



# JOIN THE Y.

24/7 ADULT  
FITNESS CENTER  
ACCESS



## JOY FILLED SUMMER

**SUMMER 2  
CLASS GUIDE  
July 14-Aug 23**

**Member Early Registration  
Begins Sun, July 6  
Community Registration  
Begins Wed, July 9**

**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:**



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

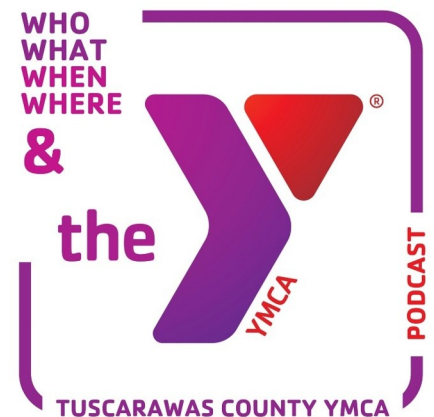


## SOCIAL MEDIA

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
- 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<br>6.75% Ohio Impuesto sobre las ventas NO incluido   | Entrar<br>Tarifa   | Mensual<br>Giro bancario   | Tarifa anual<br>¡SIN CARGO DE UNIRSE!  |
|---|--|--|--|
| <b>1 joven</b><br>Edades 6 meses-grado 12   | \$0  | \$22.00<br>+ impuestos   | \$264.00<br>+ impuestos  |
| <b>1 adulto joven</b><br>18 años (fuera de la escuela secundaria)<br>hasta 29 años  | \$25   | \$30.00<br>+ impuestos   | \$360.00<br>+ impuestos  |
| <b>1 adulto</b><br>30 años hasta 64 años  | \$25   | \$40.00<br>+ impuestos   | \$480.00<br>+ impuestos  |
| <b>Pareja</b><br>2 adultos en el mismo hogar  | \$50   | \$60.00<br>+ impuestos   | \$720.00<br>+ impuestos  |
| <b>Familia/2 Adultos</b><br>2 adultos en el mismo hogar y dependientes.<br>6 meses de edad hasta estudiante universitario   | \$50   | \$63.00<br>+ impuestos   | \$756.00<br>+ impuestos  |
| <b>Familia/1Adultos</b><br>1 adulto y dependientes.<br>6 meses de edad hasta estudiante universitario   | \$50   | \$51.00<br>+ impuestos   | \$612.00<br>+ impuestos  |
| <b>Adulto mayor</b><br>65 años y mayor  | \$25   | \$35.00<br>+ impuestos   | \$420.00<br>+ impuestos  |
| <b>Pareja mayor</b><br>2 adultos en el mismo hogar de 65 años y mayor   | \$50   | \$50.00<br>+ impuestos   | \$600.00<br>+ impuestos  |
| Se requiere un aviso de cancelación de dos semanas para TODAS LAS MEMBRESÍAS DE DÉBITO AUTOMÁTICO. Las cancelaciones se pueden realizar en persona, en línea o por teléfono.<br><br>Por favor, prepárese para mostrar una identificación con foto para comprar una membresía.<br><br>Asistencia financiera está disponible para membresías y programas. | El <b>primer pago</b> 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**



**TUSCARAWAS COUNTY YMCA  
600 MONROE STREET, DOVER OHIO  
44622 330-364-5511  
WWW.TUSCYMCA.ORG**





**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.**



# CELEBRATE GOOD TIMES PARTY RENTALS

## 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.

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

## CHILDWATCH SERVICE FOR Y MEMBERS



Our Child Watch program offers an opportunity for infants and children to grow, learn, and explore while meeting the need of their parents and family members who participate in Y programs and activities.

**NOTE:** This area is a no shoe zone. Please have socks available. Please do not bring food or extra toys. The parent/guardian of the child must remain on the premises while utilizing Child Watch.

Ages 6 Weeks–Age 9 Years

### DROP IN HOURS:

AM Mon–Sat 9–11:30 AM

PM Mon–Thu 4:30–8 PM

### Maximum Occupancy:

12 Children / 2 Staff

6 Children / 1 Staff

Max usage for members will be 1.25 hours per day.

## ADVENTURE CENTER INDOOR PLAY AREA

Includes rock wall and slide. Members please come to front desk for key to enter. Children age 3–10. Children must be supervised by an adult.

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

# PERSONAL TRAINING

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

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

## Personal Training Team

Ryan Hursey, Natalie Weston, Nathan Levengood.



|   | Y Mem | Other |
|---|-------|-------|
| <b>PERSONAL TRAINING</b><br>Approx. 1 Hour  |       |       |
| 1 Session                                   | \$40  | \$55  |
| 4 Sessions (Save 5%)                        | \$152 | \$209 |
| 8 Sessions (Save 10%)                       | \$288 | \$396 |
| 12 Sessions (Save 20%)                      | \$384 | \$528 |
| <b>30 MINUTE MOTIVATOR</b><br>Package Rates |       |       |
| 1 Session                                   | \$30  | \$45  |
| 4 Sessions (Save 5%)                        | \$114 | \$171 |
| 8 Sessions (Save 10%)                       | \$216 | \$324 |
| 12 Sessions (Save 20%)                      | \$288 | \$432 |
| <b>YOUTH PERSONAL TRAINING</b><br>30 MIN    |       |       |
| 1 Session                                   | \$30  | \$45  |
| 4 Sessions (Save 5%)                        | \$114 | \$171 |
| 8 Sessions (Save 10%)                       | \$216 | \$324 |
| 12 Sessions (Save 20%)                      | \$288 | \$432 |

**\*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!**





# YMCA FITNESS CLASSES

## Cardio Mix HIIT

Cardio & Core Training using Body Weight

## Drumming

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

## Fit & Strong

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 strength. free weights, kettlebells, bars, etc.

## Group Cycling

Cardio endurance class. Music motivated and adaptable to all levels of fitness. Bring water. Arrive early for bike setup.

## Total Body Strength

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

## Yoga

**Chair Yoga:** Seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Shoe friendly. **Gentle Yoga:** Basic Yoga practice for flexibility and strength. Standing, kneeling, sitting, lying down poses. **Yoga:** More challenging poses for strength, balance, & intensity.

## Zumba® Fitness

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

# YMCA TURKEY TROT – Prepare to cross the finish line! 5K RUN/WALK SUMMER PREP CLUB

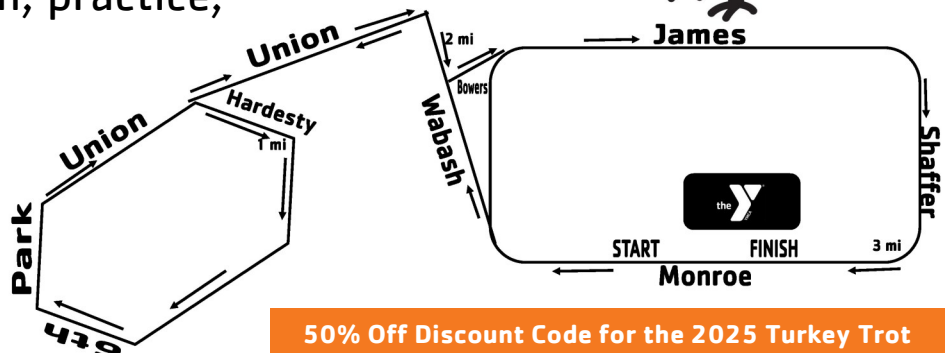
## SATURDAYS 8 AM / NOW-NOV 8

Have you ever wanted to run a 5K but need a little inspiration, practice, and fellowship?

We've got the club for you! Whether it's your first 5K or not—

Everyone loves fitness and friends.

**FREE FOR MEMBERS  
REGISTRATION REQUIRED**



50% Off Discount Code for the 2025 Turkey Trot will be awarded to 10 lucky participants!


# FITNESS SCHEDULE

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

## SUMMER 2 CLASS SCHEDULE

Schedule Subject to Change.

No Classes- July 4th and Labor Day -YMCA CLOSED for Holiday

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

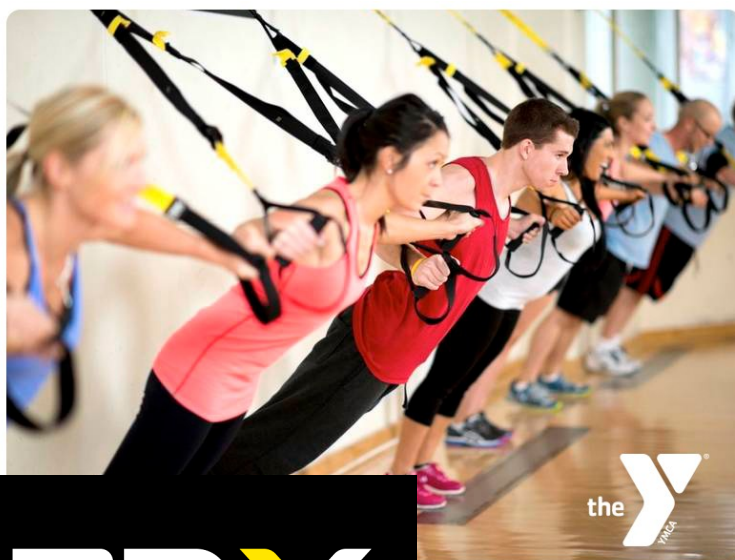
**LES MILLS CORE™** is a scientific core workout for incredible core tone and sports performance. Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves have options, so it's challenging 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.

## 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

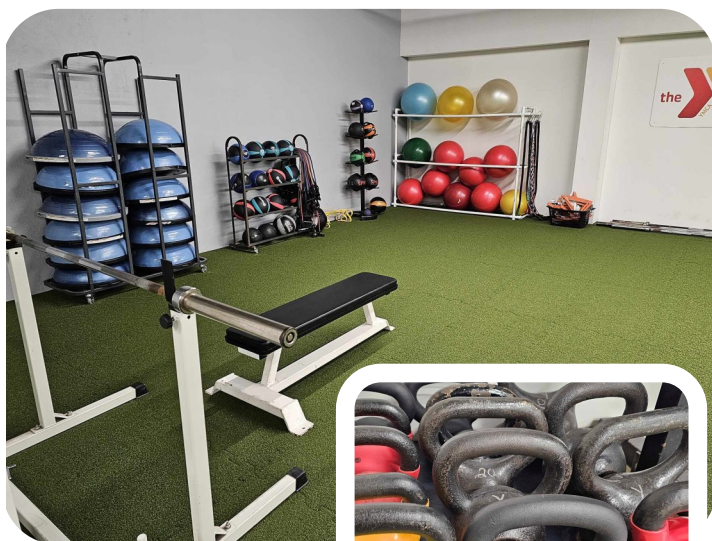


| Monday                     | Tuesday                    | Wednesday                  | Thursday                   | Friday                     | Saturday                   |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
|                            |                            |                            |                            | 5:40 AM<br>BODYCOMBAT 30   |                            |
| 6:15 AM<br>CORE 15         | 6:15 AM<br>CORE 15         | 6:15 AM<br>CORE 15         | 6:15 AM<br>CORE 15         | 6:15 AM<br>CORE 15         |                            |
| 6:35 AM<br>BODYPUMP 30     | 6:35 AM<br>BODYPUMP 30     | 6:35 AM<br>BODYPUMP 30     | 6:35 AM<br>BODYPUMP 30     | 6:35 AM<br>BODYPUMP 30     |                            |
| 7:10 AM<br>BODYBALANCE 15  | 7:10 AM<br>BODYBALANCE 15  | 7:10 AM<br>BODYBALANCE 15  | 7:10 AM<br>BODYBALANCE 15  | 7:10 AM<br>BODYBALANCE 20  |                            |
| 7:30 AM<br>BODYPUMP 30     | 7:40 AM<br>BODYBALANCE 15  |                            | 7:40 AM<br>BODYBALANCE 15  | 7:30 AM<br>BODYPUMP 30     |                            |
|                            |                            |                            |                            | 8:05 AM<br>BODYPUMP 30     |                            |
| 8:05 AM<br>BODYPUMP 30     |                            |                            |                            | 8:40 AM<br>BODYPUMP 30     |                            |
| 8:50 AM<br>BODYPUMP 30     | 9:15 AM<br>BODYBALANCE 30  | 9:15 AM<br>BODYBALANCE 15  | 9:15 AM<br>BODYBALANCE 15  |                            | 9:00 AM<br>BODYPUMP 60     |
| 9:25 AM<br>CORE 30         |                            | 9:35 AM<br>BODYPUMP 20     | 9:35 AM<br>BODYPUMP 15     |                            |                            |
| 10:00 AM<br>BODYBALANCE 30 | 10:00 AM<br>BODYBALANCE 30 | 10:00 AM<br>BODYBALANCE 30 | 10:00 AM<br>BODYBALANCE 30 | 10:00 AM<br>BODYBALANCE 30 | 10:05 AM<br>BODYBALANCE 15 |
| 10:35 AM<br>BODYPUMP 30    | 10:35 AM<br>BODYPUMP 30    | 10:35 AM<br>BODYPUMP 30    | 10:35 AM<br>BODYPUMP 30    | 10:35 AM<br>BODYPUMP 30    | 10:50 AM<br>CORE 30        |
| 11:05 AM<br>CORE 25        | 11:05 AM<br>CORE 25        | 11:05 AM<br>CORE 15        | 11:05 AM<br>CORE 15        | 11:05 AM<br>CORE 15        |                            |
| 11:40 AM<br>BODYBALANCE 15 | 11:40 AM<br>BODYBALANCE 15 | 11:40 AM<br>BODYBALANCE 15 | 11:40 AM<br>BODYBALANCE 15 | 11:40 AM<br>BODYBALANCE 15 | 11:30 AM<br>BODYCOMBAT 30  |
| 12:05 PM<br>BODYPUMP 30    | 12:05 PM<br>BODYPUMP 30    | 12:05 PM<br>BODYPUMP 30    | 12:05 PM<br>BODYPUMP 30    | 12:05 PM<br>BODYPUMP 30    | 12:10 PM<br>BODYPUMP 30    |
| 12:40 PM<br>CORE 15        | 12:40 PM<br>CORE 15        | 12:40 PM<br>CORE 15        | 12:40 PM<br>CORE 15        | 12:40 PM<br>CORE 15        | 12:45 PM<br>CORE 15        |
| 1:05 PM<br>BODYBALANCE 20  | 1:00 PM<br>BODYBALANCE 20  | 1:00 PM<br>BODYBALANCE 20  | 1:00 PM<br>BODYBALANCE 20  | 1:00 PM<br>BODYBALANCE 20  |                            |
| 1:30 PM<br>BODYPUMP 30     | 1:30 PM<br>BODYPUMP 30     | 1:30 PM<br>BODYPUMP 30     | 1:30 PM<br>BODYPUMP 30     | 1:30 PM<br>BODYPUMP 30     | 1:40 PM<br>BODYPUMP 20     |
| 2:05 PM<br>CORE 15         | 2:05 PM<br>CORE 15         | 2:05 PM<br>CORE 15         | 2:05 PM<br>CORE 15         | 2:05 PM<br>CORE 15         |                            |
| 2:30 PM<br>BODYBALANCE 15  | 2:30 PM<br>BODYBALANCE 15  | 2:30 PM<br>BODYBALANCE 15  | 2:30 PM<br>BODYBALANCE 15  | 2:30 PM<br>BODYBALANCE 15  |                            |
| 3:00 PM<br>BODYPUMP 30     | 3:00 PM<br>BODYPUMP 30     | 3:00 PM<br>BODYPUMP 30     | 3:00 PM<br>BODYPUMP 30     | 3:00 PM<br>BODYPUMP 30     |                            |
| 3:35 PM<br>CORE 15         | 3:35 PM<br>CORE 15         | 3:35 PM<br>CORE 15         | 3:35 PM<br>CORE 15         | 3:35 PM<br>CORE 15         |                            |
| 4:00 PM<br>BODYATTACK 30   | 4:00 PM<br>BODYATTACK 30   | 4:00 PM<br>BODYATTACK 30   | 4:00 PM<br>BODYATTACK 30   | 4:00 PM<br>BODYATTACK 30   |                            |
| 4:35 PM<br>BODYPUMP 30     | 4:35 PM<br>BODYPUMP 30     | 4:35 PM<br>BODYPUMP 30     | 4:35 PM<br>BODYPUMP 30     | 4:35 PM<br>BODYPUMP 30     |                            |
| 5:10 PM<br>CORE 15         | 5:10 PM<br>CORE 15         | 5:10 PM<br>CORE 15         | 5:10 PM<br>CORE 15         | 5:10 PM<br>CORE 15         |                            |
| 5:30 PM<br>BODYPUMP 30     | 5:30 PM<br>BODYPUMP 30     | 5:30 PM<br>BODYPUMP 30     | 5:30 PM<br>BODYPUMP 30     | 5:30 PM<br>BODYPUMP 30     |                            |
| 6:05 PM<br>BODYPUMP 30     | 6:05 PM<br>BODYPUMP 30     | 6:05 PM<br>BODYPUMP 30     | 6:05 PM<br>BODYPUMP 30     | 6:05 PM<br>BODYPUMP 30     |                            |
| 6:40 PM<br>CORE 15         | 6:40 PM<br>CORE 15         | 6:40 PM<br>CORE 15         | 6:40 PM<br>CORE 15         |                            |                            |
| 7:00 PM<br>BODYBALANCE 15  | 7:00 PM<br>BODYBALANCE 15  | 7:00 PM<br>BODYBALANCE 15  | 7:00 PM<br>BODYBALANCE 15  |                            |                            |
| 7:20 PM<br>BODYBALANCE 15  | 7:20 PM<br>BODYBALANCE 15  | 7:20 PM<br>BODYBALANCE 15  | 7:20 PM<br>BODYBALANCE 15  |                            |                            |

Schedule  
Subject to  
Change  
Please check  
our Schedules  
Page at  
[www.tuscymca.org/  
schedules](http://www.tuscymca.org/schedules)  
Filter Area:  
Les Mills  
Virtual



# FUNCTIONAL FITNESS ROOM



## HOURS:

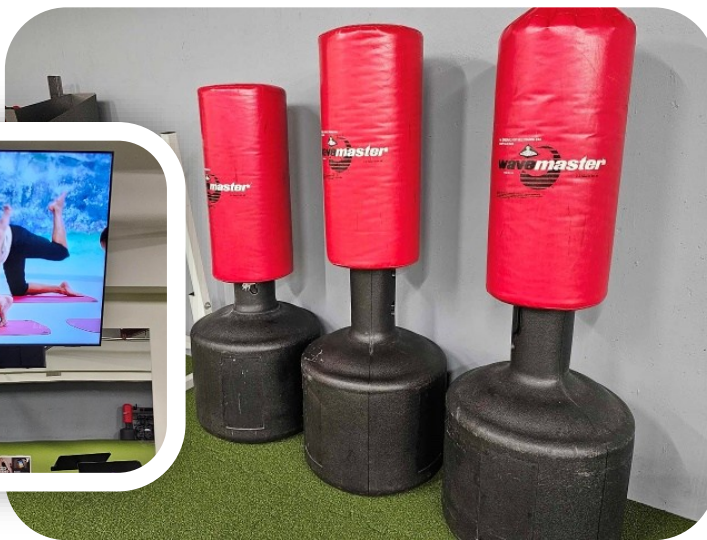
Mon-Thu 11 AM – 8 PM

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 Balls, Stability Balls, Step Benches, Kettlebells, Jump Ropes, Heavy Bags, Penalty Box and Agility Ladders, Hurdles, Resistance Tubes, Jump Box and the LesMills Virtual Studio. Plenty of space to challenge your workout.

# LES MILLS

VIRTUAL STUDIO

# WATER FITNESS

# SMALL POOL



## 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 |

## 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 |

## INTERESTED IN BECOMING A SWIM INSTRUCTOR, LIFEGUARD OR WATER FITNESS INSTRUCTOR?

We hire great people!  
Stop by the Member Service Center for an application or send resume to Stacy Harlan YMCA Aquatics Director at [stacy@tuscymca.org](mailto:stacy@tuscymca.org)

Employees who work over 5 hours a pay get a FREE FAMILY MEMBERSHIP & PROGRAM DISCOUNTS!



**ANNUAL POOL CLOSING AND MAINTENANCE-AUG 25-SEPT 1-POOL AREA CLOSED**

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



# LARGE POOL



## Aqua Aerobics

Large Pool 45 Min / Max 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<br>MON 9:00-9:45 AM | FREE |
| Shallow/Deep<br>MON 7:00-7:45 PM  | FREE |
| Shallow/Deep<br>TUE 9:00-9:45 AM  | FREE |
| Low Intensity<br>WED 9:00-9:45 AM | FREE |
| Shallow/Deep<br>THU 9:00-9:45 AM  | FREE |
| Low Intensity<br>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 |

**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 posted in area and online for more details.**

**Pool area camera and cell phone usage:** For the privacy of our participants-please do not take cameras or cell phones into Locker Rooms, Whirlpool or Pool Areas. Cameras/Cell phones may only be used during scheduled programming for the purpose of taking photos and videos of your participant to record memories as they progress through swimming milestones. Thank you for your cooperation.

**ANNUAL POOL CLOSING AND MAINTENANCE-AUG 25-SEPT 1-POOL AREA CLOSED**

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



# TEEN LEADERS CLUB

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

The YMCA Teen Leaders Club empowers students to build leadership skills through discussions on core values, responsibility, communication, and teamwork. Participants enjoy guest speakers, field trips, and volunteer service while learning how to positively impact their family and community.

**Who:** Youth in Grades 6-12

**When:** Weekly Meetings Thursdays 6:00-7:00 PM

**SUMMER HOURS 4:30-5:30 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)



**Scan to apply today!**



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





# SHOOT, SMILE, and SCORE!

## NATIONAL SOCCER DAY

**Monday, July 28 2pm-6pm**

**YMCA FRONT LAWN - ALL AGES WELCOME**



Swing by the front of the Y for some quick, kick-around fun! We'll have small goals, soccer-themed challenges for all ages, and small prizes. No registration, no pressure—just a chance to shoot, smile, and score on your way in or out. Just passin' by? Perfect. Come play and celebrate National Soccer Day!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BASEBALL FAMILY NIGHT

## AT THE Y

**FRIDAY, JULY 18**

**6:30-9 PM**

For all ages!



Bring the whole family out to the Y for an evening of baseball fun! Grab your gloves to play catch on the field, enjoy fresh popcorn, and step up to the plate for our Wiffle Ball Home Run Derby. A live baseball game will be playing on the big screen throughout the night, so bring your blankets and chairs to relax while soaking in the action. Don't miss this great opportunity to enjoy America's favorite pastime with family and friends!

**Members: Free**  
**Others: \$15 Per Family**

Please contact Jeff Bray  
[Jeff@tuscymca.org](mailto:Jeff@tuscymca.org) with questions

**TUSCARAWAS COUNTY YMCA**  
600 Monroe Street, Dover 330-364-5511 [www.tuscymca.org](http://www.tuscymca.org)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BOAT BONANZA

**Saturday, August 23**  
**12:30pm–2:30pm**  
**YMCA Pool**



Ready to race... or sink spectacularly? Gather your crew and build a boat from cardboard and other pool-safe materials — then test your creation in the ultimate YMCA water showdown! Whether you're sailing to victory or sinking with style, this event is all about teamwork, creativity, and FUN!

## What to Expect:

- Bring your own homemade boat (must hold at least one person!)
- Race heats in categories — individuals, siblings and families!
- Prizes for winner of each category, creativity and more!
- Bonus: Decorate your boat and win style points!

**Registration Required (Limit one boat per category)**

Members: Free / Other \$25 Per Family

Questions: Contact Jeff Bray | [Jeff@tuscymca.org](mailto:Jeff@tuscymca.org)



**FAMILY TIME / TUSCARAWAS COUNTY YMCA**

600 Monroe Street, Dover 330-364-5511

[www.tuscymca.org](http://www.tuscymca.org) and Facebook



# 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 | \$34   | \$73  |
| THU 5:15-5:45 PM   | \$34   | \$73  |
| SAT 10:00-10:30 AM | \$34   | \$73  |

## 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    | \$39   | \$77  |
| TUE 5:15-6:00 PM      | \$39   | \$77  |
| FRI 10:00-10:45 AM    | \$39   | \$77  |
| SAT 11:15 AM-12:00 PM | \$39   | \$77  |

## 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      | \$39   | \$77  |
| MON 6:00-6:45 PM      | \$39   | \$77  |
| TUE 10:45-11:30 AM    | \$39   | \$77  |
| TUE 6:00-6:45 PM      | \$39   | \$77  |
| THU 10:45-11:30 AM    | \$39   | \$77  |
| THU 6:00-6:45 PM      | \$39   | \$77  |
| FRI 11:00-11:45 AM    | \$39   | \$77  |
| FRI 11:45 AM-12:30 PM | \$39   | \$77  |
| SAT 10:30-11:15 AM    | \$39   | \$77  |

## Ages 3-Entering Kindergarten

### Preschool-Level 3&4

Water Stamina & Stroke Introduction:

Age 3-Entering Kindergarten

45 MIN Large Pool Max 6

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

| DAY/TIME            | MEMBER | OTHER |
|---------------------|--------|-------|
| TUE 6:15 PM-7:00 PM | \$39   | \$77  |

## 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                    | \$39 | \$77 |
| TUE 7:00-7:45 PM                    | \$39 | \$77 |
| THU 1:00-1:45 PM*<br>See note below | \$32 | \$64 |
| THU 6:15-7:00 PM                    | \$39 | \$77 |
| SAT 10:15-11:00 AM                  | \$39 | \$77 |

\* THU 1 PM class has been prorated to a 5 Week Session. This class will end on August 14 due to the start date for our local schools.

### 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   | \$39 | \$77 |
| THU 6:15-7:00 PM   | \$39 | \$77 |
| SAT 11:15-12:00 PM | \$39 | \$77 |

### 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 | \$39 | \$77 |

## 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 | \$39 | \$77 |

## 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   | \$39 | \$77 |
| SAT 10:15-11:00 AM | \$39 | \$77 |



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

**ANNUAL POOL CLOSING AND MAINTENANCE-AUG 25-SEPT 1-POOL AREA CLOSED**

# GYMNASTICS PROGRAMS

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

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

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

Instructors will evaluate gymnast at the end of each session.

## PRIVATE GYMNASTICS LESSONS

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

### Private Lesson Pricing

**60 Min**

Member \$40-Other \$80

### Package Pricing Available 4 Lessons / Save \$20

**60 Min**

Member \$140-Other \$300

**Pricing has a no show/no refund policy.** Missed lessons will not be made up unless the instructor cancels and cannot reschedule. Private lessons expire two months after purchase.

### CONTACT

Gymnastics Coord. Nancy Smith  
[info@tuscymca.org](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 |        | \$38 | \$85 |
| WED 10:45-11:15 AM |        | \$38 | \$85 |

### 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      |        | \$38 | \$85 |
| WED 11:30 AM-12:00 PM |        | \$38 | \$85 |
| THU 3:30-4:00 PM      |        | \$38 | \$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 10:45-11:15 AM |        | \$38 | \$85 |
| TUE 3:30-4:00 PM   |        | \$38 | \$85 |
| WED 4:00-4:30 PM   |        | \$38 | \$85 |
| SAT 11:15-11:45 AM |        | \$38 | \$85 |

### 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 11:15-11:45 AM               |        | \$38 | \$85  |
| WED 4:30-5:00 PM                 |        | \$38 | \$85  |
| SAT 11:45-12:30 PM               |        | \$43 | \$100 |
| <b>45 MIN-Combined Level 2/3</b> |        |      |       |

### 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                      |        | \$43 | \$100 |
| TUE 4:00-4:45 PM                      |        | \$43 | \$100 |
| SAT 11:45 AM-12:30 PM                 |        | \$43 | \$100 |
| <b>45 MIN-Combined with Level 2/3</b> |        |      |       |

## 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 | \$70 | \$155 |

### 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 | \$70 | \$155 |
| WED 6:00-7:00 PM | \$70 | \$155 |

### 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 | \$70 | \$155 |
| WED 6:00-7:00 PM | \$70 | \$155 |
| THU 4:00-5:00 PM | \$70 | \$155 |

### 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<br>60 min                 | \$70                  | \$155                 |
| WED 7:00-8:30 PM<br>90 Min                 | \$85                  | \$175                 |
| Register for Both Days<br>MON/WED and Save | \$125<br>Save<br>\$30 | \$300<br>Save<br>\$30 |

### 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<br>MON 6:30-7:30 PM | \$70 | \$160 |

## OPEN GYMN

**TEEN/ADULT Open Gym**  
**Thursdays 7:30-8:30 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: \$15 Per Day**

Staff person on duty for supervision,  
parents guide gymnasts with skills. All equipment is available.

## GYMNASTICS COMPETITIVE TEAM Levels 3-7

Our program is dedicated to the total development of each gymnast, through proper learning progressions, form and techniques. The team competes in YMCA gymnastics on the local, regional and national level. Team members must have a current YMCA Family or Youth Membership + Monthly Team Fees. For team fee information please contact the gymnastics department.

### TEAM SUMMER PRACTICE HOURS

#### Group A

Mon 8:30 AM-10:30 AM  
Tue 9:00 AM-12:00 PM  
Thu 9:00 AM-12:00 PM  
Fri 9:00 AM-12:00 PM

#### Group B

Tue 9:00 AM-12:00 PM  
Thu 9:00 AM-12:00 PM  
Fri 9:00 AM-12:00 PM

#### Group C & D

Tue 5:00 PM-7:30 PM  
Thu 5:00 PM-7:30 PM  
Sat 8:30 AM-11:00 AM

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 (Summer Hours)

Mornings Only for Summer (Additional Morning, Afternoon and Evening Hours will return in late October depending on weather)

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

**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  |
|---|--------|------|------|
| WED 11:30 AM<br>4 WKS Session<br>Will return in the<br>Fall One Session |        | \$20 | \$40 |



### 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**

## FALL OUTDOOR SOCCER

Age 3 to Grade 3

**Registration: July 1-Aug 25**

Season: Sept 13-Oct 25

Coach Meeting: Thu, Aug 28 6PM

Parent Meeting: Thu, Sept 4 6PM

Games: Saturdays

Practice: Thursdays

Picture Day: TBA



|   |      |      |
|---|------|------|
| Please purchase<br>Y reversible jersey<br>if needed at registration | \$20 | \$20 |
|---|------|------|

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

## INDOOR SOCCER

Age 3 to Grade 3

**Registration: Sept 1-Ends Oct 18**

Season: Nov 1-Dec 20

(No games Dec 6)

Coach Meeting: Thu, Oct 16 6PM

Parent Meeting: Thu, Oct 23 6PM

Games: Saturdays

Practice: Thursdays

Picture Day: TBA



|   |      |      |
|---|------|------|
| Please purchase<br>Y reversible jersey<br>if needed at registration | \$20 | \$20 |
|---|------|------|

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

## COMING SOON!

### BASKETBALL:

Junior Cav's  
Cavalittles



### HOCKEY:

NHL Street Hockey



## RECEIVE SPORTS NOTIFICATIONS

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

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

# TUSCARAWAS COUNTY YMCA CHILD CARE

## AFTER SCHOOL PROGRAM

### Elementary to Middle School

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

### Dover/NP 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)

