



# JOIN THE Y.

24/7 ADULT  
FITNESS CENTER  
ACCESS



## FIND YOUR HAPPY PLACE. FIND YOUR Y.

### SPRING 2 CLASS GUIDE

April 14–May 31

7 Week Session\*

Member Early Registration

Begins Sun, April 6

Community Registration

Begins Wed, April 9

\* Monday Classes are prorata to 6 weeks due to  
Memorial Day –Y Closed

**Financial Assistance Available**

### TUSCARAWAS COUNTY YMCA

### WWW.TUSCYMCA.ORG

MONDAY–THURSDAY 5 AM–9 PM

FRIDAY 5 AM–7 PM

SATURDAY 6 AM–4 PM

Ask about 24/7 Fitness Access for Adult Members!



# YOU "BELONG" AT THE Y

## BECOME A MEMBER

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

### Membership has Great Benefits

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

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

### Facility Includes:

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

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

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

**We Partner  
With:**



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

# 24/7 FITNESS CENTER ACCESS



## Here's how it works.

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

## REMINDERS FOR USAGE

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

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



## SOCIAL MEDIA

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



## YMCA PODCAST



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

## OUTREACH



### What is Puentes?

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

### OFFICE HOURS

THUR 6:00 PM to 8:00 PM  
These hours are designed to answer questions, help fill out paperwork, and connect non-English speaking families with resources. **330-556-0428**

# HAZTE MIEMBRO

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

## Beneficios de la Membresía

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

## YMCA incluye

- 2 piscinas adentro
- 2 canchas de ráquetbol
- Varias áreas de fitness
- Ciclismo en grupo
- Pista para caminar adentro
- Aeróbicos
- Cancha de baloncesto
- Centro de gimnasia
- Jacuzzi para adultos 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

<b>Tarifas para miembros</b> 6.75% Ohio Impuesto sobre las ventas NO incluido	Entrar Tarifa	Mensual Giro bancario	Tarifa anual ¡SIN CARGO DE UNIRSE!
<b>1 joven</b> Edades 6 meses-grado 12	\$0	\$22.00 + impuestos	\$264.00 + impuestos
<b>1 adulto joven</b> 18 años (fuera de la escuela secundaria) hasta 29 años	\$25	\$30.00 + impuestos	\$360.00 + impuestos
<b>1 adulto</b> 30 años hasta 64 años	\$25	\$40.00 + impuestos	\$480.00 + impuestos
<b>Pareja</b> 2 adultos en el mismo hogar	\$50	\$60.00 + impuestos	\$720.00 + impuestos
<b>Familia/2 Adultos</b> 2 adultos en el mismo hogar y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$63.00 + impuestos	\$756.00 + impuestos
<b>Familia/1Adultos</b> 1 adulto y dependientes. 6 meses de edad hasta estudiante universitario	\$50	\$51.00 + impuestos	\$612.00 + impuestos
<b>Adulto mayor</b> 65 años y mayor	\$25	\$35.00 + impuestos	\$420.00 + impuestos
<b>Pareja mayor</b> 2 adultos en el mismo hogar de 65 años y mayor	\$50	\$50.00 + impuestos	\$600.00 + impuestos
Se requiere un aviso de cancelación de dos semanas para TODAS LAS MEMBRESÍAS DE DÉBITO AUTOMÁTICO.  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**





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



## For a better us.®

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

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



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

**2025 Goal  
\$125,000**

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

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

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



# 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, May 17 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 10 9 AM - 2 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, and slide. Members please come to front desk for key to enter. Children age 3–10. Children must be supervised by an adult.

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

# PERSONAL TRAINING

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

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



## Personal Training Session

One-on-One 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.

	Y Mem	Other
<b>PERSONAL TRAINING</b>		
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
<b>30 MINUTE MOTIVATOR</b>		
Package Rates		
1 Session	\$25	\$40
4 Sessions (Save 5%)	\$95	\$152
8 Sessions (Save 10%)	\$180	\$288
12 Sessions (Save 20%)	\$240	\$384
<b>YOUTH PERSONAL TRAINING</b>		
30 MIN		
1 Session	\$25	\$40
4 Sessions (Save 5%)	\$95	\$152
8 Sessions (Save 10%)	\$180	\$288
12 Sessions (Save 20%)	\$240	\$384

## Personal Training Team

Ryan Hursey, Natalie Weston, Nathan Levengood, Ashley Ellert, and Michele Pierce

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

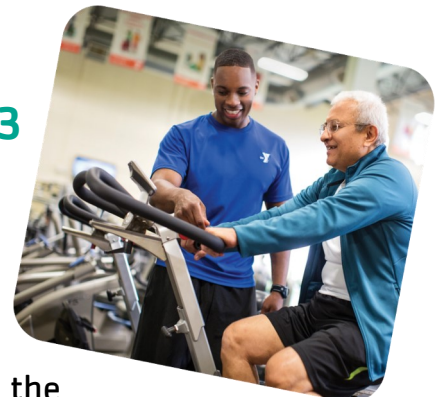
# READY, SET, GO

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

## 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 the 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.

---

# PARTY, MUNCH & LEARN

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

Monday, May 5- 11:30 AM-12:30 PM  
Speaker-Alzheimer's Association  
Topic-Communicating Effectively  
Healthy Snacks Provided

Tuesday, May 20 11:30 AM-12:30 PM  
Speaker- Aultman Therapy  
Topic- Understanding Dizziness: How Physical  
Therapy Can Help  
Healthy Snacks Provided

Tuesday, August 19- 11:30 AM-12:30 PM  
Speaker- Mark McKenzie  
Topic- Farmers Market Update  
Lunch will be provided

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

# FITNESS SCHEDULE

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

## SPRING 2 CLASS SCHEDULE

Schedule Subject to Change.

**No Classes- Memorial Day -YMCA CLOSED for Holiday**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 AM CARDIO MIX</b> Michelle Levitt/ Terri Hupp (Aerobics Room)	<b>5:30 AM TOTAL BODY STRENGTH</b> Terry McCrory (Functional Fitness/MP2)  <b>5:30 AM GROUP CYCLING</b> Nicole Sears (Spin Studio)	<b>5:30 AM CARDIO/CORE MIX</b> Kelly Vanarsdalen (Aerobics Room)	<b>5:30 AM TOTAL BODY STRENGTH</b> Terry McCrory (Functional Fitness/MP2)	<b>5:30 AM GROUP CYCLING</b> Mandy McMath (Spin Studio)	
	<b>8:00-8:45 AM STRENGTH TRAINING</b> (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)	<b>8:00-8:45 AM FIT &amp; STRONG</b> (Weights & More) Dana Randazzo (Functional Fitness/MP2)	<b>8:00-8:45 AM STRENGTH TRAINING</b> (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)	<b>8:30 AM TRX—Limit 4</b> <b>Ryan Hursey</b> (Functional Fitness/MP2)	<b>8:00 AM GROUP CYCLING</b> Fritz Johnson (Spin Studio)
<b>9:00 AM LABLAST</b> (Dance/Fitness) Chris Sulzener (Aerobics Room)  <b>9:15 AM GROUP CYCLING</b> John Nemuth (Spin Studio)  <b>9:30 AM TRX—Limit 4</b> <b>Ryan Hursey</b> (Functional Fitness/MP2)	<b>9:00 -9:45 AM EVERY BODY FITNESS CIRCUIT</b> (Low Impact Cardio & Light Weights) Instructor Varies (Aerobics Room)  <b>GROUP CYCLING</b> Fritz Johnson (Spin Studio)  <b>GENTLE YOGA</b> Variety of Instructors (Chapel)	<b>9:00 AM DRUM &amp; TONE</b> (Low Impact Cardio using Drumsticks and Light Weights) Ryan Hursey (Aerobics Room)  <b>9:15 AM GROUP CYCLING</b> John Nemuth (Spin Studio)	<b>9:00-9:45 AM EVERY BODY FITNESS CIRCUIT</b> (Low Impact Cardio & Light Weights) Instructor Varies (Aerobics Room)  <b>GROUP CYCLING</b> Fritz Johnson (Spin Studio)  <b>GENTLE YOGA</b> Kathleen Johnson (Chapel)	<b>9:00 AM ZUMBA FITNESS</b> (Cardio) Jen Demuth (Aerobics Room)  <b>YOGA</b> Karen Sousaris (Chapel)	<b>9:00 AM LESMILLS BODYPUMP</b> Virtual or Live Cindy Felgenhauer (Functional Fitness/MP2)
<b>10:30 AM SILVERSNEAKER® CLASSIC CLASS</b> Christine Welsh (Main Gym)	<b>10:30 AM SILVERSNEAKER® CLASSIC CLASS</b> Bonnie Jones (Main Gym)  <b>CHAIR YOGA</b> Colleen Martini (Chapel)	<b>10:30 AM SILVERSNEAKER® CLASSIC CLASS</b> Christine Welsh (Main Gym)	<b>10:30 AM SILVERSNEAKER® CLASSIC CLASS</b> Bonnie Jones (Main Gym)  <b>11:30 AM TRX—Limit 4</b> <b>Ryan Hursey</b> (Functional Fitness/MP2)	<b>10:30 AM SILVERSNEAKER® CLASSIC CLASS</b> Jen Demuth (Main Gym)	
<b>6:00 PM YOGA</b> Aubrey Gealsha (Chapel)  <b>6:00 PM GROUP CYCLING</b> John Nemuth (Spin Studio)	<b>5:30 PM TRX—Limit 4</b> <b>Ryan Hursey</b> (Functional Fitness/MP2)  <b>6:00 PM CARDIO KICK</b> Ryan Hursey (Aerobics Room)  <b>6:00 PM GROUP CYCLING</b> Mandy McMath (Spin Studio)	<b>5:30 PM TRX—Limit 4</b> <b>Ryan Hursey</b> (Functional Fitness/MP2)  <b>6:00 PM TRX—Limit 4</b> <b>Ryan Hursey</b> (Functional Fitness/MP2)  <b>6:00 PM ZUMBA</b> Brenda Ramey (Aerobics Room)	<b>6:00 PM DRUMMING FOR FITNESS</b> Jen Stewart (Aerobics Room)		

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

# VIRTUAL STUDIO

# LES MILLS

Located  
in the  
Functional  
Fitness Room

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

## LES MILLS BODYPUMP

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

## LES MILLS BODYATTACK

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

## LES MILLS BODYBALANCE

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

## LES MILLS BODYCOMBAT

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

## LES MILLS BODYJAM

**BODYJAM™** Choreographed by Gandalf Archer-Mills in Auckland, New Zealand, **BODYJAM™** is the ultimate combination of music and dance. Tracks that you love right now? They're in **BODYJAM**.

## LES MILLS CORE

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

# IT'S HERE! **TRX** TRAINING AT THE Y!

The **TRX System**, also known as **Total Resistance Exercises**, refers to a specialized form of suspension training that utilizes equipment developed by former U.S. Navy SEAL Randy Hetrick.

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

See Fitness Schedule for Available Times. Limited to 4 Participants Please Pre-register.  
Instructor Ryan Hursey



# LES MILLS

**VIRTUAL** 30/20/15  
**MINUTES**  
**CLASSES**  
 Located in the  
 Functional Fitness Room / MP2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:30 AM BODYCOMBAT 30	
				6:15 AM CORE 15	
6:30 AM BODYATTACK 30	6:30 AM BODYPUMP 30	6:30 AM BODYCOMBAT 30	6:30 AM BODYDANCE 30		6:30 AM BODYBALANCE 30
7:05 AM BODYPUMP 30	7:05 AM BODYATTACK 30	7:05 AM BODYCOMBAT 30	7:05 AM CORE 30	7:05 AM BODYBALANCE 20	
7:40 AM BODYCOMBAT 30	7:40 AM BODYBALANCE 15		7:40 AM BODYBALANCE 15	7:30 AM BODYPUMP 30	
				8:05 AM BODYATTACK 30	
8:15 AM CORE 30				8:40 AM BODYPUMP 30	
8:50 AM BODYPUMP 30	9:15 AM BODYBALANCE 15	9:15 AM BODYBALANCE 15	9:15 AM BODYBALANCE 15	9:15 AM BODYCOMBAT 30	9:00 AM BODYPUMP 60
9:25 AM CORE 30		9:35 AM BODYPUMP 20	9:35 AM BODYPUMP 15		
10:00 AM BODYATTACK 30	10:00 AM BODYPUMP 30	10:00 AM BODYCOMBAT 30	10:00 AM CORE 30	10:00 AM BODYBALANCE 30	10:15 AM BODYBALANCE 15
10:35 AM BODYBALANCE 20	10:35 AM BODYATTACK 30	10:35 AM BODYPUMP 30	10:35 AM BODYCOMBAT 30	10:35 AM BODYATTACK 30	10:50 AM CORE 30
11:00 AM CORE 30	11:10 AM BODYBALANCE 15	11:10 AM BODYBALANCE 15	11:10 AM CORE 15	11:10 AM CORE 15	
11:35 AM BODYCOMBAT 30	11:35 AM BODYPUMP 30	11:35 AM BODYBALANCE 30	11:35 AM BODYATTACK 30	11:35 AM BODYPUMP 30	11:30 AM BODYCOMBAT 30
12:10 PM BODYPUMP 30	12:10 PM BODYCOMBAT 30	12:10 PM BODYATTACK 30	12:10 PM BODYPUMP 30	12:10 PM BODYCOMBAT 30	12:10 PM BODYPUMP 30
12:45 PM CORE 15	12:45 PM CORE 15	12:45 PM CORE 15	12:45 PM BODYBALANCE 15	12:45 PM BODYBALANCE 15	12:45 PM CORE 15
1:05 PM BODYBALANCE 15	1:05 PM BODYBALANCE 20	1:05 PM BODYBALANCE 20	1:05 PM CORE 15	1:05 PM BODYATTACK 30	1:05 PM BODYCOMBAT 30
1:30 PM DANCE 30	1:30 PM BODYCOMBAT 30	1:30 PM BODYPUMP 30	1:30 PM BODYATTACK 30	1:40 PM CORE 30	1:40 PM BODYPUMP 20
2:05 PM BODYPUMP 30	2:05 PM BODYATTACK 30	2:05 PM BODYPUMP 30	2:05 PM BODYCOMBAT 30	2:15 PM BODYBALANCE 20	2:05 PM BODYPUMP 15
2:45 PM BODYATTACK 30	2:45 PM DANCE 30	2:45 PM BODYCOMBAT 30	2:45 PM BODYPUMP 30	2:45 PM BODYATTACK 25	2:30 PM BODYBALANCE 35
3:20 PM CORE 30	3:20 PM BODYPUMP 30	3:20 PM DANCE 30	3:20 PM BODYBALANCE 30	3:20 PM DANCE 30	
4:00 PM BODYCOMBAT 30	4:00 PM DANCE 30	4:00 PM BODYATTACK 30	4:00 PM CORE 30	4:00 PM BODYPUMP 20	
4:35 PM CORE 30	4:35 PM BODYBALANCE 20	4:35 PM BODYBALANCE 15	4:35 PM BODYBALANCE 15	4:25 PM BODYPUMP 15	
				4:45 PM CORE 15	
5:10 PM BODYBALANCE 20	5:00 PM BODYPUMP 30	5:00 PM BODYPUMP 30	5:00 PM BODYPUMP 30	5:05 PM BODYBALANCE 30	
5:40 PM CORE 15	5:35 PM SH'BAM DANCE 20	5:35 PM BODYBALANCE 15	5:35 PM CORE 15		
6:00 PM BODYPUMP 30	6:00 PM BODYATTACK 30	6:00 PM BODYPUMP 30	6:00 PM BODYCOMBAT 30	<p style="text-align: center;"><b>Schedule Subject to Change</b>  <b>Please check our Schedules Page</b>  <b>at</b>  <a href="http://www.tuscymca.org/schedules">www.tuscymca.org/schedules</a>  <b>Filter Area: Les Mills Virtual</b></p>	
6:30 PM BODYATTACK 30	6:30 PM BODYPUMP 30	6:30 PM BODYCOMBAT 30	6:30 PM BODYPUMP 30		
7:00 PM BODYBALANCE 20	7:00 PM BODYBALANCE 30	7:00 PM BODYBALANCE 15	7:00 PM BODYBALANCE 20		
		7:20 PM BODYBALANCE 15			

# Spring 2 Session 2025

# Lifeguard Training

Registration deadline: Saturday, April 5

**Required Pre-Course Swimming Skills Test:** Approx. 1 hour

Testing Days: Friday, April 4 from 4:30–6:30 PM; Friday, April 11 from 4:30–6:30 PM; or Saturday April 12 from 10:00 AM–Noon

Schedule your appointment: Call 330-364-5511 ext. 314 or email [stacy@tuscymca.org](mailto:stacy@tuscymca.org)

**Lifeguard Class Schedule: Mondays 5pm–7pm & Wednesdays 5 PM – 7:30 PM  
April 14 – May 21**

**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.



# WATER FITNESS

# SMALL POOL



## Twinges

Small Pool

45 Min / Max 20

Arthritis Class. Increases mobility, balance, and strength.

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

## Aqua Fit

Small Pool

45 Min / Max 18

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

Good for easing Arthritis and Fibromyalgia pain.

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

## Aqua Yoga

Small Pool

60 Min / Max 14

Taught in the warm water of the small pool, this class uses the buoyancy and resistance of the water to create new challenges and range for yoga poses without the fear of falling. The warmer water helps create better flexibility in the joints.

DAY/TIME	MEM
THU 7:00-8:00 PM	FREE



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

# LARGE POOL

**\*No Classes- Memorial Day  
YMCA CLOSED for Holiday**



## 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

## Adult Swim Group

Instructor: Brenda Wherley

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

DAY/TIME	MAX 12	MEM	OTHER
TUE & THU 10:00-11:00 AM	7 WKS	\$28	\$51
<b>No Class Tue April 29</b>			

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

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

Camera and Cell Phone Usage for the privacy of our participants: Please do not take cameras or cell phones into 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.

# FUNCTIONAL FITNESS ROOM

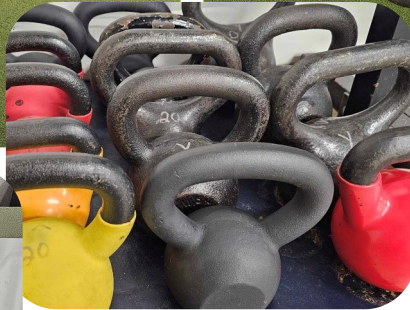


## HOURS:

Mon-Thu 11 AM - 8 PM

Fri 11 AM - 6 PM

Sat 11 AM - 3 PM



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 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.

# 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**

**THU 6:00 PM**

**Member \$30/Others \$65**



# COME PLAY (Oct–May)

# PICKLEBALL

## 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 & Fri / 3 Courts**



**Y Closes at 7 PM on Fridays. Please be prepared to exit at closing.  
Schedule subject to change for special events.**

**If only 1 court is needed please play on West Side and close curtain  
Equipment is set up/torn down by players.  
Please see Member Service Center for Storage Room Key.**

- During 3 Court Open Play: East Side Court is for “New to the Game” individuals, Middle Court is considered Recreational Play, West Side Court is for more Competitive Play. Please be respectful to others. The Y is a learning, inclusive, fun environment.
- If the courts are all in use, place your paddle on the bleacher of the desired court to determine who plays next.
- Left to right order of paddles signifies NEXT IN LINE TO PLAY.
- If there are less than 4 paddles on the bleacher, after a completed match, the winners may stay and split, the non-winners will exit the court and allow 2 new players on.
- If there are 4 or more paddles, after a completed match, the 4 players should exit the court and allow 4 new players on.
- If there are no paddles waiting after a completed match, players DO NOT have to relinquish their court and may begin the next game.
- When others are waiting to play on your court, please rotate off after 15 minutes of play. Play safe and have fun!
- Equipment is set up/torn down by players. Please see Member Service Center for Storage Room Key.
- Additional Questions please contact [Kathleen@tuscymca.org](mailto:Kathleen@tuscymca.org)



# HEALTHY KIDS DAY<sup>®</sup>



APRIL  
26

FREE TO  
THE PUBLIC!

[ymca.org/hkd](http://ymca.org/hkd)

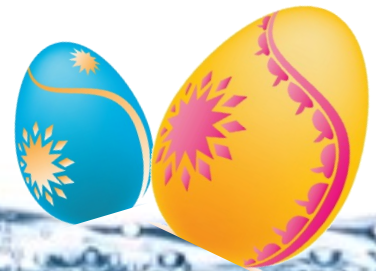
11-2 PM

FIND A SAFE, HEALTHY & FUN  
SUMMER AT THE Y!

National Sponsor  
PEANUTS

Magician, Balloon Arts, Crafts, and More!  
Free Cinch Bag for the first 100 Kids

# EGG DIVE



**Saturday, April 12 2:00 PM to 4:00 PM**

New Twist to a Traditional Easter Egg Hunt For Children 6 Months-Grade 5  
Join us for a day of fun and games and "diving" for eggs. Participants will start off diving for eggs stuffed with fun prizes and then are welcome to stick around after the dive for more swimming fun and a picture with the Easter Bunny.

## SWIMMERS WILL BE DIVIDED INTO 4 GROUPS

6 months to 2 years - in Small Pool

3 years to 5 years old (or in Kindergarten) - in Small Pool

6 years old/1st Grade to 2nd Grade - in Large Pool

3rd Grade to 5th Grade - in Large Pool

**Limited Registration MUST PRE-REGISTER BY Friday April 4**

**Y Members - \$5 per Child / Others - \$10 per Child**

Any Questions? Contact Stacy Harlan at 330-364-5511 ext. 314 or [stacy@tuscymca.org](mailto:stacy@tuscymca.org)

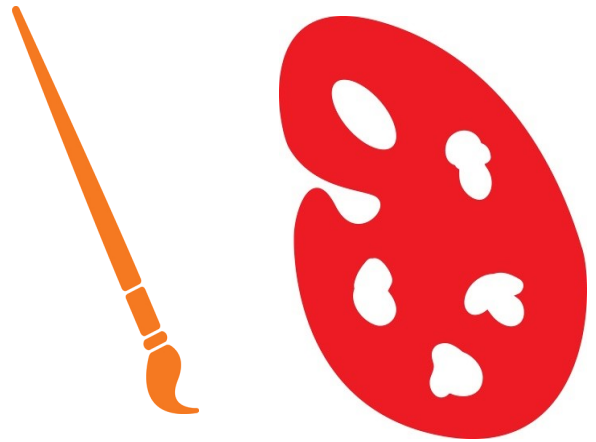


# HOME SCHOOL PROGRAMS

## 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 cover all types of medium including crayon, pencil, chalk, pastel, and paint.



DAY/TIME	MEM	OTH
THU 12:00-12:45 PM Instructor Joella Elbert	\$35	\$70

## 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 7 week pricing	\$35	\$70

# CELEBRATE GOOD TIMES RENT THE Y

## Party Room

After Hours Only  
Up to 50 People

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

## Large Pool Party

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

## Small Pool Party

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

## Adventure Center Party

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



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

# YMCA SILVER STREAKS SUMMER SWIM TEAM

Season: Early June – Late July / Registration Begins: May 25

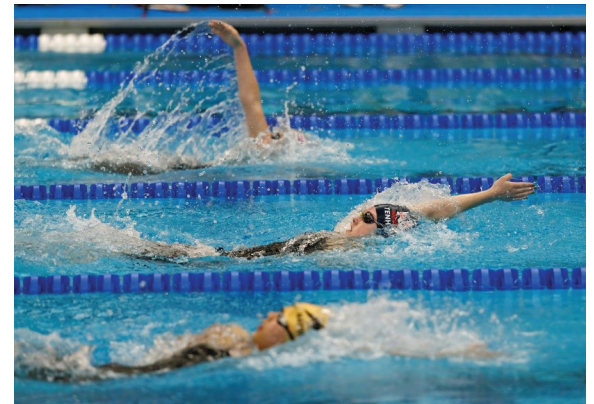
The perfect introduction to Swim Team, the summer season is open to any YMCA Youth Member that can complete the following skills:

- 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@tuscymca.org](mailto:stacy@tuscymca.org) or Head Coach, JoLyn McFadden [streaksswimming@gmail.com](mailto:streaksswimming@gmail.com)



# Y ARTS PROGRAMS

## MESSY HANDS

### ART CLASS FOR AGES 2-5

4 DAY PROGRAM Tuesdays

DATES: May 6, 13, 20, 27



**Messy Hands (Art Class for Ages 2-5 / Parent participation)** Experience art in a playful manner with all types of creative fun. Each project will allow the preschooler and parent to get a little messy and encouraging them to create, dance, sing and move. 45-60 Minutes allows enough time for each segment inspire unique sparks of creativity. Projects will be "make and take" plus additional handouts will be distributed to allow more creative learning to take place beyond the Y.

Multipurpose Room YMCA Instructor  
Michele Moore

DAY/TIME	MEM	OTH
TUES 10:00-10:45 PM	\$10	\$25
Price includes all 4 days Limit 12 Kids		

# TWEEN PAINT NIGHT

Join us for a fun Paint & Pop night at the YMCA! Get creative with a spring inspired painting while enjoying refreshing soft drinks. All supplies provided, and a friendly instructor will guide you through the process. Perfect for 4th-7th graders looking for a fun, artsy night!

May 8 6:30-8:30 PM

Registration Required

Member \$15 per person / Other \$35

Questions: Contact Jeff Bray

Parent Participation Welcome. [jeff@tuscymca.org](mailto:jeff@tuscymca.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	\$40	\$85
THU 5:15-5:45 PM	\$40	\$85
SAT 10:00-10:30 AM	\$40	\$85

## 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	\$90
TUE 5:15-6:00 PM	\$45	\$90
FRI 10:00-10:45 AM	\$45	\$90
SAT 11:15 AM-12:00 PM	\$45	\$90

## 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	\$38	\$77
MON 6:00-6:45 PM	\$38	\$77
TUE 11:00-11:45 AM	\$45	\$90
TUE 6:00-6:45 PM	\$45	\$90
THU 11:00-11:45 AM	\$45	\$90
THU 6:00-6:45 PM	\$45	\$90
FRI 11:00-11:45 AM	\$45	\$90
FRI 11:45 AM-12:30 PM	\$45	\$90
SAT 10:30-11:15 AM	\$45	\$90

**\*Monday Classes are prorated to 6 Weeks due to Memorial Day —YMCA CLOSED**

## 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
SAT 10:15 AM-11:00 AM	\$45	\$90

## PRIVATE SWIM LESSONS

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

**30 Minute Session**  
 \$25 Member

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

**1 Hour Session**  
 \$40 Member

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

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

# LEARN TO SWIM Ages 6-12 Years Old

## 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	\$90
TUE 7:00-7:45 PM	\$45	\$90
THU 6:15-7:00 PM	\$45	\$90
SAT 11:15-12:00 PM	\$45	\$90

### 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	\$90
THU 7:00-7:45 PM	\$45	\$90
SAT 11:15-12:00 PM	\$45	\$90

### 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	\$90

## 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	\$90
SAT 9:00-9:45 AM	\$45	\$90

## 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
THU 7:00-7:45 PM	\$45	\$90
SAT 10:15-11:00 AM	\$45	\$90



## Questions about Swim Lessons

Please Contact  
Stacy Harlan  
Aquatics Director  
330-364-5511  
ext. 314

# GYMNASTICS PROGRAMS

\*Monday Classes are prorated to 6 Weeks due to Memorial Day —YMCA CLOSED

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  
[info@tuscymca.org](mailto:info@tuscymca.org) for appointments before purchase.

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

## PRESCHOOL LESSONS AGE 2-6

### Kindergym

**Ages 2-3 Only - Max 10 Students**

**Adult participation required**

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

Child must be at least 2 years old to participate.



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

### Gymnastics for 3 Year Olds

**Ages 3 Only - Max 5 Students**

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

Child must be at least 3 years old to participate.



DAY/TIME	30 Min	MEM	OTH
MON 4:00-4:30 PM		\$35	\$80
THU 3:15-3:45 PM		\$40	\$90

### Preschool Level 1

**Ages 4-5 - Max 6 Students**

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

DAY/TIME	30 Min	MEM	OTH
MON 10:00-10:30 AM		\$35	\$80
TUE 3:15-3:45 PM		\$40	\$90
WED 4:00-4:30 PM		\$40	\$90
SAT 11:00-11:30 AM		\$40	\$90

### Preschool Level 2

**Ages 4-6 - Max 8 Students**

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



DAY/TIME	30 Min	MEM	OTH
MON 10:30-11:00 AM		\$35	\$80
WED 4:30-5:00 PM		\$40	\$90
SAT 11:00-11:30 AM		\$40	\$90

### 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 11:30 AM-12:15 PM		\$45	\$110



## SCHOOL AGE LESSONS AGE 6 & UP

### BOYS GYMNASTICS

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

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

### Level 1

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

DAY/TIME 60 Min	MEM	OTH
MON 5:30-6:30 PM	\$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	\$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	\$65	\$150
WED 7:00-8:30 PM 90 Min	\$90	\$200
<b>Register for Both Days MON/WED and Save</b>	<b>\$130 Save \$25</b>	<b>\$295 Save \$55</b>

### 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
<b>LEVEL 1, 2, 3</b> MON 6:30-7:30 PM	\$65	\$150

## OPEN GYMN

**TEEN/ADULT Open Gym**  
Thursdays 8-9 PM

**Open Gym YOUTH 5-18\***  
Fridays 6-7 PM

\*Parent Participation Is Required for Ages 12 & under.  
Reminder Please exit quickly at closing time.

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. For team fee information please contact the gymnastics department.

#### PRACTICE HOURS

Level 3 & 4:  
T/Th 4-6,  
Sat 9-11  
Excel  
T/TH 5:00-7:00,  
Sat 9-11  
Level 5/6/7:  
T/Th 5-8:00,  
Sat 9-11

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

## MORE MEMBER ACTIVITIES

### Racquetball

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

### Pickle Ball (Oct-May)

Mornings:

M/W 7:30-9:30 AM-1 Court-West

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

Afternoons:

Mon-Thu 12:30-2:30 PM-Up to 3 Courts

Evenings:

M/F 4:30-6:30 PM-Up to 3 Courts

Hours Subject to Change

**Members FREE**

**Day of Drop-In Rate \$10**

Please register/pay at the Member Service Center.

Please bring racket.

Nets set up by players.

### Adult Basketball

M-S 5:00-7:00 AM

No drop in rate available.

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

### Youth Open Court Basketball

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

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

## HERE AT THE YMCA WE...

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

## KINDERSPORTS

### PRESCHOOL PROGRAM

Preschoolers 2-4 year olds 30 Min Limit: 8

**Parent participation required.**

**Location: Main Gym / West Side**

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

Wear comfortable clothes and sneakers. Let's Play!

DAY/TIME	30 Min	MEM	OTH
THU 11:30 AM		\$20	\$40
<b>4 WKS Session</b>			
<b>DATE</b>			
<b>May 1,8,15,22</b>			



### Don't Forget the Jersey

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

# YOUTH SPORTS LEAGUES

## AGES 3 - GRADE 3

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

### T-BALL Ages 3-5

### COACH PITCH Ages 6-8

Registration: **Feb 1-April 6**

Season: April 15-May 27

Parent/Coach Meeting:

Thursday April 10 at 6 PM in the Main Gym

Games: Tuesday Nights T-Ball

Thursday Nights Coach Pitch

Practice: Tuesday Nights Coach Pitch

Thursday Nights T-Ball

Reminder: **Download Quickscores App** for Link and details.

Reminder: **Download Remind App** for updates and weather changes.



LEAGUES	MEMBER	OTHER
T-Ball Ages 3-5	\$30	\$65
Coach Pitch Ages 6-8	\$30	\$65
Please purchase Y reversible jersey if needed at registration	\$20	\$20

## OUTDOOR SOCCER

### Age 3 to Grade 3

Registration: **Apr 1-May 19**

Season: June 3-July 15

Parent/Coach Meeting:

Thursday May 29 at 6:00 PM

Games: Tuesday Evenings /

Times: TBA at Parent Meeting

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

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



## Girls Volleyball Age 9-12

Registration: **Apr 6-June 3**

Season: June 18-July 30

Parent/Coach Meeting:

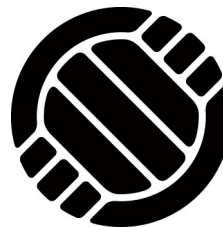
Thursday June 12 at 6:00 PM

Games: Wed Evenings

Practice: Mon Evenings

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

LEAGUE	MEM	OTH
Ages 9-12	\$30	\$65



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

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

# MIDDLE SCHOOL 3V3 BASKETBALL

WEDNESDAYS 4 PM-5 PM  
April 16 - May 28

## GRADES 5-8



15 Minute Games | Limit: 8 Teams (24 players)  
Location: Main Gym / Half Court

Think you got game? Grab your friends and hit the court for our 3v3 basketball drop-in style league at the Tuscarawas County YMCA! Fast games and plenty of competition!

- Teams of 3 will be chosen the first day.
- Half-court - 15-minute running clock per game.
- Scoreboard & clock run by Y staff. Honor system foul calls.

Members: Free / Other \$20 for Season\*

\*7 week season. Parent/Guardian MUST register player in house at the Member Service

## OUR TOMORROW TEEN LEADERS CLUB

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

Scan to apply today!



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 6:00-7:00 PM

**Dates:** January 9th - December 18th 2025

plus 4 hours of volunteer service each month

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



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

Jeff Bray, YMCA Youth and Family Director

330-364-5511 Ext. 310 or [jeff@tuscymca.org](mailto:jeff@tuscymca.org)

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

# TUSCARAWAS COUNTY YMCA 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 and Junior Camp provide 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?**

**WHO:** Campers entering Kindergarten – 8th Grade

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

**WHEN:** JUNE 4, 2025- AUGUST 15, 2025

**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:

SARAH KESSLER, TUSCARAWAS COUNTY YMCA CHILD CARE DIRECTOR  
330-364-5511 ext. 309 or SARAH@TUSCYMCA.ORG



**REGISTRATION FEE**  
\$25

### CAMP WEEKLY RATES

RATES ARE BASED BY  
MEMBERSHIP TYPE

Youth Member  
\$145 per week/per camper

Community Member  
\$155 per week/per camper

FINANCIAL ASSISTANCE  
AVAILABLE &  
PUBLICLY FUNDED  
ASSISTANCE ACCEPTED

REGISTRATION FORMS  
AVAILABLE at the YMCA or  
Online at [www.tusycymca.org](http://www.tusycymca.org)

# TUSCARAWAS COUNTY YMCA CHILD CARE



## AFTER SCHOOL PROGRAM

**Elementary to Middle School 2024-25**

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

### Dover/NP Schools

**Program Location:  
Tuscarawas County YMCA**

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 \$50

Community Member Program Rate \$60

## TUSCARAWAS COUNTY YMCA DAY OFF PROGRAM

Thanks to the generosity of an anonymous donor this program is provided at **NO COST** for 2024-25 School Year. Space Limited.

**Hours: 9:00 AM - 4:00 PM** at no additional charge  
Extended Hours Available 7-9 AM and 4-6 PM

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

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

Child Care Director Sarah Kessler  
330-365-5511 ext. 309 or [sarah@tuscymca.org](mailto:sarah@tuscymca.org)

Publicly Funded  
Child Care (PFCC)  
Accepted Through ODJFS

Financial Assistance  
Scholarships Available

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

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

For More Information please  
contact

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



# TUSCARAWAS COUNTY YMCA YMCA PRESCHOOL

## State Licensed

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

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

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

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

**MONDAY-THURSDAY**

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

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

### MONTHLY TUITION

PER CHILD

Youth Member \$155

Community Member \$165

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

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

**REGISTRATION  
NOW OPEN FOR  
PRESCHOOL  
2025-26  
SCHOOL YEAR**

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



## NATIONWIDE MEMBERSHIP:

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

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

## OUR MISSION:

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

## CONTACT US:

Meagan Shaheen

Jenny Dallas

Stacy Harlan

Sarah Kessler

Ryan Hursey

Jeff Bray

Kathleen Johnson

Ashley Swiger

Alex Conkle

Nancy Smith

**Executive Director**

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

**Executive Assistant**

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

**Aquatics Director**

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

**Childcare Director**

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

**Health & Wellness Director**

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

**Youth and Family Director**

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

**Marketing/Sen. Program Dir.**

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

**Membership Coordinator**

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

**Youth Sports Coordinator**

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

**Gymnastics Coordinator**

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



**TUSCARAWAS  
COUNTY  
YMCA**

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

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



**Silver Sneakers**  
by Tivity Health

**Silver&Fit**  
Exercise & Healthy Aging Program

**RenewActive**  
by UnitedHealthcare

**FITON**  
HEALTH