



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WINTER/SPRING 2019 NORTH CANTON YMCA

COMMUNITY BUILDING | 200 South Main St | 330.499.2587 | www.ymcastark.org

DAYS	BUILDING HOURS	CHILDCARE	YOUTH LOBBY
Monday-Friday	5:00am- 10:00pm* *Closes at 9:00pm on Fridays	8:00am-1:30pm 4:30pm-8:30pm	3:00pm-8:30pm
Saturday	6:00am - 9:00pm	8:00am - 1:30pm	8:30am - 3:00pm
Sunday	10:00am - 6:00pm	11:00am - 3:00pm	11:00am - 3:00pm

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

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR PROMISE: No one will be turned away from the YMCA due to an inability to pay.

Financial Assistance Available

TEXT @NCYMCA TO #81010
 FOR YMCA ALERTS



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 to see the current branch pool schedule.

PARENT/CHILD	MON	TUE	WED	THU	FRI	SAT
STAGE A 30 MIN Ages 6 mo.-3 yr. Held in Small Pool	9:00 am 5:55 pm	9:40 am 5:55 pm	9:00 am 5:55 pm	9:40 am 5:55 pm	11:05 am	11:15 am 11:55 am
PRE-SCHOOL (3 YR-KINDERGARTEN)	MON	TUE	WED	THU	FRI	SAT
PRE STAGE 1 30 MIN Age 2½-3 ½ Held in Small Pool	9:40 am	9:00 am 6:30 pm	9:40 am	9:00 am 6:30 pm	10:25 am	9:40 am
STAGE 1 & 2 45 MIN Held in Small Pool	10:25 am 1:00 pm 6:35 pm 7:25 pm	10:25 am 1:00 pm 7:05 pm	10:25 am 1:00 pm 6:35 pm 7:25 pm	10:25 am 1:00 pm 7:05 pm	9:30 am 11:40 am **4:15 pm	7:55 am 8:45 am 10:25 am
STAGE 3 45 MIN	10:25 am 1:00 pm 6:35 pm	10:25 am 1:15 pm 6:15 pm	10:25 am 1:00 pm 6:35 pm	10:25 am 1:15 pm 6:15 pm	10:25 am	8:45 am 10:25 am
STAGE 4 45 MIN	10:25 am 1:00 pm 6:35 pm	10:25 am 1:15 pm 6:15pm	1:00 pm	10:25 am 1:15 pm 6:15pm		10:25 am
SCHOOL-AGE/ ADULT GRADE 1 AND UP	MON	TUE	WED	THU	FRI	SAT
STAGE 1 & 2 45 MIN	5:05 pm		5:05 pm		**5:05 pm	7:55 am (Lg. Pool)
STAGE 3 & 4	6:35 pm 7:25 pm		6:35 pm 7:25 pm		**4:15 pm **5:05 pm	7:55 am 11:15 am
STAGE 5	6:35 pm 7:25 pm		6:35 pm 7:25 pm		**5:05 pm	7:55 am 11:15 am
STAGE 6	6:35 pm 7:25 pm		6:35 pm 7:25 pm			11:15 am
DIVE CLASS Stage 5 and higher only					**4:15 pm	9:35 am
HOME SCHOOL SWIM CLASS			10:25 am			
TEEN/ ADULT CLASS				10:25 am		10:25 am

****WINTER 1 ONLY:** These swim classes begin January 25, 2019 due to a Hoover swim meet on January 11 & 18, 2019

SUMMER SWIM TEAM	Members, Ages 6-14 and high school Swimmers must be Stage 5 or better	See flyer for more details
LIFEGUARDING CLASS	Must be 16 years old by end of course See flyer for more details	Classes: April 20, 27, 28; May 4, 5 Must attend all classes
STROKE CLINIC	Must be at least 6 years old Work on improving form of the 4 swim strokes	March 19-May 16 See flyer for more details
PRIVATE/SEMI-PRIVATE 30-MINUTE SWIM LESSONS	Y members only: Call to schedule Fee: One Lesson \$23 Six Lessons \$128	

PRESCHOOL/YOUTH

KIDS NIGHT OUT	6:30-10:00 pm at the NC YMCA Community Building For ages 3 (potty trained) through 12 Includes dinner and all activities Jan. 18, Feb. 15, Mar. 15, Apr. 19	Members: \$14 per child Non-Members: \$19 per child Day of event registration: Add \$6
PARENT/CHILD YOGA	For ages 3-5 with adult Mon. 9:45-10:15 am	Members: Win 1&2 \$28 Spring \$20 Non-Members: \$56 \$40
YOUTH YOGA	For ages 6 and up Tues. 6:00-6:40 pm Held at the NC Gymnastics Center	Members: Win 1&2 \$28 Spring \$20 Non-Members: \$56 \$40

TEENS

TEEN LEADERS CLUB	Members only in grades 6-12 Meetings on Mondays 5:00-6:00pm	Yearly Fee: \$30 (Includes T-shirt) Extra fees for some events
ASHI BABYSITTING COURSE	For ages 11 and up Jan. 19 and Mar. 30, 9:00am-3:00 pm Held at the NC Child Development Center	Member: \$45 Non-Member: \$55

FAMILY

PINEWOOD DERBY	March 17; 10:00-1:00 pm	Members: \$14 Non-Members: \$18 Includes car kit
PRINCESS PARTY	May 11; 2:00-4:00 pm For ages 3-10, with adult	Members: \$10 per person Non-Members: \$12 per person
NEW BALLROOM DANCE 18 & UP 45 MIN	A dance class designed for adults, learn new dances weekly Held at the NC Gymnastics Center Ballroom Sat., 3:30pm Social Dance Practice Sat., 4:15pm	Member: Non-Member: Individual: \$50/ \$36 \$80/ \$57 Couple: \$80/ \$57 \$130/ \$93 Social Dance: \$5 \$5

YMCA BIRTHDAY PARTIES

Have your party at the Y with up to 14 children. Call your preferred venue for more information.
Community Building 330.499.2587 or Gymnastics Center 330.498.4082



SENIORS

SENIOR SOCIAL PROGRAM	Wed: 10:00am -1:30pm Members: FREE Non-Members \$50/ year; See Senior newsletter for program details
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The YMCA is a provider for the SilverSneakers®, Silver and Fit® and Renew Active® Programs



DATES TO REMEMBER

January 1: Overnight Summer Camp Registration Opens
January 21: YMCA Day of Service
March 1: Day Camp Registration Opens
March 3: Nemesis Invitational Meet 12:45-6:00 pm
April 27: Healthy Kids Day
May 29: Senior Health and Fitness Day
July 4: 42nd Annual July 4th Race — Start Training NOW!

Holiday Building Hours:

- Christmas Eve, Dec 24:** 6:00 am-Noon
- Christmas Day, Dec 25:** YMCA CLOSED
- New Year's Eve, Dec 31:** 6:00 am-6:00 pm
- New Years Day, Jan 1:** 6:00 am-Noon
- Easter Sunday, April 21:** YMCA CLOSED
- Memorial Day May 27:** 6:00 am-Noon

GROUP EXERCISE

LAND CLASSES			WATER CLASSES
Bootcamp	H.I.I.T	Runner's Fitness Challenge	Arthritis Exercise
Boxing Mix	Line Dancing	Senior Fitness	Deep Water Aerobics
Chair Yoga	Lo Impact	SilverSneakers®	Fitness Swim
Fitness Fusion	Mix it Up	Step	Shallow Water Aerobics
FitQuick	Physically Challenged	Strength	Water Yoga
Group Cycling	Pilates	Yoga Zumba®	Note: Class names, availability and times may change

For Pool, Gym and Group Exercise schedules, pick up a flyer or go to:

ymcastark.org/north-canton-community-building

1. Select the schedule tab (on the left) and search by branch
2. Select the link under schedule for Group Exercise, Gym or Pool

PERSONAL TRAINING: MEMBERS ONLY

Starter Kit: Includes Bodymetrix™ Assessment and (2) one-hour sessions **\$89**

		1 SESSION	4 SESSIONS	8 SESSIONS	12 SESSIONS
ONE-ON-ONE PERSONAL TRAINING	60 MIN	\$42	\$159	\$302	\$428
ONE-ON-ONE PERSONAL TRAINING	30 MIN	\$25	\$95	\$180	\$255
PARTNER PERSONAL TRAINING	60 MIN	\$60	\$240	\$480	\$720

SMALL GROUP TRAINING: 4-week monthly sessions. See flyers for days & times.

TRX	Age 13+, 30/45 min. class, 1x per week, \$30/\$40 per month
ROWFIT	Ages 13+, 45 min. class, 1x per week, \$40 per month
COMPFIT	Ages 18+, 60 min. class, 1x per week, \$60 per month
IRON TEENS	Strength training for ages 13-17 60 min. class, 2x per week, \$60 per month
SPEED AND AGILITY SPORTS CONDITIONING	For young athletes ages 10-17 60 min. classes, 2x per week, \$60 per month

SPECIAL POPULATIONS CLASSES

No membership required: call for details on how to get started	Tue	Wed	Thu	Fri
PHYSICALLY CHALLENGED CLASS 60 MIN Optional pool time (with lift) 45 MIN	11:15 am 12:25 pm		11:15 am 12:25 pm	
PHYSICALLY CHALLENGED CAREGIVERS SUPPORT GROUP 1st Tue. of the month 90 MIN	11:15 am			
LIVESTRONG® AT THE YMCA CANCER WELLNESS PROGRAM 75 MIN Strength and wellness program for cancer patients & survivors	11:15 am 4:30 pm		11:15 am 4:30 pm	
DELAY THE DISEASE™ 60 MIN Wellness program for those diagnosed with Parkinson's Disease Friday class held at Aultman North Canton Medical Group Health Education Auditorium; 6046 Whipple Ave. NW		11:15 am At YMCA		1:00pm At ANCMG

SPORTS & RECREATION

www.northcantonymcasports.org

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

PRESCHOOL SPORTS

	SEASON / SESSION	AGE/GRADE	DAY	TIME	MEMBER	NON-MEMBER
SMALL STUFF BASKETBALL	Winter 1	Ages 3 - 5 (With adult)	Tue	6:15 pm	\$34/\$25	\$64/\$45
			Sat	10:30 am		
SMALL STUFF TRACK & FIELD	Winter 2	Ages 3 - 5 (With adult)	Sat	11:30 am	\$34/\$25	\$64/\$45
SMALL STUFF LACROSSE	Spring	Ages 3 - 5 (With adult)			\$34/\$25	\$64/\$45

YOUTH SPORTS

*Actual play time is based on team schedule

	REG. DEADLINE	SEASON	AGE/GRADE	DAY	TIME	MEMBER	NON-MEMBER
KINDERGARTEN BASKETBALL	Dec. 19	Jan. 5-Feb. 23	Kindergarten	Sat.	8:00 - 9:30 am*	\$50	\$90
GIRLS' BASKETBALL	Mar. 8	Mar. 18-May 11	Grade 1-6	Sat.	8:00 am - 1:00 pm	\$50	\$90
TRACK & FIELD	Mar. 8	Mar. 18-May 11	Grades 1-8	Sun.	TBA	\$50	\$90
FUTSAL (INDOOR SOCCER)	Mar. 8	Mar. 18-May 11	Grades K-4	Sat.	1:00 pm-4:00 pm	\$50	\$90
VOLLEYBALL	Mar. 8	Mar. 18-May 11	Grade 2-8	Sat.	9:00 am-12:00 pm*	\$50	\$90
T-BALL	May 24	June 3-July 27	Ages 5-8	M & W	6:00-8:00 pm*	\$50	\$90
JR. BASEBALL	May 24	June 3-July 27	Ages 6-8	T & Th	6:00-8:00 pm*	\$50	\$90
BASEBALL	May 24	June 3-July 27	Ages 9-12	T & Th	6:00-8:00 pm*	\$50	\$90
GIRLS LACROSSE	More details coming in January 2019. Contact Heather Penrod for more information. hpenrod@ymcastark.org						

ADULT SPORTS (18 years and older)

*Actual play time is based on team schedule

	SIGN UP ENDS	SEASON/SESSION	DAY	TIME	FEE
CO-ED VOLLEYBALL	Jan. 13	Jan. 20-Apr. 7	Sun.	6:00 - 8:00 pm*	\$300 per Team
MEN'S 35+ BASKETBALL	Mar. 8	Mar. 18-May 18	Thu.	6:00 - 10:00 pm*	\$300 per Team
MEN'S 18+ BASKETBALL	Mar. 8	Mar. 18-May 18	Wed.	6:00 - 10:00 pm*	\$475 per Team
CO-ED FUTSAL	Mar. 8	Mar. 18-May 18	Mon.	6:00-10:00pm*	\$300 per Team
OPEN VOLLEYBALL	No registration; Come and play! All adults welcome		Tue. 8:00 - 10:00 pm Fri. 12:30 - 2:30 pm		Free for Y Members
PICKLEBALL			Mon.	12:30-2:30 pm	Free for Y Members

MARTIAL ARTS: Tae Kwon Do 60 min classes, 2x/week

BEGINNER	6 years - adult	Wed. 5:30 pm Sat. 9:15 am	Member Fee Winter 1 & 2: Individual \$70 Family \$200 Spring Individual \$45 Family \$100	Non-Member Fee Winter 1 & 2: Individual \$115 Family \$320 Spring Individual \$80 Family \$220
INTERMEDIATE & ADVANCED	6 years - adult	Wed 6:30 pm Sat. 10:15		

GYMNASTICS CENTER

7241 Whipple Ave NW
330.498.4082

Pricing for gymnastics programs on next page → → → →

PRESCHOOL GYMNASTICS			MON	TUE	WED	THU	FRI	SAT
JUST BEGINNING Walking to 2yrs	30 MIN		10:30am			9:45am	6:40pm	
GYM BUDDIES 2yrs up to 3yrs	40 MIN			10:30am	9:45am 6:45pm	11:15am		8:45am
3 YEAR OLDS	40 MIN		9:45am 10:30am 6:45pm	9:45am 10:30am 12:30pm 4:30pm 5:15pm 6:00pm	9:45am 10:30am	9:45am 10:30am 11:15am 6:00pm 6:45pm	4:30pm	10:15am 11:45am
4 YEAR OLDS	40 MIN		9:45am 10:30am 6:00pm	9:45am 10:30am 12:30pm 5:15pm 6:45pm	10:30am 11:15am 4:30pm	9:45am 10:30am 11:15am 6:45pm	5:15pm	9:30am 11:00am 11:45am
5 YEAR OLDS	40 MIN		6:00pm 6:45pm	9:45am 4:30pm 6:00pm	11:15am 5:15pm	10:30am 6:00pm	4:30pm 5:15pm	9:30am 10:15am 11:00am
GIRLS GYMNASTICS			MON	TUE	WED	THU	FRI	SAT
COMETS 2X per week 4-7yrs	55 MIN			4:45pm			5:30pm	
GIRLS 1 6 & UP	55 MIN		6:00pm 7:00pm	5:45pm 6:45pm	4:45pm 5:45pm	6:00pm 7:00pm	4:30pm	9:40am 10:40am 11:40am
GIRLS 2 6 & UP	55 MIN		6:00pm 7:00pm	5:45pm 6:45pm	4:45pm 5:45pm	6:00pm 7:00pm	4:30pm	9:40am 10:40am 11:40am
GIRLS 3 6 & UP	55 MIN		6:00pm 7:00pm	5:45pm		6:00pm 7:00pm	5:30pm	9:40am 10:40am 11:40am
GIRLS 4 6 & UP	55 MIN		6:00pm 7:00pm	6:45pm	5:45pm	6:00pm	5:30pm	9:40am
GIRLS 5 6 & UP	55 MIN		7:00pm	6:45pm		6:00pm 7:00pm		11:40am
AGE INDIVIDUALIZED LEVEL 1 11 years and older	55 MIN				4:45pm	7:00pm	4:30pm	
AGE INDIVIDUALIZED REC SQUAD 11 & up 2X per week	90 MIN		4:30pm			4:30pm		
GIRLS PRETEAM 2X per week	90 MIN		4:30pm			4:30pm		
BOYS GYMNASTICS			MON	TUE	WED	THU	FRI	SAT
BOYS 5 & 6 YEARS OLD	40 MIN			5:15pm 6:45pm	4:30pm 6:00pm			9:40am
BOYS LEVEL 1 7 & UP	40 MIN			4:30pm 6:00pm	5:15pm	7:00pm		10:25am
BOYS LEVEL 2 & 3 7 & UP	55 MIN		6:00pm			6:00pm		
BOYS PRE-TEAM 2X per week	90 MIN		4:30pm			4:30pm		

TODDLER OPEN GYM
Walking through 5 yrs. with adult
60 min., Tues. 11:15am
MEMBER: \$5
NON-MEMBER: \$10

EXCEPTIONAL ATHLETES
Gymnastics program for children with intellectual disabilities. Child attends with adult.
30 min., Sat. 8:00am
7 wks/\$70

DANCE & CHEER

7241 Whipple Ave NW
330.498.4082

GYMNASTICS, SKILLS, DANCE AND CHEER PRICING - 1x/week for Winter 7 Weeks or Spring 5 Weeks

	Member	Non-Member		Member	Non-Member
30 MIN	\$36/ \$26	\$58/ \$42	55 MIN	\$56/ \$40	\$87/ \$62
40 MIN	\$47/ \$34	\$78/ \$56	90 MIN	\$95/ \$68	\$137/ \$98

BOYS AND GIRLS PRE-TEAM GYMNASTICS FEE: MEMBER \$118/ \$85 NON - MEMBER \$182/ \$130

SKILLS CLASSES (BOYS AND GIRLS)			MON	TUE	WED	THU	FRI	SAT
TUMBLING GIRLS 1/2	40 MIN			4:30pm			4:30pm	
TUMBLING GIRLS 3/4	40 MIN					7:30pm	5:15pm	
TUMBLING 5/PRETEAM	40 MIN			4:30pm		7:30pm		
BACKHANDSPRING 8 & UP	30 MIN			5:15pm				11:10am
BOYS TUMBLING 7 & UP	40 MIN				7:30pm			
DUDES THAT FLIP 7 & UP	40 MIN	7:00pm						11:45am
BAR SKILL CLASS: Girls only	30 MIN				6:00pm		6:00pm 6:35pm	9:00am
DANCE			MON	TUE	WED	THU	FRI	SAT
DANCE BUDDIES 1-2YRS	30 MIN			9:30am				2:45pm
PRESCHOOL BALLET 3-5YRS	40 MIN			10:15am		4:15pm	9:30am 6:15pm	9:30am
PRESCHOOL GYM/DANCE COMBO 3-5YRS	55 MIN			11:00am		10:15am	10:15am 4:15pm	10:15am
PRESCHOOL INTRO TO DANCE 3-5YRS	40 MIN					9:30am	11:15am	11:15am
PRESCHOOL TAP/JAZZ COMBO 3-5YRS	40 MIN					11:15am		
TAP/JAZZ COMBO 6 & UP	40 MIN						5:15pm	12:00pm
YOUTH INTRO BALLET 6 & UP	40 MIN					5:45pm		
YOUTH INTERMEDIATE BALLET 6 & UP	55 MIN						7:00pm	
YOUTH ADVANCED BALLET 6 & UP	55 MIN					6:30pm		
YOUTH INTRO TO DANCE 6 & UP	40 MIN					5:00pm		
YOUTH INTRO HIP HOP 6 & UP	40 MIN			4:30pm 6:00pm				
YOUTH INTERMEDIATE HIP HOP 6 & UP	40 MIN			5:15pm				
YOUTH ADVANCED HIP HOP 6 & UP	40 MIN			6:45pm				
CHEER			MON	TUE	WED	THU	FRI	SAT
TINY CHEER 4-5 YRS	40 MIN				4:15pm			
YOUTH CHEER 6 & UP	40 MIN				5:00pm			
REC CHEER TEAM 6 & UP	90 MIN				5:45pm			
CHEER TUMBLING 11 & UP	55 MIN				7:30pm			
YOGA			MON	TUE	WED	THU	FRI	SAT
PRESCHOOL YOGA 3-5 YRS	30 MIN	5:15pm						
YOUTH YOGA 6-9 YRS	40 MIN	5:50pm						
YOUTH YOGA 10 & UP	40 MIN	6:35pm						

FOR MORE INFORMATION ON CLASSES OR BIRTHDAY PARTIES
CONTACT THE GYMNASTICS CENTER AT 330.498.4082

CHILD DEVELOPMENT CENTER

315 North Main St
330.305.5437
www.ymcastark.org/childcare

INFANT, TODDLER, TWOS & PRESCHOOL

FULL-TIME (4-5 DAYS)	MEMBER	NON-MEMBER
Infants	\$203	\$213
Toddlers	\$193	\$203
Twos	\$183	\$193
Preschool - All day	\$145	\$156
PART-TIME (1-3 DAYS)	MEMBER	NON-MEMBER
Preschool - All day	\$110	\$120
Preschool - Morning M, W, F	\$46	\$58
Preschool - Morning T, TH	\$30	\$42

BEFORE AND AFTER SCHOOL PROGRAMS

With a focus on safety, health, social growth and academic enhancement, the Y before and after school programs serve K-8th graders with a variety of programming options to explore and develop their interest and talents. For more information contact Mike Scarpino, Child Development Director.

SCHOOL DAYS OUT (FUN CLUB)

Whether it's a teacher in-service, school break or inclement weather, we provide your child with a safe place to learn and have fun. Lunch provided. Pre-register one week prior to the day other than a snow day.

FUN CLUB DATES: Jan. 2, 11, 21, Feb. 15, 18, Mar. 25-29, Apr. 19, May 31

MEMBERS: \$25/day **NON-MEMBER:** \$35/day

SUMMER CAMPS 2019: WHERE SUMMER HAPPENS

DAY CAMP: CAMP VIKING & CAMP EAGLE

We're committed to serving Stark County families year-round, which is why we offer Day Camp for kids entering first 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.

Registration opens March 1!

OVERNIGHT CAMP: CAMP TIPPECANOE

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 summer filled with memories for your child.

Registration opens January 1!

COMMUNITY PROGRAMS

	Day	Time	Date(s)	Member	Non-Member
STAMPING CLASSES	Wed	9:30 am 6:30 pm	Jan. 16, Feb. 20, Mar. 20, Apr. 17	\$18	\$20
STAMPING SUNDAYS	Sun	1:30 pm	Jan. 16, Feb. 3, Mar. 3	\$18	\$20
BIBLE STUDY	Tue	12:00 pm 6:00 pm	Every week, through May	FREE	FREE
BOOK CLUB	Thu	7:00 pm	2nd Thu. of the month through May	FREE FOR MEMBERS	

Are you ready to make a difference? **Volunteer** at the North Canton YMCA. Call to find out more!