



# WINTER/SPRING 2019 PAUL & CAROL DAVID YMCA

DAYS	BUILDING HOURS	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	START DATE	END DATE
<b>WINTER 1 (7weeks)</b>	<b>Monday, Jan. 7, 2019</b>	<b>Saturday, Feb. 23, 2019</b>
Registration dates:	Member: Dec. 10, 2018	Non-Member: Dec. 13, 2018
Break Week	Monday, Feb. 25, 2019	Saturday, March 2, 2019
<b>WINTER 2 (7weeks)</b>	<b>Monday, March 4, 2019</b>	<b>Saturday, April 20, 2019</b>
Registration dates:	Member: Feb. 18, 2019	Non-Member: Feb. 21, 2019
<b>SPRING (5weeks)</b>	<b>Monday, April 22, 2019</b>	<b>Saturday, May 25, 2019</b>
Registration dates:	Member: April 8, 2019	Non-Member: April 11, 2019
Break Week	Monday, May 27, 2019	Saturday, June 1, 2019



# SWIMMING

**WINTER 1 & 2** (7weeks) 1 day/week

Member: \$32 Non-Member: \$62

**SPRING** (5weeks) 1 day/week

Member: \$23 Non-Member: \$45

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

PRESCHOOL - 30 MIN	MON	TUE	THU	SAT	
STAGE A	9:30am	6:05pm		9:45am	
STAGE B	6:05pm	10:00am		10:30am	
PRE-STAGE 1			10:00am	9:00am	
PRESCHOOL - 45MIN					
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	
YOUTH/ ADULT - 45 MIN	MON	TUE	WED	THU	SAT
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	11:00am
STAGE 5				7:00pm	10:00am
STAGE 6				7:00pm	10:00am
TEEN/ADULT SWIM					11:00am
FUTURE PHANTOMS		6:05pm			
DIVE CLASS			6:05pm		
ASD SENSORY EXPERIENCE* 30 MIN	Member \$55 Non-Member \$75				11:00am



Swimming Lessons at the Alliance Family YMCA



Swim lessons and hard work paid off for Carlo! Meyers Lake YMCA

For more information, contact:  
Dara Gaut, ext. 1108  
[dgaut@ymcastark.org](mailto:dgaut@ymcastark.org)

# COMPETITIVE SWIM TEAM

COMPETITIVE SWIM	SEASON	DAY	TIME	MEMBER	NON-MEMBER
A.M. AQUATIC CLUB	All	Tue, Wed, Fri	5:30am	Winter: \$50 Spring: \$38	N/A
STROKE CLINIC	Spring	Mon-Thu	5:00-6:00pm	\$55	\$85

## 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
- Season: Through March 2019

For more information, contact: Doug Nist at ext. 1201, email at [dnist@ymcastark.org](mailto:dnist@ymcastark.org) or pick up a flyer in the lobby.

# WATER FITNESS

CLASS NAME - 45 MIN	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						8:15am
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		



Water Aerobics Class at the Eric Snow Family YMCA

# SPECIALTY CLASSES

## 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 833 438 1312 or visit [ohioymcadiabetesprevention.org](http://ohioymcadiabetesprevention.org) for more details.

# GROUP EXERCISE

For specific information on **FREE** group exercise classes and programs, please go to [ymcastark.org/schedules-paul-carol-david-ymca](http://ymcastark.org/schedules-paul-carol-david-ymca) and click on the current Group Exercise schedule.

## PERSONAL TRAINING: MEMBERS ONLY

STARTER KIT: INCLUDES FITNESS ASSESSMENT AND 2 ONE-HOUR SESSIONS				\$89
FITNESS ASSESSMENT (1 HOUR)				\$42
	<b>1 SESSION</b>	<b>4 SESSIONS</b>	<b>8 SESSIONS</b>	<b>12 SESSIONS</b>
<b>ONE – ON – ONE PERSONAL TRAINING 30 MIN</b>	\$25	\$95	\$180	\$255
<b>ONE – ON – ONE PERSONAL TRAINING 1 HOUR</b>	\$42	\$159	\$302	\$428
<b>PARTNER PERSONAL TRAINING</b>	\$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>	WINTER: \$65 SPRING: \$45	Mon /Wed.	10:30am
WOMEN ON WEIGHTS + CARDIO	<b>60 MIN</b>	WINTER: \$65 SPRING: \$45	Tue./Thu.	6:00am, 7:15am, 9:30am
W.O.W. GIRLS NIGHT OUT	<b>60 MIN</b>	WINTER: \$33 SPRING: \$24	Fri.	5:00pm
TRX SYNRGY	<b>45 MIN</b>	WINTER: \$40 SPRING: \$30	Fri.	9:30am

## SPECIAL FITNESS CLASSES

	DAY	TIME	MEMBER	NON-MEMBER
<b>YOUTH CONDITIONING</b>				
<b>Y PUMP (MEMBER ONLY)</b>				

## FITNESS CHALLENGE EVENTS

<b>ESPRESSO CHALLENGES</b>	Monthly challenges on the Espresso bikes. See Wellness Center attendant for help setting up your account.
<b>WEIGHT LOSS CHALLENGE</b>	Winter 1. Fee TBD. Start off the New Year with the goal of a new, healthier you! Includes education, challenges & tracking.
<b>PICK A PEAK</b>	Winter 2. \$10. Can you reach the summit? We track your workout frequency as you progress through this 7-week challenge. Commit to your goal and receive a commemorative shirt!

# 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	Winter: \$47 Spring: \$36	Winter: \$69 Spring: \$55
TINY TRACKS	10 classes	3 - 6 years	Thu.	9:30 - 10:15am	\$4/class	\$6/class
DATES/THEMES	Jan. 3 - Hats off to a New Year Jan. 17 - Frosty Friends Jan. 31 - Winter Sports Feb. 14 - Heart Party Feb. 28 - Birds of a Feather			March 14 - Find a Pot of Gold April 4 - April Showers April 18 - Hippity Hop May 2 - Spring, Spring, Spring May 14 - Ready, Set, Garden!		

## CHILD CARE

### SUMMER DAY CAMP

We're committed to serving Stark County families year-round, which is why we offer Day Camp for kids entering kindergarten through 8th grade, throughout the summer. Campers get to experience the best of science, arts and crafts, theater, field trips, cooking, swimming, team building and games, all in a safe and engaging environment.



**WHERE SUMMER HAPPENS.**

**REGISTRATION BEGINS MARCH 1!**

### BEFORE AND AFTER SCHOOL 2018.19 /K- 6TH GRADE

The Y's Before & After School Program provides youth with a safe place to go before and after the bell. More importantly, it helps youth realize who they are and what they can achieve.

#### No School, No Problem.

We offer Fun Club Days for children Grades K-6 on days when school is not in session. The theme-based day of fun and adventure incorporates a variety of activities: arts and crafts, games, singing and free play.

**For more information, please contact:**

Lyndsay Gatto at [lgatto@ymcastark.org](mailto: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
  - January 9- Lunch followed by presenter, Mike Gallina
  - February 13- Lunch followed by presenter, Richard Haldi
  - March 13- Lunch followed by program TBD
  - April 10 - Lunch followed by Style Show
  - May TBD- 10<sup>th</sup> Annual Senior Health & Fitness Day
- FEE: Member: FREE Non-Member: \$5.00

### PICKLEBALL

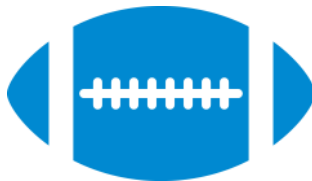
- **EVERY THURSDAY**  
**12:30-2:30 PM**
- **SIRPILLA GYM**



# SPORTS & RECREATION

Winter 1 & 2 are 7 week sessions / Spring is a 5 week session

SMALL STUFF	SEASON / SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM.
BASKETBALL	Winter 1	3 & 4 w/ parent	Sat.	10:00-10:45am	\$36	\$60
T-BALL	Winter 2	3 & 4 w/ parent	Sat.	10:00-10:45am	\$36	\$60
SOCCER	Spring	3 & 4 w/ parent	Sat.	10:00-10:45am	\$27	\$45
<b>YOUTH SPORTS</b>						
YOUTH RUNNING	Winter 1 (5 wks.)	Ages 4 - 13	Mon.	4:45—5:45pm	\$38	\$60
Y SPORT SERIES	Winter 1	Ages 4-5 Ages 6-9	Wed. Wed.	5:45-6:30pm 6:30-7:30pm	\$36 \$42	\$60 \$69
FLOOR HOCKEY (6 WEEKS)	Winter 1	Grades K - 4	Thu.	5:30-6:30pm	\$35	\$59
4-6 YR. OLD T-BALL SKILLS	Winter 2	Ages 4 - 6	Sat.	11am or 12pm	\$42	\$69
YOUTH VOLLEYBALL	Winter 2	Grades 1-3 Grades 4-6	Thu.	5:45-6:45pm 6:50-7:50pm	\$42	\$69
4-6 YEAR OLD SOCCER LEAGUE	Spring	Ages 4 - 6	Sat.	Varies w/ 11am start	\$32	\$54
SPRING BREAK TRACK CLINIC	March 27	Ages 4 - 13	Wed.	12:00-2:00pm	\$6	\$10
LACROSSE CLINIC	TBD	Ages 6 - 10	TBD	TBD	TBD	TBD
YOUTH TRACK	Spring	Ages 4 - 13	Mon.	4:30-5:30pm	\$38	\$60
LACROSSE	Spring	Ages 6 - 10	Wed.	5:45-7:15pm	\$40	\$68
FLAG FOOTBALL PROGRAM	Spring	Grades K - 4	Thu.	5:30-6:30pm	TBD	TBD
<b>TEEN SPORTS</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	Free	\$9
OPEN ADULT BASKETBALL		16 & up		8:00-10:00pm	Free	\$9
OPEN ADULT BASKETBALL		16 & up	Sat.	7:00-9:00am	Free	\$9
OPEN ADULT VOLLEYBALL		16 & up	Thu.	8:35-9:45pm	Free	\$5/Night



## DANCE

DANCE	AGE/GRADE	DAY	TIME	MEMBER	NON-MEM
FAIRY TALE DANCE	3-5 years	Sat	9:50-10:35am 10:40-11:25am	Winter: \$30 Spring: \$18	Winter: \$40 Spring: \$25
BALLET	4-7 years	Sat	9:00-9:45am	Winter: \$40 Spring: \$25	Winter: \$55 Spring: \$37

## FAMILY EVENTS

FAMILY EVENTS	AGE	DATE	TIME	MEMBER	NON-MEM
FLICK & FLOAT	Families	Jan. 12	5:00-7:00pm	\$5/family	\$10/family
KIDS NIGHT OUT	Ages 5-11	Feb. 8 May 3	6:00-9:00pm	\$12 pre-reg. \$17 late reg.	\$18 pre-reg. \$23 late reg.
TEEN NIGHT	Grades 6-9	Mar. 2	TBD	\$3 pre-reg. \$5 late reg.	\$5pre-reg. \$8 late reg.
MAGIC SHOW	Families	Mar. 15	6:30-8:30pm	\$5/child \$7/adult	\$6/child \$8/adult
EASTER EGGSTRAVAGANZA	None	Apr. 6	9:00-10:15am	\$3/child	\$6/child
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
OPEN MIC NIGHTS	Ages 11 - 18	3rd Wed./ month	7:00-8:00pm	Free	Free
GAMING CLUB	Ages 6 - 10 Ages 11 - 17	2nd Tue./ month	5:30-6:30pm 6:30-7:30pm	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!				

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



**FUNDRAISER**  
 Event Sponsored by  
**Paragraphics, Inc.**

**SAVE THE DATE!**

**WHEN: Thursday, May 23**  
**TIME: 6:00 - 9:00pm**

All proceeds benefit our financial assistance program

# COMMUNITY PROGRAMS & TRAINING

## FEE for CPR & First Aid Certifications

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

ASHI CPR CERTIFICATION	TIME
January 26	9:00am-1:00pm
March 23	9:00am-1:00pm
May 18	9:00am-1:00pm
BASIC FIRST AID	
February 24	9:00am-12:00pm
April 20	9:00am-12:00pm

## 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

## DATES TO REMEMBER: WINTER /SPRING

January 1	New Year's Day—open 10:00am-4:00pm
January 12	Flick & Float—Movie TBD
February 8	Kids Night Out
March 2	Teen Night
March 3	Indoor Triathlon
March 15	Magic Show
April 6	Easter Eggstravaganza
April 20	Easter Sunday CLOSED
April 27	Healthy Kids Day
May 3	Kids Night Out
May 23	Kickoff to Summer at Royal Docks

# YMCA CAMP TIPPECANOE

## LET THE COUNTDOWN TO CAMP BEGIN!

YMCA Camp Tippecanoe is a traditional overnight camp for boys and girls ages 6-18. At the Y, we play, spend lots of time outside, swim, and build character! Camp Tippecanoe is a summer camp like no other. It's run by a team you can trust, who are trained and ready to bring creativity to camp.

We look forward to making a great summer filled with memories for your child. Follow us to Camp Tipp by visiting [www.ycamp Tipp.org](http://www.ycamp Tipp.org) or following us on Facebook, Instagram, or Twitter.



PRE-REGISTER & SAVE!