



TUSCARAWAS COUNTY YMCA FALL ONE

Programs for Every... Age and Every... Stage!



FALL 1 CLASS GUIDE Sept 8–Oct 24

ONLINE WWW.TUSCYMCA.ORG OR STOP BY THE Y

Member Registration Begins Sun, Aug 16 / Community Registration Begins Wed, Aug 19
Monday Classes are prorated to 6 Wks due to Labor Day

FACILITY HOURS: MONDAY-THURSDAY 5 AM–9 PM

FRIDAY 5 AM–7 PM

SATURDAY 6 AM–4 PM

SUNDAYS Starting Sept 22 / 11 AM–4 PM

Financial Assistance Available

YOU “BELONG” AT THE Y

OUR MISSION:

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

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.
- 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.

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
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	\$0	\$23.00 +tax	\$276.00 +tax
Young Adult	Ages 18 (out of HS) through age 29	\$25	\$32.00 +tax	\$384.00 +tax
Adult Couple	Ages 30 through 64 2 adults in same household	\$25 \$50	\$42.00 +tax \$62.00 +tax	\$504.00 +tax \$744.00 +tax
Family/2 Adults	2 adults in same household and dependents.	\$50	\$64.00 +tax	\$768.00 +tax
Family/1 Adult	Ages 6 months-full time college student. 1 adult and dependents. Ages 6 months-full time college student.	\$50	\$54.00 +tax	\$648.00 +tax
Senior Adult	Age 65 and older	\$25	\$36.00 +tax	\$432.00 +tax
Senior Couple	2 adults in same household age 65 and older	\$50	\$51.00 +tax	\$612.00 +tax
Two week cancellation notice is required on MONTHLY 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

TUSCARAWAS COUNTY YMCA 600 MONROE STREET, DOVER OHIO 44622

330-364-5511 WWW.TUSCYMCA.ORG

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.



COMMUNITY OUTREACH

PUENTES

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

SOCIAL MEDIA

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

Follow us on:



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	\$23.00 + impuestos	\$276.00 + impuestos
1 adulto joven 18 años (fuera de la escuela secundaria) hasta 29 años	\$25	\$32.00 + impuestos	\$384.00 + impuestos
1 adulto 30 años hasta 64 años	\$25	\$42.00 + impuestos	\$504.00 + impuestos
Pareja 2 adultos en el mismo hogar	\$50	\$62.00 + impuestos	\$744.00 + impuestos
Familia/2 Adultos 2 adultos en el mismo hogar y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$64.00 + impuestos	\$768.00 + impuestos
Familia/1Adultos 1 adulto y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$54.00 + impuestos	\$648.00 + impuestos
Adulto mayor 65 años y mayor	\$25	\$36.00 + impuestos	\$432.00 + impuestos
Pareja mayor 2 adultos en el mismo hogar de 65 años y mayor	\$50	\$51.00 + impuestos	\$612.00 + 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

SOCIAL MEDIA



WE ARE HERE FOR YOU

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 an application.



Functional Fitness / 2 Virtual Studios



2nd YMCA360
Virtual Studio located
in the YMCA Chapel

Functional Fitness Center Hours:

Mon-Thu 6:45 AM-8:00 PM

Fri 6:45 AM - 6:00 PM

Sat 6:45 AM - 3:00 PM

Sun Starting Sept 20 11-3 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 YMCA360 Virtual Studio. Plenty of space to challenge your workout.

WE ARE HERE FOR YOU

FREE CHILD WATCH FOR MEMBERS

Recommended for Ages 6 Weeks–Age 9 Years / Max Time: 1 hr 15 min per visit

Maximum Occupancy: 12 Children / 2 Staff or 6 Children / 1 Staff

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. No food or extra toys. The parent/guardian of the child must remain on the premises while utilizing Child Watch.

DROP IN HOURS: AM Mon–Sat 9–11:30 AM and PM Mon–Thu 4:30–8 PM

ADVENTURE CENTER / PLAYGROUND

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.

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



Outside Playground Safety Guidelines: Open dawn to dusk

Children must be supervised by an adult. Use of playground is at your own risk. Please use equipment as posted. No bare feet, wear proper footwear. No glass inside fence. Closed during rain or other inclement weather. No animals. Not supervised by YMCA staff. Subject to video surveillance. Playground is limited to 40 children.

NOTE: Open to the public for recreational use but will be closed when in use by the YMCA Child Care Program.

FACILITY RENTAL

CELEBRATE GOOD TIMES

Party Room

After Hours Only Members: \$50 per hour

Up to 50 People Others: \$70 per hour

Call Garry 330–364–5511 or

email garry@tuscymca.org

for availability



Large Pool Party

After Hours Only

Party room for one hour

Large Pool swim for one hour

Up to 25 Swimmers

Members: \$150

Others: \$200

Small Pool Party

After Hours Only

Party room for one hour

Small Pool swim for one hour

Up to 15 Swimmers

Members: \$150

Others: \$200

Adventure Center Party

After Hours Only

Party room for one hour

Adventure Center for one hour

Up to 15 children.

Pricing: Members: \$100

Others: \$140

PERSONAL TRAINING

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

Trainers: Ryan Hursey, Jason Pierce, and June Adams

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

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.

30 Min Youth Personal Training

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

Need A Speaker for Work or Special Group?

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 Kathleen Johnson 330-364-5511 ext. 317 or kathleen@tuscymca.org



	Mem	Oth
Personal Training Approx. 1 Hour (1 person)		
1 Session	\$45	\$60
4 Sessions (Save 5%)	\$171	\$228
8 Sessions (Save 10%)	\$324	\$432
12 Sessions (Save 20%)	\$432	\$576
BUDDY TRAINING Approx. 1 Hour (2 people)		
1 Session	\$45	\$60
4 Sessions (Save 5%)	\$171	\$228
8 Sessions (Save 10%)	\$324	\$432
12 Sessions (Save 20%)	\$432	\$576
30 Minute Motivator Package Rates (1 person)		
1 Session	\$35	\$50
4 Sessions (Save 5%)	\$133	\$190
8 Sessions (Save 10%)	\$252	\$360
12 Sessions (Save 20%)	\$336	\$480
Youth Personal Training 30 MIN (1 person)		
1 Session	\$35	\$50
4 Sessions (Save 5%)	\$133	\$190
8 Sessions (Save 10%)	\$252	\$360
12 Sessions (Save 20%)	\$336	\$480

READY, SET, GO FREE FITNESS START UP SESSION

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!



FITNESS SCHEDULE

Free for Members / Drop in rate \$10 per class for others

TIME	CLASS	INSTRUCTOR	LOCATION
Monday			
5:30 AM	CARDIO MIX	Michelle Levitt	Functional Fitness/MP2
8:00 AM	VIRTUAL STRENGTH TRAINING		Functional Fitness/MP2
9:00 AM	LABLAST (Dance/Fitness)	Chris Sulzener	Aerobics Room
9:00 AM	GENTLE YOGA	Liz Hicks	Chapel
9:15 AM	GROUP CYCLING	John Nemuth	Spin Studio
9:30 AM	TRX – Limit 4 (Reg. Required)	Ryan Hursey	Functional Fitness/MP2
10:30 AM	SILVERSNEAKERS® CLASSIC	Christine Welsh	Main Gym
6:00 PM	DRUMMING FOR FITNESS	Hannah Hartman	Aerobics Room
6:00 PM	GROUP CYCLING	Mandy McMath	Spin Studio
Tuesday			
5:30 AM	GROUP CYCLING	Cindy Colucy	Spin Studio
5:30 AM	TOTAL BODY STRENGTH	Terry McCrory	Functional Fitness/MP2
8:00 AM	STRENGTH TRAINING	Kerry Haney	Functional Fitness/MP2
9:00 AM	LABLAST (Dance/Fitness)	Instructor Varies	Aerobics Room
9:00 AM	GROUP CYCLING	Fritz Johnson	Spin Studio
9:00 AM	GENTLE YOGA	Karin Sousaris	Chapel
10:30 AM	SILVERSNEAKERS® CLASSIC	Bonnie Jones	Main Gym
10:30 AM	CHAIR YOGA	Colleen Martini	Chapel
6:00 PM	GROUP CYCLING	Julie Daugherty	Spin Studio
6:00 PM	EVERY BODY FITNESS	Rachel Bolek	Aerobics Studio
6:00 PM	YOGA	Aubrey Gealsha	Chapel
6:00 PM	KIDS FITNESS (Reg. Required)	Rebecca Beachy	Functional Fitness/MP2
Wednesday			
5:30 AM	CARDIO/CORE MIX	Kelly Vanarsdalen	Functional Fitness/MP2
8:00 AM	FIT & STRONG	John Nemuth	Functional Fitness/MP2
9:00 AM	DRUM & TONE	Ryan Hursey/Kerry Haney	Aerobics Room
9:15 AM	GROUP CYCLING	John Nemuth	Spin Studio
10:30 AM	SILVERSNEAKERS® CLASSIC	Christine Welsh	Main Gym
5:30 & 6 PM	TRX – Limit 4 (Reg. Required)	Ryan Hursey	Functional Fitness/MP2
6:00 PM	ZUMBA	Brenda Ramey	Aerobics Room
6:00 PM	ENERCHI / Tai Chi	Rachel Bolek	Chapel
Thursday			
5:30 AM	TOTAL BODY STRENGTH	Terry McCrory	Functional Fitness/MP2
8:00 AM	STRENGTH TRAINING	Kerry Haney	Functional Fitness/MP2
9:00 AM	CARDIO KICK CIRCUIT	Ryan Hursey	Aerobics Room
9:00 AM	GROUP CYCLING	Fritz Johnson	Spin Studio
9:00 AM	GENTLE YOGA	Kathleen Johnson	Chapel
10:30 AM	SILVERSNEAKERS® CLASSIC	Bonnie Jones	Main Gym
6:00 PM	DRUMMING FOR FITNESS	Jen Stewart	Aerobics Room
6:00 PM	STRENGTH TRAINING	Kelly Vanarsdalen	Functional Fitness

TIME	CLASS	INSTRUCTOR	LOCATION
Friday			
5:30 AM	PILATES	Sarah Custer	Functional Fitness/MP2
5:30 AM	GROUP CYCLING	Cindy Colucy	Spin Studio
8:30 AM	TRX – Limit 4 (Reg. Required)	Ryan Hursey	Functional Fitness/MP2
9:00 AM	ZUMBA FITNESS	Jen Demuth	Aerobics Room
9:00 AM	YOGA	Karen Sousaris	Chapel
9:15 AM	GROUP CYCLING	John Nemuth	Spin Studio
10:30 AM	SILVERSNEAKERS® CLASSIC	Jen Demuth	Main Gym
Saturday			
8:00 AM	GROUP CYCLING	Fritz Johnson	Spin Studio
9:00 AM	GET PUMPED	Cindy Felgenhauer	Aerobics Room
9:00 AM	VIRTUAL STRENGTH TRAINING	Virtual	Functional Fitness/MP2

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

Bodyweight exercises along with dumbbells, kettlebells, Bosu Balls, bands, ropes, weighted balls and large fitness balls.

LaBlast Fitness

A partner-free dance fitness workout create 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 your 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.

SilverSneakers®

SilverSneakers® Classic is a beginner-friendly group fitness class designed to increase muscle strength, range of motion, and functional daily-living skills. It features a supportive, joint-friendly environment where participants can use chairs for seated exercises and standing balance.

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™ 360

**A 360-DEGREE
DIGITAL EXPERIENCE
FOR MEMBERS ON
MOBILE, TV, AND WEB**



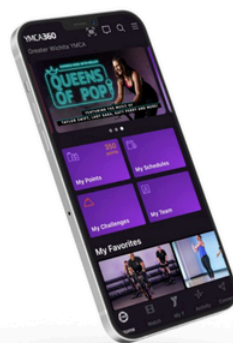
WHAT IS YMCA 360?

YMCA 360 is a member benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, it's people, places, and programs, are all on YMCA 360!

- Livestream and on-demand classes taught by YMCA instructors from around the U.S.
- 3,500+ pieces of content supporting the mind, body, and spirit.
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Earn points for staying active.*
- Get connected by joining Challenges.*
- Your Y's Schedule at the tip of your fingers.*

*Offering of features dependent on your YMCA.

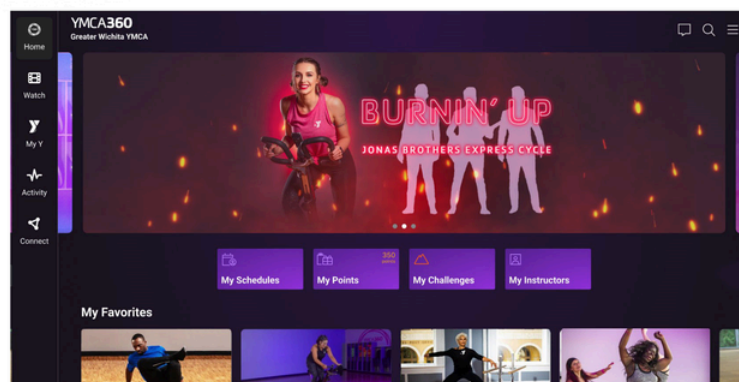
DOWNLOAD THE APP TODAY



Google Android



Apple iOS



SOCIAL GROUPS for SENIORS

BINGO

Sept 29th

Held in the Multipurpose Room | 11:30 AM-12:30 PM

Fun Prizes!

Register at the Y.

Donations are appreciated but not required.

Bring your own snacks. Drinks are provided.



SPONSORED BY  **THE Care TEAM**

PLEASE REGISTER ONLINE OR AT MEMBER SERVICE CENTER

PARTY MUNCH & LEARN

Held in the Multipurpose Room | 11:30AM-12:30PM

PLEASE REGISTER ONLINE OR AT MEMBER SERVICE CENTER



Tuesday, Sept 22

TUSCARAWAS COUNTY FARMERS MARKET

Mark McKenzie will tell the story of how the Market began, the mission behind it and how it serves our community.

Lunch Provided

Wednesday, October 21

ALZHEIMER'S ASSOCIATION

10 Warning Signs of Alzheimer's

Laura Strader will teach us how to recognize common signs of the disease; how to approach someone about concerns; the importance of early detection.

Light Refreshments Provided



WATER FITNESS

SMALL POOL



Aqua Fit

Small Pool 45Min / 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

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



LARGE POOL



Aqua Aerobics

Large Pool 45 Min Max25

Low Intensity:

Cardiovascular/water resistance workout. Shallow water large pool.

Shallow/Deep Combo:

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

DAY	TYPE	TIME	MEM
MON	Low Intensity	9:00-9:45 AM	FREE
WED	Low Intensity	9:00-9:45 AM	FREE
FRI	Low Intensity	9:00-9:45 AM	FREE

MON	Shallow/Deep	7:00-7:45 PM	FREE
TUE	Shallow/Deep	9:00-9:45 AM	FREE
THU	Shallow/Deep	9:00-9:45 AM	FREE

Hydro-Fit

Large Pool 60 Min Max 25

Deep water toning using water resistance.

MON	Shallow/Deep	10:00-11 AM	FREE
WED	Shallow/Deep	10:00-11 AM	FREE
FRI	Shallow/Deep	10:00-11 AM	FREE

**Please check our Pool Schedule
at www.tuscymca.org**

Lifeguard on duty in Large Pool, Small Pool and Whirlpool area. Adult Swim, Open Swim and Lap Swim times available. 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.

Adult Swim Group

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. Instructor Brenda Hoopingarner former Y and DHS Swim Coach.

Large Pool 60 Min Max 12

TUE & THU 10:00-11 AM MEM \$33 / OTH \$55

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

HOME SCHOOL PROGRAMS

ART CLASS

45 Min MP1 / Min 5–Max 24

Kids 6–13 years old

Instructor: Joelle Elbert

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.

Thursdays 12 PM–12:45 PM Members \$32 / Others \$68



SWIM LESSONS

45 Min Large Pool / Max 24

Kids 6–13 years old

Instructor: Varies

Students will enjoy learning water skills, safety, and develop endurance in a group setting with swimmers of similar swim ability.

Thursdays 1 PM–1:45 PM Members \$32 / Others \$68



MUSIC DISCOVERY

45 Min MP1

Grades K–8 Instructor: Laura Barkett

Students will explore the building blocks of music through singing, movement, rhythm instruments, creative musical games, and age-appropriate activities.

Mondays 11:30 AM–12:30 PM Members \$28 / Others \$60 6 WKS – No Classes Labor Day



6 MONTHS–PRESCHOOL ARTS PROGRAMS

MESSY HANDS

Kids 2–5 years old / Parent Participation Instructor: Michele Moore

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”.

Tuesdays 10–10:45 AM Sept 8, 15, 22 and Oct 6 Members \$25/ Others \$40



MUSIC PLAY

Babies & Toddlers Age 6 months–3 years old / Caregiver & Child Music Program

Instructor: Laura Barkett

We are happy to offer this music and movement experience. Explore and develop body coordination through a diverse collection of songs, chants, and movement activities.

Mondays 9:30–10:15 AM Members \$35/ Others \$80 6 WKS – No Classes Labor Day

Mondays 10:30–11:15 AM Members \$35/ Others \$80 6 WKS – No Classes Labor Day



SOCIAL & SERVICE GROUPS for YOUTH

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.

Youth in Grades 6-12

Weekly Meetings Thursdays 6:30-7:30 PM (Starting Sept 10)

Fee: \$30* includes Club T-Shirt



Scan to apply today!



For More Information or to Join Contact:

**Jeff Bray, YMCA Youth and Family Director 330-364-5511
Ext.310 or jeff@tuscymca.org**

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

KIDS IN ACTION

Future Leaders Start Here!

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.

Youth in Grades 4-5

Returns Sept 10

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**



YOUTH FITNESS PROGRAMS

KID FITNESS

Kids 5–12 years old Instructor: Rebecca Beachy

Designed to introduce kids to healthy living habits and making fitness a priority. Workouts will focus on total body conditioning, coordination, balance and aerobic output.

Tuesdays 6:00–6:45 PM Functional Fitness Room

Must Register / Max 12 participants Member \$15 / Other \$30



JUMP START YOUTH TRAINING PROGRAM AGES 12–14

This youth program is designed to empower youth ages 12–14 with the knowledge, confidence, and responsibility to safely use age appropriate equipment in our Fitness Center and Functional Fitness Room independently.

Participants will learn:

- Proper fitness etiquette
- Equipment safety
- Age-appropriate workout techniques in a supportive, supervised environment
- Earn JumpStart Wristband recognition

Upon successful completion, each participant will be receive a designated wristband at our Member Service Center, identifying them as successfully completing the orientation program and allowing them to access the Functional Fitness and Fitness Center spaces without a parent or guardian.

JUMP START IS MORE THAN JUST A CLASS—IT'S A PATHWAY TO BUILDING HEALTHY HABITS, INDEPENDENCE, AND LIFELONG WELLNESS.

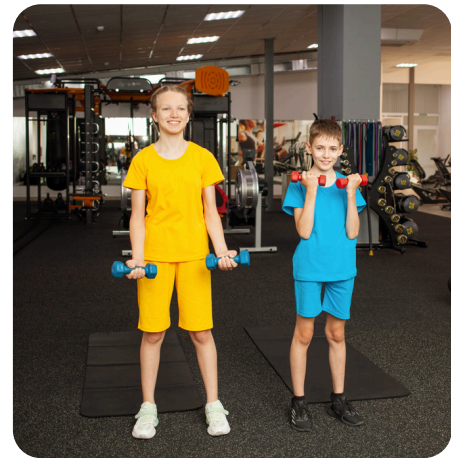
CHOOSE YOUR PROGRAM

2 DAY FORMAT – Parent participation required

- 2 – 45 Min Sessions / Scheduled with Fitness Associate
 - Day One in the Functional Fitness Room
 - Day Two in the Fitness Center
- 100% attendance required by both youth and parent
- Member \$25 per youth

4 DAY FORMAT – Youth in a Group Setting / parent not required

- 4 – 45 Min Classes / Mon Evening 5:30 PM Functional Fitness Room
 - Participants will be introduced to many options of fitness throughout the building including Functional Fitness, Fitness Center, YMCA360, Spinning, etc.
- 100% attendance required
- Member \$15 per youth / Max 6 per class



**Stop at the
Member Service Center to
Register**

RUN HAPPY RUN FAST BE THANKFUL TURKEYTROT 5K RUN/WALK

THURSDAY, NOV 26 / 9:00AM

Online Registration Only

[https://runsignup.com/Race/OH/Dover/
Tuscarawas County YMCA Turkey Trot](https://runsignup.com/Race/OH/Dover/Tuscarawas County YMCA Turkey Trot)

In Person Race Fees & Registration Dates

Age 16 & Over

\$20.00 through June 30, 2026

\$25.00 through August 31, 2026

\$30.00 through October 31, 2026

\$35.00 through November 21, 2026

\$40.00 through November 25, 2026

\$45.00 Race Day Nov 26 / **Registration closes at 8:00 AM**

Age 15 & Under

\$20.00 through November 25, 2026

\$25.00 Race Day Nov 26 / **Registration closes at 8:00 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 PREREGISTERED RACERS
RACE DAY / Before Race (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 25 4:00-7:00 PM

Packet Pick-Up also available on Nov 26
from 6:30-8:00 AM at the Y



YMCA SWIM TEAM PRE-TEAM CAMP

Ages 5-18 (See requirements below)

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

Week 1 Sept 14, 15, 17 and Week 2 Sept 21, 22, 24



For those swimmers at Swim Levels 4, 5, and 6 or those who can already complete 25 yards (1 full length in our Large Pool) in both Front Crawl/Freestyle and Back Crawl/Backstroke and are considering joining the Silver Streak Swim Team for 26-27 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

YMCA SWIM TEAM SEASON 26-27

Ages 5-18 (See requirements below) **Training begins Monday Sept 28.**



Season concludes for most swimmers in early March 2027.

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 to join by the Head Swim Coach.

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 28, 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 3:30 pm-5 pm (Advanced Group)

Monday – Thursday 5 pm – 6 pm (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 (including those planning to participate in the High School Swim Season) will pay the \$50 registration fee for the first month of practice.** Additional payment will be arranged once your swimmer is assigned to their group and the appropriate season fee balance is known.

BEGINNER GROUP: \$225 for the season (\$50 registration fee for first month, then \$43.75/monthly to cover remaining season fee balance of \$175)

INTERMEDIATE GROUP: \$275 for the season (\$50 registration fee due for first month, then \$56.25/monthly to cover remaining season fee balance of \$225)

ADVANCED GROUP: \$300 for the season (\$50 registration fee due for first month, then \$62.50/monthly to cover remaining season fee balance of \$250)

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 5

LEVEL A – WATER DISCOVERY

6 Months–2 Years 30 Min Small Pool Max 8

Adult must accompany the swimmer in the water.

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

DAY TIME	PRICE FOR SESSION
THU 10:00-10:30 AM	MEMBER \$39 OTHER \$82
THU 5:15-5:45 PM	MEMBER \$39 OTHER \$82
SAT 10:00-10:30 AM	MEMBER \$33 OTHER \$70
6 Wks Only/Starts Sept 19	

LEVEL B – WATER EXPLORATION

2–4 Years 45 Min Small Pool Max 8

Adult must accompany the swimmer in the water.

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

DAY TIME	PRICE FOR SESSION
TUE 10:00-10:45 AM	MEMBER \$45 OTHER \$88
TUE 5:15-6:00 PM	MEMBER \$45 OTHER \$88
FRI 10:00-10:45 AM	MEMBER \$45 OTHER \$88
SAT 11:15 AM-12:00 PM	MEMBER \$39 OTHER \$75
6 Wks Only/Starts Sept 19	

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	PRICE FOR SESSION
MON 5:15-6:00 PM	MEMBER \$39 OTHER \$75
6 Wks Only/Starts Sept 14	
MON 6:00-6:45 PM	MEMBER \$39 OTHER \$75
6 Wks Only/Starts Sept 14	
TUE 10:45-11:30 AM	MEMBER \$45 OTHER \$88
TUE 6:00-6:45 PM	MEMBER \$45 OTHER \$88
THU 10:45-11:30 AM	MEMBER \$45 OTHER \$88
THU 5:45-6:30 PM	MEMBER \$45 OTHER \$88
FRI 11:00-11:45 AM	MEMBER \$45 OTHER \$88
FRI 11:45 AM-12:30 PM	MEMBER \$45 OTHER \$88
SAT 10:30-11:15 AM	MEMBER \$39 OTHER \$75
6 Wks Only/Starts Sept 19	

AGES 3 – KINDERGARTEN

PRESCHOOL-LEVEL 3&4

Water Stamina & Stroke Introduction:

Age 3–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	PRICE FOR SESSION
TUE 6:15-7:00 PM	MEMBER \$45 OTHER \$88
SAT 10:45-11:30 AM	MEMBER \$39 OTHER \$75
6 Wks Only/Starts Sept 19	

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 \$30 Member

30 Minute Semi Private \$40 Member

1 Hour Session \$45 Member

1 Hour Semi Private \$55 Member

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

LEARN TO SWIM

AGE 6-12 YEARS

YOUTH LEVEL 1&2 - BEGINNER

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

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

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	PRICE FOR SESSION
TUE 6:15-7:00 PM	MEM \$45 OTH \$88
THU 6:15-7:00 PM	MEM \$45 OTH \$88
THU 7:00-7:45 PM	MEM \$45 OTH \$88
SAT 10:00-10:45 AM	MEM \$39 OTH \$75
6 Wks Only/Starts Sept 19	MEM \$39 OTH \$75
SAT 10:45-11:30 AM	
6 Wks Only/Starts Sept 19	

YOUTH LEVELS 3&4

6-12 year olds 45 Min

Large Pool / Max 8

Descriptions above.

DAY TIME	PRICE FOR SESSION
TUE 7:00-7:45 PM	MEM \$45 OTH \$88
THU 6:15-7:00 PM	MEM \$45 OTH \$88

YOUTH LEVELS 5&6

6-12 year olds 45 Min

Large Pool / Max 10

Descriptions above.

DAY TIME	PRICE FOR SESSION
TUE 7:00-7:45 PM	MEM \$45 OTH \$88

LEARN TO SWIM

TEEN & ADULT



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	PRICE FOR SESSION
THU 7:00-7:45 PM	MEM \$45 OTH \$88

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 efficiently, while also learning new swim strokes. Swimmers will build confidence and knowledge to use swimming for workouts.

DAY TIME	PRICE FOR SESSION
SAT 10:00-10:45 AM	MEM \$39 OTH \$75
6 Wks Only/Starts Sept 19	

PRESCHOOL GYMNASTICS

AGE 2-6

Monday Classes Prorated to a 6 Week Session due to Labor Day

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

KINDERGYM

Ages 2-3 Only Max 10

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

WED 10:00-10:30 AM

WED 10:45-11:15 AM

PRICE FOR SESSION

MEM \$40 OTH \$90

MEM \$40 OTH \$90

GYMNASTICS FOR 3 YEAR OLDS

Ages 3 Only Max 5

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



DAY TIME

MON 11:00-11:30 AM

WED 11:30 AM-12:00 PM

PRICE FOR SESSION

MEM \$35 OTH \$80

MEM \$40 OTH \$90

PRESCHOOL LEVEL 1

Ages 4-5 Max 6

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



DAY TIME

MON 10:00-10:30 AM

WED 4:00-4:30 PM

SAT 12:00-12:30 PM

PRICE FOR SESSION

MEM \$35 OTH \$80

MEM \$40 OTH \$90

MEM \$40 OTH \$90

PRESCHOOL LEVEL 2

Ages 4-6 Max 6

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

MON 10:30-11:00 AM

MON 4:00-4:30 PM

WED 4:30-5:00 PM

SAT 12:30-1:15 PM

PRICE FOR SESSION

MEM \$35 OTH \$80

MEM \$35 OTH \$80

MEM \$40 OTH \$90

MEM \$40 OTH \$90

Note: Sat Class is 45 MIN
-Combined Level 2/3

PRESCHOOL LEVEL 3

Ages 5-6 - Max 10 Students

Prerequisite: Mastered Pre2 and recommendation from instructors. Higher level skills to increase strength, coordination and flexibility.



DAY TIME

MON 4:30-5:15 PM

SAT 12:30 AM-1:15 PM

PRICE FOR SESSION

MEM \$35 OTH \$80

MEM \$40 OTH \$90

SCHOOL AGE GYMNASTICS

AGE 6 & UP

Monday Classes Prorated to a 6 Week Session due to Labor Day

BOYS GYMNASTICS

Ages 6 and up **Max 10**

Beginner level for boys focusing on strength, agility, focus, and movement. All apparatus will be used.

DAY TIME 60 MIN
WED 5:00-6:00 PM

PRICE FOR SESSION
MEM \$75 OTH \$170

YOUTH LEVEL 1

Ages 6 and up **Max 6**

Beginner level gymnastics on all equipment that will introduce artistic gymnastics skills through drills and stations.

DAY TIME 60 MIN
MON 5:30-6:30 PM
WED 6:00-7:00 PM

PRICE FOR SESSION
MEM \$65 OTH \$150
MEM \$75 OTH \$170

YOUTH LEVEL 2

Ages 6 and up **Max 12**

Advanced beginner skills are taught that increase strength, coordination and flexibility.

DAY TIME 60 MIN
MON 5:30-6:30 PM
WED 6:00-7:00 PM

PRICE FOR SESSION
MEM \$65 OTH \$150
MEM \$75 OTH \$170

YOUTH LEVEL 3/4

Ages 7 and up **Max 15**

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
MON 7:30-8:30 PM
60 min
WED 7:00-8:30 PM
90 min

PRICE FOR SESSION
MEM \$65 OTH \$150
MEM \$90 OTH \$190

Register for Both Days
MON/WED and Save

MEM \$130 OTH \$290
Save \$25 Save \$50

TUMBLING

Ages 6 and up **Max 10-15**

Beginner to advanced levels. Will include tumbling, lead-up drills, conditioning & flexibility.

DAY TIME 60 MIN
LEVEL 1, 2, 3 (MAX 15)
MON 6:30-7:30 PM

PRICE FOR SESSION
MEM \$65 OTH \$170

OPEN GYM

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

*Parent Participation Is Required for Ages 12 & under & Level 2 Team.
Reminder Please exit quickly. Building closes at 7PM.

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

(During the School Year)
Group A / Level 6/7/Xcel Gold
Tue 5:30-8:30 PM
Thu 5:30-8:30 PM
Fri 4:00-7:00 PM

Group B / Level 3/4
Tue 5:00-7:30 PM
Thu 4:00-6:30 PM
Sat 8:30-10:30 AM

Group C / Level 2
Tue 4-5:30 PM
Sat 10:30 AM-NOON

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

FALL SCHEDULE
MORNINGS ONLY
7:30AM-9:30AM

Mon & Wed/1 Court West Side
Tue, Thu, Fri / 3 Courts

Note: Afternoon and Evening Hours will return late October.

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

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 Center.
Cost \$20 +tax

KINDERSPORTS PRESCHOOL PROGRAM

Preschoolers 2-4 year olds

30 Min Limit: 8

Parent participation required.

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

4 Week Program
Oct 2, 9, 16, 23

MEM

\$25

OTH

\$50

SPORTS REGISTRATION INFO

AGE 3 & UP

OUTDOOR SOCCER

Age 3-Grade 3

Season: Aug 4-Sept 17 (7 weeks)

Registration: June 1-July 24

Parent/Coach Meeting:

Thursday, July 30 6pm

Practice: Tuesdays / Games: Thursdays

YMCA Member \$30 per player

Community Member \$65 per player

(Please purchase YMCA reversible jersey \$20+tax if needed.)



PICKLEBALL

Grades 4-8

Season: Sept 24-Oct 22 (5 weeks)

Registration: August 1-Sept 12

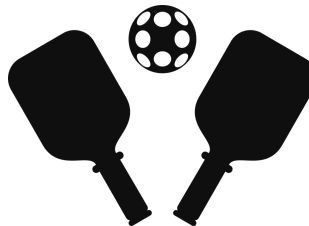
Picture Day:

Parent/Coach Meeting: Thursday, Sept 17 6pm

Practice/Games: Thursdays

YMCA Member \$30 per player

Community Member \$65 per player



JR. CAVS BASKETBALL

Grade K-1 and 2-3

Season: Nov 3-Dec 19 (7 weeks)

Registration: Sept 1-Oct 16

Parent/Coach Meeting: Thu, Oct 29, 6pm

Practices: Tuesdays Games: Saturdays

YMCA Member \$70 per player

Community Member \$90 per player

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



CAVALITTLES CLINIC

Ages 3-5

Season: TBA Nov-Dec (4 weeks – No Games Nov 26)

Registration: Sept 1-Oct 16

Parent/Coach Meeting: Thu, Oct 29 6pm

Clinic: Thursdays

YMCA Member \$60 per player Community

Member \$80 per player

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



RECEIVE SPORTS NOTIFICATIONS

Please make sure we have a primary cell number on your account and download the **REMIND APP** 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 or
Jeff Bray Youth and Family
Director at
Jeff@tuscymca.org
330-364-5511



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

Jeff Bray
Youth and Family
Director
jeff@tuscymca.org
330-364-5511
Ext 310

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/TCC Schools K-8 Grade

Program Location:
**Tuscarawas County
YMCA**



PARENT PICKUP is 6 PM

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

MUST REGISTER Registration Fee: \$20
Weekly Rates Only - No Daily Rates
Member \$65 / Community Member \$80

SCHOOL DAY OFF & SNOW DAY PROGRAMS

Hours: 9:00 AM - 4:00 PM

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

No additional charge

MUST REGISTER

Daily Rate: Member \$40 / Community Member \$50

- 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. K-8 Grade
- Your family does not need to be a YMCA member to be part of this program.

Questions/Concerns Contact:

Youth and Family Director Jeff Bray jeff@tuscymca.org
or 330-364-5511

PRESCHOOL

AGE 3 – 5

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.

2026-27 PROGRAM INFORMATION

Program for Children Age 3-5. Must be potty trained.

AM PROGRAM

Mon-Thu 8:00-11:30AM

PM PROGRAM

Mon-Thu 12:30-4:00PM

Program follows the Dover Schools schedule for holiday days off and snow days. If Dover has a two-hour delay the AM Preschool Program will be cancelled for the day.

MONTHLY TUITION per child

Youth Member \$180

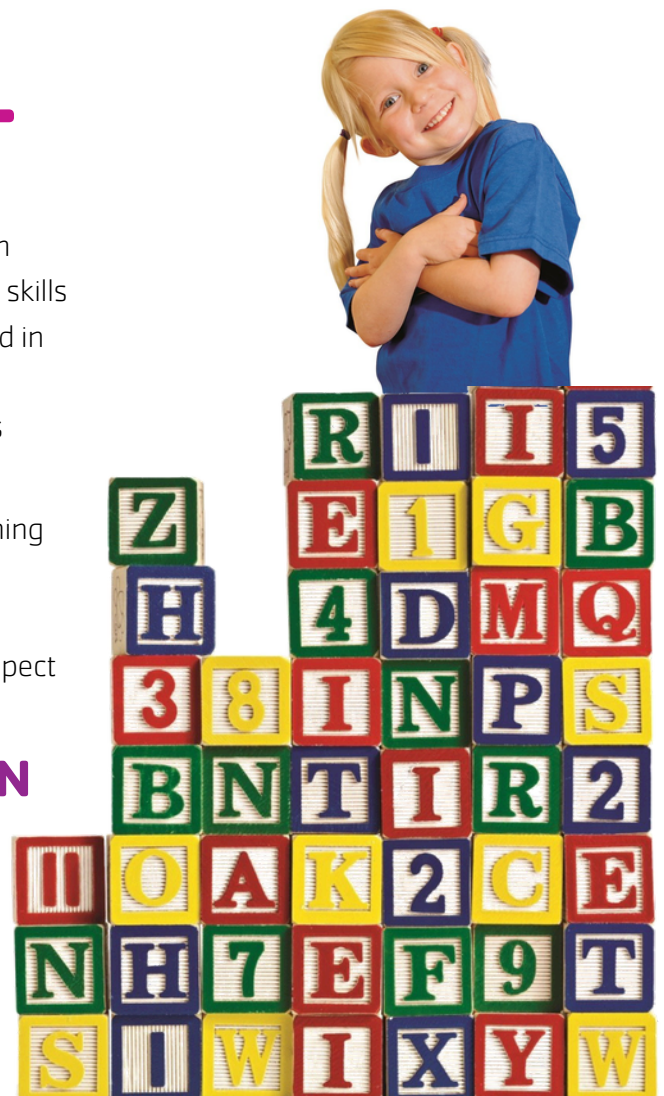
Community Member \$200

REGISTRATION FEE

\$60 Non-Refundable

FINANCIAL ASSISTANCE AVAILABLE & PUBLICLY FUNDED ASSISTANCE ACCEPTED

For More Information please contact
Preschool Coordinator Elizabeth Sickinger
elizabeth@tuscymca.org or 330-364-5511



**Registration Now Open
2026-27
SCHOOL YEAR**

**Stop by the Y or
download forms online!
tuscymca.org**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ISLAND ESCAPE

PARENT'S NIGHT OUT

Friday, Sept 11
5:30–8 PM
Ages 3–10

Enjoy a worry-free night out while your kids escape to a tropical luau at the YMCA! Our Parents' Night Out will be full of island-style fun, including swimming in the pool, tropical-themed games, and tasty snacks. Kids will enjoy high-energy activities, fun group games, and a splash of summer vibes all night long. It's the perfect mini getaway for kids—and a great chance for parents to enjoy a night out!

- Snacks provided**
- Swimming in YMCA pool**
- Staff will be in water and lifeguards on duty**



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

Registration Required
Member \$10 / Other \$25

Questions Contact:
Jeff Bray at jeff@tuscymca.org

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



FOR YOUTH DEVELOPMENT®
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FALL CRAFT NIGHT

Gather. Create. Celebrate Fall!



THURSDAY, SEPT 24
6-7:30PM

NO REGISTRATION NECESSARY

Location: YMCA Lobby

- Drop in for a fun fall craft located in the lobby.
- Fun for all ages!



Youth and Family Program
Please contact Jeff Bray
Jeff@tuscymca.org with questions.

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IT'S TIME FOR NERF WARS

**FRIDAY, OCT 9
5-6:30 PM**

LIMITED REGISTRATION Grades 1-8

**Members: \$5 Per Player
Others: \$15 Per Player**

Parent Participation Welcome.
No extra charge.

- **Bring your Nerf gun & safety goggles!**
- **Standard Nerf type darts provided, Snacks included**
- **Capture the flag style play**

Youth and Family Program

Please contact Jeff Bray
Jeff@tuscymca.org with questions.



TUSCARAWAS COUNTY YMCA

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SPOOKTACULAR HALLOWEEN DANCE PARTY!

FUN FOR THE WHOLE FAMILY

Sat, 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

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NATIONWIDE MEMBERSHIP: From Another Y? 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. If you are visiting 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.

PRIVACY POLICY: For more information or to view our Privacy Policy visit www.tuscymca.org or contact the Tuscarawas County YMCA at 330-364-5511.

REPORT A CONCERN, COMPLAINT OR GRIEVANCE: We welcome and value feedback. Please report any concerns to our YMCA Leadership Team (emails listed below) so that we can address it promptly.



CHILD ABUSE PREVENTION FOCUS: Know. See. Respond. At the Y, child protection is our number one priority. This organization has zero tolerance for abuse and will not tolerate the mistreatment or abuse of consumers in its programs. Any mistreatment or abuse by an employee or volunteer will result in disciplinary action, up to and including termination of employment or volunteer service and cooperation with law enforcement. Our goal is to help educate parents and children on how to be safe from child abuse in any environment with the skills they learn at our Y. Our staff and volunteers are trained by Praesidium Academy through practices around child safety to ensure your children are safe in our care. The trust that you place in us to care for your children is important to us and we do not take that trust for granted. If you have witnessed or suspect abuse, please call 1-855-OH-CHILD (1-855-642-4453) or the Praesidium Helpline 855-347-0751. All calls and reports are confidential.

CONTACT US:

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TUSCARAWAS COUNTY YMCA

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

WWW.TUSCYMCA.ORG

OUR MISSION:

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

