



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

## FALL 1 & 2 PAUL & CAROL DAVID YMCA

7389 Caritas Cir. NW, Massillon, OH 44646  
 330 830 6275 ymcastark.org

DAYS	BUILDING HOURS (begins Sept. 28)	CHILDWATCH	YOUTH ROOM
Mon. - Thu.	5:00am - 10:00pm	8:00am - 12:30pm 5:00pm - 8:30pm	4:00pm - 8:00pm
Fri.	5:00am - 10:00pm	8:00am - 12:30pm	4:00pm - 7:00pm
Sat.	6:00am - 9:00pm	8:00am - 12:30pm	8:30am - 12:30pm
Sun.	10:00am - 5:00pm	Closed	Closed

SESSIONS (7 WEEKS)	START DATE	END DATE
<b>FALL 1</b>	<b>Tuesday, Sept. 4, 2018</b>	<b>Monday, Oct. 22, 2018</b>
Registration dates:	Member: Aug. 13, 2018	Non-Member: Aug. 16, 2018
Break Week	Tue., Oct. 23, 2018	Saturday, Oct. 27, 2018
<b>FALL 2</b>	<b>Monday, Oct. 29, 2018</b>	<b>Saturday, Dec. 1, 2018</b>
Registration dates:	Member: Oct. 13, 2018	Non-Member: Oct. 18, 2018
Break Week	Mon., Dec. 17, 2018	Saturday, Jan. 5, 2019

CONNECT WITH US



FINANCIAL ASSISTANCE  
 AVAILABLE

# SWIMMING

## Swim Class FEE FOR ALL LEVELS: 5 Week Sessions

1 day/week      Member: \$32    Non-Member: \$62

PARENT/CHILD (6MO-3YR) 30 MIN	MON	TUE	THU	SAT
STAGE A	9:30am	6:05pm		9:45am
STAGE B	6:05pm	10:00am	6:05pm	10:30am
PRE-STAGE 1			10:00am 6:45pm	9:00am
PRESCHOOL (3YR-K) 45 MIN				
STAGE 1	10:15am 6:05pm 7:00pm	10:45am 6:05pm 7:00pm	10:45am 6:05pm	9:00am 10:00am
STAGE 2	10:15am 6:05pm 7:00pm	10:45am 6:05pm 7:00pm	10:45am 6:05pm	9:00am 10:00am
STAGE 3				10:00am
STAGE 4				11:00am
YOUTH (GRADE 1 & UP) 45 MIN				
STAGE 1	7:00pm	6:05pm 7:00pm	6:05pm 7:00pm	11:00am
STAGE 2	6:05pm 7:00pm	6:05pm 7:00pm	6:05pm 7:00pm	11:00am
STAGE 3	7:00pm		6:05pm	9:00am
STAGE 4		7:00pm	7:00pm	
STAGE 5			7:00pm	10:00am
STAGE 6			7:00pm	10:00am
TEEN/ADULT SWIM				11:00am
DIVE CLASS		6:05pm		
ASD SENSORY EXPERIENCE* 30 MIN	Member \$55 Non-Member \$75			11:00am

For Pool, Gym and Group Exercise schedules go to: [ymcastark.org/schedules-paul-carol-david-ymca](http://ymcastark.org/schedules-paul-carol-david-ymca)

## COMPETITIVE SWIM

### PHANTOMS SWIM TEAM

- Ages 6-14 and High School
- Must be Stage 5 level or capable of swimming 2 lengths of the pool and approved by swim team coach
- \$30 Activity fee included in all registrations
- Season: September 10 2018 - March 2019

Fee: \$235      High School: \$160

FOR MORE INFORMATION CONTACT:  
Doug Nist at ext. 1201 or pick up flyer in the lobby.

# COMPETITIVE SWIM TEAM

**Swim Class FEE FOR ALL LEVELS: 7 Week Sessions**

1 day/week      Member: \$32    Non-Member: \$62

Go to [ymcastark.org/schedules](http://ymcastark.org/schedules) to see the current pool schedule.

COMPETITIVE SWIM	MON	TUE	WED	THU	FRI	SAT
MASTERS SWIMMING - 1HR			5:30am			
FUTURE PHANTOMS		6:05pm				

# WATER FITNESS

CLASS NAME	MON	TUE	WED	THU	FRI	SAT
ARTHRITIS	12:00pm		12:00pm		12:00pm	
DEEP WATER AEROBICS	9:30am 6:05pm		9:30am	6:05pm	9:30am	
H2O COMBO						8:00am
SHALLOW WATER AEROBICS	8:45am 11:15am		8:45am 11:15am		8:45am 11:15am	
WATER PILATES		9:00am		9:00am		
KEEPING BALANCE		8:00am		8:00am		



# GROUP EXERCISE

## HEALTH INITIATIVE PROGRAMS

### DIABETES PREVENTION PROGRAM

Diabetes Prevention Program for individuals who have Pre-Diabetes and are interested in preventing onset of Diabetes. Registration is on-going. Please contact 330 994 0013 or [preventdiabetesymca@gmail.com](mailto:preventdiabetesymca@gmail.com) for more details.

## GROUP EXERCISE

CARDIO	CARDIO	STRENGTH	FLEXIBILITY/BALANCE
30/30 M-H #, H ^	SilverSneakers® Classic L ^ L #	Barre Toning M #	Chair Yoga L #
Active Adults L-M #, M ^	Spin/Strength Combo M-H #, NO ^	Hard Core M #	Family Yoga L #
Cardio Training Challenge H #, H ^	Tabata H #, H ^	Total Body Toning M #	Keeping Balance—Land L #
Cize™ M #, M ^	Tai Chi L #, L ^	Pilates M #	PiYo™ H #
Easy Rider L #, NO ^	To the Limit H #, H ^	Strength, Balance & Core M #	Power Yoga M #
Group Cycling M-H #, NO ^	Turbo Kick® M-H #, M ^		Yoga L #
Line Dancing M #, M ^	Zumba® M #, M ^		Yoga Pilates Infusion M #
Power Hour M-H #, M-H ^	Zumba Gold® Toning L-M #, M ^	Above Strength classes have Little to NO ^	Above Flexibility/Balance classes have NO ^
KEY: High: H Moderate: M Low: L Impact: ^ Intensity: #		For Pool, Gym and Group Exercise schedules go to: <a href="http://ymcastark.org/schedules-paul-carol-david-ymca">ymcastark.org/schedules-paul-carol-david-ymca</a>	

## PERSONAL TRAINING: MEMBERS ONLY

STARTER KIT: INCLUDES FITNESS ASSESSMENT AND 2 ONE-HOUR SESSIONS				\$89
	1 SESSION	4 SESSIONS	8 SESSIONS	12 SESSIONS
ONE – ON – ONE PERSONAL TRAINING 30 MIN	\$25	\$95	\$180	\$255
ONE – ON – ONE PERSONAL TRAINING 1 HOUR	\$42	\$159	\$302	\$428
PARTNER PERSONAL TRAINING	\$60	\$240	\$480	\$720

## SMALL GROUP TRAINING MEMBERS ONLY

7 WEEK SESSIONS: FEE BASED CLASSES	FEE	DAY	TIME
WOMEN ON WEIGHTS <b>60 MIN</b>	\$65	Mon /Wed.	9:30am, 10:30am
WOMEN ON WEIGHTS + CARDIO <b>60 MIN</b>	\$65	Tue./Thu.	6:00am, 7:15am, 9:30am
TRX SYNRGY <b>45 MIN</b>	\$40	Fri.	9:30am

## SPECIAL FITNESS CLASSES

	DAY	TIME	MEMBER	NON-MEMBER
YOUTH CONDITIONING <b>60 MIN</b>	WED	5:45pm	\$35	\$50
Y PUMP (MEMBER ONLY) <b>60 MIN</b>	TBD	TBD	\$20	N/A
SELF DEFENSE CLASS <b>120 MIN</b>	MONTHLY SAT TBD	TBD	\$15	\$25

## FITNESS CHALLENGES (ADULT MEMBERS ONLY)

ESPRESSO CHALLENGES	Monthly challenges on the Espresso bikes. See Wellness Center attendant for help setting up your account. September challenge is Play 60.
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# CHILDCARE

\*No Registration Fee/ Each Child needs a complete packet. Financial Assistance Available

## TOGETHERHOOD STARTS HERE

### BEFORE AND AFTER SCHOOL 2018-2019

**SCHOOLS: K - 5TH GRADE**

**BEFORE:** 6:45am - 8:45am

**AFTER:** 3:30pm - 6:30pm

**LOCATIONS:** AMHERST, LAKE CABLE, SAUDER & STRAUSSER  
(WEEKLY RATES)

BEFORE SCHOOL CARE	Member	Non-Member
Part-time (1-3 days)	\$27.00	\$32.00
Full-time (4-5 days)	\$32.00	\$43.00
AFTER SCHOOL CARE	Member	Non-Member
Part-time (1-3 days)	\$41.00	\$46.00
Full-time (4-5 days)	\$57.00	\$67.00
BEFORE & AFTER CARE	Member	Non-Member
Part-time (1-3 days)	\$66.00	\$77.00
Full-time (4-5 days)	\$89.00	\$110.00
FUN CLUB & SNOW DAYS	\$25.00/day	\$30.00/day

**CONTACT:**  
Lyndsay Gatto, Child Care Director  
lgatto@ymcastark.org

# SENIORS

## SENIOR FUN CLUB

- Second Wednesday of month at 12:30-3:00pm unless otherwise noted in monthly flyer
  - Registration required - Additional fee may be required according to event
  - September 12 - Lunch at JRC Adult Day Care followed by an unforgettable storytelling journey by Lindsey Bonilla
  - October 10 - Lunch, followed by a discussion, "Exploring our Birth Order"
  - November 14 - Lunch followed by a demonstration and "History of Swing Dancing" by Cheryl Minnich & Dance Club
  - December 12 - Program by Janet Creighton, "Christmas in the White House," followed by lunch
- FEE: Member: FREE Non-Member: \$5.00

## PICKLEBALL

- **EVERY THURSDAY 12:30 - 2:30 PM**
- **LOCATED IN THE SIRPILLA GYM**



# SPORTS & RECREATION



## FALL 1 & 2

7 week sessions

Contact: Pam Leddon at [pleddon@ymcastark.org](mailto:pleddon@ymcastark.org)

SMALL STUFF	SEASON / SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM.
FLAG FOOTBALL	Fall 1	Ages 3-4	Sat.	10:00-10:45am	\$35	\$59
SOCCER	Fall 2	Ages 3-4	Sat.	10:00-10:45am	\$35	\$59
<b>YOUTH SPORTS</b>						
YOUTH RUNNING	Fall 1 (5 wks)	Ages 4-13	Mon.	5:30-6:30pm	\$37	\$60
4-6 YR. OLD FLAG FOOTBALL LEAGUE	Fall 1	Ages 4-6	Sat.	Varies w/11am start	\$41	\$69
FLAG FOOTBALL	Fall 1	Ages 6-9	Sat.	1:00-2:00pm	\$41	\$69
GOLF W/ FIRST TEE	Fall 1 (5 wks)	Ages 7-12	Wed.	5:45-6:45pm	\$55	\$69
PRESCHOOL PE	Fall 1	Ages 3.5-6	Fri.	10:15-11:00am	\$32	\$55
Y SPORT SERIES	Fall 1	Ages 4-5 Ages 6-9	Thu. Thu.	5:45-6:30pm 6:30-7:30pm	\$35 \$38	\$59 \$62
4-6 YR. OLD INDOOR SOCCER LEAGUE	Fall 2	Ages 4-6	Sat.	Varies w/11am start	\$41	\$69
LACROSSE	Fall 2	Ages 6-10	Wed.	5:45-6:45pm	\$41	\$69
FLOOR HOCKEY	Fall 2 (6 wks)	Grades K-4	Thu.	5:30-6:30pm	\$33	\$59
4-6 YR. OLD BASKETBALL LEAGUE	Winter 1	Ages 4-6	Sat.	Varies w/11am start	TBD	TBD
<b>TEEN SPORTS</b>	<b>SEASON/ SESSION</b>	<b>AGE/GRADE</b>	<b>DAY</b>	<b>TIME /PLACE</b>	<b>MEMBER</b>	<b>NON-MEM</b>
OPEN TEEN VOLLEYBALL		Grade 6-10	Thu.	7:30-8:30pm	Free	\$4/Night
<b>ADULT SPORTS</b>						
OPEN ADULT BASKETBALL		16 & up	Tue./Thu	5:30-7:00am		
OPEN ADULT BASKETBALL		16 & up	Sat.	7:00-9:00am		
OPEN ADULT VOLLEYBALL		16 & up	Mon./Thu.	8:35-9:45pm	Free	\$5/Night

## DANCE

DANCE	AGE/GRADE	DAY	TIME	MEMBER	NON-MEMBER
FAIRYTALE DANCE (45MIN)	Ages 3-5	Sat.	9:50am, 10:40am	\$30	\$40
BALLET (45MIN)	Ages 4-7	Sat.	9:00am	\$40	\$55
STORYBOOK YOGA (30MIN)	Ages 0-7	Sat.	10:30am	\$20	\$30

## PRESCHOOL PROGRAMS

	SEASON/ SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM
ART, GYM & SWIM	All	3yrs. - K	Mon. Tue.	1:30-3:00pm 10:30am-12:00pm	\$46	\$69
TINY TRACKS SIGN UP PER CLASS	7 classes	3 - 6 years	Thu.	9:30-10:15am	\$4/class	\$6/class
DATES/THEMES	Sep. 13 Sep. 27 Oct. 11 Oct. 25	Planes, Trains & Automobiles Apples Everywhere Going on a Bear Hunt Pumpkin Patch		Nov. 8 Nov. 29 Dec. 13	Digging Dinosaurs Turkey Fun Western Roundup	

## FAMILY EVENTS

FAMILY EVENTS	DATE	TIME	MEMBER	NON-MEM	
PUMPKIN SPLASH	Oct. 19	6:15-8:00pm	\$8/pumpkin*	\$13/pumpkin*	*\$2 extra-late registrations
COMMUNITY HALLOWEEN	Oct. 31	5:30-7:15pm	FREE! For families w/kids 11 & younger		
KIDS NIGHT OUT (AGES 5-11)	Nov. 9	6:00-9:00pm	\$12/early \$18/late	\$17/early \$23/late	
FAMILY DODGEBALL	Nov. 16	6:30-8:30pm	\$10/early \$15/at door	\$10/early \$15/at door	
BREAKFAST WITH SANTA	Dec. 8	8:30-9:45am	TBD	TBD	
FAMILY YOUTH & TEENS	AGE	DATE	TIME	MEMBER	NON-MEM
TWEENS FIT 'N FUN	Ages 7-13	Wed.	4:45-5:45pm	Free	\$2/Class
TWEENS YOGA	Ages 7-13	Mon.	4:45-5:30pm	Free	\$2/Class
GAMING CLUB	Ages 6-10 Ages 11-18	2 <sup>nd</sup> Tue. of month	5:30-6:30pm 6:30-7:30pm	Free	Free
OPEN MIC	Ages 11-18	3 <sup>rd</sup> Wed. of month	7:00-8:00pm	Free	Free
<b>TEEN LEADERS</b>	Meets Tue. evenings 6:00-7:00pm. \$30 annual dues. Must be a YMCA member. Come check us out!				

# COMMUNITY PROGRAMS & TRAINING

## CAR SEAT CHECKS

- Have your car seat installed correctly/checked by a Certified Child Passenger Safety Technician.
- Donations accepted to benefit our Annual Campaign.

For more information OR to schedule an appointment contact:  
Debbie Sharkey, CPSTI at ext. 1103

### FEE for CPR & First Aid Certifications

Initial      Member: \$25    Non-Member: \$45



ASHI CPR CERTIFICATION	TIME
Oct. 20	9:00am - 1:00pm
BASIC FIRST AID	
Sept. 15	9:00am - 12:00pm

## YMCA CAMP TIPPECANOE

**SUMMER WAS A BLAST...  
SAVE ON NEXT SUMMER NOW!**

Pre-register by August 31 for YMCA Camp Tippecanoe overnight summer camps with a \$75 deposit and save \$100 off traditional summer camp programs for 2019. Pre-register by December 31 and save \$50!



### DATES TO REMEMBER:

Sept. 3	Labor Day - YMCA OPEN 6:00am - 12:00pm
Sep. 7-9	Sand Sculpture
Sept. 28	Fall Hours begin
Oct. 13	Open House / Fall 2 Member registration begins
Sept. 28	Fall Hours begin
Oct. 19	Pumpkin Splash
Oct. 31	Free Community Halloween
Nov. 9	Kids Night Out
Nov. 16	Family Dodgeball
Nov. 22	Thanksgiving Day - YMCA OPEN 6:00am - 12:00pm
Nov. 22	Thanksgiving Day Special Group Exercise classes—watch for details!
Dec. 8	Breakfast with Santa