

THE COME ACHIEVE YOUR GOALS PLACE



**24/7 ADULT
FITNESS CENTER
ACCESS**

SPRING TWO SESSION CLASS GUIDE

April 13–May 30

Member Registration Begins Sun, April 5

Community Registration Begins Wed, April 8

NO CLASSES MON MAY 25—YMCA CLOSED FOR MEMORIAL DAY
Monday Classes have been prorated.



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

**MONDAY–THURSDAY
5 AM–9 PM
FRIDAY 5 AM–7 PM
SATURDAY 6 AM–4 PM
SUNDAY 11 AM–4 PM until
Memorial Day**

Financial Assistance Available

YOU "BELONG" AT THE Y

BECOME A MEMBER

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

Membership has Great Benefits

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

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

Facility Includes:

25-Yard Indoor Pool	2-Youth Locker Rooms	Multipurpose Room
Warm Water Pool	Family Locker Room	Chapel
Adult Whirlpool	2-Racquetball Courts	Preschool Learning Center
Gymnasium	Fitness Center	Adventure Center
Gymnastics Center	Free Weight Area	Functional Fitness Room
2-Adult Locker Rooms with Sauna & Steam	Aerobics Studio	
	Outdoor Sports Field	

**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	\$23.00 +tax	\$276.00 +tax
Young Adult Ages 18 (out of HS) through age 29	\$25	\$32.00 +tax	\$384.00 +tax
Adult Ages 30 through 64	\$25	\$42.00 +tax	\$504.00 +tax
Couple 2 adults in same household	\$50	\$62.00 +tax	\$744.00 +tax
Family/2 Adults 2 adults in same household and dependents. Ages 6 months-full time college student.	\$50	\$64.00 +tax	\$768.00 +tax
Family/1 Adult 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 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.



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

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 jóvenes
- Sauna y sala de vapor para adultos
- Vestuarios para adultos
- Vestuarios Juveniles
- Campo de deportes afuera
- Vestuario para familias
- Capilla
- Preescolar
- Cuidado de niños
- Área de juegos adentro para

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:

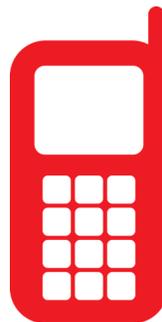
Miembros de la YMCA del condado de Tuscarawas que tienen más de 18 años pueden inscribirse para el programa 24/7 Access YMCA por pedir ayuda en el centro de servicios de miembros y actualizar su formulario de renuncia, membresía y foto. No hay un costo adicional.

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





**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



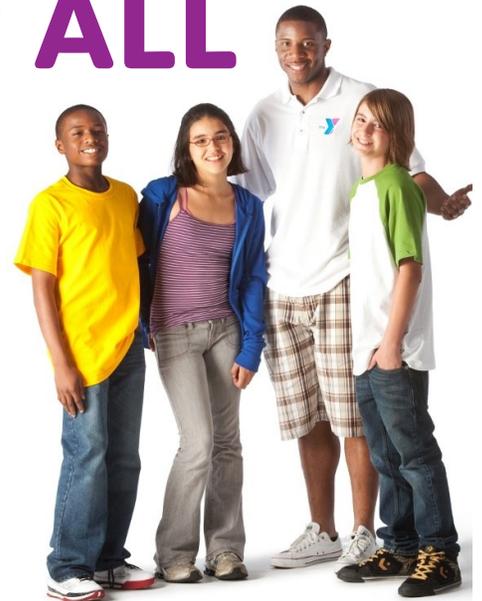
All contributions are administered by the Tuscarawas County YMCA, a 501(c)(3) non-profit organization. All contributions are tax-deductible to the extent allowed by law and are acknowledged in writing.

**2026 Goal
\$135,000**

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: \$50 per hour
Others: \$70 per hour

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

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, & June Adams.

	Y Mem	Other
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 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!

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



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

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™
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 allow 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



FITNESS SCHEDULE

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

TUSCARAWAS COUNTY YMCA SPRING 2026 CLASS SCHEDULE

Schedule Subject to Change.

No Classes Memorial Day—YMCA CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:30 AM CARDIO MIX Michelle Levitt/ Terri Hupp (Functional Fitness/MP2)</p> <p>8:00 AM VIRTUAL STRENGTH TRAINING (Functional Fitness/MP2)</p> <p>9:00 AM LABLAST (Dance/Fitness) Chris Sulzener (Aerobics Room)</p> <p>9:15 AM GROUP CYCLING John Nemuth (Spin Studio)</p> <p>9:30 AM TRX—Limit 4 Registration Required (Functional Fitness/MP2)</p> <p>10:30 AM SILVERSNEAKER® CLASSIC CLASS Christine Welsh (Main Gym)</p> <p>12:00 PM VIRTUAL 30 MIN CARDIO 30 MIN STRENGTH (Functional Fitness/MP2)</p> <p>6:00 PM YOGA Aubrey Gealsha (Chapel)</p> <p>6:00 PM GROUP CYCLING Mandy McMath (Spin Studio)</p> <p>6:00 PM DRUMMING FOR FITNESS Hannah Hartman (Aerobics Room)</p> <p>6:00 PM VIRTUAL STRENGTH TRAINING (Functional Fitness/MP2)</p>	<p>5:30 AM TOTALBODYSTRENGTH Terry McCrory (Functional Fitness/MP2)</p> <p>5:15 AM GROUP CYCLING Cindy Colucy (Spin Studio)</p> <p>8:00 AM VIRTUAL STRENGTH TRAINING (Functional Fitness/MP2)</p> <p>9:00 AM EVERY BODY FITNESS CIRCUIT (Low Impact Cardio Weights) Instructor Varies (Aerobics Room)</p> <p>9:00 AM GROUP CYCLING Fritz Johnson (Spin Studio)</p> <p>9:00 AM GENTLE YOGA Instructor Varies (Chapel)</p> <p>10:30 AM SILVERSNEAKER® CLASSIC CLASS Bonnie Jones (Main Gym)</p> <p>10:30 AM CHAIR YOGA Colleen Martini (Chapel)</p> <p>12:00 PM VIRTUAL 30 MIN CARDIO 30 MIN STRENGTH (Functional Fitness/MP2)</p> <p>6:00 PM EVERYBODY FITNESS Rachel Bolek (Aerobics Room)</p> <p>6:00 PM KIDS FITNESS Registration Required Rebecca Beachy (Functional Fitness/MP2)</p> <p>7:00 PM PILATES Sarah Custer (Chapel)</p>	<p>5:30 AM CARDIO/CORE MIX Kelly Vanarsdalen (Functional Fitness/MP2)</p> <p>8:00 AM FIT & STRONG John Nemuth (Functional Fitness/MP2)</p> <p>9:00 AM DRUM & TONE Ryan Hursey (Aerobics Room)</p> <p>9:15 AM GROUP CYCLING John Nemuth (Spin Studio)</p> <p>10:30 AM SILVERSNEAKER® CLASSIC CLASS Christine Welsh (Main Gym)</p> <p>12:00 PM VIRTUAL 30 MIN CARDIO 30 MIN STRENGTH (Functional Fitness/MP2)</p> <p>5:30 PM TRX—Limit 4 Registration Required (Functional Fitness/MP2)</p> <p>6:00 PM TRX—Limit 4 Registration Required (Functional Fitness/MP2)</p> <p>6:00 PM ZUMBA Brenda Ramey (Aerobics Room)</p> <p>6:00 PM GROUP CYCLING Sarah Lanzer (Spin Studio)</p>	<p>5:30 AM TOTALBODYSTRENGTH Terry McCrory (Functional Fitness/MP2)</p> <p>8:00 AM VIRTUAL STRENGTH TRAINING (Functional Fitness/MP2)</p> <p>9:00 AM VIRTUAL CARDIO DANCE (Functional Fitness/MP2)</p> <p>9:00 AM GROUP CYCLING Fritz Johnson (Spin Studio)</p> <p>9:00 AM GENTLE YOGA Kathleen Johnson (Chapel)</p> <p>10:30 AM SILVERSNEAKER® CLASSIC CLASS Bonnie Jones (Main Gym)</p> <p>10:30 AM CHAIR YOGA Lindsey Carlisle (Chapel)</p> <p>12:00 PM VIRTUAL 30 MIN CARDIO 30 MIN STRENGTH (Functional Fitness/MP2)</p> <p>6:00 PM DRUMMING FOR FITNESS Jen Stewart (Aerobics Room)</p>	<p>5:30 AM PILATES Sarah Custer (Functional Fitness/MP2)</p> <p>5:30 AM GROUP CYCLING Mandy McMath (Spin Studio)</p> <p>8:30 AM TRX—Limit 4 Registration Required (Functional Fitness/MP2)</p> <p>9:00 AM ZUMBA FITNESS Jen Demuth (Aerobics Room)</p> <p>9:00 AM YOGA Karen Sousaris (Chapel)</p> <p>9:15 AM GROUP CYCLING John Nemuth (Spin Studio)</p> <p>10:30 AM SILVERSNEAKER® CLASSIC CLASS Jen Demuth (Main Gym)</p> <p>12:00 PM VIRTUAL 30 MIN CARDIO 30 MIN STRENGTH (Functional Fitness/MP2)</p>	<p>8:00 AM GROUP CYCLING Fritz Johnson (Spin Studio)</p> <p>9:00 AM VIRTUAL STRENGTH TRAINING (Functional Fitness/MP2)</p>
					

FREE FITNESS CLASSES for YMCA MEMBERS

\$ 10 Drop In Rate Per Class for Others

FUNCTIONAL FITNESS



/ VIRTUAL STUDIO

HOURS:

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

Fri 6:45 AM - 6:00 PM

Sat 6:45 AM - 3:00 PM

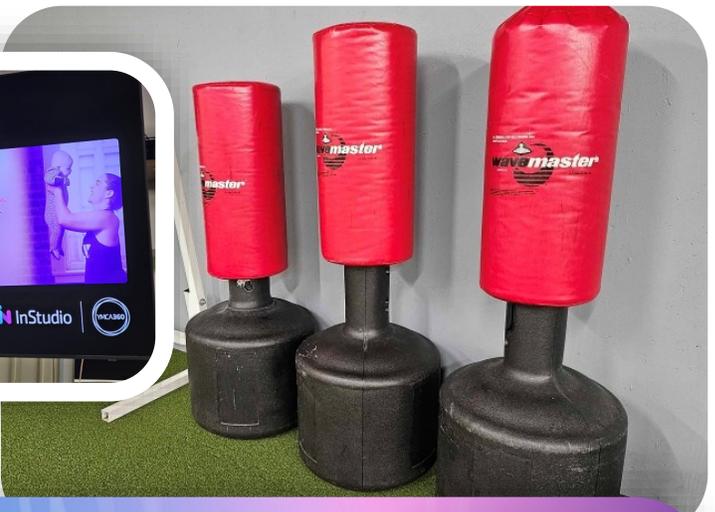
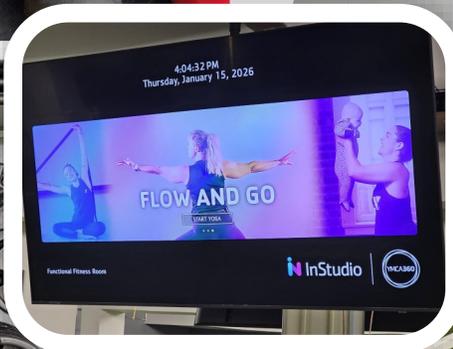
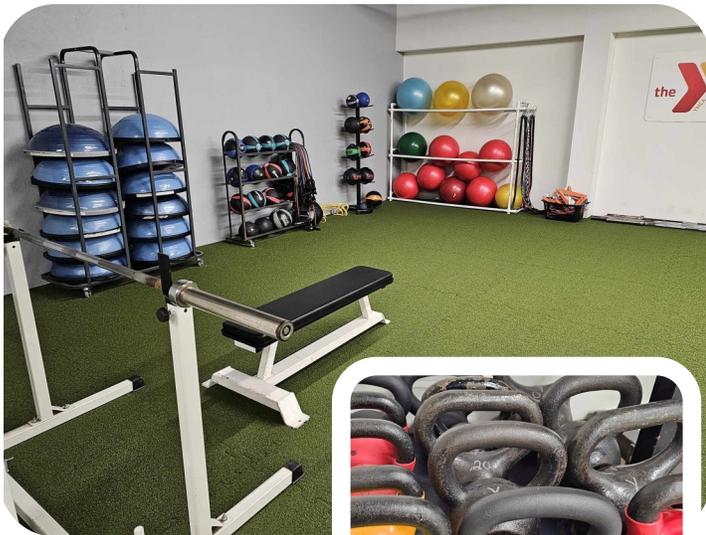
Sun 11:00 AM-3:00 PM

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.

DOWNLOAD THE YMCA360 APP TODAY!



VIRTUAL STUDIO

WATER FITNESS

SMALL POOL



Aqua Fit

Small Pool

45 Min / Max 20

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

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

Twinges

Small Pool

45 Min / Max 20

Arthritis Class. Increases mobility, balance, and strength.

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

Aqua Yoga

Small Pool

60 Min / Max 14

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



DAY/TIME	MEM
THU 6:45-7:45 PM	FREE

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

LARGE POOL



Aqua Aerobics

Large Pool 45 Min / Max 25

Low Intensity:

Cardiovascular/water resistance workout. Shallow water large pool.

Shallow/Deep Combo:

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

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

Hydro-Fit

Large Pool 60 Min Max 25

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

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

Please check our
Pool Schedule at www.tuscymca.org

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.

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

BINGO

AT THE Y

Join us on the
LAST TUESDAY of Apr/May

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  **TRADITIONS
HEALTH**



PARTY MUNCH & LEARN

SENIOR SERIES SPRING LINEUP

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

PLEASE REGISTER ONLINE OR AT MEMBER SERVICE CENTER



Public Health
Prevent. Promote. Protect.

Tuscarawas County Health Department

Tuesday, April 21
**TUSCARAWAS COUNTY
HEALTH DEPARTMENT**
Tanya Smith, RDN, LD, CLC
Dietitian
Topic: Healthy Eating for
Active Older Adults
Lunch Provided



Senior Medicare Patrol
Preventing Medicare Fraud

Tuesday, May 12
**SENIOR MEDICARE
PATROL**

Topic: Fraud Busters
Bingo
Learn how to fight back
against fraud and medical
identity theft while hav-
ing fun playing Bingo
Snack Provided



Tuesday, April 28
CLEVELAND CLINIC
Dr. John Idoine, DO
Topic: Knee Pain 101
Lunch Provided

**Come join us for learning,
good company and refreshments!
Each session features a local
expert and time to connect
with others.**

HOME SCHOOL PROGRAMS

ART CLASS 45 Min MP1 / Min 5-Max 24

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



DAY/TIME	MEM	OTH
THU 12:00-12:45 PM	\$32	\$68

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	\$32	\$68

MUSIC DISCOVERY 45 Min MP1

Grades K-8 Join us for a fun and engaging general music course designed especially for homeschooled children! Students will explore the building blocks of music through singing, movement, rhythm instruments, creative musical games, and age-appropriate activities.



Instructor: Laura Barkett

DAY/TIME	MEM	OTH
THU 2:00-2:45 PM	\$32	\$68

Y PRESCHOOL ARTS PROGRAMS

MESSY HANDS ART FOR AGES 2-5

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

DAY/TIME	MEM	OTH
TUE 10:00-10:45 PM April 14, 21, 28 & May 5 Price includes all 4 days Limit 10 Kids	\$25	\$40



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 Parent's Night Outs

5:30-8 PM Ages 3-10

Registration Required Member \$10 / Other \$25

BE MINE BASH

Feb 13 - Valentine's Theme



THE BIG RECESS

May 15 - End of School Theme



ISLAND ESCAPE

July 17 - Beach Theme



SANTA'S WORKSHOP

Dec 11 - Christmas Theme



Questions: Contact Jeff Bray - Jeff@tuscymca.org

TUSCARAWAS COUNTY YMCA

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



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FOR SOCIAL RESPONSIBILITY



ISLAND VIBES

MOTHER-SON DANCE

SATURDAY, MAY 9 6-8PM
BOYS: 3-10yo
YMCA MAIN GYM

Members: \$10 per boy / Others: \$20 per boy

Register online or at the Y

Moms and all mother figures are invited to a special Island Vibes Night filled with music and unforgettable memories with their awesome young guys! Throw on your favorite Hawaiian shirt, grab your sunglasses, and get ready to hang loose for a tropical evening of fun, dancing, and quality time together at the YMCA!

- 🎵 Music & dancing
- 📷 Photo opportunities
- 🍪 Light refreshments



Questions Contact: Jeff Bray
jeff@tuscymca.org

FAMILY TIME / TUSCARAWAS COUNTY YMCA
600 Monroe Street, Dover 330-364-5511
www.tuscymca.org and Facebook



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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



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YMCA 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.

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



For More Information or to Join Contact:
Jeff Bray, YMCA Youth and Family Director
330-364-5511 Ext. 310 or jeff@tuscymca.org

TUSCARAWAS COUNTY YMCA
600 Monroe Street • Dover, OH • 44622 330.364.5511 • tuscymca.org



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MUSIC PLAY

New! Caregiver & Child Music Program

Instructor Laura Barkett

Research tells us that every child has an innate music aptitude that can be honed and developed throughout childhood; The key is tapping into that skill-set as early and as often as possible!

We are happy to offer this music and movement experience for babies and toddlers ages 6 months–3 years and their caregivers. Come and spend 45 minutes each week with MusicPlay certified teacher, Laura Barkett, as we explore and develop body coordination through a diverse collection of songs, chants, and movement activities.

Children will be physically and musically engaged in creative and fun experiences. Caregivers will receive guidance on how to encourage healthy music and creative exploration right at home, based on the Music Learning Theory of Dr. Edwin Gordon.

Mondays: 9:30–10:15 AM 6 mo–18 mo Class

Mondays: 10:30–11:15 AM 18 mo–3 yr Class

Members \$40 / Others \$90 [Register online or at the Y](#)



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



175^{YEAR} ANNIVERSARY



HEALTHY KIDS DAY[®]

APRIL 18 11AM-2 PM



NATIONAL SPONSORS



PEANUTS



LOWER SUGAR
75% LESS SUGAR

Free To The Public!

Balloon Twisters, Caricature Artist, Obstacle Course, Gymnastics Fun, Drumming for Fitness, Music Activities, Swimming, Games, & More Activities from our Community Partners

TUSCARAWAS COUNTY YMCA 600 MONROE STREET, DOVER WWW.TUSCYMCA.ORG

TUSCARAWAS COUNTY YMCA LIFEGUARD TRAINING V7 CERTIFICATION COURSE



**Required Pre-Course Swimming
Skills Test: Approx. 1 hour**
Schedule your appointment:
Call 330-364-5511 ext. 314
or email stacy@tuscymca.org

**ONLINE COURSE REQUIREMENTS
BEFORE CLASS BEGINS
IN PERSON CLASS
NEXT SESSION: TBA
CONTACT STACY HARLAN, AQUATICS DIRECTOR**

**Member \$175 / Other \$250
(Max 10 participants)**

Financial Assistance Available:
Bob Huff Scholarship Fund
Contact the Aquatics Director for details.

Candidates MUST be 15 years old BEFORE the last scheduled day of class (Birth certificate or State ID is required on the first day of class).

The YMCA Lifeguard course includes training in Basic Life Support (CPR & AED), Basic First Aid and Emergency Oxygen Administration as well as lifeguard procedures and rescue skills. Candidates are required to be able to show strong swimming skills, maturity and good decision-making skills.

There will be a swimming skills test prior to the first night of class to assure each candidate is prepared to complete the class. The course is taught in the classroom as well as the water and will require the completion of 8 hours of online training to be completed at home **PRIOR TO THE FIRST SCHEDULED NIGHT OF CLASS.**

Candidates will receive instructions for accessing the online training when they register for the course. Materials that are required and should be brought in for every scheduled day of class: One-piece swimsuit or swim trunks, towel, goggles (optional), paper and writing utensils.



NEW PROGRAM

KID FITNESS

Instructor: Rebecca Beachy

Max 12 / Must Register

Perfect for children ages 5-12.
Designed to introduce kids to healthy living habits and making fitness a priority.

Workouts will focus on total body conditioning as well as coordination, balance and aerobic output.



DAY/TIME	MAX 12	MEM	OTHER
TUE 6:00-6:45 PM		\$10	\$25
Functional Fitness/MP2			

Y ART PROGRAM

COOKIES & CANVAS

for Seniors!

Seniors 50+

Enjoy your creative side at the Y.
All welcome.

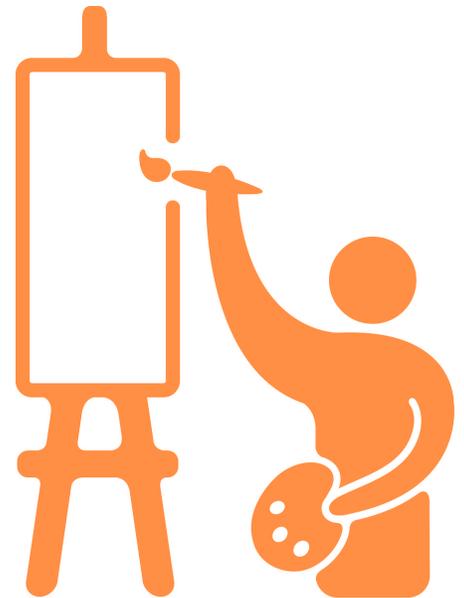
No skill necessary.

Snacks provided.

Please bring a paint shirt.

Instructor Joella Elbert

Pre-Register Online or at the Y by Monday May 4



DAY/TIME	MEM	OTH
FRI May 8 at 11:30 AM	\$15	\$20
Limited Registration		
Ages 50 and Up		



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THE BIG RECESS! PARENT'S NIGHT OUT

Friday, May 15

5:30-8 PM

Ages 3-10



Enjoy a worry-free night out while your kids have a blast at the YMCA! Our Big Recess Parents' Night Out will be all about fun schoolyard-style play. Kids will enjoy outdoor yard games, relay races, fun snacks, group games, and high-energy playtime. It's the perfect throwback recess experience for kids and a great chance for parents to enjoy a night out!

- Snacks provided
- Outdoor Yard Games
- Will be held outdoors. Indoors if weather is bad.

**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

YMCA SILVER STREAKS SUMMER SWIM TEAM



Season: Early June – Late July / Registration Begins: May 24

The perfect introduction to Swim Team, the summer season is open to any YMCA Youth Member that can complete the following skills:

- One full length of the pool swimming on their front and one full length on their back unassisted for those 8 years of age and younger
- Two full lengths of the pool on their front and their back for those who are 9 years and older.

Swim meets are usually held on Wednesday evenings and some travel is required for away meets. Participation in competition is required to be a member of the swim team.

Practice will be held Monday – Thursday.

More details to come in our YMCA Summer One Program Guide. Questions contact: Aquatic Director, Stacy Harlan stacy@tuscycma.org or Head Coach, JoLyn McFadden streaksswimming@gmail.com



GYMNASTICS TEAM TRYOUTS



May 19, 21, 22 Tuesday, Thursday, Friday 4:00 – 6:00 PM

Registration Fee: \$10

- ⇒ Register at the Front Desk...One Fee For All 3 Nights. Must be at least a Level 3 in skill ability.
- ⇒ Come to practice with the Level 3 Team on Tuesday and Thursday from 4:00-6:00 PM
- ⇒ Final Tryouts will be Friday from 4:00-6:00 PM
- ⇒ Wear gymnastics leotard, hair secured off your face. Bring a water bottle and socks. Grips are optional.
- ⇒ You do not have to attend T/TH, but it is strongly encouraged.
- ⇒ Those making the team will receive a letter Friday night as well as a packet of team information and forms.
- ⇒ All gymnastics will be scored by team coaches and those with the highest scores will be invited to join the team.
- ⇒ **Reminder: All team members must have an active YMCA Membership.**

GYMNASTICS PROGRAMS

MONDAY CLASSES PRORATED
Closed Memorial Day Mon May 25

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

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.

MONDAY PRORATED

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.

MONDAY PRORATED

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.

MONDAY PRORATED

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	\$35	\$80
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	\$35	\$80
TUE	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	\$35	\$80
MON	4:00-4:30 PM	\$35	\$80
TUE	10:30-11:00 AM	\$40	\$90
WED	4:30-5:00 PM	\$40	\$90
SAT	11:15-12:00 PM	\$45	\$100

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

SCHOOL AGE LESSONS AGE 6 & UP

MONDAY CLASSES PRORATED
Closed Memorial Day Mon May 25

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 PRORATED	\$65	\$150
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 PRORATED	\$65	\$150
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 PRORATED	\$65	\$160
WED 7:00-8:30 PM 90 Min	\$90	\$200
Register for Both Days MON/WED and Save PRORATED	\$120 Save \$20	\$315 Save \$55

Tumbling

LEVEL1-3, 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 PRORATED	\$65	\$160

OPEN GYMN

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

High School/Adult
Thursdays 8-8:55 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
Bianna Stocker
330-364-5511

LEARN TO SWIM 6 Months–Age 5

MONDAY CLASSES PRORATED
Closed Memorial Day Mon May 25

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	\$39	\$82
THU 5:15-5:45 PM	\$39	\$82
SAT 10:00-10:30 AM	\$39	\$82

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	\$45	\$88
TUE 5:15-6:00 PM	\$45	\$88
FRI 10:00-10:45 AM	\$45	\$88
SAT 11:15 AM-12:00 PM	\$45	\$88

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 <i>No class Memorial Day</i>	\$39	\$75
MON 6:00-6:45 PM <i>No class Memorial Day</i>	\$39	\$75
TUE 10:45-11:30 AM	\$45	\$88
TUE 6:00-6:45 PM	\$45	\$88
THU 10:45-11:30 AM	\$45	\$88
THU 5:45-6:30 PM	\$45	\$88
FRI 11:00-11:45 AM	\$45	\$88
FRI 11:45 AM-12:30 PM	\$45	\$88
SAT 10:30-11:15 AM	\$45	\$88

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	\$45	\$88
SAT 10:45 AM–11:30 AM	\$45	\$88

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 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	\$45	\$88
THU 6:15-7:00 PM	\$45	\$88
THU 7:00-7:45 PM	\$45	\$88
SAT 10:00-10:45 AM	\$45	\$88

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	\$45	\$88
THU 6:15-7:00 PM	\$45	\$88
SAT 10:45-11:30 AM	\$45	\$88

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	\$45	\$88

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	\$45	\$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 efficient, while also learning new swim strokes. Swimmers will build confidence and knowledge to use swimming for workouts.

DAY/TIME	MEM	OTH
SAT 10:00-10:45 AM	\$45	\$88

Racquetball

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

Pickle Ball

MORNINGS

7:30 AM - 9:30 AM

Mon & Wed / 1 Court West Side

Tue, Thu, Fri / 3 Courts

AFTERNOONS

12:30 PM - 2:30 PM

Mon-Thu / 3 Courts

EVENINGS

5:00-7:00 PM

Mon / 3 Courts

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

Members FREE

Day of Drop-In Rate \$10

Please register/pay at the Member Service Center.

Please bring racket.

Nets set up by players.

Adult Basketball

M-S 5:00-7:00 AM

No drop in rate available.

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

Youth Open Court Basketball

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

**MAIN GYM SCHEDULE
AVAILABLE ONLINE
www.tuscymca.org**

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	MEM	OTH
FRI 11:30 AM	4 WKS Session April 17, 24, May 1 and 8	\$25	\$50

REGISTRATION INFORMATION

T-BALL

Ages 3yo-5yo

Season: May 5-June 18 (7 weeks)

Registration: March 1-April 25

Parent/Coach Meeting: Thu, Apr 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.)



VOLLEYBALL

Ages 9-12

Season: June 30-July 28 (5 weeks)

Registration: May 1 -June 19

Parent/Coach Meeting: Thu, Jun 25 6pm

Practices/Games: Tuesdays

YMCA Member \$30 per player

Community Member \$65 per player

(Includes Y T-shirt)



WIFFLE BALL

Grades 4-8

Season: July 2-30 (5 weeks)

Registration: May 1-June 19

Parent/Coach Meeting: Thu, Jun 25 7pm

Practice/Games: Thursdays

YMCA Member \$30 per player

Community Member \$65 per player

(Includes Y T-shirt)



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.)



RECEIVE SPORTS NOTIFICATIONS

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

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

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

WE LOVE FEEDBACK

Contact Alex Conkle
Youth Sports Coordinator at
Alex@tuscymca.org 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/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 \$50 / Community Member \$60



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

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 \$30 / Community Member \$35

- 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 Jeff Bray jeff@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.

2025-26 PROGRAM INFORMATION

AM PROGRAM

Mon-Thu 8:00-11:30 AM

PM PROGRAM

Mon-Thu 12:30-4:00 PM

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.

2025-26 MONTHLY TUITION per child

Youth Member \$180

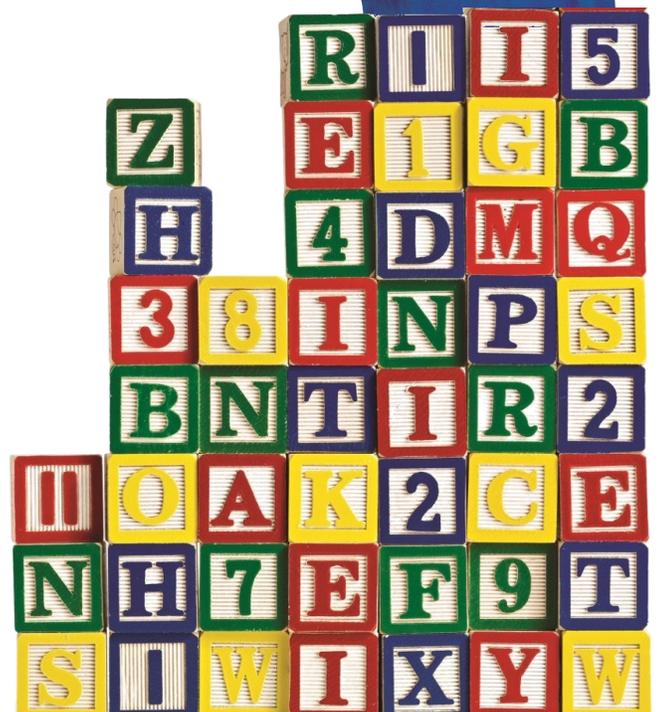
Community Member \$200

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**

CHILD CARE / SUMMER DAY CAMP

MAKING MEMORIES

THAT LAST A LIFETIME!

Summer is an amazing time of year for your child to experience learning in a whole new way. Your kids will be wild about the Y because the Y is wild about kids.

YMCA Summer Day Camp provides a safe and enriching environment for campers to participate in healthy, developmentally appropriate activities and learning experiences.

Our camps focus on having fun while building self-esteem and social skills through activities and new adventures. Weekly themes keep campers engaged and provide a basis for kids to learn about themselves and the world around them.

Are your kids ready to say YES to adventure, say YES to fun?



OPEN HOUSE: May 29 5-7:30 PM (Meet counselors and pick-up camp shirt!)

WHO: Campers entering Kindergarten - 8th Grade

WHERE: TUSCARAWAS COUNTY YMCA
600 Monroe Street Dover, Ohio, 44622

WHEN: JUNE 1, 2026- AUGUST 14, 2026

DAYS: Monday - Friday

TIME: 9:00 AM - 4:00 PM
Extended Care Available / Free of charge
7:00 AM-9:00 AM and 4:00 PM-6:00 PM

QUESTIONS/CONCERNS CONTACT:

Youth and Family Director Jeff Bray at 330-365-5511 Ext. 310 or jeff@tuscymca.org

REGISTRATION FEE
\$25

CAMP WEEKLY RATES
RATES ARE BASED BY
MEMBERSHIP TYPE

Youth Member
\$175 per week/per camper

Community Member
\$205 per week/per camper

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



PRESCHOOL SUMMER KIDDIE CAMP

TUSCARAWAS COUNTY YMCA

AGES: 3-5

HOURS:

MONDAY-THURSDAY

8:00 AM-11:30 AM

Children will do crafts, play games, sing songs, dance, enjoy a snack and play with water.

June 15-June 18

June 22-June 25

June 29-July 2

July 6-July 9

Questions: Call 330-364-5511

Coordinator: Elizabeth Sickinger

- Bring a clearly marked book bag with extra clothes.
- Please apply sunscreen before getting to the Y. Campers must be able to use the bathroom on their own and change their clothes with minimal help.
- Please make sure your camper is picked up at 11:30. Photo ID required for pick up.



WEEKLY RATES

REGISTRATION FEE

\$25

NON-REFUNDABLE

YMCA Member

\$55 per week/per camper

Community Member

\$70 per week/per camper

FINANCIAL ASSISTANCE

AVAILABLE &

PUBLICLY FUNDED

ASSISTANCE ACCEPTED

IMPORTANT: Your child cannot attend camp until all paperwork is completed and returned. Drop off paperwork before first day of camp at the Y or email to elizabeth@tuscymca.org.

TUSCARAWAS COUNTY YMCA

600 MONROE STREET, DOVER, OHIO 44622 330-364-5511 WWW.TUSCYMCA.ORG

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:

Meagan Shaheen

Executive Director
meagan@tuscymca.org

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Nancy Smith

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Elizabeth Sickinger

Preschool Coordinator
elizabeth@tuscymca.org



**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.

