



EXPLORE MORE

SPRING TWO CLASS GUIDE

Apr 7–May 25 (7 Weeks)

Member Early Registration

Begins Sun, March 31

Community Registration

Begins Wed, April 3

Financial Assistance Available



TUSCARAWAS COUNTY YMCA
WWW.TUSCYMCA.ORG
330-364-5511

MONDAY-THURSDAY 5 AM-9 PM

FRIDAY 5 AM-7 PM

SATURDAY 6 AM-4 PM

Ask about 24/7 Fitness Access



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: We are committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.

Facility Includes:

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

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

Outdoor Sports Field
2 Multipurpose Rooms
Chapel
Preschool Learning Center
Adventure Center

**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	\$21.00 +tax	\$252.00 +tax
Young Adult Ages 18 (out of HS) through age 29	\$25	\$28.00 +tax	\$336.00 +tax
Adult Ages 30 through 64	\$25	\$37.00 +tax	\$444.00 +tax
Couple 2 adults in same household	\$50	\$56.00 +tax	\$672.00 +tax
Family/2 Adults 2 adults in same household and dependents. Ages 6 months-full time college student.	\$50	\$60.00 +tax	\$720.00 +tax
Family/1 Adult 1 adult and dependents. Ages 6 months-full time college student.	\$50	\$48.00 +tax	\$576.00 +tax
Senior Adult Age 65 and older	\$25	\$34.00 +tax	\$408.00 +tax
Senior Couple 2 adults in same household age 65 and older	\$50	\$48.00 +tax	\$576.00 +tax

Financial assistance is available for membership and programs. Please be prepared to show a Photo ID for purchase of Memberships or Programs.

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.

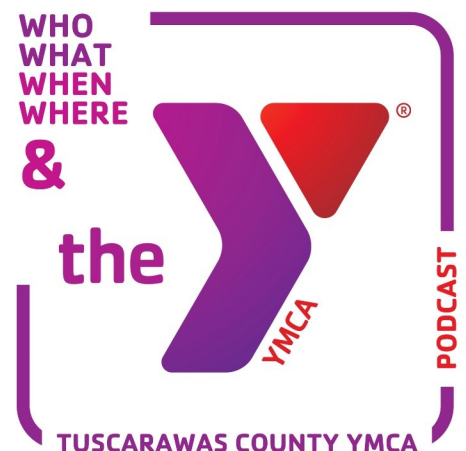


FOLLOW US ON SOCIAL MEDIA

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



YMCA PODCAST



Watch past episodes on our YouTube Channel and Follow Us on Facebook for new episodes.

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	\$21.00 + impuestos	\$252.00 + impuestos
1 adulto joven 18 años (fuera de la escuela secundaria) hasta 29 años	\$25	\$28.00 + impuestos	\$336.00 + impuestos
1 adulto 30 años hasta 64 años	\$25	\$37.00 + impuestos	\$444.00 + impuestos
Pareja 2 adultos en el mismo hogar	\$50	\$56.00 + impuestos	\$672.00 + impuestos
Familia/2 Adultos 2 adultos en el mismo hogar y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$60.00 + impuestos	\$720.00 + impuestos
Familia/1Adultos 1 adulto y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$48.00 + impuestos	\$576.00 + impuestos
Adulto mayor 65 años y mayor	\$25	\$34.00 + impuestos	\$408.00 + impuestos
Pareja mayor 2 adultos en el mismo hogar de 65 años y mayor	\$50	\$48.00 + impuestos	\$576.00 + impuestos

Hay asistencia financiera disponible para miembros y programas.

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.





**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.

**2024 Goal
\$115,000**

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.**



SAFETY TRAININGS

CPR Basic Life Support

Includes training in pediatric and adult CPR, rescue breathing, and AED use. Certification valid for 2 years and taught through the American Safety & Health Institute.



Day/Time		MEM	OTH
Saturday, April 13 9 AM - 2 PM	Max 10	\$30	\$45

BASIC FIRST AID

American Safety & Health Institute Certification.
Valid for 2 years.

Day/Time		MEM	OTH
Saturday, May 4 9 AM - 1 PM	Max 10	\$30	\$45

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

Cargo net, rock wall, slide, and tree house. 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 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 or sports endurance. 30 MIN.

Personal Training Team

Ryan Hursey, Natalie Hoang, Nathan Levengood, Ashley Ellert



	Y Mem	Other
PERSONAL TRAINING Approx. 1 Hour		
1 Session	\$35	\$50
4 Sessions (Save 5%)	\$133	\$190
8 Sessions (Save 10%)	\$252	\$360
12 Sessions (Save 20%)	\$336	\$480
30 MINUTE MOTIVATOR Package Rates		
1 Session	\$25	\$40
4 Sessions (Save 5%)	\$95	\$152
8 Sessions (Save 10%)	\$180	\$288
12 Sessions (Save 20%)	\$240	\$384
YOUTH PERSONAL TRAINING 30 MIN		
1 Session	\$25	\$40
4 Sessions (Save 5%)	\$95	\$152
8 Sessions (Save 10%)	\$180	\$288
12 Sessions (Save 20%)	\$240	\$384

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

READY, SET, GO

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

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

Come dressed to get started!

Schedule your appointment by calling 330-364-5511 or stop by the Member Service Center.



YMCA FITNESS CLASSES

Cardio Mix HIIT

Cardio & Core Training using Body Weight

Cardio Workout

Step Aerobics, Cardio Kickboxing, Drumming for Fitness. Weekly rotation.

Drumming

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

Fit & Strong

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

LaBlast® Fitness

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

Strength Training with Weights

Great for anyone looking to learn or challenge their strength. Lift using 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.

Interval Training

Interval training with bodyweight and free weights. 1 min of a cardio based movement followed by 1 min of strength training.

Step and Tone

This class is all about being lean and strong. Class uses the Step Bench for Cardio and Bands, Weights, Bosu & Stability Balls.

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.

Youth Fitness

Body strength, agility, cardio endurance.

Zumba® Fitness

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

ACTIVE YOUTH YOUTH STRENGTH TRAINING CLASS

GRADES 1st-5th 45 Minutes Led by a Personal Trainer. Utilization of body mechanics, strength bands, light weights. Focus on proper movements and modifications.

Class Size: Min. 5 / Max. 15 / **Aerobics Room**
TUE 6:00 PM **Member \$30/Others \$65**

YOUTH FITNESS GROUP EXERCISE CLASS

AGE 7 & UP 45 Minutes of movement including activities to improve agility and cardio endurance. Bring a Water Bottle and Positive Energy.

Class Size: Min. 5 / Max. 15 / **Aerobics Room**
THU 6:00 PM **Member \$10/Others \$45**



FITNESS SCHEDULE

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

SPRING TWOCLASS SCHEDULE

Schedule Subject to Change.

POP UP SPIN STRENGTH / MAY 11 AT 9 AM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM CARDIO MIX Michelle Levitt/ Terri Hupp (Aerobics Room)	5:30 AM GROUP CYCLING Nicole Sears (Spin Studio) TOTAL BODY STRENGTH Terry McCrory (Functional Fitness/MP2)	5:30 AM CARDIO/CORE MIX Kelly Vanarsdalen (Aerobics Room)	5:30 AM TOTAL BODY STRENGTH Terry McCrory (Functional Fitness/MP2)	5:30 AM GROUP CYCLING Mandy McMath (Spin Studio)	
	8:00-8:45 AM STRENGTH TRAINING (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)	8:00-8:45 AM FIT & STRONG (Weights & More) Dana Randazzo (Functional Fitness/MP2)	8:00-8:45 AM STRENGTH TRAINING (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)		8:00 AM GROUP CYCLING Jim Cahill Fritz Johnson (Spin Studio)
9:00 AM LABLAST (Dance/Fitness) Chris Sulzener (Aerobics Room)	9:00 -9:45 AM EVERY BODY FITNESS CIRCUIT (Low Impact Cardio & Light Weights) Cindy Felgenhauer (Aerobics Room) GROUP CYCLING Fritz Johnson (Spin Studio) GENTLE YOGA Liz Hicks (Chapel)	9:00 AM DRUM & TONE (Low Impact Cardio using Drumsticks and Light Weights) Ryan Hursey (Aerobics Room)	9:00-9:45 AM EVERY BODY FITNESS CIRCUIT (Low Impact Cardio & Light Weights) Cindy Felgenhauer (Aerobics Room) GROUP CYCLING Fritz Johnson (Spin Studio) GENTLE YOGA Kathleen Johnson (Chapel)	9:00 AM ZUMBA FITNESS (Cardio) Jen Demuth (Aerobics Room) YOGA Karen Sousaris (Chapel)	9:00 AM GET PUMPED (Weights & Cardio using Barbell) Cindy Felgenhauer (Functional Fitness/MP2)
10:30 AM SILVERSNEAKER® CLASSIC CLASS Christine Welsh (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Bonnie Jones (Main Gym) CHAIR YOGA Colleen Martini (Chapel)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Tessa Compton (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Bonnie Jones (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Jen Demuth (Main Gym)	
5:30-6:15 PM CARDIO KICK Ryan Hursey (Aerobics Room) 6:00 PM YOGA Aubrey Gealsha (Chapel) 6:00 PM Group Cycling John Nemuth (Spin Studio) 6:20-7:00 PM STRENGTH Ryan Hursey (Functional Fitness)	6:00-6:45 PM YOUTH STRENGTH TRAINING (Fee to Register /See Member Services) (Functional Fitness) 6:00 PM STEP AEROBICS (Low Impact Aerobics) Rachel Bolek (Aerobics Room)	6:00 PM ZUMBA Brenda Ramey (Aerobics Room) & GROUP CYCLING Sarah Lanzer (Spin Studio)	6:00-6:45 PM YOUTH FITNESS GROUP EXERCISE (Fee to Register /See Member Services) (Functional Fitness/MP2) 6:00 PM DRUMMING FOR FITNESS Jen Stewart (Aerobics Room)		

FREE FITNESS CLASSES for YMCA MEMBERS

\$10 Drop In Rate Per Class for Others

Watch for POP UP CLASSES on our FACEBOOK PAGE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

ACTIVE OLDER ADULTS

OPPORTUNITIES TO STAY ACTIVE AND BUILD
RELATIONSHIPS FOR THE 50+ POPULATION.

TRY THESE CLASSES: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity. Equipment used: Hand-held weights, resistance tubes with handles and a small ball. A chair is available for seated or standing support. All the classes are included with your membership.



SILVERSNEAKERS® CLASSIC CLASSES

TUSCARAWAS COUNTY YMCA

**MON-FRI
10:30-11:15 AM**

Instructors:
Bonnie Jones,
Tessa Compton, Jen Demuth,
Christine Welsh

**Not just for SilverSneakers
Members. All YMCA Members
Welcome. Please Register at
Member Service Center
Free for Members. No drop in
rates.**

TWIN CITY SENIOR CENTER

Uhrichsville
Presbyterian Church
633 N Main St,
Uhrichsville

**T/TH
10:00-10:45 AM**

Instructor:
Jessica Callender
Registration Required
Call 330-364-5511
Members: Free / Other: \$36
per session



ACTIVE OLDER ADULTS

CHAIR YOGA

TUSCARAWAS COUNTY YMCA CHAPEL
TUE 10:30-11:30 AM

Instructor: Colleen Martini
**Please Register at Member Service Center
Free for Members / \$10 Drop in rate**

PARTY, MUNCH & LEARN SENIOR SERIES

Coffee, Cookies and Conversation

Tues, April 16 BINGO

11:30-12:30 PM Multipurpose Room

Brought to you by: Traditions Health

Register by April 12 at the Member Service Center

Lunch and Learn

Wed, April 30

11:30-12:30 PM Multipurpose Room

Speaker: Mary Ellen from Aultman Hospital

Topic: Aultman Generations Program

Register by April 26 at the Member Service Center



WATER FITNESS

SMALL POOL



Aqua Fit

Small Pool
45 Min / Max 18
Emphasis on gentle exercise for in-creasing range of motion, strength-ening, 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

Registration Required Call 330-364-5511 or online at www.tuscymca.org



Aqua Aerobics

Large Pool 45 Min / Max 20

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 20

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

GlideFIT® Paddle Board Fitness

Large Pool 45 Min Max 9

GlideFIT is a high-intensity/low impact paddleboard class using Aquatic Based Stability Training (ABST). The class is designed to help improve body movement awareness, coordination and reflex responses, joint stability, reaction time, overall strength, power and agility.

DAY/TIME	MEM
WED 7:00 PM NEW TIME!	FREE
SAT 9:00 AM	FREE



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

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

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



NEW FOR YOU! **NOW OPEN** FUNCTIONAL FITNESS ROOM

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

Located in Multipurpose Room 2 / Patton Center Lower Level

HOURS:

Monday–Thursday 11 AM – 8 PM

Friday 11 AM – 6 PM

Saturday 11 AM – 3 PM

Children 9-14 must be accompanied by an Adult!.

Area Monitored by Camera.

Please rerack all weights and put away equipment.



**FIND WHAT
MOVES YOU.**

FIND YOUR Y.

START TODAY

For a better us.®

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

THURSDAY, NOV 28 / 9:00 AM

Online Registration Only

<https://ohiochallengeseries.enmotive.com>

In Person Race Fees & Registration Dates

Age 16 & Over

\$20.00 through July 31, 2024

\$25.00 through August 31, 2024

\$30.00 through October 31, 2024

\$35.00 through November 27, 2024

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

Age 15 & Under

\$20.00 through November 22, 2024

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

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

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

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

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

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

SPECIAL AWARDS FOR PRE REGISTERED RACERS

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

50/50 RAFFLE ON RACE DAY!

Instant Results & Awards after finish line.

TUSCARAWAS COUNTY YMCA

600 MONROE STREET, DOVER OHIO 330-364-5511



**Shirts Guaranteed if
Registered by Nov 1**

PACKET PICK-UP

Nov 27 4:00-7:00 PM

Packet Pick-Up also available on Nov 28
from 6:30-8:15 AM at the Y





YMCA HEALTHY KIDS DAY

FREE COMMUNITY EVENT - ALL WELCOME!

Saturday April 20

11 AM-2 PM

Bounce Houses
Caricature Artist

Music & Magic Show
Community Displays

Balloon Twisters
Crafts and More!

Healthy Kids Day Cinch Bag for the first 100 Kids

Huge Thanks to Our Local Sponsors For Making This Event Possible:



PARTY RENTALS

Party Room

After Hours Only

Up to 50 People Members: \$40
per hour/Others: \$60 per hour

Adventure Center Party

After Hours Only

Party room for one hour

Adventure Center for one hour

Up to 15 children.

Pricing: Members: \$80/Others:
\$120

Large Pool Party After Hours Only

Party room for one hour

Large Pool swim for one hour

Up to 25 Swimmers

Members: \$130 Others: \$180

Small Pool Party After Hours Only

Party room for one hour

Small Pool swim for one hour

Up to 15 Swimmers

Members: \$130 Others: \$180



Call Garry 330-364-5511 or email garry@tuscymca.org for availability

TEEN LEADERS CLUB

Teen Leaders Club teaches skills based on the servant leadership model, fosters connections and leads community improvement projects, plus plenty of fun and friendships!

Returning in September

Youth in Grades 7-12

Weekly Meetings: Tuesdays 5:30-6:30 PM

plus 4 hours of volunteer service each month

\$30 includes Club T-Shirt

YMCA Membership required. Scholarships are available.

For More Information or to Join Contact:

330-364-5511 or Kathleen@tuscymca.org



SCOUTS BSA GIRL TROOP 1

Girls age 11-18

Tuesday Nights 6:30-8:00 PM

Weekly meetings throughout the year and at least one camp out or activity per month. If you enjoy outdoor activities like hiking, camping, archery, fishing, plus friends and fellowship-we're the group for you! Blaze your path to Eagle by learning about citizenship, servant leadership, and community.

The Scouts BSA program helps form tomorrow's leaders while teaching life and survival skills.

For costs and more information contact troop1tusc@gmail.com.



HOME SCHOOL PROGRAMS

ART CLASS Y-CREATE

45 Min MP1 / Min 5-Max 24

Kids 6 to 13 years. Easy to understand lectures about artists and art styles.

Projects based on the lecture and include all types of medium from crayon, pencil, chalk, pastel, and paint. Music and stories also included.

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



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

SWIM LESSONS

45 Min Large Pool / Max 24

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

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



Spring Session 2024 Lifeguard Training



**Mondays & Wednesday 4:30 PM – 8:30 PM
April 8–May 22**

Member \$175 / Other \$250

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

Interested candidates MUST be 16 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 CPR for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration as well as lifeguard procedures and rescue skills. Candidates need to be able to show strong swimming skills, maturity and good decision making skills. There will be a swimming skills test on the first night of class to assure each candidate is prepared to complete the class. The course is taught in the class room as well as the water and will require completion of online training to be completed at home. An email address will be required to receive and complete the online training. Materials required: One piece swim suit or swim trunks, towel, goggles (optional), paper and writing utensils.

**Tuscarawas County YMCA
600 Monroe Street, Dover
330-364-5511 www.tuscymc.org**



LEARN TO SWIM 6 Months-Age 4

Level A - Water Discovery

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

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

Adult must accompany the swimmer in the water.

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

Level B - Water Exploration

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

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

Adult must accompany the swimmer in the water.

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

Preschool - Level 1&2

Water Acclimation & Stamina Max 6

Age 3-Entering Kindergarten 45 MIN Small Pool

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

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

Ages 3-Entering Kindergarten

Preschool-Level 3&4

Water Stamina & Stroke Introduction:

Age 3-Entering Kindergarten

45 MIN Large Pool Max 6

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

DAY/TIME	MEMBER	OTHER
TUE 6:15-7:00 PM	\$40	\$87
SAT 10:15 AM-11:00 AM	\$40	\$87

PRIVATE SWIM LESSONS

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

30 Minute Session
\$25 Member

30 Minute Semi Private
\$30 Member

1 Hour Session
\$40 Member

1 Hour Semi Private
\$45 Member

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

LEARN TO SWIM Ages 6-12 Years Old

Youth-Level 1&2 Beginner Level

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

Youth-Level 3&4 Intermediate Level

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

Youth-Level 5&6 Advanced Level

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

Teen/Adult

13 years and up. 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!



Youth Levels 1 & 2

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

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

Youth Levels 3 & 4

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

DAY/TIME	MEMBER	OTHER
TUE 7:00-7:45 PM	\$40	\$87
THU 7:00-7:45 PM	\$40	\$87
SAT 11:15-12:00 PM	\$40	\$87

Youth Levels 5 & 6

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

DAY/TIME	MEMBER	OTHER
TUE 7:00-7:45 PM	\$40	\$87
SAT 10:15-11:00 AM	\$40	\$87

Teen/Adult Beginner

13 year & older. 45 Min
Large Pool / Max 6
Descriptions above.

DAY/TIME	MEMBER	OTHER
THU 7:00-7:45 PM	\$40	\$87

Home School SWIM

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.

Children must be at least 6 years of age to participate.

Thursday
1:00-1:45 PM
Member \$30/Other \$65

Home School Art also available.



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

GYMNASTICS PROGRAMS

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

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

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

Instructors will evaluate gymnast at the end of each session.

PRIVATE GYMNASTICS LESSONS

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

Private Lessons Pricing 30 Min

Member \$25-Other \$45

60 Min

Member \$35-Other \$65

Package Pricing Available 4 Lessons / Save \$10

30 Min

Member \$90-Other \$170

60 Min

Member \$130-Other \$250

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
smith2195@hotmail.com for
appointments before purchase.

For Private Lesson & Pricing with
YMCA Gymnastics Team
Head Coach by calling

PRESCHOOL LESSONS AGE 2-6

Kindergym

Ages 2-3 Only - Max 8 Students

Adult participation required

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

Child must be at least 2 years old to participate.



DAY/TIME	30 Min	MEM	OTH
WED 10:00-10:30 AM		\$35	\$80
WED 10:45-11:15 AM		\$35	\$80

Gymnastics for 3 Year Olds

Ages 3 Only - Max 6 Students

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

Child must be at least 3 years old to participate.



DAY/TIME	30 Min	MEM	OTH
TUE 3:15-3:45 PM		\$35	\$80
THU 3:15-3:45 PM		\$35	\$80

Preschool Level 1

Ages 4-5 - Max 6 Students

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

DAY/TIME	30 Min	MEM	OTH
MON 10:00-10:30 AM		\$35	\$80
MON 4:00-4:30 PM		\$35	\$80
WED 4:00-4:30 PM		\$35	\$80

Preschool Level 2

Ages 4-5 - Max 8 Students

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



DAY/TIME	30 Min	MEM	OTH
MON 10:30-11:00 AM		\$35	\$80
WED 4:30-5:00 PM		\$35	\$80

Preschool Level 3

Ages 5-6 - Max 10 Students

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

DAY/TIME	45 Min	MEM	OTH
MON 4:30-5:15 PM		\$40	\$95
SAT 11:15-12:00 PM		\$40	\$95

SCHOOL AGE LESSONS AGE 6 & UP

BOYS GYMNASTICS

Ages 5 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	\$65	\$150

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	\$65	\$150
WED 6:00-7:00 PM	\$65	\$150

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	\$65	\$150
WED 6:00-7:00 PM	\$65	\$150

Level 3/4

Ages 7 and up - Max 18 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	\$65	\$150
WED 7:00-8:30 PM 90 Min	\$80	\$175

Tumbling

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

DAY/TIME 60 Min	MEM	OTH
LEVEL 1, 2, 3 MON 6:30-7:30 PM	\$65	\$150

OPEN GYM

**Middle School
High School
Thursday 8-9 PM**
Led by Head Coach Bri Stocker

**Ages 5-18
Fridays 6-7 PM**
Reminder Building Closes at
7 PM. Please exit quickly.
Parent Participation Is
Required for ages 12 & under.

Please pay at Member Service Center and receive hand stamp.

Member: \$5 / Other: \$11 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

TEAM PRACTICE

Level 3: 6 hours a week
\$85 a month
T/Th 4-6, Sat 9-11

Level 4/5 and Excel:
6 hours a week
\$85 a month
T/Th 5-7, Sat 9-11

Level 6/7: 8 hours a week
\$95 a month
T/Th 5-8, Sat 9-11

**GYMNASTICS
TEAM TRYOUTS
2024-25 SEASON
Coming in May!**
More information
coming soon.

For more information
about team or private
lessons with a coach
contact our
Head Coach
Bianna Stocker

MORE SPORTS ACTIVITIES FOR MEMBERS

Racquetball

Free for Y Members /No drop in rate available. Equipment available at Member Service Center. Courts may be reserved for one hour by Tusc. Y Members only. Reservations up to 48 hours in advance. Court One/top of the hour, Court Two/bottom of the hour.

Pickle Ball

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

M/W 5:30-7:30 PM

Hours Subject to Change
Members FREE

Day of Drop-In Rate \$10

Please register/pay at the
Member Service Center.
Please bring racket.

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.

NEW PROGRAM FOR PRESCHOOLERS! KINDERSPORTS

Preschoolers 2-4 year olds

30 Min Limit: 8

Parent participation required.

Location: Main Gym / West Side

Class will focus on sports including
soccer, t-ball, basketball & track.

Wear comfortable clothes and
sneakers.

DAY/TIME	30 Min	MEM	OTH
THU 11:30 AM MAY SESSION May 2-23 4 WKS		\$20	\$40



YOUTH SPORTS LEAGUES AGES 3 & UP

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

Upcoming Seasons

OUTDOOR SOCCER

Registration: March 31-May 19

Season: June 5-July 18

Parent/Coach Zoom Meeting: May 29 / 5 PM

See Quickscores App on May 29 for Zoom details.

Games: Wednesday and Thursday Evenings

Practice Times: Will be announced after Zoom Meeting on May 29

Picture Day: June 12



LEAGUES	MEMBER	OTHER
3-4 year olds Beginners	\$30 Includes Team Shirt	\$65 Includes Team Shirt
Ages 4-5-6	\$30 Includes Team Shirt	\$65 Includes Team Shirt
Grades 1-3	\$30 Includes Team Shirt	\$65 Includes Team Shirt

8 & UNDER BASEBALL (AGES 5-8)

Registration: March 31-May 19

Season: June 4-July 16

Parent/Coach Zoom Meeting: May 28/ 5 PM

See Quickscores App on May 28 for Zoom details.

Games: Tuesday Evenings

Practice Times: Will be announced after Zoom Meeting on May 28

Picture Day: June 11

LEAGUES	MEMBER	OTHER
Ages 5-8	\$30 Includes Team Shirt	\$65 Includes Team Shirt

MARK YOUR CALENDAR

FALL SOFTBALL Age 4-6

Registration: July 6-Aug 18

Season: Sept 10-Oct 22

Games: Tuesday Nights

FLAG FOOTBALL

Age 3-Grade 3

Registration: July 6-Aug 18

Season: Sept 11-Oct 23

Games: Wed or Thurs Nights

RECEIVE SPORTS NOTIFICATIONS

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

[https://
www.quickscores.com/
tuscymca](https://www.quickscores.com/tuscymca)

SPORTS PLEDGE shared before each game.

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

WE LOVE FEEDBACK

Contact

Kathleen@tuscymca.org
330-364-5511

CHILD CARE SUMMER DAY CAMP

For children entering Kindergarten- 8th grade. 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. Download a registration packet at <https://tuscymca.org/summer-camp>

Camp Dates: June 3 – August 18

Registration Fee \$25

Weekly Rates Only-No Daily Rates

Youth Member \$145 Weekly

Community Member \$155 Weekly

Publicly Funded child care accepted.



Publicly Funded
Child Care (PFCC)
Accepted Through ODJFS

Financial Assistance
Scholarships Available

AFTER SCHOOL CARE

Elementary to Middle School 2023-24

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

Dover/NP Schools

Location: Tusc County YMCA

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

Parent Pickup is 6 PM

Weekly Rates Only - No Daily Rates

Youth Member Program Rate \$45

Community Member Program Rate \$55

Strasburg Schools

Location: Cafeteria at Strasburg Elementary*

Parent Pickup is 5:30 PM

Weekly Rates Only - No Daily Rates

Youth Member Program Rate \$50

Community Member Program Rate \$60

**The Tuscarawas County YMCA After School Program is not affiliated with Strasburg-Franklin Schools.*

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

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

For More Information please
contact

Sarah Dickson
Child Care Director at
sarah@tuscymca.org
or 330-364-5511.

SCHOOL DAY OFF PROGRAM

Holidays/Calamity Days/Snow Days
(When both Dover & NP Schools are closed)

Pre Registration Required: Hours 9 AM-4 PM

(Extended Care Available 7 AM - 6 PM)

Daily Rate Youth Member \$24 / Community Member \$30

Please bring lunch, towel and swim suit. Snack provided.



YMCA PRESCHOOL

State Licensed

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

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

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

For More Information please contact Child Care Director Sarah Dickson at sarah@tuscymca.org or 330-364-5511.

REGISTRATION OPEN FOR 2024-25 School Year

MON-THU

AM Program 8:00-11:30 AM

PM Program 12:30-4:00 PM

MONTHLY TUITION PER CHILD

Youth Member \$155

Community Member \$165

Registration Fee \$60

Non-Refundable

FINANCIAL ASSISTANCE
AVAILABLE & PUBLICLY FUNDED
ASSISTANCE ACCEPTED



NATIONWIDE MEMBERSHIP:

From Another Y? My Y is Now Every Y Nationwide

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

OUR MISSION:

We are committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.

CONTACT US:

Meagan Shaheen

Executive Director
meagan@tuscymca.org

Jenny Dallas

Executive Assistant
jenny@tuscymca.org

Stacy Harlan

Aquatics Director
stacy@tuscymca.org

Sarah Dickson

Childcare Director
sarah@tuscymca.org

Ryan Hursey

Health & Wellness Director
ryan@tuscymca.org

Kathleen Johnson

Marketing/Sen. Program Dir.
kathleen@tuscymca.org

Ashley Swiger

Membership Coordinator
ashley@tuscymca.org

Robert Fair

Youth Sports Coordinator
robert@tuscymca.org

Nancy Smith

Gymnastics Coordinator
smith2195@hotmail.com



TUSCARAWAS COUNTY YMCA

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

WWW.TUSCYMCA.ORG

