

DOIN'S AT THE DAVID YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PAUL & CAROL DAVID YMCA

7389 Caritas Cir NW, Massillon OH 44646

July 2017

ymcastark.org

NEWS FROM THE PAUL & CAROL DAVID YMCA OF JACKSON TOWNSHIP



SUMMER BASKETBALL CAMP

With Coach Sam Jones of the Canton Charge



JULY 24-25:

K-2nd grade 5:45-6:55p

3rd-5th grade 7-8p

Members—\$12 Non-Members—\$16

July 26-28:

6th-8th grade 6-8:15

Members—\$22 Non-Members—\$30

Developing fundamental basketball skills, life skills, & character values through positive reinforcement and fun. This camp will focus on both offensive & defensive skills and include playing situations for the older kids. Limited spots available. Register online or at the Welcome Desk.

IN THIS ISSUE

Summer Basketball Camp

Senior Fun Club

Healthy Fun Run

Youth Programming

Fall Child Care

Health & Wellness

Reasons to Get a Jump Start

HOURS

Mon-Thu. ...5:00 am ~ 10:00 pm

Friday ...5:00 am ~ 8:00 pm

Saturday ...6:00 am ~ 6:00 pm

Sunday...10:00 am ~ 3:00 pm

QUESTIONS, COMMENTS, IDEAS?

Contact Jean Campbell at :

jcampbell@ymcastark.org



YOUTH & TEEN EVENTS

7/6 Slip-N-Slide Kickball

10:30 AM - 12:00 PM (Age 7-10) 7:00 PM - 8:30 PM (Age 11-15)

Cost: Member: \$3 / Non-Member: \$5 Registration Required

"Enjoy Kickball? Like Slip-N-Sliding? Check out this fun, wacky, and wet game combining the two! Held outside (weather permitting). Make a splash at the David Y!

7/10 Pearler Bead Art Designs!

9:30 - 10:30 AM - PVR **Cost: \$3 Registration Required (Age 6+)**

"Use your imagination to create fun & playful designs using pearler beads! Animals, flowers, cartoon/video game characters, the possibilities are endless.

7/11 Pokémon & Gaming Club

5:30 - 6:30 PM - Teen Room (Age 6-10)

6:30 - 7:30 PM - Teen Room (Age 11-18)

"All card, board, & video gamers welcome! Multiple game stations, including tabletop, projector screen, Wii U, Xbox 360, Wii, retro consoles, card trading, battling and more!"

7/12 Egg Drop Challenge!

9:30 - 10:30 AM - PVR / Outdoors **Cost: \$3 - Registration Required (Age 7+)**

"Your task is simple, engineer a capsule that will protect your egg from destruction. We will build from raw materials & test them outside. Things could get messy!"

7/13 Jackson Park Teen Hangout! Sponsored by the Y Teen Leaders

6:00 PM - 8:00 PM - North Pavilion (weather permitting)

Cost: FREE / Teens Age 11-17

"Service & Fun! Help us hand out water & snacks at the park then hang out & play beach volleyball, basketball, 4 square, corn hole, & more! Meet current David Y Teen Leaders & learn about our club. Bring a friend to hang out on a summer night!"

7/15 Minute 2 Win it: Family Edition

6:00 PM - 8:00 PM Teen Room, MPR, PVR, Rabbitt Gym **Cost: Free**

"Work together as a family to compete around the Y at our activity stations. You only have one minute to win it!"

7/18 Balloon-Powered Go-Karts!

6:30 - 7:30 PM - PVR / Outdoors

Cost: \$3 - Registration Required (Age 7+)

"Build your very own self-propelled go-kart from simple household items! Once assembly is complete we'll race them!"

7/24 Make & Take Canvas Art!

9:30 - 10:30 AM - PVR (Age 6+) **Cost: \$5 - Registration Required**

FALL CHILD CARE

Parents - back to school is just around the corner! What are you going to do with your kids while you are at work?

Sign up for our Before & After School Program located in each of the Jackson Local Schools elementary buildings! Care begins Aug. 22 at 6:45 am until school starts, and then after school until 6:30 pm.

No registration fee required. School starts August 22nd. Packets available online or at the Y and are due by August 3rd.

Don't wait until the last minute! Register today to ensure that your child has a spot!

SUMMER 2 PROGRAMS

Signups have begun for our Summer 2 session.

Session begins week of July 17 and continues through Saturday, August 19.

YOUTH RUNNING

WHO: Ages 4-13

WHEN: Tue & Thu 6:30-7:30pm

July 11, 13, 18, 20, 27

WHERE: Field behind David Y

FEE (includes participation in David Y Healthy Fun Run for Kids):

Member: \$36

Non-Member: \$60

***Financial assistance is available**

Register for programs and events at the Welcome Desk, by phone or online today!

DIABETES PREVENTION PROGRAM

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

To find out if you qualify or for more information, contact:

330-994-0013 or email at preventdiabetes@gmail.com

2017 HEALTHY FUN RUN

Are you looking for a fun and healthy activity for your children ages 13 and younger to participate in this summer AND help raise funds for our Annual Campaign financial assistance program?

There are 4 races this year:

- 200 meter fun run for ages under 5
- 400 meter fun run for ages 6 and under
- 800 meter race
- 1 mile race

All kids will receive a ribbon and a snack. The top 3 in the 800 and 1 mile races receive a medal!

HEALTHY FUN RUN FOR KIDS

Date: Sat. 7/29/17

Time: 9 am

Place: David YMCA

Fee: Member: \$8/child donation

Non-Member: \$10/child donation

Register NOW! Don't miss out on the FUN! All kids registered for the Youth Running Program can participate for free!



Senior Fun Club Akron Racers Game Women's Professional Softball

WHEN: Wednesday July 12

Pre-game activities start: 10:30am

Game starts: 12:05pm

WHERE: Historic Firestone Stadium

Deadline to register: Monday, July 10

Fee: \$5.00 for all

Includes stadium ticket (under covered area), hot dog, chips, drink and free parking

HEALTH& WELLNESS

TOP 10 REASONS TO GET A JUMP START

Jump Start is an introduction to our facility and programs that can help you achieve your goals.

1. It's free with your membership!
2. Learn proper long and short-term goal setting strategies
3. Minimize barriers to exercise
4. Get better acquainted with ALL the Y has to offer
5. Receive an in-depth orientation of our fitness equipment
6. Introduce your 10 year-old (or above) child to proper gym etiquette and safety
7. Trained Lifestyle coaches will help answer questions about leading a healthier active lifestyle
8. Research shows that you're less likely to quit your routine after you've met with our coaches
9. Returning participants will receive a \$10 gift certificate that is good toward any fee-based program
10. All members will receive unlimited support and encouragement from our entire wellness team

SUMMER SESSION 2

July 18 - August 17

Boot Camp

WHEN: Tues, Wed, & Thu at Netz Stadium @ JHS

5:45-6:45am

FEE: Member—\$35 Non-Member—\$50

Small Group Yoga Study

Class includes activities in self-exploration and positive affirmation. Perfect for beginners or those interested in adopting yoga principles into their life.

WHEN: Wednesdays 10:15a in Conference Room

FEE: \$32—Member only

TRX Suspension

A vigorous 45 minute class using TRX Suspension Training System to improve strength, muscle tone, and body control.

WHEN: Fridays 9:45a

FEE: \$25—Member only

Women on Weights

WHEN: Mon & Wed

10:30-11:30am

6:00-7:00pm

FEE: \$45—Member only

FAMILY BOOT CAMP

A FREE family-friendly class for adult participants WITH their children! **Parent must accompany and participate with children.** A combination of cardio, strength, balance and agility exercises creates a moderate to heavy workout.

Thursdays at 10:15am!

PERSONAL TRAINING

Fitness Assessment

Includes testing for muscular strength/endurance, cardiovascular performance, and body composition.

FEE: Members—\$30 Non-Members—\$50

Body Composition

Uses skinfold calipers to measure body composition through a 7-site skinfold pinch test.

FEE: Members—\$15 Non-Members—\$25

*After purchasing fitness assessment or body composition, contact Michael Poulsen, Director of Specialized Exercise, to schedule appointment at mpoulsen@ymcastark.org or (330) 830-6275.