



IN THE SUMMER TIME

SUMMER ONE SESSION (6 Wks)

June 2-July 13

Member Early Registration
Begins Sun, May 19
Community Registration
Begins Wed, May 22

SUMMER TWO SESSION (6 Wks)

July 14-Aug 24

Member Early Registration
Begins Sun, July 7
Community Registration
Begins Wed, July 10



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

Functional Fitness Area
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.



Membership Special



HOME FOR THE SUMMER COLLEGE SUMMER STUDENT MEMBERSHIP SPECIAL

Become part of the Y family this Summer and enjoy the facility and free fitness classes all summer long.

24/7 Fitness Access Included!

100 Days - \$100

Memorial Day to Labor Day

Register at the
Member Service Center.

Must show College ID
& Photo ID/Drivers License

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, June 8 9 AM - 2 PM	Max 10	\$30	\$45
Saturday, Aug 3 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, June 29 9 AM - 1 PM	Max 10	\$30	\$45
Saturday, Aug 17 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pie at the Y

ANNUAL CAMPAIGN FUNDRAISER

One lucky Y staff will get a
PIE in the FACE.

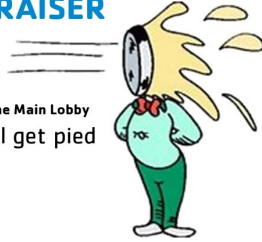
Vote by Donation May 1-11 in the Main Lobby

The one with the most money raised will get pied
live on Facebook.

Dollars, change, & checks accepted.

See display in lobby for more details.

All proceeds aid our YMCA Financial Assistance Program.



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY IT! POP UP CLASS

LaBlast® Chair Fitness

Instructor Chris Sulzener

WED MAY 22

9 AM

Class Format will
include light weights.

FREE FOR MEMBERS

All Levels Welcome

\$10 Drop in Rate for Others

Location: Chapel



TUSCARAWAS COUNTY YMCA
600 Monroe Street Dover 330-364-5511



MESSY HANDS HAPPY HEARTS

ART CLASS FOR AGES 2-5

4 WEEK PROGRAM | TUESDAYS 10 AM-11 AM
MAY 7, 14, 21, 28

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 / Instructor Michele Moore

Limit: 10 Kids | **MUST REGISTER** Member \$5 / Others \$20 (Price includes all 4 days)



Program made possible 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).

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



CAMP FABULOUS FAMILY FUN

with YMCA Camp Tippecanoe

Friday, May 3 Outside Weather Permitting
or in Multipurpose Room.

5-6:00 PM YMCA After School Kids & Families

6-7:00 PM Community

All Welcome - Free For The Community

Open House Style. Stop by and try Track Making
and Identification, Cattle Roping and GaGa Ball.

Plus meet our friends from YMCA of Central
Stark County Camp Tippecanoe.



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KINDERSPORTS

MAY SESSION

May 2-23

4 WEEKS

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, hockey, basketball & track. Wear comfortable clothes and sneakers.



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

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
Returning in the Fall Session		

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
Returning in the Fall Session		



GET IN THE GAME! COED VOLLEYBALL RETURNS

TUSCARAWAS COUNTY YMCA

ADULT VOLLEYBALL LEAGUE

18 AND OLDER

Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. Sign up today and we will put you on a team.



New Leagues forming for Fall
Contact Ryan Hursey for more information
ryan@tuscymca.org
330-364-5511

TUSCARAWAS COUNTY YMCA 600 MONROE STREET, DOVER 330-364-5511
WWW.TUSCYMCA.ORG LEAGUE COORDINATOR: RYAN HURSEY

TUSCARAWAS COUNTY YMCA GYMNASTICS TEAM TRYOUTS

May 21, 23, 24
4:00 - 6:00 PM

Register at the Y or Online
Y Member \$20 / Other \$40
(Includes all three nights)

Gymnasts - Level 3 and up
Skills - Floor, Vault, Bars, Beam,
Strength & Conditioning (See Back)
Attire - Leotard
Other - Please secure hair off face
Bring a water bottle,
Socks and Grips are optional



You will receive a letter of confirmation Friday night if you make the team along with team packet and team registration forms. All Team Members must become a Tuscarawas County YMCA Member.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

23rd Annual **YMCA**
CRAIG RADER
MEMORIAL
GOLF OUTING



REGISTER NOW!

FOR THE KIDS

Join us for a day of golf to support programs and services
FOR YOUTH & FAMILIES IN TUSCARAWAS COUNTY



Fun & Games At Holes

THURSDAY
AUGUST 15
OAK SHADOWS GOLF CLUB

9 AM Registration & Light Breakfast
10 AM Shotgun Start
LUNCH at the Turn
3:30 PM Steak Dinner

FREE SNACKS & DRINKS ALL DAY!

Orange Ball Game, Mulligans, Skins, & More!

...

Gather a Foursome and Register Online Today!

\$440 PER TEAM



The **YMCA-Craig Rader Memorial Golf Outing**, formerly the Jack Marsh Memorial Outing, has been gathering Y members and friends for a round of golf, food, prizes, and the infamous **Orange Ball Game** for 23 years. All proceeds benefit the **YMCA Annual Campaign** which provides financial assistance for membership and programs for children and families right here in Tuscarawas County. **Let's play!**

SPONSOR | DONATE | PLAY | VOLUNTEER

Contact Jenny Dallas at the Y jenny@tuscymca.org or call 330-364-5511

FORE THE KIDS!



YMCA - CRAIG RADER MEMORIAL GOLF OUTING

THUR. AUG 15 OAK SHADOWS GOLF CLUB



Sign Me Up to Sponsor!

Corporate Sponsor \$1500

Includes one foursome, logo on printed material and program, recognition in awards video and on social media.

Dinner Sponsor \$500

Includes signage at dinner, in program, and recognition in awards video and on social media.

Beverage Sponsor \$500

Includes signage on the beverage cart, program, awards video and on social media.

Lunch Sponsor \$400

Includes signage at club house, in program and recognition in awards video and on social media.

Breakfast Sponsor \$300

Includes signage at breakfast and in program.

Hole in One Sponsor \$300

Includes signage at the tee and in event program.

Snack Sponsor \$200

Includes recognition in event program and in bags.

Driving Range Sponsor \$200

Includes signage on driving range and in program.

Hole Sponsor \$150

Includes signage at the tee and in event program.

Golf Cart Sponsor \$75

Includes recognition in golf carts and in program.

Sign Up MY Team!

4 Person Scramble \$440

Includes Breakfast, Lunch, and Steak Dinner

The YMCA is a 501(c)(3) non-profit organization
All Proceeds Benefit the YMCA Annual Campaign.

Contact Name _____

Phone Number _____

Business/Organization _____

Email _____

Mailing Address _____

Total Amount: _____

Check Enclosed Bill Me

Credit Card

Visa MC AE DIS

Exp. Date: _____ VCode _____

Signature _____

Player Names: #1 _____ #2 _____ #3 _____ #4 _____

Return All Payments To: TUSCARAWAS COUNTY YMCA ATTN: JENNY DALLAS jenny@tuscymca.org
600 MONROE STREET, DOVER, OHIO 44622 330-364-5511 WWW.TUSCYMCA.ORG

SPONSOR | DONATE | PLAY | VOLUNTEER



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



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.

	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

Personal Training Team

Ryan Hursey, Natalie Hoang, Nathan Levensgood, Ashley Ellert

***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.

Step Aerobics

This class is all about cardio endurance. Class uses the Step Bench for Cardio and may use Weights for strength.

Total Body Strength

Rep effect and metabolic resistance weight training styles using barbells and dumbbells. Sculpt lean muscle while building strength, power and endurance. Routine caters to all fitness levels with simple athletic movements.

Yoga

Chair Yoga: Seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Shoe friendly.

Gentle Yoga: Basic Yoga practice for flexibility and strength. Standing, kneeling, sitting, lying down poses. **Yoga:** More challenging poses for strength, balance, & intensity.

Zumba® Fitness

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



FITNESS SCHEDULE

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

SUMMER CLASS SCHEDULE

Schedule Subject to Change.

WATCH OUR FACEBOOK PAGE FOR POP UP CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM CARDIO MIX Michelle Levitt/ Terri Hupp (Aerobics Room)	5:30 AM TOTAL BODY STRENGTH Terry McCrory (Functional Fitness/MP2)	5:30 AM CARDIO/CORE MIX Kelly Vanarsdalen (Aerobics Room)	5:30 AM TOTAL BODY STRENGTH Terry McCrory (Functional Fitness/MP2)	5:30 AM GROUP CYCLING Mandy McMath (Spin Studio)	
	8:00-8:45 AM STRENGTH TRAINING (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)	8:00-8:45 AM FIT & STRONG (Weights & More) Dana Randazzo (Functional Fitness/ MP2)	8:00-8:45 AM STRENGTH TRAINING (Weights & More) Cindy Felgenhauer (Functional Fitness/MP2)		8:00 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)	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)	9:00 AM ZUMBA FITNESS (Cardio) Jen Demuth (Aerobics Room)	9:00 AM GET PUMPED (Weights & Cardio using Barbell) Cindy Felgenhauer (Functional Fitness/ MP2)
	GROUP CYCLING Fritz Johnson (Spin Studio)		GROUP CYCLING Fritz Johnson (Spin Studio)		
	GENTLE YOGA Liz Hicks (Chapel)		GENTLE YOGA Kathleen Johnson (Chapel)	YOGA Karen Sousaris (Chapel)	
10:30 AM SILVERSNEAKER® CLASSIC CLASS Christine Welsh (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Bonnie Jones (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Tessa Compton (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Bonnie Jones (Main Gym)	10:30 AM SILVERSNEAKER® CLASSIC CLASS Jen Demuth (Main Gym)	
	CHAIR YOGA Colleen Martini (Chapel)				
6:00 PM YOGA Aubrey Gealsha (Chapel)	6:00 PM STEP AEROBICS (Low Impact Aerobics) Kathleen Johnson Ryan Hursey (Aerobics Room)		6:00 PM DRUMMING FOR FITNESS Jen Stewart (Aerobics Room)		
6:00 PM Group Cycling John Nemuth (Spin Studio)					

COMING SOON!
Road to Turkey Trot
2024
Walking/Running Club

Days and times to be announced.
 Maps will be provided for a
 safe 3 mile route. Routes will be
 close to YMCA. Streets with heavy
 track will be avoided.

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

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

Lunch and Learn

May 16

11:30-12:30 PM

Multipurpose Room

Presentation by Healthy Tusc and Tuscarawas County Health Department

Topic: Nutrition Tips for Healthy Aging

Register by May 14 at the Member Service Center



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



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

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.

CHILD CARE / SUMMER DAY CAMP

MAKING MEMORIES

THAT LAST A LIFETIME!

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

YMCA Summer Day Camp 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 and YES to fun?

- WHO:** Campers entering Kindergarten - 8th Grade
- WHERE:** TUSCARAWAS COUNTY YMCA
600 Monroe Street Dover, Ohio, 44622
- WHEN:** Camp Dates: June 3 - August 18
- DAYS:** Monday - Friday
- TIME:** 9:00 AM - 4:00 PM
Extended Care Available
7:00 AM-9:00 AM and 4:00 PM-6:00 PM

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



REGISTRATION FEE
\$25

NON-REFUNDABLE

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

PRESCHOOL SUMMER KIDDIE CAMP

TUSCARAWAS COUNTY YMCA

HOURS:

MONDAY-FRIDAY

8:00 AM-11:30 AM

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

July 8-11

Island Fun

July 15-18

Plants and Nature

July 22-25

S.T.E.M.

July 29-Aug

Water Fun



WEEKLY RATES

REGISTRATION FEE

\$25

NON-REFUNDABLE

YMCA Member

\$40 per week/per camper

Community Member

\$45 per week/per camper

FINANCIAL ASSISTANCE
AVAILABLE &
PUBLICLY FUNDED
ASSISTANCE ACCEPTED

Questions: Call 330-364-5511

Supervisor: Child Care Director Sarah Dickson

Lead Counselor: Elizabeth Sickinger

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

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

TUSCARAWAS COUNTY YMCA

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

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.

PLAN FOR THE FALL!

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.*

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.

No Class July 4—Y CLOSED



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



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



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.



SILVER STREAKS SUMMER SWIM TEAM



Season begins May 28

Summer Season Team fee: \$60

NOTE: Week one of training will be held Tuesday, Wednesday and Thursday 4:30-5:30pm. Remainder of season will follow the practice schedule listed below.

Registration for swim team will begin Monday May 6

Practices will be held Monday – Thursday 4:30PM-5:30PM

Swim meets are usually held on Wednesday evenings but schedule can vary. Some travel is required for away meets. Participation in scheduled competitions is required to be a member of the swim team. Season will conclude in late July.

Summer swim team is open to any YMCA Youth Member that can complete the following:

- For swimmers 8 years old and under: one full length of the pool swimming on their front and one full length on their back unassisted.
- For swimmers 9 years old and up: two full lengths of the pool swimming on their front and two full lengths on their back unassisted.

NEW TO TEAM?

THOSE WHO ARE NEW TO OUR SWIM TEAM ARE **REQUIRED** TO HAVE A SKILLS EVALUATION CONDUCTED BY THE HEAD SWIM COACH PRIOR TO REGISTRATION.

If you are **unable to attend** the scheduled Skill Evaluation & Team Info Day you may contact Head Coach Jolyn McFadden at streaksswimming@gmail.com to schedule an evaluation.



SKILLS EVALUATION & TEAM INFO DAY
Saturday May 18 10:00-11:00 AM

For additional information or questions contact Aquatic Director, Stacy Harlan stacy@tuscycma.org or Head Coach, JoLyn McFadden streaksswimming@gmail.com.

SUMMER ONE SESSION

June 2-July 13

Member Early Registration Begins Sun, May 19
Community Registration Begins Wed, May 22

LEARN TO SWIM 6 Months-Kindergarten

No Class July 4—Y CLOSED

Parent / Child Ages 6 Month-2 Years

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 No Class July 4	\$26	\$58
THU 5:15-5:45 PM No Class July 4	\$26	\$58
SAT 10:00-10:30 AM	\$32	\$69

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	\$34	\$75
TUE 5:15-6:00 PM	\$34	\$75
FRI 10:00-10:45 AM	\$34	\$75
SAT 11:15 AM-12:00 PM	\$34	\$75

Ages 3-Entering Kindergarten

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	\$34	\$75
MON 6:00-6:45 PM	\$34	\$75
TUE 11:00-11:45 AM	\$34	\$75
TUE 6:00-6:45 PM	\$34	\$75
THU 11:00-11:45 AM No Class July 4	\$28	\$62
THU 6:00-6:45 PM No Class July 4	\$28	\$62
FRI 11:00-11:45 AM	\$34	\$75
FRI 11:45 AM-12:30 PM	\$34	\$75
SAT 10:30-11:15 AM	\$34	\$75

Preschool-Level 3&4

Water Stamina & Stroke Introduction: Max 6
Age 3-Entering Kindergarten 45 MIN Large Pool

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 12:00-12:45 PM	\$34	\$75
TUE 6:15-7:00 PM	\$34	\$75
SAT 10:15 AM-11:00 AM	\$34	\$75

SUMMER ONE SESSION

June 2-July 13

Member Early Registration Begins Sun, May 19
Community Registration Begins Wed, May 22

SWIMMING Ages 6-12 Years Old

No Class July 4—Y CLOSED

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 1:00-1:45 PM	\$34	\$75
TUE 6:15-7:00 PM	\$34	\$75
TUE 7:00-7:45 PM	\$34	\$75
THU 6:15-7:00 PM	\$28	\$62
SAT 11:15-12:00 PM	\$34	\$75

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	\$34	\$75
SAT 10:15-11:00 AM	\$34	\$75

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	\$34	\$75
THU 7:00-7:45 PM	\$28	\$62
SAT 11:15-12:00 PM	\$34	\$75

Teen/Adult Beginner

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

DAY/TIME	MEMBER	OTHER
THU 7:00-7:45 PM	\$28	\$62



Questions about Swim Lessons

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

SUMMER TWO SESSION

July 14-Aug 24

Member Early Registration Begins Sun, July 7
Community Registration Begins Wed, July 10

LEARN TO SWIM 6 Months-Kindergarten

Parent / Child Ages 6 Month-2 Years

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.

DAY/TIME	MEMBER	OTHER
THU 10:00-10:30 AM	\$32	\$69
THU 5:15-5:45 PM	\$32	\$69
SAT 10:00-10:30 AM	\$32	\$69

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	\$34	\$75
TUE 5:15-6:00 PM	\$34	\$75
FRI 10:00-10:45 AM	\$34	\$75
SAT 11:15 AM-12:00 PM	\$34	\$75

Ages 3-Entering Kindergarten

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	\$34	\$75
MON 6:00-6:45 PM	\$34	\$75
TUE 11:00-11:45 AM	\$34	\$75
TUE 6:00-6:45 PM	\$34	\$75
THU 11:00-11:45 AM	\$34	\$75
THU 6:00-6:45 PM	\$34	\$75
FRI 11:00-11:45 AM	\$34	\$75
FRI 11:45 AM-12:30 PM	\$34	\$75
SAT 10:30-11:15 AM	\$34	\$75

Preschool-Level 3&4

Water Stamina & Stroke Introduction: Max 6
Age 3-Entering Kindergarten 45 MIN Large Pool

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 12:00-12:45 PM	\$34	\$75
TUE 6:15-7:00 PM	\$34	\$75
SAT 10:15 AM-11:00 AM	\$34	\$75

SUMMER TWO SESSION

July 14-Aug 24

Member Early Registration Begins Sun, July 7
Community Registration Begins Wed, July 10

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 1:00-1:45 PM	\$34	\$75
TUE 6:15-7:00 PM	\$34	\$75
TUE 7:00-7:45 PM	\$34	\$75
THU 6:15-7:00 PM	\$34	\$75
SAT 11:15-12:00 PM	\$34	\$75

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	\$34	\$75
SAT 10:15-11:00 AM	\$34	\$75

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	\$34	\$75
THU 7:00-7:45 PM	\$34	\$75
SAT 11:15-12:00 PM	\$34	\$75

Teen/Adult Beginner

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

DAY/TIME	MEMBER	OTHER
THU 7:00-7:45 PM	\$34	\$75

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.

School year program.
Off for the Summer.
Will return in the Fall.



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

SUMMER ONE SESSION

June 2-July 13

Member Early Registration Begins Sun, May 19
Community Registration Begins Wed, May 22

GYMNASTICS PRESCHOOL PROGRAMS



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		\$30	\$70
WED 10:45-11:15 AM		\$30	\$70

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		\$30	\$70
MON 11:00-11:30 AM		\$30	\$70
WED 4:30-5:00 PM		\$30	\$70
FRI 11:00-11:30 PM		\$30	\$70



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		\$30	\$70
THU 3:15-3:45 PM	No class 7/4	\$25	\$60

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		\$35	\$85
WED 11:15-12:00 PM		\$35	\$85
SAT 11:15-12:00 PM		\$35	\$85



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		\$30	\$70
MON 4:00-4:30 PM		\$30	\$70
WED 4:00-4:30 PM		\$30	\$70
FRI 11:00-11:30 AM		\$30	\$70

OPEN GYM

Preschool Hour | Ages 5-18
Fridays 5-6 PM | 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.

SUMMER ONE SESSION

June 2-July 13

Member Early Registration Begins Sun, May 19
Community Registration Begins Wed, May 22

GYMNASTICS SCHOOL AGE PROGRAMS

AGE 6 & UP

BOYS GYMNASTICS

Ages 5 and up - Max 12 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	\$60	\$130

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	\$60	\$130
WED 6:00-7:00 PM	\$60	\$130
FRI 9:00-10:00 AM	\$60	\$130

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	\$60	\$130
WED 6:00-7:00 PM	\$60	\$130
FRI 10:00-11:00 AM	\$60	\$130

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	\$60	\$130
WED 7:00-8:30 PM 90 Min	\$70	\$150

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	\$60	\$130

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

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.

COMPETITIVE TEAM
Levels 3-7

TRYOUTS FOR
2024-25 SEASON
May 21, 22, 23

SUMMER TWO SESSION

July 14-Aug 24

Member Early Registration Begins Sun, July 7
Community Registration Begins Wed, July 10

GYMNASTICS PRESCHOOL PROGRAMS



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		\$30	\$70
WED 10:45-11:15 AM		\$30	\$70

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		\$30	\$70
MON 11:00-11:30 AM		\$30	\$70
WED 4:30-5:00 PM		\$30	\$70
FRI 11:00-11:30 PM		\$30	\$70



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		\$30	\$70
THU 3:15-3:45 PM		\$30	\$70

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		\$35	\$85
WED 11:15-12:00 PM		\$35	\$85
SAT 11:15-12:00 PM		\$35	\$85



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		\$30	\$70
MON 4:00-4:30 PM		\$30	\$70
WED 4:00-4:30 PM		\$30	\$70
FRI 11:00-11:30 AM		\$30	\$70

OPEN GYM

Preschool Hour | **Ages 5-18**
Fridays 5-6 PM | **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.

SUMMER TWO SESSION

July 14-Aug 24

Member Early Registration Begins Sun, July 7
Community Registration Begins Wed, July 10

GYMNASTICS SCHOOL AGE PROGRAMS

AGE 6 & UP

BOYS GYMNASTICS

Ages 5 and up - Max 12 Students
Beginner level for boys focusing on strength, agility, focus, and movement. All apparatus will be used.

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.

Level 2

Ages 6 and up - Max 12 Students
Advanced beginner skills are taught that increase strength, coordination and flexibility.

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.

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
WED 5:00-6:00 PM	\$60	\$130

DAY/TIME 60 Min	MEM	OTH
MON 5:30-6:30 PM	\$60	\$130
WED 6:00-7:00 PM	\$60	\$130
FRI 9:00-10:00 AM	\$60	\$120

DAY/TIME 60 Min	MEM	OTH
MON 5:30-6:30 PM	\$60	\$130
WED 6:00-7:00 PM	\$60	\$130
FRI 10:00-11:00 AM	\$60	\$130

DAY/TIME 60/90 Min	MEM	OTH
MON 7:30-8:30 PM 60 min	\$60	\$130
WED 7:00-8:30 PM 90 Min	\$70	\$150

DAY/TIME 60 Min	MEM	OTH
LEVEL 1, 2, 3 MON 6:30-7:30 PM	\$60	\$130

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.

TEAM PRACTICE

Level 3:
T/Th 4-6, Sat 9-11

Level 4/5 and Excel:
T/Th 5-7, Sat 9-11

Level 6/7:
T/Th 5-8, Sat 9-11

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

PRIVATE LESSONS AVAILABLE

CONTACT Gymnastics Coord. Nancy Smith
smith2195@hotmail.com for appointments before purchase.

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
One Court Only for Summer 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.

Open 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.

Volleyball

Leagues forming. Contact ryan@tuscymca.org for details.

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.

OUTDOOR SOCCER SEASON 1

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

OUTDOOR SOCCER SEASON 2

Registration: May 19-July 15

Season: July 23-Sept 4

Parent/Coach Zoom Meeting: July 16 / 8 PM

See Quickscores App for Zoom details.

Games: Tuesday and Wednesday Evenings

Practice Times: Will be announced after Zoom Meeting

Picture Day: TBA on Quickscores



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

KinderSports will return for the Fall Session

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.

YOUTH SPORTS LEAGUES

AGES 3 & UP

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

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

FLAG FOOTBALL

Registration: July 6-Aug 18

Season: Sept 11-Oct 24

Parent/Coach Zoom Meeting: Sept 3 / 8 PM

See Quickscores App for Zoom details.

Games: Wednesday and Thursday Evenings

Practice Times: Will be announced after Zoom Meeting

Picture Day: Sept 18 & 19

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

FALL SOFTBALL

Registration: July 6-Aug 18

Season: Sept 10-Oct 22

Parent/Coach Zoom Meeting: Sept 3 / 8:30 PM

See Quickscores App for Zoom details.

Games: Tuesday Evenings

Practice Times: Will be announced after Zoom Meeting

Picture Day: Sept 19

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

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>

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

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
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Stacy Harlan

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Sarah Dickson

Childcare Director
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Ashley Swiger

Membership Coordinator
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Robert Fair

Youth Sports Coordinator
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Nancy Smith

Gymnastics Coordinator
smith2195@hotmail.com



TUSCARAWAS COUNTY YMCA

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

WWW.TUSCYMCA.ORG



Silver Sneakers
by Tivity Health



RenewActive
by UnitedHealthcare

