



YOUR GUIDE TO SUMMER FUN

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2017

PAUL & CAROL DAVID YMCA

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

CONNECT WITH US



DAYS	BUILDING HOURS Begin May 26	CHILDWATCH	YOUTH ROOM
Mon. - Thu.	5:00 am - 10:00 pm	8:00 am - 12:30 pm 5:00 pm - 8:30 pm	8:15 am - 12:30 pm 4:30 pm - 8:30 pm
Fri.	5:00 am - 8:00 pm	8:00 am - 12:30 pm	8:15 am - 12:30 pm 4:30 pm - 7:30 pm
Sat.	6:00 am - 6:00 pm	8:00 am - 12:30 pm	8:15 am - 12:30 pm
Sun.	10:00 am - 3:00 pm	CLOSED	CLOSED

SESSIONS (5 WEEKS)	START DATE	END DATE
SUMMER 1	Monday, June 5, 2017	Saturday, July 8, 2017
Registration dates:	Member: May 22, 2017	Non-Member: May 25, 2017
Break Week	Monday, July 10, 2017	Saturday, July 15, 2017
SUMMER 2	Monday, July 17, 2017	Saturday, August 19, 2017
Registration dates:	Member: May 22, 2017	Non-Member: May 25, 2017

Financial assistance available.

SWIMMING

Swim Class FEE FOR ALL LEVELS: 5 Week Sessions

1 day/week Member: \$22 Non-Member: \$45

Go to ymcastark.org/schedules to see the current Branch pool schedule.

PARENT/CHILD - 30 MIN	MON**	TUE**	THU	SAT
PARENT/CHILD A (SHRIMP)	9:30am	6:00pm	10:00am	9:45am
PARENT/CHILD B (PERCH)	6:00pm	10:00am		10:30am
PRE-STAGE 1 (PRE-PIKE)			10:00am, 6:00pm	9:00am
PRESCHOOL - 45 MIN				
STAGE 1 & 2 (PIKE)	9:30am, 10:15am 6:00pm, 7:00pm	10:45am, 6:00pm	9:45am, 10:45am 6:00pm	9:00am 10:00am
STAGE 3 (EEL)	9:30am	7:00pm		9:00am
STAGE 4 (RAY)			10:45am, 7:00pm	
YOUTH / ADULT - 45 MIN				
STAGE 1 & 2 (POLLIWOG)	10:15am, 7:00pm		7:00pm	11:00am
STAGE 3 (GUPPY)	6:00pm	6:00pm	9:45am	10:00am
STAGE 4 (GUPPY)		7:00pm	10:45am	9:00am
STAGE 5 (MINNOW)		10:45am, 7:00pm		10:00am
STAGE 6 (FISH, FLYING FISH, SHARK)		10:45am, 7:00pm		10:00am
YOUTH/ ADULT - 45MIN		TUE**	THU	SAT
DIVE CLASS		7:00pm	10:45am	
TEEN / ADULT SWIM				11:00am
SENSORY EXPERIENCE SWIM		Member \$40 / Non-Member \$55		11:15am

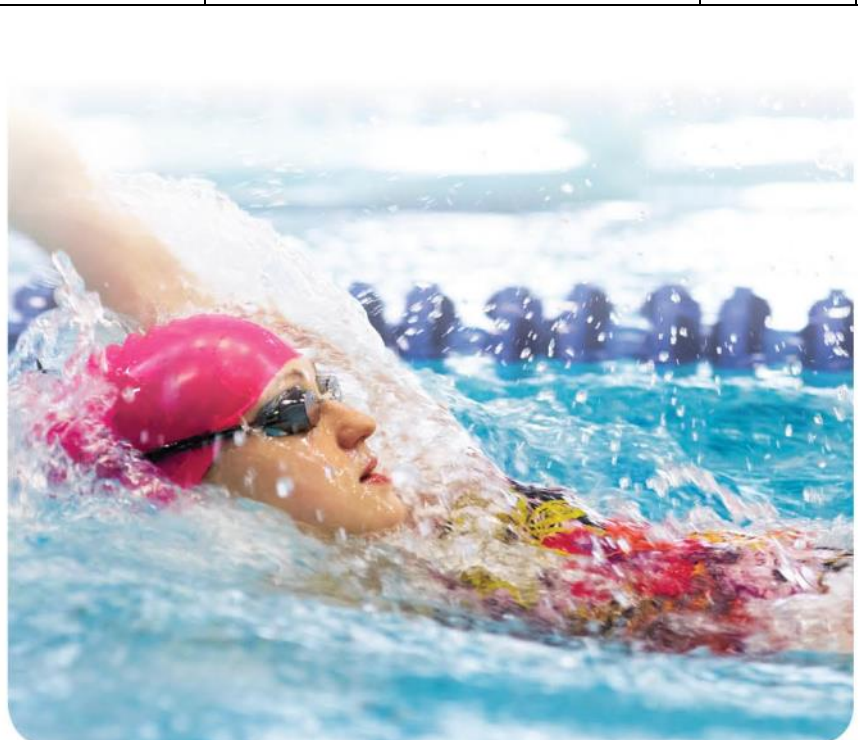
**Monday classes will begin June 11 and run through July 10. No class July 4 for Tuesday classes - make-up July 11.

COMPETITIVE SWIM Masters Swimming

- 1 hour
 - Wed. 5:30am
- FEE: Member \$22 / Non-Member \$45

PHANTOMS SWIM TEAM

FEE: Member \$85 / Non-Member \$130
For more information, contact:
Doug Nist at ext. 1201 or
pick up a flyer in the lobby.



WATER FITNESS

Go to ymcastark.org/schedules to see the current Branch pool schedule.

CLASS NAME	MON	TUE	WED	THU	FRI	SAT
ARTHRITIS	12:00pm		12:00pm		12:00pm	
AQUA BOOT CAMP			7:00pm			
DEEP WATER AEROBICS	9:30am 6:15pm		9:30am	6:15pm	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		10:00am		10:00am		



GROUP EXERCISE

SPECIAL POPULATIONS CLASSES

DIABETES PREVENTION PROGRAM

For individuals 18 & up.

This class is for those who are at high risk for developing Type II Diabetes.

This is not for people who currently have diabetes.

Classes have ongoing enrollment until full.

David, Eric Snow and Alliance YMCAs are all optional locations for classes.

For more information, call 330-994-0013 or email preventdiabetesymca@gmail.com.



GROUP EXERCISE

CARDIO

Low Intensity	Medium Intensity	High Intensity
Low Impact SilverSneakers® Classic Easy Rider–no impact	No Impact Group Cycling	Moderate Impact Power Hour Tabata
Moderate Impact Active Older Adults (AOA)	Turbo Kick® Zumba®	Higher Impact To the Limit Cardio X-Train Challenge
Zumba Gold® Toning	Interval Blast	Boot Camp Spin/Cardio Combo

STRENGTH AND CORE

Strength	Flexibility/ Balance
Moderate Intensity Hard Core Total Body Toning Pilates	Low Intensity Chair Yoga Yoga Family Yoga
Strength Training Strength, Balance & Core	Moderate Intensity Power Yoga
Higher Intensity Boot Camp	Yoga Pilates Infusion High Intensity PiYo™

For Group Exercise schedules go to: ymcastark.org/schedules-paul-carol-david-ymca
 1. Select the Schedules tab (on the left) and search by branch
 2. Select the link under Schedules for Group Exercise



PERSONAL TRAINING: MEMBERS ONLY

STARTER KIT: INCLUDES BODY COMPOSITION AND 2 ONE-HOUR SESSIONS	\$85			
	1 SESSION	4 SESSIONS	8 SESSIONS	12 SESSIONS
ONE – ON – ONE PERSONAL TRAINING	\$40	\$152	\$288	\$408
PARTNER PERSONAL TRAINING	\$60	\$240	\$480	\$720

SMALL GROUP TRAINING MEMBERS ONLY

5 WEEK SESSIONS: FEE BASED CLASSES	FEE	MON	TUE	WED	THU	FRI	SAT
WOMEN ON WEIGHTS	\$45	9:30am 10:30am 6:00pm		9:30am 10:30am 6:00pm			
WOMEN ON WEIGHTS + CARDIO (SUMMER 1 ONLY)	\$45		6:00am 7:15am 8:30am		6:00am 7:15am 8:30am		
TRX SUSPENSION TRAINING	\$25					9:45am	
SMALL GROUP YOGA STUDY	\$32			10:30am			

SPECIALTY FITNESS CLASSES

CLASS	AGE/GRADE	DAY	TIME / PLACE	MEMBER	NON-MEM
BOXING (SUMMER 1 ONLY)	18 & up	Mon. Wed.	5:30am/Rabbitt 9:15am/Rabbitt	\$18	\$26
BOOTCAMP	18 & up	Tue., Wed. & Thu.	5:45am/JHS track	\$35	\$50
ADVANCED GOLF FITNESS	13 & up	Mon.	6:45pm/MPR	\$45	\$60

CHILDCARE

No Registration Fee/ Each Child needs a complete registration packet. Sign up for 1 week or the whole summer! Financial Assistance Available

INTENTIONALLY AWESOME



CONTACT:

Lyndsay Gatto, Child Care Director
lgatto@ymcastark.org

SUMMER DAY CAMP 2017
Registration now open
WEEKLY RATES
(JUNE 5-AUGUST 18)

LOCATED AT JACKSON MIDDLE SCHOOL

K-CAMP	Member	Non-Member
Part-time (1-3 days)	\$100.00	\$110.00
Full-time (4-5 days)	\$135.00	\$145.00
JR. DAY & DAY CAMP	Member	Non-Member
Part-time (1-3 days)	\$110.00	\$125.00
Full-time (4-5 days)	\$140.00	\$160.00
CAMP MID	Member	Non-Member
Part-time (1-3 days)	\$115.00	\$130.00
Full-time (4-5 days)	\$145.00	\$165.00

PAUL & CAROL DAVID YMCA Kickoff to Summer at ROYAL DOCKS BREWING CO.

FUNDRAISER Event Sponsored by Paragraphics, Inc.

WHEN: Thursday, May 18

TIME: 6:00 - 9:00pm

COST: \$50/individual / \$90/couple (21 and older only)

Silent auction and games

Tickets available at:

Paul & Carol David YMCA and David Y Board members & staff
and online at <https://ymcastark.wufoo.com/forms/paul-carol-david-ymca-kickoff-to-summer/>

Hurry - only 125 tickets available

Ticket price includes: Heavy hors d'oeuvres & 2 drink tickets
All proceeds benefit our financial assistance program



SPORTS & RECREATION

Summer 1 & 2
5 week sessions



PRESCHOOL	SEASON / SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM.
PEEWEE TENNIS	2 week sessions	Ages 4-6	Mon.-Thu.	9:15-10:00am	\$38	\$69
HEALTHY KIDS FUN RUN	July 29	Ages 1-13	Sat.	9:00am	\$8	\$10
YOUTH SPORTS						
PEEWEE T-BALL	June 26-July 27	Ages 3.5-6	Mon./Wed., Thu.	Varies day/time 6 & 7 pm	\$39	\$69
PEEWEE SOCCER	July 31-Aug 23	Ages 3.5-6	Mon./Wed.	Varies 6 & 7pm	\$36	\$67
YOUTH TENNIS	2 week sessions	Ages 7-9	Mon.-Thu.	10:00-11:00am	\$42	\$71
YOUTH RUNNING	July 11 - 27	Ages 4-12	Tue. & Thu.	6:30-7:30pm	\$36	\$60
ART, GYM & SWIM	Summer 1 & 2	Ages 6-9	Thu.	10:30am-	\$33	\$53
FLOOR HOCKEY	Summer 1	Grades K -5	Thu.	5:30-6:30pm	\$29	\$49
ART & GYM	Summer 1 & 2	Ages 4-8	Fri.	10:00-11:00am	\$27	\$45
YOUTH CONDITIONING	Summer 1 & 2	Ages 7-13	Wed.	5:45-6:45pm	\$25	\$37
HEALTHY KIDS FUN RUN	July 29	Ages 1-13	Sat.	9:00am	\$8	\$10

TEEN SPORTS	SEASON/ SESSION	AGE/GRADE	DAY	TIME /PLACE	MEMBER	NON-MEM
OPEN VOLLEYBALL		Grade 6-10	Thu.	7:30-8:30pm	Free	\$4/Night
JR. TENNIS	2 week sessions	Ages 10-15	Mon.- Thu.	10:45-11:45am	\$42	\$71
ADULT SPORTS						
OPEN BASKETBALL		18 & up	Tue./Thu	5:30-7:00am		
OPEN VOLLEYBALL		16 & up	Thu.	8:35-9:45pm	Free	\$5/Night
BEGINNER TENNIS	2 week sessions	16 & up	Mon-Thu	9:30-10:30am	\$28	\$50
MARTIAL ARTS						
KARATE	Summer 1 & 2	Ages 6 & up	Mon.	4:30-6:00pm	\$37	\$63

DANCE

DANCE	AGE/GRADE	DAY	TIME	MEMBER	NON-MEMBER
FAIRY TALE DANCE (SUMMER 1)	3-5 years	Wed.	10:45am	\$18	\$25
BALLET (SUMMER 1)	4-7 years	Wed.	11:35am	\$25	\$37
STORYBOOK YOGA (SUMMER 2)	1-6 years	TBD	TBD	\$15	\$21

PRESCHOOL PROGRAMS

	SEASON/ SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM
ART, GYM & SWIM	Summer 1 & 2	Ages 3-5	Tue.	10:30am-12:00pm	\$33	\$53

TINY TRACKS Ages 3 1/2-6	TIME: 9:30-10:15am DATES (Wed)
EXPLORE THINGS THAT FLY	June 14
GOING ON A HIKE	June 28
HAPPY BIRTHDAY, USA	July 5
DOWN IN THE SWAMP	July 19
CARNIVAL FUN	August 2
AT THE BEACH	August 16
COST/class: Member \$4 / Non-Member \$6	



PICKLEBALL

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



FAMILY EVENTS

FAMILY YOUTH & TEENS	AGE	DATE	TIME	MEMBER	NON-MEM
TWEENS FIT 'N FUN	Ages 7-13	Thu.	9:45-10:45am	Free	\$2/Class
TWEENS YOGA	Ages 7-13	Tue.	9:45-10:45am	Free	\$2/Class
BUILD A FAMILY FORT	Grades K-5 w/parent	June 28	2:00-3:15pm	Register at starklibrary.org	
FAMILY EVENTS	DATE	TIME	MEMBER	NON-MEM	
HOMEWORK BURNING PARTY	May 26	8:30-11:00pm	\$5	\$7	
KIDS NIGHT OUT	June 16	5:00-8:00pm	\$12/\$17	\$18/\$23	Pre/Late
KIDS NIGHT OUT	Aug 4	5:00-8:00pm	\$12/\$17	\$18/\$23	Pre/Late

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
JUNE 1	9:00am-1:00pm
JULY 24	5:00-9:00pm
AUG 26	9:00am-1:00pm
BASIC FIRST AID	
JULY 19	6:00-9:00pm
AUG 23	6:00-9:00pm



SENIORS

SENIOR FUN CLUB FEE: Member: FREE Non-Member: \$5.00

- Second Wednesday of month at 12:30-3:00pm unless otherwise noted in monthly flyer
- Registration required - Additional fee may be required depending on event

June 14	11:30am-Lunch at Dutch Valley Restaurant followed by "THE HOME GAME" at the new state-of-the-art OHIO STATE THEATER. \$54.00 for all
July 12	HISTORIC FIRESTONE STADIUM-WOMENS' PROFESSIONAL SOFTBALL 12:05pm Pre-game activities 11:00am-FREE PARKING. Hot dog, chips & drink included with \$5 ticket. Seating undercover
August 9	CANTON REGENCY-lunch and entertainment

DATES TO REMEMBER: SUMMER 1 & 2

May 18	Kickoff to Summer Event at Royal Docks (Annual Campaign Fundraiser)
May 26	Homework Burning Party
May 27-June 5	Pool Closed for Annual Maintenance. Re-opens June 6
June 28	Build a Family Fort—2:00-3:15pm Register at starklibrary.org or at 330-833-1010
July 29	Healthy Kids Fun Run

