DISCOVER WHAT YOU CAN DO
2019/20 Resource Guide
YMCA of Central Stark County

Financial Assistance Available
FALL SESSION 1  
September 3 - October 21  
**REGISTRATION DATES:**  
Member: August 12  
Non-Member: August 15

FALL SESSION 2  
October 28 - December 21  
**REGISTRATION DATES:**  
Member: October 12  
Non-Member: October 17

WINTER SESSION 1  
January 6 - February 22  
**REGISTRATION DATES:**  
Member: December 16  
Non-Member: December 19

WINTER SESSION 2  
March 2 - April 18  
**REGISTRATION DATES:**  
Member: February 17  
Non-Member: February 20

SPRING SESSION  
April 20 - May 23  
**REGISTRATION DATES:**  
Member: April 13  
Non-Member: April 16

SUMMER SESSION  
June 1 - August 15  
**REGISTRATION DATES:**  
Member: May 18  
Non-Member: May 21

**HOW TO...**  
Program Search and Online Registration.  

1. Visit us at ymcastark.org and click on  
2. Select Branch and Category.  
3. For a more targeted search, fill out Programs, Days, Times, and Age.  
4. A listing of available programs will appear. Select your program, underlined in blue and then login to finish registration.  
5. To login, enter your email address or member ID# OR create a Member ID#. Enter password. If you forget your password, you will be directed to reset it from your email address.  
6. To register, choose which member you are registering. Be sure to read the waiver and check before proceeding to Add Cart.

**YMCA 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.
Richard "Bas" Basnett, Executive Director, 800 922 0679 or rbasnett@ymcastark.org.

We create a culture of excellence with our staff, who are trained to think of the camper’s safety and happiness first.

YMCA Tippecanoe is a residential camp for boys and girls ages 6–18. We offer Mini-Camp, Adventure Camp, Horse Camp, Teen Camp, and Leadership Camp!

For more information, contact us at 800 922 0679 or ycamptipp.org.

Financial Assistance is available for those who qualify.
YMCA OF CENTRAL STARK COUNTY

ALLIANCE FAMILY YMCA
205 S. Union Ave.
Alliance, OH 44601
330 823 1930

ERIC SNOW FAMILY YMCA
420 3rd St. NW
Canton, OH 44702
330 458 2403

LAKE COMMUNITY YMCA
428 King Church Ave. SW
Uniontown, OH 44685
330 877 8933

LOUISVILLE AREA YMCA
1421 South Nickelplate
Louisville, OH 44708
330 875 1611

MEYERS LAKE YMCA
1333 North Park Ave. NW
Canton, OH 44641
330 454 9018

MINERVA AREA YMCA
687 Lynnwood Dr.
Minerva, OH 44657
330 868 5988

NORTH CANTON COMMUNITY BUILDING YMCA
200 S. Main St.
North Canton, OH 44720
330 499 2587

NORTH CANTON CHILD DEVELOPMENT CENTER
315 N. Main St. NW
North Canton, OH 44720
330 305 5437

NORTH CANTON GYMNASTICS CENTER
7241 Whipple Ave.
Canton, OH 44720
330 498 4082

PAUL & CAROL DAVID YMCA
7389 Caritas Circle NW
Massillon, OH 44646
330 830 6275

SCHALMO FAMILY YMCA
330 830 6275
***Coming December 2019***

YMCA CAMP TIPPECANOE
81300 YMCA Road
Tippecanoe, OH 44699

YMCA ASSOCIATION SERVICE CENTER
4700 Dressler Road NW
Canton, OH 44718
330 491 9622

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

Financial Assistance Available.

GET CONNECTED

Find us on your favorite social media sites!

@ymcaofcsc

@ymcastark

@ymcastark

Check with your local branch for individual branch social media handles.

Visit us online at: ymcastark.org
FINANCIAL ASSISTANCE
Through generous contributions from YMCA members, friends, and United Way, no one is turned away from the YMCA due to an inability to pay. For an application, stop by the membership desk. All applications are confidential.

ANNUAL SUPPORT CAMPAIGN
Through our Annual Campaign, your financial contribution provides financial assistance for youth and families so they may participate at the YMCA. The Annual Campaign provides financial assistance for YMCA memberships and programs for activities such as child care, youth sports, swim lessons, and camping. Over 12,000 youth and families in Stark County were helped last year through this campaign. Annually, the Y is working to raise over $600,000 to meet the needs for youth and families whose lives can be enriched with what our YMCA offers. Please give generously. Contribution forms are at the front desk or visit our online giving at www.ymcastark.org/give. Thank you for your help as we strengthen the foundations of our community by focusing on Youth Development, Healthy Living and Social Responsibility.

ASSOCIATION SERVICE CENTER STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Shetzer, Chief Executive Officer</td>
<td>Ext. 240</td>
</tr>
<tr>
<td>Michelle Aladich, Vice President of Advancement</td>
<td>Ext. 223</td>
</tr>
<tr>
<td>Pamelajanay Cariño, Administrative Assistant</td>
<td>Ext. 241</td>
</tr>
<tr>
<td>Craig Greenlee, Chief Operations Officer</td>
<td>Ext. 248</td>
</tr>
<tr>
<td>Eric Nixon, IT Director</td>
<td>Ext. 244</td>
</tr>
<tr>
<td>Morgen Rutledge, Marketing &amp; Communications Director</td>
<td>Ext. 267</td>
</tr>
<tr>
<td>Diana Semelsberger, Human Resources Director</td>
<td>Ext. 251</td>
</tr>
<tr>
<td>Elaine Sivy, Chief Financial Officer</td>
<td>Ext. 243</td>
</tr>
<tr>
<td>Heidi Wilson, Child Care Operations Director</td>
<td>Ext. 271</td>
</tr>
</tbody>
</table>

Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: tshetzer@ymcastark.org
THE POWER & VALUE OF A YMCA MEMBERSHIP

NATIONWIDE MEMBERSHIP
You have access to YMCA branches throughout the United States and can visit the YMCA near your work, your home and everywhere in between. If you go to any other YMCA, please take your membership card and photo ID.

BRANCH ONLY MEMBERSHIP
Alliance, Lake and Minerva offer branch only memberships. Inquire at that location.

MEMBERSHIP PARTNERSHIPS
The YMCA partners with SilverSneakers®, Silver&Fit®, Optum Fitness Advantage® and NFL Player Association to provide memberships. For more information or to see if you qualify, inquire with the membership director at your local branch.

BENEFITS OF MEMBERSHIP
- Unlimited access to the state-of-the-art facilities throughout the United States.
- Unlimited use of cardiovascular and strength equipment.
- Various free youth and adult classes.
- FREE Child Watch while you workout.
- Member rates on classes, programs, childcare and YMCA Camp Tippecanoe.
- Priority class and program registration dates.
- FREE Jump Start program.
- Open gym time (based on branch schedule).
- Open swim time (based on branch schedule).
- FREE workout towel service (where available).
- Monthly locker rentals available (where available).
- Nationwide Membership: Visit any participating Y in the US through membership at your “home” YMCA.

MEMBERSHIP DESCRIPTIONS
- Youth: Ages 6-12.
- Teen/Young Adult: Ages 13-23.
- Adult: Ages 24 and over, includes children under age 6.
- Family: One or two adults, living in the same household, including dependent children through age 25.
- Senior: Ages 65 and over.
- Senior Couple: One adult must be age 65 or over.

MEMBERSHIP USAGE
- Please bring your membership card every time you visit the YMCA.
- Your YMCA membership card may only be used by you.
- Please lock your locker at all times.
- The YMCA is not responsible for lost or stolen items.
- Please take your lock off the locker when you leave so it’s available for others.

REGIONAL MEMBERSHIP FEES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Regional Monthly</th>
<th>Start-up Fee</th>
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</thead>
<tbody>
<tr>
<td>Youth (6-12)</td>
<td>$18.50</td>
<td>$40.00</td>
</tr>
<tr>
<td>Teen/Young Adult</td>
<td>$26.50</td>
<td>$50.00</td>
</tr>
<tr>
<td>Adult</td>
<td>$42.00</td>
<td>$50.00</td>
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<tr>
<td>Family</td>
<td>$62.00</td>
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<tr>
<td>Senior</td>
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<tr>
<td>Senior Couple</td>
<td>$47.00</td>
<td>$50.00</td>
</tr>
</tbody>
</table>

All membership rates subject to Ohio sales tax. Financial Assistance Available.

CHILD WATCH
- Available for children while parent/guardian is using facility.
- Parent must remain in building/on YMCA grounds.
- Diapers must be changed by parent.
- Please no snacks.
- Hours are subject to change.

GUESTS
- The YMCA is a membership organization that encourages our members to invite guests to join them for a workout.
- Our goal is that the guest experience encourages guests to become new members.
- The YMCA reserves the right to limit the number of guest passes especially during peak workout times.
- Inquire at the front desk for more information.
- Each active membership unit receives two complimentary guest passes annually.
INCLEMENT WEATHER POLICY

- Cancellations of classes/programs is not based on local school’s weather cancellations.
- If we decide to cancel or close, you can find out by checking our website, branch Facebook pages, Twitter feed, www.whbc.com or call your local branch.
- Evening class cancellations will be made by 3:00pm.
- No refunds will be issued for classes missed if you decide not to attend.

REFUND POLICY

The YMCA reserves the right to cancel any class. Full refunds will be given. No refunds will be given for classes unless canceled by the YMCA. If you are unable to take a class due to doctor’s orders, a refund or credit will be given if canceled before the class has begun. After the start of a session, a credit may be given for medical reasons at the discretion of the Department Director.

CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Code of Conduct outlines prohibited action, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing alcohol or illegal chemicals on YMCA property or in YMCA vehicles
- Smoking on YMCA property – the YMCA and its property is a smoke-free environment
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA
- Use of cell phone camera while in the YMCA locker rooms is prohibited and may lead to suspension of the YMCA membership
- Anyone taking pictures of another person without their permission and knowledge will be prosecuted by the YMCA. This may also lead to the suspension or termination of the membership
- Members and program participants who require medical attention while at the Y, including needing medical care from staff or emergency services, will need to provide medical clearance to the Y staff when returning to wellness or programming

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics or intoxicating beverages. The YMCA conducts regular sex offender screenings on all members, participants and guests.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person or the Building Supervisor on duty. YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The Branch Executive will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Branch Executive if in his/her discretion a violation of the YMCA Code of Conduct has occurred.
WELLNESS CENTER AND JUMP START
A variety of cardio and strength equipment including free weights.

Check out our Jump Start Program in every branch:
- Empowers individuals to tailor their own paths to a healthier lifestyle.
- Develops options around YOU to accomplish YOUR goals.
- Free to members 10 and older; REQUIRED for ages 10-12.
- Contact your local YMCA to schedule an appointment.

Children ages 10-12 can use the Wellness Center with a parent and are REQUIRED to:
- Complete Jump Start with a parent.
- Be on the same floor/room and within parent’s eyesight.
- Only use cardio machines marked “Youth Approved.”
- Parent and child must wear blue wrist band obtained at front desk.
- Varies by branch based on equipment options.

Ages 13-17:
- Must complete Jump Start with Safety Clinic and abide by guidelines given.

Everyone:
- Wipe down all equipment after use with paper towel sprayed with cleaner; please do not spray cleaner directly on equipment.
- To allow others to complete their workout, please do not rest on equipment between sets.
- Closed-toe shoes required.
- Please wear tank top over bra top or shirt to cover chest/torso area.
- No gum, food, beverages (except water) permitted.
- No tobacco products permitted.
- As a safety precaution, please refrain from using cell phones or texting while on equipment.
- Use of a locker with a secure lock is recommended. Do not leave valuables in cubbies. The YMCA is not responsible for items left in cubbies.
- Keep personal items off floor. Store in locker or cubbies – NO GYM BAGS on Wellness Center floor.
- Offensive language or conduct will not be tolerated.
- If you have a concern with another member, please see the Wellness Center Staff for assistance with the issue.
- Misuse of equipment or non-compliance to Wellness Center Guidelines or staff may result in immediate suspension of membership. Staff reserves the right to dismiss any member from premise for failure to follow rules and regulations of the YMCA.

<table>
<thead>
<tr>
<th>Facility/Location</th>
<th>Alliance</th>
<th>Eric Snow</th>
<th>Lake</th>
<th>Louisville</th>
<th>Meyers Lake</th>
<th>Minerva</th>
<th>North Canton</th>
<th>David</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Center</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Indoor Pool</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Sauna</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Steam Room</td>
<td>X</td>
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<td>X</td>
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<td>X</td>
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<tr>
<td>Locker Rentals</td>
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<td>X</td>
<td>X</td>
<td></td>
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<tr>
<td>Youth Room</td>
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<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
<td>X</td>
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</tr>
</tbody>
</table>
ALLIANCE FAMILY YMCA

ALLIANCE FAMILY YMCA STAFF
Brittany Acuff, Executive Director
Teri Faudree, Membership Director
Andrea Lee, Health & Wellness Director
Lindsay Socotch, Child Care Director
Vickey Syme, Aquatics Director

330 823 1930
bacuff@ymcastark.org
tfaudree@ymcastark.org
alee@ymcastark.org
lsocotch@ymcastark.org
vsyme@ymcastark.org

Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: bacuff@ymcastark.org

BUILDING HOURS*

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>5:00am - 9:00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5:00am - 8:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:00am - 5:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00pm - 5:00pm</td>
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</tbody>
</table>

CHILD WATCH HOURS

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<thead>
<tr>
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<tbody>
<tr>
<td>Monday - Thursday</td>
<td>8:00am - 11:00am</td>
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<tr>
<td></td>
<td>4:00pm - 7:00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>8:00am - 11:00am</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am - 11:00am</td>
</tr>
</tbody>
</table>

CHILD WATCH FEE

Fee: Member - FREE / Non-Member $3.00/hour

*Beginning Saturday, October 12, 2019, building hours will change to times listed above.

SUMMER BUILDING HOURS

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday - Thursday</td>
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<td>5:00am - 8:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:00am - 1:00pm</td>
</tr>
</tbody>
</table>

SPECIAL HOLIDAY HOURS

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Christmas Eve</td>
<td>Closed</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>Closed</td>
</tr>
<tr>
<td>New Year’s Eve</td>
<td>5:00am - 3:00pm</td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Easter</td>
<td>Closed</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>Closed</td>
</tr>
<tr>
<td>4th of July</td>
<td>Closed</td>
</tr>
</tbody>
</table>
**SCHALMO FAMILY YMCA (CANAL FULTON)**

**OPENING DECEMBER 2019!**

**SCHALMO FAMILY YMCA STAFF**

Pam Leddon, Executive Director

Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: pleddon@ymcastark.org

**ERIC SNOW FAMILY YMCA (CANTON)**

**ERIC SNOW FAMILY YMCA STAFF**

Michael T. Brown, Executive Director
Lee Allender, Aquatics Coordinator
Jazmyn Christian, Membership Dir.

330 458 2403

Ext. 10222 Antonio Richards, Program Dir. N/A
Ext. 10221 Danny Enlow, Property Manager Ext. 10213
Ext. 10219 Jordan Warrick, Wellness Dir. Ext. 10218

Contact us by e-mail at ymcastark.org or contact an individual staff by using the first letter of first name and last name@ymcastark.org. Example: mbrown@ymcastark.org

**BUILDING HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday - Thursday</td>
<td>5:30am - 8:00pm</td>
</tr>
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<td>Friday</td>
<td>5:30am - 6:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am - 5:00pm</td>
</tr>
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<td>Sunday</td>
<td>1:00pm - 5:00pm</td>
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<td>Easter</td>
<td>Closed</td>
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<td>Memorial Day</td>
<td>Closed</td>
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<td>4th of July</td>
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**CHILD WATCH HOURS**

<table>
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<tr>
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**SUMMER BUILDING HOURS**

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</tr>
<tr>
<td>Saturday</td>
<td>7:00am - 3:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>
LAKE COMMUNITY YMCA

LAKE COMMUNITY YMCA STAFF
Allen Mangus, Executive Director
Jason Arnold, Property Manager
Christina Collins, Child Care Director
Judy Copley, Membership Director

330 877 8933
Rob Dent, Assoc. Executive Director/Sports Director
Zachary Piersol, Teen & Family Director
Nathan Rose, Aquatics Director
Erin Wilson, Wellness Director

Contact us by e-mail at ymcastark.org or contact an individual staff by using the first letter of first name and last name@ymcastark.org. Example amangus@ymcastark.org

BUILDING HOURS
Monday - Friday 5:00am - 10:00pm
Saturday 6:00am - 6:00pm
Sunday 11:00am - 6:00pm

CHILD WATCH HOURS
Monday - Saturday 8:00am - 12:00pm
Monday - Thursday 5:00pm - 8:30pm

SUMMER BUILDING HOURS
Monday - Thursday 5:00am - 10:00pm
Friday 5:00am - 8:00pm
Saturday 6:00am - 6:00pm
Sunday 11:00am - 3:00pm

SUMMER CHILD WATCH HOURS
Monday - Saturday 8:00am - 12:00pm
Monday - Thursday 5:00pm - 8:00pm

CHILD WATCH FEE
Fee: Member - FREE / Non-Member $3.00/hour

SPECIAL HOLIDAY HOURS

Labor Day 7:00am - 12:00pm
Thanksgiving Day 7:00am - 12:00pm
Christmas Eve 7:00am - 12:00pm
Christmas Day Closed
New Year’s Eve 7:00am - 12:00pm
New Year’s Day 7:00am - 12:00pm
Easter Closed
Memorial Day 7:00am - 12:00pm
4th of July 7:00am - 12:00pm
LOUISVILLE AREA YMCA

LOUISVILLE AREA YMCA STAFF
Jennifer Anderson, Executive Director
Andrew Flanagan, Sports & Gymnastics Director
Courtney Haines, Child Care Director
Tim Martin, Maintenance Director

330 875 1611
Jacob Riley, Membership Director
Amy Simpkins, Wellness Director
Arryn Slutz, Teen & Family Director

Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: janderson@ymcastark.org

BUILDING HOURS
Monday - Thursday 5:00am - 10:00pm
Friday 5:00am - 8:00pm
Saturday 7:00am - 5:00pm
Sunday 12:00pm - 4:00pm

CHILD WATCH HOURS
Monday - Saturday 8:00am - 12:00pm
Monday - Thursday 5:00pm - 8:30pm

SUMMER BUILDING HOURS
Monday - Thursday 5:00am - 9:00pm
Friday 5:00am - 7:00pm
Saturday 7:00am - 5:00pm
Sunday Closed

SUMMER CHILD WATCH HOURS
Monday - Saturday 8:00am - 12:00pm
Monday - Thursday 5:00pm - 8:30pm
Saturday 8:30am - 11:00am

SPECIAL HOLIDAY HOURS
Labor Day Closed
Thanksgiving Day 7:00am - 12:00pm
Christmas Eve 7:00am - 12:00pm
Christmas Day Closed
New Year’s Eve 7:00pm - 12:00pm
New Year’s Day 7:00pm - 12:00pm
Easter Closed
Memorial Day Closed
4th of July Closed

CHILD WATCH FEE
Fee: Member - FREE / Non-Member $3.00/hour
MEYERS LAKE YMCA

MEYERS LAKE YMCA STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Ext.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meagan Shaheen</td>
<td>Executive Director</td>
<td>203</td>
</tr>
<tr>
<td>Michele Chiavaroli</td>
<td>Membership Director</td>
<td>201</td>
</tr>
<tr>
<td>Micki Damiani</td>
<td>Health &amp; Wellness Director</td>
<td>212</td>
</tr>
<tr>
<td>Holly Hug</td>
<td>Child Care Director</td>
<td>207</td>
</tr>
<tr>
<td>Ricky Lovell</td>
<td>Teen &amp; Family Director</td>
<td>208</td>
</tr>
<tr>
<td>Dave Nash</td>
<td>Sports &amp; Recreation Director</td>
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<tr>
<td>Gayle Neal</td>
<td>Associate Child Care Director</td>
<td>210</td>
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<tr>
<td>Andrew Stiles</td>
<td>Associate Child Care Director</td>
<td>206</td>
</tr>
<tr>
<td>Alec Swan</td>
<td>Aquatics Director</td>
<td>216</td>
</tr>
<tr>
<td>Deven Yanc</td>
<td>Property Manager</td>
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</table>

330 454 9018

Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: mshaheen@ymcastark.org

BUILDING HOURS

Monday - Thursday  5:30am - 10:00pm
Friday              5:30am - 8:00pm
Saturday            7:00am - 7:00pm
Sunday              11:00am - 5:00pm

SUMMER BUILDING HOURS

Monday - Thursday  5:30am - 9:00pm
Friday              5:30am - 7:00pm
Saturday            7:00am - 3:00pm
Sunday              Closed

CHILD WATCH HOURS

Monday - Thursday  5:00pm - 8:00pm
Saturday            8:45am - 11:00am

CHILD WATCH FEE

Fee: Member - FREE / Non-Member $3.00/hour

SPECIAL HOLIDAY HOURS

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<td>Thanksgiving Day</td>
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<td>Christmas Eve</td>
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<td>Christmas Day</td>
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<tr>
<td>New Year’s Eve</td>
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<td>4th of July</td>
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Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: tarrasmith@ymcastark.org

### BUILDING HOURS

<table>
<thead>
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<td>Sunday (Jan. - May)</td>
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<td>Saturday</td>
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### CHILD WATCH HOURS

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### CHILD WATCH FEE

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### SPECIAL HOLIDAY HOURS

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<th>Holiday</th>
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<tbody>
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<td>New Year’s Eve</td>
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<td>New Year’s Day</td>
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<td>Easter</td>
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<td>Memorial Day</td>
<td>Closed</td>
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<tr>
<td>4th of July</td>
<td>Closed</td>
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</tbody>
</table>
NORTH CANTON COMMUNITY BUILDING YMCA

NORTH CANTON YMCA STAFF
Ben Wheeler, Executive Director Ext. 107
Julie Daugherty, Assoc. Executive Director Ext. 108
Larry Andrews, Property Manager Ext. 121
Anne Villella-Covert, Health and Fitness Director Ext. 124
Rudi Hiney, Personal Training Director Ext. 143
Debbie Josif, Aquatic Director Ext. 135
Julie Milam, Membership Director Ext. 103
Mark Humphrey, Sports & Recreation Director Ext. 126
Joyce Reolfi, Associate Aquatics Director Ext. 125
Amy Ropp, Communications Director Ext. 138
Monica Singleton, Administrative Assistant Ext. 102

330 499 2587
Madison Staib, Teen/Family Director Ext. 133
Natalie Ware, Asst. Membership Director Ext. 105
Shawn Wise, Wellness Director Ext. 134
Lorin Zuppe, Active Older Adult Director Ext. 125

CHILD DEVELOPMENT CENTER: 330 305 5437
Mike Scarpino, Child Development Director
Mandi Gibbons, Assoc. Child Dev. Director

GYMNASTICS: 330 498 4082
Mike Hickey, Senior Gymnastics Director
Jordan Fisher, Gymnastics Director

Contact us by e-mail at ymcastark.org or contact an individual staff member by using the first letter of their first name then full last name. Example: bwheeler@ymcastark.org

BUILDING HOURS
Monday - Thursday 5:00am - 10:00pm
Friday 5:00am - 9:00pm
Saturday 6:00am - 9:00pm
Sunday 10:00am - 6:00pm

CHILD WATCH HOURS
Monday - Friday 8:00am - 1:30pm
              4:30pm - 8:30pm
Saturday     8:00am - 1:30pm
Sunday       11:00am - 3:00pm

SUMMER BUILDING HOURS
Monday - Thursday 5:00am - 10:00pm
Friday          5:00am - 8:00pm
Saturday       6:00am - 6:00pm
Sunday         10:00am - 3:00pm

CHILD WATCH HOURS
Monday - Friday 8:00am - 1:30pm
              4:30pm - 8:00pm
Saturday     8:00am - 1:30pm
Sunday       Closed

SPECIAL HOLIDAY HOURS
Labor Day      6:00am - 12:00pm
Thanksgiving  6:00am - 12:00pm
Christmas Eve  6:00am - 12:00pm
Christmas Day  Closed
New Year’s Eve 6:00am - 6:00pm
New Year’s Day 6:00am - 12:00pm
Easter         Closed
Memorial Day   6:00am - 12:00pm
4th of July    6:00am - 12:00pm

CHILD WATCH FEE
Fee: Member - FREE / Non-Member $3.00/hour
Bldg. Hours

**Monday – Friday** 5:00am – 10:00pm
**Saturday** 6:00am – 9:00pm
**Sunday** 10:00am – 5:00pm

**Summer Building Hours**

**Monday – Thursday** 5:00am – 10:00pm
**Friday** 5:00am – 8:00pm
**Saturday** 6:00am – 6:00pm
**Sunday** 10:00am – 3:00pm

**Child Watch Hours**

**Monday – Thursday** 8:00am – 12:00pm
5:00pm – 8:30pm
**Friday** 8:00am – 12:00pm
**Saturday** 8:00am – 12:00pm

**Child Watch Fee**

**Member – FREE**  **Non-Member $3.00/hour**

**SPECIAL HOLIDAY HOURS**

**Labor Day**  6:00am – 12:00pm
**Thanksgiving Day**  6:00am – 12:00pm
**Christmas Eve**  5:00am – 12:00pm
**Christmas Day**  Closed
**New Year’s Eve**  5:00am – 5:00pm
**New Year’s Day**  10:00am – 5:00pm
**Easter**  Closed
**Memorial Day**  6:00am – 12:00pm
**4th of July**  6:00am – 12:00pm
YMCA CHILDCARE

The YMCA of Central Stark County is the largest provider of child care in NE Ohio. We offer state licensed quality before and after school care, fun club days, Summer Day Camps, full-day and partial-day preschool (at participating branches) and full time child care for infants, enabling parents and family members to go to work knowing their children are in a safe, engaging and fun environment.

INFANT, TODDLER, PRESCHOOL AND SCHOOL-AGE

- Year-round child care serving children birth to age 12.
- Licensed by the State of Ohio.
- Staff trained and certified in Child Abuse Recognition and Prevention, Common Childhood Illness, First Aid, CPR and Child Development.
- Emphasizes the character values of trustworthiness, respect, responsibility, fairness, caring and citizenship.

For specific child care information visit our website at ymcastark.org/child-care

INFANT & TODDLER (Offered at North Canton CDC)

- As a part of our Infant and Toddler program your little one will be surrounded by a caring staff who are here to support him/her during this important period of development.
- Our infants enjoy a flexible schedule that meets each child’s needs.
- Toddlers share meal and rest times as well as practice group learning experiences.

PRESCHOOL

- The Y Preschool is a great beginning for a lifetime of learning! With a curriculum rooted in the Early Learning and Development standards, children ages 3-5 can participate in full or part-day programs that will prepare them for kindergarten.

SCHOOL YEAR CARE BEFORE AND AFTER SCHOOL PROGRAMS

- With a focus on safety, health, social growth and academic enhancement, Y afterschool programs serve kindergartners through 6th graders (some locations up to 8th grade) with a variety of programming options to explore and develop their interests and talents.

SCHOOL DAYS OFF

No School, No Problem.

- The YMCA offers School Days Off Care for children grades K-6 (up to 8th grade depending on location) on days when school is not in session, including snow days!
- This day of fun and adventure incorporates a variety of activities such as arts and crafts, games, singing and free play.
- Check with your Y location for days and times.

SUMMER DAY CAMP

- The Y offers a weekly summer program for children entering grades K-8.
- Campers participate in a setting which allows for exploration, crafts, singing, games, swimming and just plain FUN!
- Specialty camps including Sports, Art and Science camps are offered at several branches.
- All costs included in weekly fees: Day Camp t-shirt, field trip transportation and admission fees.

STEP UP TO QUALITY

We are proud to participate in the Ohio Department of Education and Ohio Department of Jobs and Family Services five-star quality rating and improvement system. Step Up to Quality recognizes and promotes learning and development programs that meet quality standards that exceed child care licensing health and safety regulations. All of our sites are highly rated – meaning each site has been rated either as a four or five-star site!

<table>
<thead>
<tr>
<th>Class Name/Location</th>
<th>Alliance</th>
<th>Eric</th>
<th>Snow</th>
<th>Lake</th>
<th>Louisville</th>
<th>Meyers Lake</th>
<th>Minerva</th>
<th>N. Canton</th>
<th>David</th>
<th>Schalmo</th>
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</thead>
<tbody>
<tr>
<td>INFANT AND TODDLER</td>
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</table>
SWIMMING INFORMATION

OPEN SWIM POLICY
To swim without a parent or guardian, children must be 6 years of age or older AND 48” tall OR able to pass the deep water test.

WRIST BANDS REQUIRED DURING OPEN SWIM
- For those ages 6–14 wrist bands will be distributed at the front desk during open swim times.
- The computer will indicate which color band each child should receive. Band colors represent swim levels.
- Those not tested will need to be tested and then the information will be entered into the computer.

DEEP WATER TEST
- For children ages 6–14 years.
- Must swim one length of an approved swim stroke with face in water, breathing without hesitation; jump into deep end and resurface. Tread water for 30 seconds, float on back and go from floating position to prone/standing position.
- At the guard’s discretion, swimmers may be asked to retake the test at any time.

SWIM LESSONS

Swim Starters Aquatic Program
- Infants and toddlers are accompanied by a parent while they learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.
- Parents learn about water safety, drowning prevention, and the importance of supervision.

A/WATER DISCOVERY
- Parent and child.
- Introduces infants and toddlers to the aquatic environment.

B/WATER EXPLORATION
- Focuses on exploring body positions, blowing bubbles, fundamental safety and aquatic skills.

Swim Basics for Preschool and School Age

1/WATER ACCLIMATION
- Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2/WATER MOVEMENT
- Encourages forward movement in water and basic self-rescue skills performed independently.

3/WATER STAMINA
- Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Swim Strokes for Preschool and School Age

4/STROKE DEVELOPMENT
- Introduces basic stroke technique in front crawl and back crawl; reinforces water safety through treading water and elementary backstroke.

5/STROKE DEVELOPMENT
- Introduces breaststroke and butterfly; reinforces water safety through treading water and sidestroke.

6/STROKE MECHANICS
- Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

TEEN/ADULT
- Qualified instructors teach basic swimming techniques, water safety, and help build confidence in teens and adults around the water.
- Individuals will move at their own pace.

SPECIALTY CLASSES AND PROGRAMS
Swimmers who love the water and want further instruction for future aquatics activities enjoy participating in our Specialty Programs focused on leadership, competition, and recreation.

PRIVATE SWIM LESSONS
- Check with Y for lesson availability.
### SWIM LESSONS

<table>
<thead>
<tr>
<th></th>
<th>Alliance</th>
<th>Eric Snow</th>
<th>Lake</th>
<th>Louisville</th>
<th>Meyers Lake</th>
<th>N. Canton</th>
<th>David</th>
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### COMPETITIVE SWIM

**SWIM TEAM**
- Ages 6–18.
- Designed to emphasize technique, endurance and sportsmanship.
- Competitive swimming builds cardiovascular health, flexibility, muscle tone, and much more. Goal setting, confidence, and self-discipline are benefits.
- Must be a member of the YMCA of Central Stark County.
- Swimmers must have at least Stage 4 level skills to try out for team.

**SWIM CLINIC**
- Ages 6–18.
- The swim clinic is geared to current swim team members or those looking to join swim team.
- Clinic focuses on stroke mechanics, turns, starts and overall conditioning.

### MASTERS SWIM
- Ages 18 and older.
- Designed to help swimmers improve their technique or train for specific swimming goals.
- For competitive and non-competitive swimmers.
- Past swimming knowledge/experience recommended.
- Able to swim 200 yards of freestyle stroke continuously.
- Proficient in two or more strokes.

### SUMMER SWIM CLUB
- Ages 13–18.
- Designed to help swimmers improve their technique or train for specific swimming goals.
- For competitive and non-competitive swimmers.
- Past swimming knowledge/experience recommended.
- Able to swim 200 yards of freestyle stroke continuously.
- Proficient in two or more strokes.
YMCA WATER FITNESS

**WATER FITNESS**
- Free for members 13 and older.
- Children ages 10-12 can attend with a parent.

**ADULT FITNESS SWIM**
- Free for members.
- Learn to make a workout from lap swimming.
- Tips on technique.
- Build endurance for lap swimming or triathlon.

**ARTHRITE CLASS**
- Workouts in shallow end of pool.
- Low intensity and impact.

**AQUA JOG**
- Organized lap swimming/aerobic workout led by instructor.

**AQUA ZUMBA**
- This is a safe, effective and challenging water based workout that integrates the Zumba formula and traditional water aerobics, moving against the resistance of the water.
- A fun class that can really get your body moving.

**DEEP WATER AEROBICS**
- High intensity aerobic workout; no impact.
- Water resistance tones and strengthens muscles.
- Ski belts worn for support.

**H2O COMBO**
- Combination of shallow and deep water aerobics.
- Ski belts worn for support.
- No to moderate impact.

**WATER AEROBICS**
- High intensity aerobic workout; low impact.
- Water resistance tones and strengthens muscles.

**WATER PILATES**
- Core strengthening, increased flexibility and stress reduction.
- No impact.
- All classes held in shallow end.

**WATER TONING**
- Muscle conditioning and toning for all major muscle groups.
- Stretching and flexibility included.
- Incorporates various props in group setting.

**WATER YOGA**
- Increase flexibility and motion without straining joints.
- Gentle yoga poses performed in shallow end of the pool.

**WATER FITNESS**
- Class can be done in deep or shallow water.
- Water resistance tones and strengthens muscles.
- High intensity workout with little to no impact.
GROUP EXERCISE

- Free for members 13 and up.
- Look online at ymcastark.org. Go to your branch, then click schedules or pick up a current schedule in your local branch for an updated list of classes. Class names and times are subject to change.
- The exercise classes have been listed alphabetically, starting on page 19, with a description of fitness level, to help you select a class that meets your fitness level. If you are unsure or have questions please contact the Health and Wellness Coordinator/Director at your local Y.
### YMCA Group Exercise

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ACTIVE OLDER ADULTS
- Low impact cardio workout.
- Muscle conditioning, balance and flexibility.

AEROBICS
- Low impact, high intensity workout. Floor aerobics, plus strengthening exercises with free weights.

BARRE BLEND/CONNECT
- Toning using a mix of ballet, Pilates, flexibility and core utilizing the ballet barre. All fitness levels welcome.

BARRE TONING
- Body sculpting class focusing on muscle endurance.
- Utilizes ballet barre fitness concepts.

BOOT CAMP
- Cardio and strength drills, stations and short distance running to challenge participants.

CARDIO BLAST
- Explore a variety of ways to increase your heart rate.
- Low, moderate and high intensity exercises.

CARDIO BOXING
- Full body workout incorporating martial arts techniques, boxing moves and strengthening exercises.

CARDIO CROSS-TRAINING
- A full-body work out incorporating various formats of cardio and strength with some outside running, weather permitting.

CARDIO CYCLING CHALLENGE
- Intense cardiovascular spin class.
- Pushes limits of cardiovascular fitness.

CARDIO STEP
- Freestyle step aerobic combinations using one or two steps.
- All cardio step class.

CHAIR YOGA
- Yoga positions and poses with a chair. Whether sitting or standing, the chair replaces the yoga mat and becomes an extension of the body.
- Suitable for all ages, fitness levels and physical conditions.

CHI GONG
- Builds the body’s energy using slow, graceful movements. Can be done standing or using a chair.

CORE POLE
- No Impact, uses resistance bands attached to a core pole for a complete body workout.

DANCE & TONE
- Fat burning dance routine combined with cardio using the bench/step along with weights for toning.

DANCE FITNESS
- Easy-to-follow choreography to uplifting and encouraging music for all fitness levels.

DANCE GOLD
- Dance fitness for beginners and Seniors.

EASY RIDER CYCLING
- Low to moderate intensity cardio cycling workout with no impact.
- 30 minute ride.

FITNESS FUSION
- Blend of low impact and high intensity moves with cardio, strength, core and stretching.
- Great for beginners to athletes wanting a joint-friendly workout.

FITQUICK
- Total body cardio and strength circuit, done in 30 minutes.

FLEXIBLE CORE
- Enhance flexibility, posture and body alignment using rhythmic movements and strength conditioning.

FOREVER FIT
- Low impact cardio workout
- Muscle conditioning using a variety of props

FUSION STRENGTH
- Full body muscular endurance fused with a touch of yoga and Pilates.
- Strengthening for the abdominals, low back and gluteal muscles.

GET FIT
- Strength, cardio and flexibility all in 55 minutes.

GROUP CYCLING
- Low to high intensity cardio workout with no impact to the joints.
- Must be at least 4 ft. 10” tall to fit on the bikes properly.
- Simulating outdoor cycling with music.

HARD CORE
- Strengthening and sculpting exercises for the abdominal, low back, and lower body muscle groups.
YMCA GROUP EXERCISE

HARD CORE 2
- Strengthening and sculpting exercises for the abdominal, low back, and lower body muscle groups with emphasis on functional movements that may include cardio.

HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)
- Switch it up with timed segments of cardio, strength and core.

INTERVAL BLAST
- High intensity workout using cardio and strength intervals.

LES MILLS CXWORX@
- Uses body weight, resistance tubing and weights to tighten and tone midsection.
- Exercises are designed to improve strength for better mobility and injury prevention.

LINE DANCING
- Fun dance class learning new line dances monthly.
- Intensity dependent on individual.

LO IMPACT
- Includes muscle conditioning and stretching.

MIX IT UP
- A different class every time!
- Cross-training, floor aerobics, step aerobics, interval training, and muscle conditioning.

PICKLEBALL
- A tennis-like game played on a badminton-size court.
- Played with a composite paddle and a wiffle ball over a net. It is easy for beginners to learn.

PILATES
- Involves core strength, flexibility, and agility.

PiYo®
- High intensity and low impact workout.
- Combines muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

POUND FIT™
- Using Ripstix™ - weighted drumsticks engineered for exercise, combining drumming into an effective full-body workout.
- Fuses cardio, Pilates, isometric movements into fun and energized series.

POWER HOUR
- Cardio and strength workouts using a variety of resistance tools.
- Based on instructor’s choice.

POWER PUMP
- Endurance lifting class designed to strengthen each major muscle group.

POWER YOGA
- Vinyasa or flowing style of yoga that focuses on core strength, balance and flow to build a solid practice based on strength and spirit.
- For intermediate and advanced fitness levels.

RAPID RESULTS
- Strength and cardiovascular conditioning which incorporates the Keiser equipment.

REFIT
- Unique blend of dance moves and muscular endurance exercises while listening to positive music.

RESIST A BALL
- For all levels.
- A stability ball is used to develop strength, flexibility and balance. Ball is provided.
- Exercises incorporate aerobics, strength and flexibility.

RETRO CARDIO
- Low impact cardio with moves easy on the joints.
- Strength, balance and flexibility included.
- Favorite music from the 60s, 70s and 80s.

RUNNER’S FITNESS CHALLENGE
- Interval training designed to enhance endurance.
- Class may be held outside, weather permitting.

SENIOR BALANCE
- Workout designed to improve balance and coordination. All fitness levels welcome.

SENIOR CORE POLE
- No impact, uses resistance bands attached to a core pole for a complete body workout.

SENIOR FITNESS
- Seated options shown for strength work.
- Muscle conditioning, balanced flexibility.
- For the active senior.

SilverSneakers® CIRCUIT
- Experience standing, low-impact choreography alternated with standing upper-body strength work.

SilverSneakers® CLASSIC
- Increase muscular strength, range of movement and activities for daily living.
- Hand held weights, elastic tubing and a ball used for resistance.
- Chair used for sitting and/or standing support.
YMCA GROUP EXERCISE

**SilverSneakers® YOGA**
- Exercises can be done in a chair.
- Enhances mind and body awareness.
- System of well-rounded strength and flexibility movements.

**TO THE LIMIT**
- High intensity workout including drills, plyometrics, and high impact exercise moves.
- Designed to take your workout to a different advanced level.

**SPIN/STRENGTH CHALLENGE**
- 35-40 minutes of a challenging group cycling ride followed by 15-20 minutes of strength training.

**SPIN/STRENGTH COMBO**
- 20-25 minutes of cycling followed by a combination of strength training and high intensity cardio.

**STEP**
- For intermediate to advanced levels.
- Freestyle step aerobic combinations with strength and flexibility included.

**STEP/STRENGTH INTERVAL**
- Cardio and strength movements done in timed segments, using the step for cardio.

**STRENGTH**
- Muscle conditioning for all major muscle groups, incorporating various props.

**STRENGTH CIRCUIT TRAINING**
- Circuit-style class focusing on strength training and muscle development.
- Intensity is determined by participants’ choice of weights.

**TABATA**
- High intensity training regimen. Interval training of 20 seconds of maximum intensity exercise followed by 10 seconds rest, repeated without pause for a total of four minutes.
- Emphasizes strength, cardio and core exercises.

**TAI CHI**
- For all ages and fitness levels.
- Demonstrate poise and confidence while moving at medium speed.

**TOTAL BODY TONING**
- For all fitness levels.
- Muscular strengthening for total body. Involves various props, workout techniques and moves.

**TURBO KICK®**
- Combines traditional Cardio Kickboxing with HIIT for a great workout.

**WalkFIT**
- For all fitness levels.
- Not your ordinary walking group but a class full of powerful, low impact exercise bursts using body weight to build muscular strength at your desired pace.

**YOGA**
- For all ability levels.
- Enhances mind and body awareness.
- Well rounded strength and flexibility movements.
- We recommend participants bring own mat.

**YOGA PILATES INFUSION**
- Combination of yoga and Pilates with a gentle flow.
- Focuses on flexibility, muscle endurance and core strength.

**YOGA & STRETCH**
- Move your body through a complete series of seated and standing yoga poses and stretches.
- The chair is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion.

**ZUMBA®**
- Mix of Latin and International Music.
- Interval training format combining various rhythms with movements that tone and sculpt the body.

**ZUMBA®GOLD – Zumba® modified**
- Moves and pacing are geared to suite the needs of the active older participant and new participants.

**ZUMBA STEP®**
- Step toning and strengthening for your legs and glutes.
YMCA FITNESS CHALLENGES & SPECIALTY CLASSES

FITNESS CHALLENGE EVENTS

EXPRESSO BIKE CHALLENGE
- Watch for monthly challenges by Expresso.
- Requires an Expresso Bike I.D. (Ask Wellness Staff how to create an I.D. – it’s free!)

TRIATHLON – Indoor
- A fun challenge that can appeal to anyone, because you set your own pace.
- 15 minutes to swim, 15 minutes to bike, and 15 minutes to run as far as you can.
- Points earned based on total distance.

Mini – Outdoor
- Ages 5 and up.

Children’s Triathlon
- Ages 5–15.

SPECIALTY CLASSES

FIT FOR LIFE
- Tackle your health and fitness goals in a small group setting with the help of a certified personal trainer and includes fitness assessments, food journaling, and accountability.

INSANITY®
- A revolutionary cardio-based total body conditioning program based on the principles of MAX interval training.
- Each workout is packed with plyometric drills on top of nonstop interval strength, power and resistance.

HEALTHY LUNCHEON
- Each member brings a healthy or “made over” dish to share along with the recipe.

IRON TEENS
- Teenagers ages 13–18 work with a Certified Personal Trainer in a small group setting to learn proper weightlifting techniques utilizing various equipment.
- Strong emphasis on wellness etiquette, correct form and safety.
- Comprehensive exam given at end of course.

EXERCISE FOR THE PHYSICALLY CHALLENGED
- Free to all adults with physical disabilities
- Light cardiovascular and strengthening work done sitting or standing.
- Caregivers welcome.
- Designed to improve strength, balance, endurance and reduce fatigue.
- Nutritional guidance by a registered dietitian.

LIVESTRONG® AT THE YMCA
- Free 12 week, small group program for adult cancer survivors.
- Designed to improve strength, balance, endurance and reduce fatigue.
- Nutritional guidance by a registered dietitian.

DELAY THE DISEASE™ CLASS
- Free exercise classes at Aultman North Canton Medical Group facility (6046 Whipple Ave. NW, North Canton, OH 44720).
- Customized program for Parkinson’s disease to increase strength, flexibility and endurance.

SELF-DEFENSE WORKSHOP
- Learn and practice self-defense skills with a Kung Fu master.
- Interactive and engaging.

YMCA DIABETES PREVENTION PROGRAM
- Healthy lifestyle education for those at risk for developing Type II Diabetes.
- Year-long, curriculum based program.
- Contact: 833 438 1312 or visit: ohioymcadiabetesprevention.org.

YMCA WEIGHT LOSS PROGRAM
- 12 week, group-based, learning, sharing problem solving program
- Weekly topics such as balanced eating, physical activity, goal setting, positive psychology, and behavioral sustainability
YMCA FITNESS CHALLENGES & SPECIALTY CLASSES

WOMEN ON WEIGHTS – WOW
- Instructional introduction to using free weights, Hammer Strength®, cable machines, etc.
- Get comfortable with free weights in the Wellness Center.
- Class size: 5 participants max.

WOW + C – Women on Weights plus cardio
- Intervals of strength, cardio and agility built into a circuit.
- Class size: 10 participants max.

TRX
- Suspension training is a total-body workout using your body weight to create muscle building resistance.
- Great results at all fitness levels.

TRX SYNRGY
- See prior TRX description.
- Incorporates use of Synergy equipment for workouts.

TRX FOR YOGA
- Assist and challenge traditional yoga poses through the utilization of the TRX Suspension Trainer.

Y PUMP
- Barbell class that strengthens entire body.
- Improve coordination and ability. Refine posture, stability and core strength.

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<th>Alliance</th>
<th>Eric Snow</th>
<th>Lake</th>
<th>Louisville</th>
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PERSONAL TRAINING

TRAINING

BODY COMPOSITION
- Uses skinfold calipers to measure body composition thru a 4-7 site skinfold pinch test.
- Administered by a Certified Personal Trainer.

FITNESS ASSESSMENT
- Certified Personal Trainer evaluates current fitness levels.
- Test for muscular strength/endurance, flexibility, cardiovascular endurance, and body composition using skinfold calipers.
- Recommended prior to starting Personal Training.

BODY METRIX™ ASSESSMENT
- Certified Personal Trainer evaluates body composition using an ultra-sound scanner.
- Software gives full report on BMI, circumference measurements, body composition, basal metabolic rate, relative disease risk information.

COMPREHENSIVE FITNESS ASSESSMENT
- Certified Personal Trainer evaluates current fitness levels combined with the Body Metrix™ system to measure body composition.
- Test for muscular strength/endurance, flexibility and cardiovascular endurance.
- Software gives full report on BMI, circumference measurements, body composition, basal metabolic rate, relative disease risk information.

PERSONAL TRAINING STARTER KIT
- Not sure if you’ll like Personal Training?
- Available for anyone who has never trained with a Personal Trainer.
- Contains Body Metrix Fitness Assessment or skinfold test and two one hour Personal Training sessions.
- Mini–Starter Kit – Two half hour sessions

MEMBERS ONLY

PERSONAL TRAINING
- One-on-one sessions for any age or fitness level.
- Certified Personal Trainers will custom design your program no matter the goal.
- Improve strength, core conditioning, sport conditioning, weight loss or everyday balance.

PARTNER PERSONAL TRAINING
- One hour session with a Certified Personal Trainer.
- Work out with a friend, any age, any fitness level.
- Workouts designed with a partner in mind.

PERSONAL YOGA TRAINING
- Private lessons are designed to meet your specific needs and help you maximize the benefits of your yoga practice.

Please note: Personal Training is for members only.

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<th>Lake</th>
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*Water Arthritis and Water Yoga class descriptions are listed under YMCA Water Fitness on page 17. All other class descriptions are listed under YMCA Group Exercise, on pages 21, 22, and 23.

SOCIAL PROGRAMS

SENIOR FUN CLUB
- Network for socialization, education and fun activities in nurturing, caring environment.
- Activities differ monthly and include speaker and/or entertainment and lunch.

THE SENIOR SOCIAL PROGRAM
- Meeting time varies by location.
- It includes card-playing, walking on the track, socializing, a light aerobics and strength class, Swimnastics, Chair Yoga, lunch and either entertainment or a speaker.
- Members may participate in any or all of these components.

SENIOR TRIPS
The North Canton Y:
- Every month from April through November, there is a motor coach trip which is open to members and non-members.
- Each trip is a one-day and includes lunch.
- Trips range from very active ones such as greenhouse trips, city tours, shopping, to less active trips such as concerts or shows.

The Paul and Carol David Y:
- Every month rotates between speakers at the Y and local road trips.
- Each event includes lunch.
- Speakers and trips are diversified and include a wide range of activities.
YMCA SPORTS & RECREATION

YMCA Youth Sports programs promote healthy children, families and communities by placing a priority on family involvement, healthy competition, the value of participation over winning, and team building. Parents are encouraged to be more than mere spectators by contributing their time as volunteer coaches and team parents as well as being their kid’s number one fan.

SMALL STUFF AND K-SKILLS SPORTS
- Small Stuff Sports is a parent/child program for 3-5 year olds. The parent participates with their child.
- The sports included are: basketball, cheerleading, flag football, golf, lacrosse, soccer, t-ball and volleyball and are fundamental skills based.

YOUTH SPORTS
- Youth sports classes focus on skill development and strengthening those skills throughout the duration of the sports program.
- For children in 1st grade and up.
- Youth Sports emphasize the Y’s character pillars: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

BASEBALL
- Program includes t-ball, coach pitch and baseball for 3-12 year olds with focus on fundamental skills, league play and clinics.

BASKETBALL
- Program for children ages 4 to adult that focus on the following areas: Fundamental skills, league play, travel teams and clinics.

CHEERLEADING
- Program for children ages 4 to 6th grade.
- Involves camps, fundamental skills and cheering for league teams.

DODGE BALL
- Program for children in 2nd grade to adults and is a league program.

FLOOR HOCKEY
- Program for kindergartners to 5th graders and is a fundamental skills-based program.

FLAG FOOTBALL
- Program for children ages 4 to 4th grade and focuses on fundamental skills, leagues, camps and clinics.

GOLF
- Lessons for children ages 5-12 and are based on teaching fundamental skills.

LACROSSE
- Program for kindergartners to 8th graders and is fundamental skills-based.

MARTIAL ARTS
- Programs are for children ages 6 to adults.
- Different Martial Arts programs include: Karate, Tai Chi, Tae Kwon Do, Judo and Ju Jitsu and are fundamental skills-based.

RUNNING
- For children ages 4-14 and are fundamental skills-based.

SOCCER
- Program for children ages 4-12 and is based on fundamental skills, leagues and clinics.

TENNIS
- Program for children ages 4-15 and is fundamental skills-based.

TRACK AND FIELD
- Track and Field is for children ages 8-14.
- Learn the fundamentals of running, sprinting and jumping.
- Less focus on competition and more focus on personal challenges and goals.

VOLLEYBALL
- Program for children ages 4 to adults based on fundamental skills, league play, clinics and is recreational.
Youth Sports emphasize the Y's character pillars: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

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YMCA GYMNASICS

Whether you’re a beginner or a competitive gymnast, the Y has a program for you! We teach children to tumble, run, jump, and twist in our gymnastics programs. From children beginning to walk and up, children learn movement, fine motor skills, tumbling and advanced gymnastics elements in our progressive-based classes. Gymnasts who are ready to take their skills to the next level can get involved in competitive gymnastics where the whole person is developed while competition and winning are kept in healthy perspective.

JUST BEGINNING
• For children walking to 24 months of age.
• Adult participation required.

GYM BUDDIES
• Children 24 to 36 months of age.
• Adult participation required.

TUMBLE TOTS GYMNASICS
• For children walking to age 3.
• Adult participation required.

TINY TUMBLERS
• For children ages 3-5.
• Learn the basics on tumbling, balance beam, bars, vaulting, mini trampoline and mat shapes.
• Good base for future fitness and sports activities.

3 & 4 YEARS OLD
• For children age 3 and young 4 year olds just starting gymnastics.

4 & 5 YEARS OLD
• For older 4 year olds and 5 year old children with gymnastics experience.

COMETS
• For children ages 4-8.
• Coach recommendation only and team leotard required.
• Skills and body shapes taught that are necessary for competitive USAG routines.

EXCEPTIONAL ATHLETES
• A program for children with intellectual disabilities.
• Introduces basic gymnastics and works on developing motor skills, balance, and coordination.

PROGRESSIVE GYMNASICS – SCHOOL AGE
• For children ages 6-10.
• For children ages 11 and up, see “Age Individualized Gymnastics” below.

GIRLS GYMNASICS

GIRLS
• 1st time students learn basic skills on tumbling, bars, beam, spring board, trampoline, strength and flexibility.

GIRLS 2
• Advanced beginner skills taught on tumbling, bars, beam, spring board and trampoline.

GIRLS 3
• Intermediate skills taught on tumbling, bars, high and low beam, vault and Tumbl Trak.

GIRLS 4
• Advanced skills taught on tumbling, bars, high and low beam, vault and Tumbl Trak.

GIRLS 5
• Designed for the gymnast who has progressed past the Flyer Level, but would like to remain a recreational gymnast.

AGE INDIVIDUALIZED GYMNASICS
• Girls ages 11 and up.
• Skills will be taught from beginner through advanced levels.

PRE-TEAM GYMNASICS
• For girls only.
• Must progress out of Flyer Level.
• Practice is two days a week: Monday 7:00-8:00pm plus one other 2 hour time slot.
## YMCA GYMNASICS

<table>
<thead>
<tr>
<th>Class Name/Location</th>
<th>Louisville</th>
<th>Meyers Lake</th>
<th>North Canton</th>
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### GIRLS:
- GIRLS: X, X
- GIRLS 2: X
- GIRLS 3: X
- GIRLS 4: X
- GIRLS 5: X
- PRE-TEAM: X
- BAR SKILLS: X
- BACK HANDSPRING: X

### BOYS:
- KINDERGARTEN: X
- LEVEL 1: X
- LEVEL 2: X
- PRE-TEAM: X
- COMPETITIVE TEAM: X
- DUDES THAT FLIP: X

### SKILLS CLASSES

#### BEGINNER TUMBLING
- For children age 6–12.
- Skills taught: Rolls, cartwheels, handstand, bridge and round-off.

#### TUMBLING 1
- For children ages 6 and up.
- Beginner tumbling. Skills include: Rolls, cartwheels, handstands, round-offs and bridge kick overs.

#### TUMBLING 2
- For children ages 6 and up.
- Intermediate tumbling. Skills include: Power round off, front and back walkovers, front and back handsprings. Tumbling 1 skills must be mastered first.

#### TUMBLING 3
- For children ages 6 and up.
- Skills taught: Back tucks and connecting round off to back handspring to back tuck in drills with spotter. Starting to connect round off back handspring without spotter.
YMCA GYMNASTICS

GIRLS BAR SKILLS
- Personal attention to improve bar skills needed at student’s level.

BACK HANDSPRING CLASS
- Girls in 4th grade and up.
- Must pass skills check from beginner tumbling.
- Learn more advanced tumbling; back hand springs, round off back hand springs and back tucks.

BOYS GYMNASTICS

KINDERGARTEN BOYS
- Introductory skills are taught on men’s equipment.

BOYS LEVEL 1
- For ages 6 and up.
- Beginner skills are taught on men’s equipment.

BOYS LEVEL 2 & 3
- For ages 6 and up.
- Must pass out of Level 1 to register for this class.
- Intermediate skills are taught on men’s equipment.

BOYS PRE-TEAM
- Must be recommended by boy’s instructors.
- Works on the finer points of boys’ gymnastics and preparing them for team.
- Trying out for boys’ team is not mandatory. Compete in local YMCA league and USA Gymnastics sanctioned competitions.

DUDES THAT FLIP
- For ages 7 and up.
- Non-competitive, energetic, fun class.
- Learn basics of tumbling, using trampolines, springboards, blocks and mats.

COMPETITIVE TEAM

BOYS and GIRLS COMPETITIVE GYMNASTICS TEAM
- For girls Levels 3-10 and Xcel and boys Levels 4-9.
- Compete in local YMCA league and USA Gymnastics sanctioned competitions.

CHEER, DANCE and BATON CLASSES

TINY CHEER
- For children ages 4 and 5.
- Learn basic motion, dance, jump, tumble and stunting. (Continued)

- Choreographed cheer, chants and dance using developmentally appropriate music.

YOUTH CHEER
- For children ages 6 and up.
- Emphasis on fundamental technique.
- Choreographed cheer, chants, dance. Great use of developmentally appropriate music.

CHEERLEADING CLASS
- For children ages 5-9.
- Learn motions, proper arm positions, jumps, starts, chants and cheers.
- Great for girls who are interested in cheering.

Baton Twirling
- For girls ages 6 and up.
- Must bring own baton.

Cheer RECREATIONAL PREP SQUAD
- For children ages 6 and up.
- Great for those who might be interested in being on the Recreational Cheer Squad.

RECREATIONAL CHEER SQUAD
- For children ages 6 and up.
- Seasonal participation: November–April.
- Practice every Wednesday and 2nd Sunday of the month.
- Cheer uniform will be worn at local venues.

Cheer TUMBLE and TECHNIQUE
- Children ages 12 and up.
- Emphasis on tumbling needed to be a middle or high school cheerleader. From beginner to advance tumbler.
- Emphasis on technique of jumps and chanting.

Dance and COMBO CLASSES
- Separate dance studio with mirrors and dance floor.
- Creative movement, ballet, tap, jazz, hip hop, combo offered.
- All dance classes are held at the Gymnastics Center.

TWIRLING TECHNIQUE & PERFORMANCE
- For children ages 6 and up recommended.
- Taught by a registered NBTA coach.
- Instructor will order batons the first night.
PRE-SCHOOL BALLET
• Fundamentals of ballet.

PRE-SCHOOL TAP
• Fundamentals of ballet and tap.

PRE-SCHOOL BALLET/TAP COMBO
• Fundamentals of ballet and tap.

PRE-SCHOOL DANCE/GYMNASTICS COMBO
• Fundamentals of dance and gymnastics.

Ballet
• Progressions are followed and dancers will be tested and challenged at their level.

TUNES & TUMBLE
• Music and movement program engaging children age 1–4 with parents.

SCHOOL AGE DANCE

HIP HOP
• Progressions are followed and dancers will be tested and challenged at their level.

INTRO JAZZ/TAP COMBO
• Progressions are followed and dancers will be challenged at their level.

BALLET/TAP COMBO
• Fundamentals for ballet and tap.
• Progressions are followed and dancers will be challenged at their level.

INTRO DANCE/GYMNASTICS COMBO
• Progressions are followed and dancers will be challenged at their level.

DANCE TEAM
• For children ages 7 and up.
• Must have instructor’s permission.
• Seasonal: October–May.
• Weekend performances and practices 2 times a week.

PRIVATE DANCE LESSONS
• 15 and 30 minute lessons available.
• See your child’s instructor for more information.

ADULT DANCE CLASSES
• Exciting progression of various dance styles including barre and core training.

BALLROOM EVENT CHOREOGRAPHY
• By appointment for groups of 2 or more.
• Learn the basic steps/styling of: Swing, Waltz, Tango, Salsa, Foxtrot, Rumba and more; or have your special dance choreographed.
• Available evenings and weekends.

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YMCA FAMILY, YOUTH & TEENS

The YMCA knows that achieving balance between activities, work, school, family and friends is challenging but important. We're here to help with a variety of fun and healthy programs that motivate parents and children to stay interested and inspired. Our goal is to provide your family with advice on creating opportunities to play every day, eat healthy, and enjoy family time. Be sure to check out the programs that your branch offers.

FAMILY

FAMILY FUN NIGHT/EVENTS
- Laugh, love, learn and grow together as a family with arts and crafts, games and special themed activities that the entire family will enjoy.
- Dates, times, and activities vary by branch. Check your branch for details.

PRESCHOOL

ART, GYM, SWIM
- For children ages 3 to kindergarten.
- Stories, arts, crafts, gym activities and swim time.

YOUTH

KIDS NIGHT OUT
- Safe, supervised fun for children. Leave your parents at home!
- Arts, crafts, gym time, games and dinner included.
- Dates, times, and activities vary by branch. Check your branch for details.

TWEENS
- Exercise classes for children ages 8–14.
- Yoga one day and fitness on another.

TEENS

ACHIEVERS
Through this program students will have the opportunity to:
- Be guided by positive role models.
- Develop confidence.
- Prepare for college life or a sustainable career.
- Learn about diverse career options.
- Network and bond with peers.
Y Achievers will meet once a month on Fridays in addition to learning opportunities throughout the year. Students will be guided by staff and professionals in fields that interest them.

GAMING CLUB
- 2nd Tuesday of each month.
- Youth and Teens ages 6–18.
- Board games, video games, jumbo board games and more!

OPEN MIC NIGHTS
- 3rd Wednesday of each month.
- Tweens and teens ages 11–18.
- Bring your own instrument or use one of ours!

TEEN LEADERS
Leaders Clubs help develop youth, as leaders, while fostering a culture of service.
- Teens in 6th–12th grade.
- Adult advisors are role models and mentors who have a positive impact on the students' lives.
- Encourages teens to be a positive force in the community.
- Weekly meetings throughout the school year.

TEEN NIGHT & EVENTS
- Teens ages 11 and up.
- Dodgeball, basketball, gym games, music, social hangout with friends and more.
- After hours: Teens Take Over the Y.
- Special events throughout the year: DJ, bonfire, movie night and more.

YOUTH AND GOVERNMENT
Students learn about the legislative process, how to:
- Write bills, participate in elections and be a delegate during the state conference.
- Middle school weekly meetings: September through November.
- High school weekly meetings: September through April (North Canton and Paul & Carol David).
- Students work culminates in serving as delegates at the state conference, debating bills on the floor of the legislature.
FAMILY, PRESCHOOL, YOUTH and TEENS
We provide programs, opportunities, and simply a place to belong and play, so our YMCA youth and families can create, connect and grow stronger together. Please explore the exciting programs and offerings for our youth, teens and families.

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LEAD THE WAY
COMMUNITY PROGRAMS

ALZHEIMER’S ASSOCIATION
• Caregiver Support Group.

BIBLE STUDY
• Prayer and discussion of the Christian word.
• See your local branch for times and program availability.

BOOK CLUB
• Group determines books read and discussed.

CAR SEAT CHECKS
• To get your car seat installed correctly/checked by a Certified Child Passenger Safety Technician Instructor, contact Debbie Sharkey, CPSTI, at 330 830 6275 ext. 1103.
• Appointments only.
• Donations accepted to benefit our Annual Campaign.

KNITTING
• Learn how to knit by creating multiple loops of yarn, called stitches in a line or tube.

KNITTING CLUB
• Beginner through advanced.
• Learn to knit and/or come socialize and knit your current projects.

PHYSICALLY CHALLENGED
• Caregiver Support Group.
• North Canton Community Building.

STAMPING CLASSES
• Make 8 handmade greeting cards in each class.
• Please bring scissors and adhesive (double sided tape or tape runner). All other materials included.

SELF DEFENSE
• Learn tactics to keep yourself safe.
• One-on-one and partner interactions.
• Learn safety techniques in a fun and educational way.

WEIGHT WATCHERS
• Traditional Weight Watchers meeting.
• Coaching and real-life insights to help you lose weight and keep it off.
• Pay as you go packages available.

YMCA DIABETES PREVENTION PROGRAM
• CONTACT: 330 994 0013 or email us at: preventdiabetesymca@gmail.com
• Healthy lifestyle education for those at risk for developing Type II Diabetes.
• Year-long, curriculum based program.

TRAININGS

BABYSITTERS TRAINING COURSE
• Ages 11 and up.
• ASHI program prepares youth with the training every parent wants in a sitter.
• Learn basic first aid, CPR, diaper changing, operating as a business, safe play, emergency action skills, and so much more!

NATIONAL YMCA LIFEGUARDING CERTIFICATION
• Must be a minimum age of 16 by end of course.
• Must pass a water skill and endurance test.
• Must attend all classes.
• Parental consent required for anyone under age 18. Consent forms will be handed out first day of class.
• Fee includes CPR Professional Rescuer and First Aid Certifications. Also includes emergency oxygen.

CPR
• Ages 16 and up.
• Adult, child and infant CPR certification.
• Heart attack and stroke recognition.
• AED, foreign body airway obstruction and safety precautions.

CPR PRO ASHI
• Adult, child and infant CPR certification.
• Heart attack and stroke recognition.
• AED, foreign body airway obstruction and safety precautions.
• Professional Rescuers and Health Care Professionals.

FIRST AID
• Ages 16 and up.
• Basic First Aid certification.
• Dealing with emergencies such as bleeding, shock, burns, seizures and fractures.
The YMCA of Central Stark County relies on the generosity of program partnerships to help us maintain and expand services to everyone in our community. In all of our communities throughout the Stark County, our YMCA works hard to make sure everyone has the access and opportunity to learn, grow and thrive.

Thank you! We are grateful for your continued support!