



JOIN
24/7 ADULT
FITNESS
CENTER
ACCESS



FOLLOW THE FUN!

FALL 1 SESSION CLASS GUIDE Sept 8–Oct 25

Member Registration Begins Sun, Aug 17
Community Registration Begins Wed, Aug 20



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

Ask about 24/7 Fitness Access
for Adult Members!

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 6.75% Ohio Sales tax NOT included	1st Month Join Fee	Monthly Bank Draft	Annual Rate NO JOIN FEE!
Youth Ages 6 months-grade 12	No Join Fee	\$22.00 +tax	\$264.00 +tax
Young Adult Ages 18 (out of HS) through age 29	\$25	\$30.00 +tax	\$360.00 +tax
Adult Ages 30 through 64	\$25	\$40.00 +tax	\$480.00 +tax
Couple 2 adults in same household	\$50	\$60.00 +tax	\$720.00 +tax
Family/2 Adults 2 adults in same household and dependents. Ages 6 months-full time college student.	\$50	\$63.00 +tax	\$756.00 +tax
Family/1 Adult 1 adult and dependents. Ages 6 months-full time college student.	\$50	\$51.00 +tax	\$612.00 +tax
Senior Adult Age 65 and older	\$25	\$35.00 +tax	\$420.00 +tax
Senior Couple 2 adults in same household age 65 and older	\$50	\$50.00 +tax	\$600.00 +tax
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.	1st Payment Includes Joiners Fee, if applicable.	Monthly payments are available through Checking, Savings or Credit Card	Annual/Full Pay Memberships are Non-refundable and Non-transferable

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.

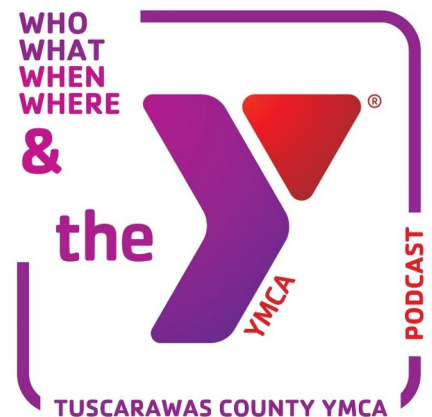


SOCIAL MEDIA

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!
1 joven Edades 6 meses-grado 12	\$0	\$22.00 + impuestos	\$264.00 + impuestos
1 adulto joven 18 años (fuera de la escuela secundaria) hasta 29 años	\$25	\$30.00 + impuestos	\$360.00 + impuestos
1 adulto 30 años hasta 64 años	\$25	\$40.00 + impuestos	\$480.00 + impuestos
Pareja 2 adultos en el mismo hogar	\$50	\$60.00 + impuestos	\$720.00 + impuestos
Familia/2 Adultos 2 adultos en el mismo hogar y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$63.00 + impuestos	\$756.00 + impuestos
Familia/1Adultos 1 adulto y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$51.00 + impuestos	\$612.00 + impuestos
Adulto mayor 65 años y mayor	\$25	\$35.00 + impuestos	\$420.00 + impuestos
Pareja mayor 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 primer pago 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
Or click GIVE at 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 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 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.

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
PERSONAL TRAINING 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
BUDDY TRAINING 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
30 MINUTE MOTIVATOR 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
YOUTH PERSONAL TRAINING 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

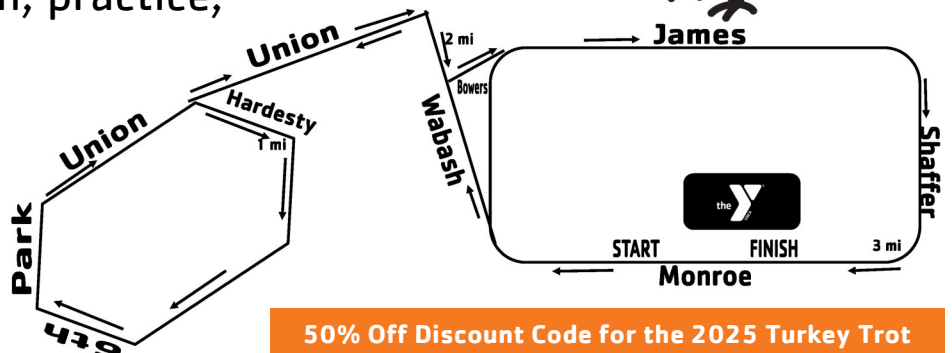
SATURDAYS 8 AM / NOW-NOV 8

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 CLASS SCHEDULE

Schedule Subject to Change.

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

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.tuscymca.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**

**Sept 16- 11:30 AM-12:30 PM
Farmers Market Presentation-Mark McKenzie**

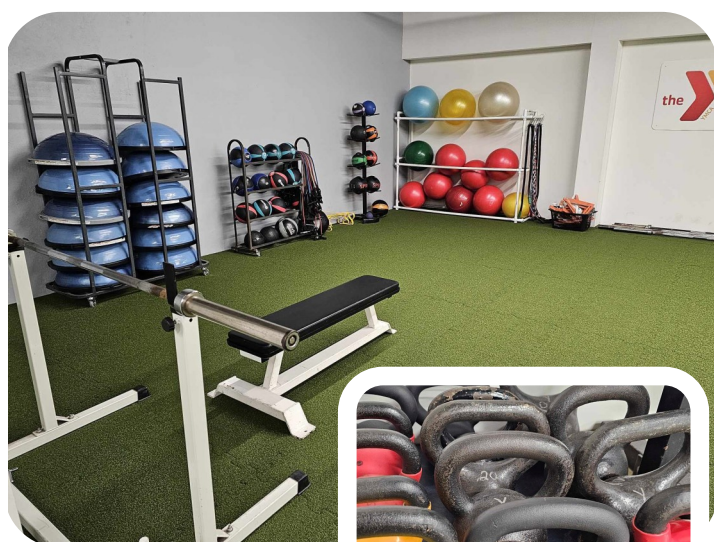
**Oct 9- 11:30 AM-12:30 PM
Aultman Therapy**

**Nov 4- 11:30 AM-12:30 PM
Tusc County Sherifs Office-Orvis Campbell**

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
9:25 AM CORE 30		9:35 AM BODYPUMP 20	9:35 AM BODYPUMP 15		
10:00 AM BODYBALANCE 30	10:00 AM BODYBALANCE 30	10:00 AM BODYBALANCE 30	10:00 AM BODYBALANCE 30	10:00 AM BODYBALANCE 30	10:05 AM BODYBALANCE 15
10:35 AM BODYPUMP 30	10:35 AM BODYPUMP 30	10:35 AM BODYPUMP 30	10:35 AM BODYPUMP 30	10:35 AM BODYPUMP 30	10:50 AM CORE 30
11:05 AM CORE 25	11:05 AM CORE 25	11:05 AM CORE 15	11:05 AM CORE 15	11:05 AM CORE 15	
11:40 AM BODYBALANCE 15	11:40 AM BODYBALANCE 15	11:40 AM BODYBALANCE 15	11:40 AM BODYBALANCE 15	11:40 AM BODYBALANCE 15	11:30 AM BODYCOMBAT 30
12:05 PM BODYPUMP 30	12:05 PM BODYPUMP 30	12:05 PM BODYPUMP 30	12:05 PM BODYPUMP 30	12:05 PM BODYPUMP 30	12:10 PM BODYPUMP 30
12:40 PM CORE 15	12:40 PM CORE 15	12:40 PM CORE 15	12:40 PM CORE 15	12:40 PM CORE 15	12:45 PM CORE 15
1:05 PM BODYBALANCE 20	1:00 PM BODYBALANCE 20	1:00 PM BODYBALANCE 20	1:00 PM BODYBALANCE 20	1:00 PM BODYBALANCE 20	
1:30 PM BODYPUMP 30	1:30 PM BODYPUMP 30	1:30 PM BODYPUMP 30	1:30 PM BODYPUMP 30	1:30 PM BODYPUMP 30	1:40 PM BODYPUMP 20
2:05 PM CORE 15	2:05 PM CORE 15	2:05 PM CORE 15	2:05 PM CORE 15	2:05 PM CORE 15	
2:30 PM BODYBALANCE 15	2:30 PM BODYBALANCE 15	2:30 PM BODYBALANCE 15	2:30 PM BODYBALANCE 15	2:30 PM BODYBALANCE 15	
3:00 PM BODYPUMP 30	3:00 PM BODYPUMP 30	3:00 PM BODYPUMP 30	3:00 PM BODYPUMP 30	3:00 PM BODYPUMP 30	
3:35 PM CORE 15	3:35 PM CORE 15	3:35 PM CORE 15	3:35 PM CORE 15	3:35 PM CORE 15	
4:00 PM BODYATTACK 30	4:00 PM BODYATTACK 30	4:00 PM BODYATTACK 30	4:00 PM BODYATTACK 30	4:00 PM BODYATTACK 30	
4:35 PM BODYPUMP 30	4:35 PM BODYPUMP 30	4:35 PM BODYPUMP 30	4:35 PM BODYPUMP 30	4:35 PM BODYPUMP 30	
5:10 PM CORE 15	5:10 PM CORE 15	5:10 PM CORE 15	5:10 PM CORE 15	5:10 PM CORE 15	
5:30 PM BODYPUMP 30	5:30 PM BODYPUMP 30	5:30 PM BODYPUMP 30	5:30 PM BODYPUMP 30	5:30 PM BODYPUMP 30	
6:05 PM BODYPUMP 30	6:05 PM BODYPUMP 30	6:05 PM BODYPUMP 30	6:05 PM BODYPUMP 30	6:05 PM BODYPUMP 30	
6:40 PM CORE 15	6:40 PM CORE 15	6:40 PM CORE 15	6:40 PM CORE 15		
7:00 PM BODYBALANCE 15	7:00 PM BODYBALANCE 15	7:00 PM BODYBALANCE 15	7:00 PM BODYBALANCE 15		
7:20 PM BODYBALANCE 15	7:20 PM BODYBALANCE 15	7:20 PM BODYBALANCE 15	7:20 PM BODYBALANCE 15		

Schedule
Subject to
Change
Please check
our Schedules
Page at
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

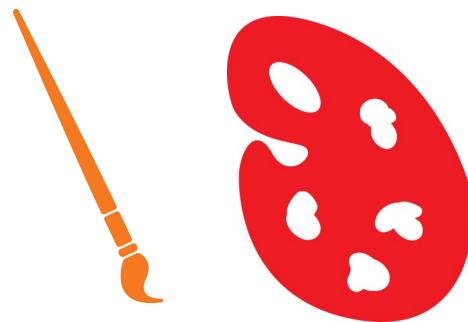
Nov 26 4:00-7:00 PM

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



HOME SCHOOL PROGRAMS

ART CLASS Y-CREATE



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. Music and stories also included.

Program funding provided by the Tuscarawas Arts Support Grant. Awards from this grant were made possible by the generous support and donations from pARTners of the Tuscarawas Arts Partnership (TAP).



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



WATER FITNESS

SMALL POOL



Aqua Fit

Small Pool

45 Min / Max 18

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

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

INTERESTED IN BECOMING A SWIM INSTRUCTOR, LIFEGUARD OR WATER FITNESS INSTRUCTOR?

We hire great people!
Stop by the Member Service Center for an application or send resume to Stacy Harlan YMCA Aquatics Director at stacy@tuscymca.org

Employees who work over 5 hours a pay get a FREE FAMILY MEMBERSHIP & PROGRAM DISCOUNTS!



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

Adult Swim Group

Instructor: Brenda Wherley, former YMCA and DHS Swim Coach

Max 12 Perfect for those adult swimmers who are already able to swim laps and want to improve their stroke in a group of peers with similar goals. The program will go over the basics of proper stroke technique, paired with workouts based on ability and level. The goal is to improve and learn stroke technique in order to improve ability and efficiency within the water.

DAY/TIME	MAX 12	MEM	OTHER
TUE & THU 10:00-11:00 AM Sep 22-Oct 23 (5 WKS)	5 WKS	\$30	\$55

Please check our Pool Schedule at 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.

Y ARTS PROGRAMS

MESSY HANDS

ART CLASS FOR AGES 2-5

4 WEEK PROGRAM Tuesdays
Sept 30, Oct 7, 14, 21

Messy Hands (Art Class for Ages 2-5 / Parent participation)

Experience 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, dance, sing and move. 45-60 Minutes allows enough time for each segment inspire unique sparks of creativity. Projects will be "make and take" plus additional handouts will be distributed to allow more creative learning to take place beyond the Y.

Multipurpose Room
YMCA Instructor
Michele Moore



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

LET'S PAINT!

COOKIES AND CANVAS

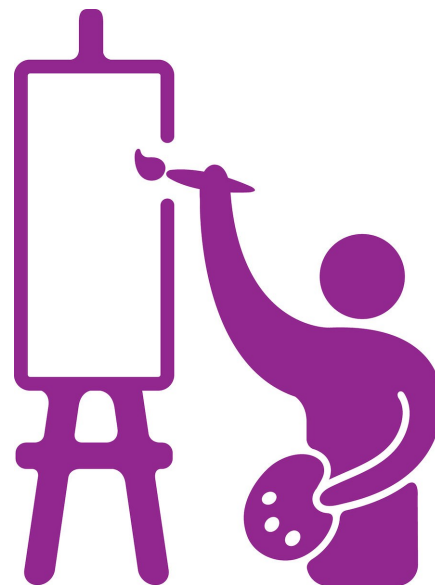
Enjoy your creative side at the Y. All welcome.

No skill necessary. Snacks provided.

Please bring a paint shirt.

Pre-Register Online or at the Y
by Monday, Sept 22

Instructor Joella Elbert



DAY/TIME	MEM	OTH
THU Sept 25 at 6 PM Limited Registration Ages 8 and Up	\$15	\$20



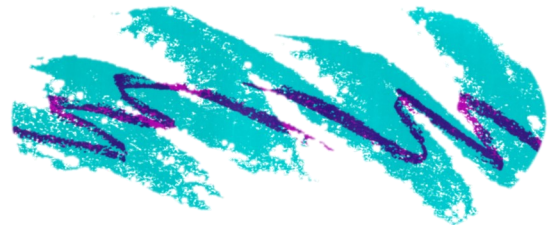
MOTHER – SON DANCE

SAT, SEPT 13 6PM–8PM

MUST PURCHASE TICKETS AT THE MEMBER SERVICE CENTER (BOYS 3yo–10yo)

Grab your scrunchies, slap bracelets, and flannel shirts—it's time to kick it old school! Join us for a totally fly evening of music, dancing, and memory-making at our '90s Mother-Son Dance. Whether you're rocking out to NSYNC, jamming to TLC, or doing the Macarena, this is your chance to rewind time and bond over the best decade ever. Moms, aunts, grandmas, or mother figures—bring your favorite young dude for a night of rad fun featuring:

- A live DJ spinning all your favorite '90s/00s hits
- A photo booth with throwback props
- Snacks and light refreshments
- A best-dressed '90s outfit contest



Let's celebrate the bond between moms and sons in true 1990s style—because this night's gonna be all that and a bag of chips.

Members: \$10 Others: \$15

\$5 for each additional boy



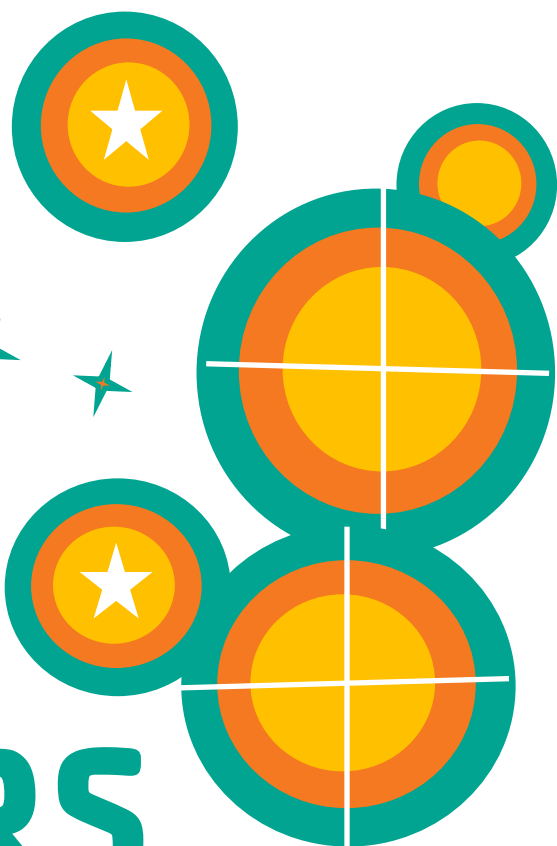
TUSCARAWAS COUNTY YMCA

600 Monroe Street, Dover 330-364-5511 www.tuscymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPACE INVASION NERF WARS



FRIDAY, OCTOBER 3

LIMITED REGISTRATION Grades 1-8

5-7 PM

Members \$5 Per Player

Others \$10 Per Player

Parent Participation Welcome.
No extra charge.

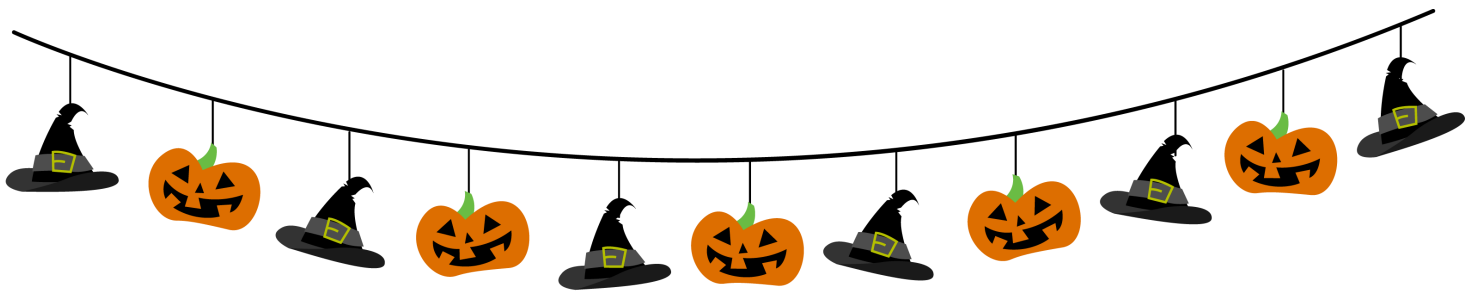
Bring your Nerf gun & safety goggles!
Standard Nerf type darts provided,
Snack and Prizes Included.

- Capture the Flag style play.
- Youth and Family Program
- Please contact Jeff Bray
Jeff@tuscymca.org with questions.



TUSCARAWAS COUNTY YMCA

600 Monroe Street, Dover 330-364-5511 www.tuscymca.org



SPOOKTACULAR HALLOWEEN DANCE PARTY!

FUN FOR THE WHOLE FAMILY

Fri, Oct 31
6-8 PM



Get your ghouls on and dance the night away at the Y.
Everyone will get a chance to **BOOGIE**.
Fun music, snacks and more!
Please wear a costume (non-scary please).

FREE FAMILY EVENT FOR Y MEMBERS / Others \$15 Per Family
Please Register by Wed, Oct 23

TUSCARAWAS COUNTY YMCA
600 Monroe Street, Dover 330-364-5511 www.tuscymca.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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

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

SILVER STREAKS PRE-TEAM CAMP



Ages 5-18 – See requirements listed below

Mondays, Tuesdays & Thursdays 4:30 PM-5:30 PM

Week 1 – Sept 15, 16, and 18

Week 2 – Sept 22, 23, and 25

For those swimmers at Swim Levels 4, 5 and 6 or those who can already complete 25 yards (1 full length of our large pool) in both Front Crawl/Freestyle and Back Crawl/Backstroke, and are considering joining the Silver Streak Swim Team for the 2025-2026 swim season. The camp will introduce the swim team experience and help to prepare future competitive swimmers for the start of our swim season. Not sure if team is right for you, or if you are ready for the competitive experience? This is the perfect program for you. Camp is led by our Silver Streak Swim Team staff.

YMCA Member Rate: \$30 / Others: \$45

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 or to Head Swim Coach, JoLyn McFadden, at streaksswimming@gmail.com.

LEARN TO SWIM 6 Months-Age 4

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 6:00-6:45 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

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 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

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
SAT 11:15-12:00 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

ANNUAL POOL CLOSING AND MAINTENANCE-AUG 25-SEPT 1-POOL AREA CLOSED

GYMNASTICS PROGRAMS

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.

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.

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.

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.

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



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

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

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			

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.

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 GYM

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

MORE MEMBER ACTIVITIES

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 (Current Hours)

Mornings Only

(Additional Morning, Afternoon and Evening Hours will return in late October depending on weather)

T/TH/F 7:30-9:30 AM-3 Courts

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**

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.
- Volunteer Coaches.

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 Fri—Oct 3, 10, 17, 24		\$25	\$50



Don't Forget the Jersey

YMCA Reversible Sports Jerseys are used for our YMCA Sports. Please purchase at registration or anytime at our Member Service Center. Cost \$20 +tax

YOUTH SPORTS LEAGUES

AGES 3 - GRADE 3

Stay up-to-date with schedules and weather alerts by registering on **QUICKSCORES AND REMIND APP**

FALL OUTDOOR SOCCER

Age 3 to Grade 3

Registration: July 1-Aug 25

Season: Sept 13-Oct 25

Coach Meeting: Thu, Aug 28 6PM

Parent Meeting: Thu, Sept 4 6PM

Games: Saturdays

Practice: Thursdays

Picture Day: TBA



Please purchase Y reversible jersey if needed at registration	\$20	\$20
---	------	------

LEAGUES	MEM	OTH
Ages 3-4	\$30	\$65
Ages 4-6	\$30	\$65
Grades 1-3	\$30	\$65

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



COMING SOON!

NHL STREET HOCKEY: CAVALITTLES CLINIC:

January / Ages 8-13

Registration Oct 1

January / Ages 3-5

Registration Oct 1



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**
<https://www.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 or
Jeff Bray Youth and Family
Director at
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



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
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
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

REGISTRATION
NOW OPEN FOR
PRESCHOOL
2025-26
SCHOOL YEAR

Stop by the Y or
download forms
online!
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. For more information or to view our Privacy Policy visit 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

Executive Assistant

jenny@tuscymca.org

Aquatics Director

stacy@tuscymca.org

Childcare Director

sarah@tuscymca.org

Health & Wellness Director

ryan@tuscymca.org

Youth and Family Director

jeff@tuscymca.org

Marketing/Sen. Program Dir.

kathleen@tuscymca.org

Membership Coordinator

ashley@tuscymca.org

Youth Sports Coordinator

alex@tuscymca.org

Gymnastics Coordinator

info@tuscymca.org



**TUSCARAWAS
COUNTY
YMCA**

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

WWW.TUSCYMCA.ORG

