



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

FALL 1 & 2
ERIC SNOW FAMILY YMCA
 420 - 3RD STREET, NW - CANTON, OH

DAYS	BUILDING HOURS	ECCC
Mon. - Thu.	5:30am - 8:00pm	8:00am - 8:00pm
Fri.	5:30am - 6:00pm	8:00am - 5:00pm
Sat.	7:00am - 3:00pm	12:00pm - 5:00pm
Sun.	CLOSED	CLOSED

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

The Eric Snow Family YMCA is proud to partner with the City of Canton Park & Recreation Department



CONNECT WITH US



FINANCIAL ASSISTANCE AVAILABLE

SWIMMING

Swim Class FEE FOR ALL LEVELS: 7 Week Sessions

1 day/week Member: \$28 Non-Member: \$59

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

PARENT/CHILD (6MO-3YR)	MON	TUE	WED	THU	FRI	SAT
STAGE A (PARENT/CHILD -30 MIN)		5:30pm		5:30pm		
PRESCHOOL (3YR-K) 45 MIN						
STAGE 1 & 2		6:00pm		6:00pm		
STAGE 3		6:00pm		6:00pm		
STAGE 4		6:00pm		6:00pm		
YOUTH (GRADE 1 & UP) 45 MIN						
STAGE 1 - 3		6:45pm		6:45pm		
STAGE 4 - 6		6:45pm		6:45pm		
WATER FITNESS						
AQUA FLEX	9:00 am		9:00 am		9:00 am	
AQUA JOGGING	5:30 pm			5:30 pm		



The Y offers swimming programs that are more than just techniques and strokes. They are about nurturing lifesaving swimming skills, developing self-esteem and creating positive experiences that last a lifetime. Instructors will help your child learn techniques to swim, teach water safety, the Y pool rules and basic emergency procedures, while learning and practicing their skills in a safe and caring atmosphere.

Thanks to a Learn to Swim Grant through the Y-USA, the Eric Snow Family YMCA is partnering with the Stark Metropolitan Housing Authority and Stark County Community Action Agency in to provide FREE, 7-Week swim lessons.

Call Lee, Aquatics Coordinator at 330 458 2403 for more information.

ACTIVE OLDER ADULTS

CLASS NAME	MON	TUE	WED	THU	FRI
COFFEE & COLORING	10:00am				
LUNCH N' LEARN			12:00pm		

SPORTS & RECREATION



FALL 1 & 2

7 week sessions

Contact: Whitney Humphrey @
whumphrey@ymcastark.org
Financial Assistance Available.

SMALL STUFF	SEASON/ SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM.
FLAG FOOTBALL	FALL 1	AGES 3 - 4	Mon	6:00pm - 6:30pm	\$24	\$48
BASKETBALL	FALL 2	AGES 3 - 4	Mon	6:00pm - 6:30pm	\$24	\$48
TINY TOTS SPORTS						
FLAG FOOTBALL	FALL 1	GRADES K - 2	Mon	6:30pm - 7:15pm	\$28	\$56
BASKETBALL	FALL 2	GRADES K - 2	Mon	6:30pm - 7:15pm	\$28	\$56
YOUTH SPORTS						
TACKLE FOOTBALL	FALL 1	GRADES 4 - 7	Sat	TBD	\$28	\$56
CITY LEAGUE BASKETBALL	FALL 2	GRADES 3 - 5	Sat	TBD	\$45	\$65
TEEN SPORTS	SEASON/ SESSION	AGE/GRADE	DAY	TIME /PLACE	MEMBER	NON-MEM
MIDDLE SCHOOL BASKETBALL	FALL 2	GRADES 6 - 8	Sat	TBD/ECCC	\$28	\$56
HIGH SCHOOL BASKETBALL	FALL 2	GRADES 9 - 12	Sat	TBD/ECCC	\$28	\$56
ADULT SPORTS						
VOLLEYBALL	FALL 1	18 & OLDER	Thu	6:00pm/ECCC	\$40	\$40
BASKETBALL	FALL 2	25 & OLDER	Sun	2:00pm/ECCC	\$40	\$40
FAMILY TIME	SEASON / SESSION	AGE/GRADE	DAY	TIME	MEM BER	NON-MEM.
MOVIE NIGHTS	ALL	GRADES 3 - 8	2ND FRIDAYS	6:00pm/ECCC	\$1	\$1
KIDS NIGHT OUT	ALL	GRADES 3 - 8	1ST and 3RD FRIDAYS	6:00pm - 10:00pm 1st Friday - ESY 3rd Friday - ECCC	\$5	\$10

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!



GROUP EXERCISE

LAND CLASSES			WATER CLASSES
Silver Sneakers Circuit	Hard Core	Cardio Box	Aqua Flex
Body Ball	Zumba®	Kickboxing	Aqua Jogging
H.I.I.T	Stretch & Release	Mix it Up	For Pool, Gym and Group Exercise schedules go to: ymcastark.org 1. Select the Schedules tab (on the left) and search by branch (Eric Snow Family) 2. Select the link under Schedules for Group Exercise or Pool
Cycling	Circuit Training	Running Club	
Yoga	Line Dancing	Chair Yoga	

PERSONAL TRAINING: MEMBERS ONLY

STARTER KIT: INCLUDES BODY METRIX ASSESSMENT 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

7 WEEK SESSIONS: FEE BASED CLASSES	FEE	MON	TUE	WED	THU	FRI
WOMEN ON WEIGHTS (2x PER WEEK) 60 MIN	\$85	4:00pm		4:00pm		
SUSPENSION TRAINING 30 MIN	\$55				6:45pm	
KICKBOXING (2X PER WEEK) 60 MIN	\$50/\$85		5:30pm		6:30pm	

SPECIAL POPULATIONS CLASSES

DIABETES PREVENTION PROGRAM


29 MILLION AMERICANS HAVE **DIABETES**
86 MILLION AMERICANS HAVE **PREDIABETES**

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 Lake YMCAs are all optional locations for classes. For more information, call 330 994 0013 or email preventdiabetes@gmail.com

FITNESS CHALLENGES , MASSAGE THERAPY & SPECIAL EVENTS

COMMIT TO BE FIT	Weekly Weigh-in, Group Ex Class; prizes, fun and accountability Fall 1 and 2: \$25 per session	BE STRONGER! Look for FREE mini-challenges in the Wellness Center Ask staff for details.
MASSAGE THERAPY	Reflexology Relaxation Massages for Women: Reflexology Massage on your face, hands, and feet; Relaxation massage on your arms, legs and back. 1 hour session = \$40	
WELLNESS - A - THON	Every Saturday throughout the month of October, our Wellness Department will hold a different fitness fundraiser benefiting our Annual Campaign. Events include cycling, kickboxing, Zumba and Yoga	