive skills, listening skills, interaction with other children and body awareness will be presented. Instructor led, but parent participation is required.

Child must be at least 2 years old to participate.



DAY/TIME	30 Min	MEM	OTH
WED 10:00-10:30 AM		\$40	\$90
WED 10:45-11:15 AM		\$40	\$90

### Gymnastics for 3 Year Olds

Ages 3 Only - Max 5 Students

Introduces children to artistic gymnastics. Instructor led. Includes experience with tumbling, beam, bars, vault, and coordination skills.

Child must be at least 3 years old to participate.



DAY/TIME	30 Min	MEM	OTH
MON 3:30-4:00 PM		\$40	\$90
WED 11:30 AM-12:00 PM		\$40	\$90
THU 3:15-3:45 PM		\$40	\$90

### Preschool Level 1

Ages 4-5 - Max 6 Students

Introduces children to artistic gymnastics. Instructor led. Will include experience with tumbling, beam, bars, vault, and coordination skills.

DAY/TIME	30 Min	MEM	OTH
MON 10:00-10:30 AM		\$40	\$90
TUE 3:15-3:45 PM		\$40	\$90
WED 4:00-4:30 PM		\$40	\$90
SAT 10:45-11:15 AM		\$40	\$90

### Preschool Level 2

Ages 4-6 - Max 8 Students

For those who have mastered Preschool level 1 skills. An extension of level 1 that will increase the level of fundamentals, form and technique through stations and group work.

DAY/TIME	30 Min	MEM	OTH
MON 10:30-11:00 AM		\$40	\$90
MON 4:00-4:30 PM		\$40	\$90
WED 4:30-5:00 PM		\$40	\$90
SAT 11:15-12:00 PM		\$45	\$100
45 MIN-Combined Level 2/3			

### Preschool Level 3

Ages 5-6 - Max 10 Students

**Prerequisite:** Mastered Pre 2 and recommendation from instructors. Higher level skills to increase strength, coordination and flexibility.

DAY/TIME	45 Min	MEM	OTH
MON 4:30-5:15 PM		\$45	\$100
SAT 11:15 AM-12:00 PM		\$45	\$100
45 MIN-Combined with Level 2/3			

## SCHOOL AGE LESSONS AGE 6 & UP

### BOYS GYMNASTICS

**Ages 6 and up - Max 10 Students**  
Beginner level for boys focusing on strength, agility, focus, and movement. All apparatus will be used.

**No Classes Nov 24-29 (M-S)**

DAY/TIME 60 Min	MEM	OTH
WED 5:00-6:00 PM	\$75	\$170

### Level 1

**Ages 6 and up - Max 8 Students**  
Beginner level gymnastics on all equipment that will introduce artistic gymnastics skills through drills and stations.

DAY/TIME 60 Min	MEM	OTH
MON 5:30-6:30 PM	\$75	\$170
WED 6:00-7:00 PM	\$75	\$170

### Level 2

**Ages 6 and up - Max 12 Students**  
Advanced beginner skills are taught that increase strength, coordination and flexibility.

DAY/TIME 60 Min	MEM	OTH
MON 5:30-6:30 PM	\$75	\$170
WED 6:00-7:00 PM	\$75	\$170

### Level 3/4

**Ages 7 and up - Max 15 Students**  
Advanced level class that teaches readiness skills for the competitive team. Focus is on tumbling, strength, flexibility, agility, and intermediate/advanced skills and drills.

DAY/TIME 60/90 Min	MEM	OTH
MON 7:30-8:30 PM 60 min	\$75	\$170
WED 7:00-8:30 PM 90 Min	\$90	\$200
Register for Both Days MON/WED and Save	\$140 Save \$25	\$315 Save \$55

### Tumbling

**LEVEL 1-3, Ages 6 and up - Max 18**  
Tumbling only skills for beginner to advanced levels. Will include tumbling, lead-up drills, conditioning & flexibility.

DAY/TIME 60 Min	MEM	OTH
LEVEL 1, 2, 3 MON 6:30-7:30 PM	\$75	\$170

## OPEN GYMN

**YOUTH 5-18\***  
**Fridays 6-6:55 PM**

**\*Parent Participation Is Required for Ages 12 & under.**  
**Reminder Please exit quickly. Building closes at 7 PM.**

**Please pay at Member Service Center  
and receive hand stamp.**

**Member: \$5 / Other: \$15 Per Day**

Staff person on duty for supervision,  
parents guide gymnasts with skills. All equipment is available.

## GYMNASTICS COMPETITIVE TEAM Levels 3-7

Our program is dedicated to the total development of each gymnast, through proper learning progressions, form and techniques. The team competes in YMCA gymnastics on the local, regional and national level. Team members must have a current YMCA Family or Youth Membership + Monthly Team Fees + Comp Package. For team fee information please contact the gymnastics department.

### TEAM PRACTICE HOURS (School Year)

#### Group A

Tue 5:30-8:30 PM  
Thu 5:30-8:30 PM  
Fri 4:00-6:00 PM  
Sat 12:00-3:00 PM

#### Group B

Tue 5:30-8:30 PM  
Thu 5:30-8:30 PM  
Sat 12:00-3:00 PM

#### Group C & D

Tue 4:00-6:30 PM  
Thu 4:00-6:30 PM  
Sat 8:30-10:30 AM

**Team Only Open Gym**  
Wed 8-8:55 PM / \$5  
(Please pay at Member  
Service Center and receive  
hand stamp)

For more information  
about team or private  
lessons with a coach  
contact our  
Head Coach  
**Brianna Stocker**  
**330-364-5511**



## Racquetball

Free for Y Members /No drop in rate available. Equipment available at Front Desk. Reservations for one hour-up to 48 hours in advance. Court One/top of the hour, Court Two/bottom of the hour.

## Pickle Ball

### MORNINGS

7:30 AM - 9:30 AM

Mon & Wed / 1 Court West Side

Tue, Thu, Fri / 3 Courts

### AFTERNOONS

12:30 PM - 2:30 PM

Mon-Wed / 3 Courts

### EVENINGS

5:00-7:00 PM

Mon / 3 Courts

If only 1 court is needed please play on West Side and close curtain.

### Members FREE

Day of Drop-In Rate \$10

Please register/pay at the Member Service Center.

Please bring racket.

Nets set up by players.

## Adult Basketball

M-S 5:00-7:00 AM

No drop in rate available.

Members Only. See schedules page on website for more open gym options.

## Youth Open Court Basketball

Please check Gym Schedule for available times. Please wear clean athletic shoes on court. Bring ball or sign one out at the Member Service Center.

**MAIN GYM SCHEDULE  
AVAILABLE ONLINE  
[www.tuscymca.org](http://www.tuscymca.org)**

## HERE AT THE YMCA WE...

- Emphasize sportsmanship and fair play
- Teach values of caring, honesty, respect and responsibility.
- Keep winning in perspective.
- Enable all participants to play in every game.
- Value our Volunteer Coaches.

Sports communication for parent meetings, games & weather delays/cancelations through Quickscores.com & Remind.



YMCA Reversible Sports Jerseys are used for our YMCA Sports. Please purchase at registration or anytime at our Member Service

## KINDERSPORTS PRESCHOOL PROGRAM

Preschoolers 2-4 year olds 30 Min Limit: 8

Parent participation required.

Location: Main Gym / West Side

Class will focus on sports including soccer, t-ball, basketball & more!

Wear comfortable clothes and sneakers. Let's Play!

DAY/TIME 30 Min	MEM	OTH
FRI 11:30 AM 4 WKS Session Fridays Oct 31, Nov 7, 14, 21	\$25	\$50



## COMING SOON!

### CAVALITTLES CLINIC:

Jan 8-29/ Ages 3-5

Registration

Oct 1-Dec 12



### INDOOR SOCCER:

Mar 10-Apr 25

Registration

Jan 1-Feb 28



## JR. CAVS BASKETBALL

Grades K-1 and 2-3

Registration: Sept 1-Ends Oct 4

Season: Oct 28-Dec 20

(No games Dec 6)

Parent/Coach Meeting: Thu, Oct 23 6PM

Games: Saturdays (No games Dec 6)

Practice: Tuesdays

Picture Day: TBA

YMCA Member \$70 / Other \$90

Players Receive 2 FREE CAVS TICKET/VOUCHERS  
and a Co-Branded JR. CAVS REVERSIBLE JERSEY



## NHL STREET HOCKEY



**SEASON: JAN 6-FEB 28**

Registration Deadline Dec 12

- Who: Coed League for Players Ages 8-13
- Practices: Tuesday Evenings starting Jan 6
- Games: Saturdays starting Jan 10
- Cost: Y Members \$55 / Others \$75
- All participants receive a reversible Columbus Blue Jackets NHL jersey
- Register at the Y, online at [tuscymca.org](http://tuscymca.org) or by calling 330-364-5511



**\*\*NO EQUIPMENT OR EXPERIENCE NEEDED\*\***



NHL STREET gives kids a chance to stay active, make friends, and have fun. At the Tuscarawas County YMCA, all skill levels are welcome to join our street hockey league and enjoy a fast-paced game that builds teamwork and confidence.

## NEW SPORT, FRESH GOALS



TUSCARAWAS COUNTY YMCA 600 MONROE STREET, DOVER 330-364-5511 [WWW.TUSCYMCA.ORG](http://WWW.TUSCYMCA.ORG)

## RECEIVE SPORTS NOTIFICATIONS

Please make sure we have a primary cell number on your account and download the **REMIND APP** to receive any changes due to weather etc.

For team/league information visit **QUICKSCORES.COM /TUSCYMCA**

## SPORTS PLEDGE

shared before each game.

Win or lose,  
I pledge before God  
to play the game as  
well as I know how;  
to obey all the rules,  
to be a good sport at  
all times, and to  
improve myself in  
Spirit, Mind and Body.

## WE LOVE FEEDBACK

Contact Alex Conkle  
Youth Sports Coordinator at  
[Alex@tuscymca.org](mailto:Alex@tuscymca.org) or  
Jeff Bray Youth and Family  
Director at  
[Jeff@tuscymca.org](mailto:Jeff@tuscymca.org)  
330-364-5511

# TUSCARAWAS COUNTY YMCA CHILD CARE

## AFTER SCHOOL PROGRAM

### Elementary to Middle School

State Licensed. A safe alternative for school-age childcare. We provide a snack, homework help, & physical activity.

### Dover/NP Schools

**Program Location:**

**Tuscarawas County YMCA**

**Parent Pickup is 6 PM**

Transportation provided by Dover Schools and YMCA.  
Space determined by transportation availability.

### **Must Register**

Weekly Rates Only – No Daily Rates

Registration Fee: \$20

Youth Member      Program Rate      \$50

Community Member      Program Rate      \$60

## SCHOOL DAY OFF / SNOW DAY PROGRAM

**Must Pre-Register / see details below**

**Hours: 9:00 AM – 4:00 PM** at no additional charge

Extended Hours Available 7–9 AM and 4–6 PM

- Must fill out registration packet before your child can start, available on our website or stop by the Y.
- Space is limited.
- This program offered for school day off, school breaks, and snow days. We follow Dover and New Philadelphia school calendars.
- School aged children only.
- Your family does not need to be a YMCA member to be part of this program.

### **Questions/Concerns Contact:**

Child Care Director Sarah Kessler

330-365-5511 ext. 309 or [sarah@tuscymca.org](mailto:sarah@tuscymca.org)



Publicly Funded  
Child Care (PFCC)  
Accepted Through ODJFS

Financial Assistance  
Scholarships Available

**New to our Child Care  
Programs?  
PREREGISTRATION REQUIRED**

Please fill out  
child's paperwork  
at Front Desk prior to  
enrollment.

For More Information please  
contact  
Sarah Kessler  
Child Care Director at  
[sarah@tuscymca.org](mailto:sarah@tuscymca.org)  
or 330-364-5511.





# TUSCARAWAS COUNTY YMCA YMCA PRESCHOOL

## State Licensed

Our preschool provides a safe and healthy environment in which your child can develop independence, early learning, and social skills needed for kindergarten readiness. Activities are designed to aid in their development. Skills include: introduction of letters and numbers, colors and shapes, and recognizing/writing the child's name.

Daily job responsibilities are added as a tool in your child's learning process. Kids will explore new ways to enhance their learning process through music, crafts, and gym time.

We take pride in teaching our core values of caring, honesty, respect and responsibility.

For More Information please contact  
Child Care Director Sarah Kessler at [sarah@tuscymca.org](mailto:sarah@tuscymca.org)  
or 330-364-5511

### MONDAY-THURSDAY

**AM PROGRAM**  
**8:00-11:30 AM**

**PM PROGRAM**  
**12:30-4:00 PM**

### MONTHLY TUITION

PER CHILD

Youth Member \$155  
Community Member \$165

**Registration Fee \$60**  
**Non-Refundable**

**FINANCIAL ASSISTANCE**  
**AVAILABLE & PUBLICLY FUNDED**  
**ASSISTANCE ACCEPTED**

**PRESCHOOL**  
**2025-26**  
**SCHOOL YEAR**

**Stop by the Y or**  
**download forms**  
**online!**  
**[tuscymca.org](http://tuscymca.org)**



## NATIONWIDE MEMBERSHIP:

### From Another Y? My Y is Now Every Y Nationwide

When you join the Tuscarawas County YMCA you are welcome at YMCAs Nationwide. To find a Y in another location, go to [www.ymca.org](http://www.ymca.org). For more information or to view our Privacy Policy visit [www.tuscymca.org](http://www.tuscymca.org) or contact the Tuscarawas County YMCA at 330-364-5511. Reminder: If you are from another Y please have your membership card and photo ID available to scan. Programs for non-Tuscarawas County YMCA members will be charged at non-member rates.

## OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## CONTACT US:

Meagan Shaheen

Jenny Dallas

Stacy Harlan

Sarah Kessler

Ryan Hursey

Jeff Bray

Kathleen Johnson

Ashley Swiger

Alex Conkle

Nancy Smith

Executive Director

[meagan@tuscymca.org](mailto:meagan@tuscymca.org)

Executive Assistant

[jenny@tuscymca.org](mailto:jenny@tuscymca.org)

Aquatics Director

[stacy@tuscymca.org](mailto:stacy@tuscymca.org)

Childcare Director

[sarah@tuscymca.org](mailto:sarah@tuscymca.org)

Health & Wellness Director

[ryan@tuscymca.org](mailto:ryan@tuscymca.org)

Youth and Family Director

[jeff@tuscymca.org](mailto:jeff@tuscymca.org)

Marketing/Sen. Program Dir.

[kathleen@tuscymca.org](mailto:kathleen@tuscymca.org)

Membership Coordinator

[ashley@tuscymca.org](mailto:ashley@tuscymca.org)

Youth Sports Coordinator

[alex@tuscymca.org](mailto:alex@tuscymca.org)

Gymnastics Coordinator

[info@tuscymca.org](mailto:info@tuscymca.org)



**TUSCARAWAS  
COUNTY  
YMCA**

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

[WWW.TUSCYMCA.ORG](http://WWW.TUSCYMCA.ORG)

