

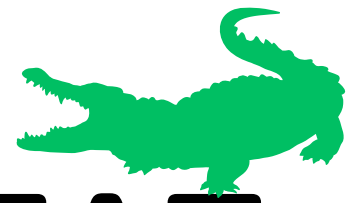
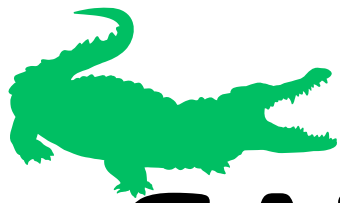
NEWSLETTER



APRIL 2024

YMCA of Western Stark County:
Massillon Family YMCA
Towpath Trail YMCA

Momentarily, we
may face darkness,
but the light
always returns.



DANGER! GATOR HABITAT

The Massillon Family YMCA Gators swim team have had an outstanding season under Head Coach Scott Mazon and Assistant Head Coach Jack Gardner. The swimmers have broken personal, team, and meet records. They finished their Dual meet season with a 6-1 record.



Head Coach Scott Mazon



Asst. HD Coach Jack Gardner



"We want to thank the Massillon YMCA for supporting our team throughout the season. Our community of volunteers, lifeguards, pool maintenance specialists, and leadership teams make this all possible. We also thank the YMCA members for accommodating the swim team's schedule. It takes a lot of time to develop our athletes, and your patience is appreciated," said Scott Mazon, head coach.

Their program embraces the Y's core values and promotes progression at an individual level.

The Massillon YMCA Gators provides an age-group competitive swim team that emphasizes growth, good sportsmanship, and self-discipline. They strive to provide a strong foundation of proper technique and fundamental training in a fun, positive atmosphere under the supervision of an experienced coaching staff.

Swimmers will have the opportunity to learn new skills, gain speed and endurance, and develop confidence while building camaraderie with their teammates.



The Massillon YMCA Gators supports Massillon and surrounding communities with a program that caters to new and advanced-level swimmers. The team accepts swimmers as young as six years old. Each new swimmer needs to be evaluated by a coach. Swimmers only need to swim one length freestyle (front crawl) and one length backstroke to be eligible for the team. The summer season begins on April 15th, and you do not need to be a YMCA member for the summer session. Meet the coach and swimmer assessments are on April 8th at 5pm at the Massillon Family YMCA pool.

The coaching staff understand athletes may be participating in additional sports and have multiple commitments; there is no minimum amount of practices a swimmer needs to attend per week.

To register for the Massillon YMCA Gator swim team, please call or visit the Massillon YMCA. The Welcome Center staff can assist you with the registration process.

PERFECT 10.0



The YMCA Gymnastics team has seen multiple medal place finishes in their competitive season. The Ron P. Ferris Invitational saw Coaches Abby and Olivia both finishing in 1st place All Around in their divisions. The Silvers Team placed 4th, and The Golds placed 3rd. We saw Coach Olivia receive a perfect 10.0 for her balance beam routine at the Make It Count Invitational in Tennessee. The Golds Team placed 3rd, and the Silvers placed 2nd at The Frosty Frog Invitational.

The Golds Team 3rd Place



The Silvers Team 4th Place



The gymnasts train hard and they are talented athletes. The team uses proceeds from fundraising to cover the cost of fees for meets, and equipment. Their main fundraiser is their annual Quarter Auction, which will be on Saturday, April 27th.



The Golds Team 3rd Place



The Silvers Team 2nd Place

Coach Olivia is perfect on Balance Beam!

Coach Olivia Coach Abby



OPEN TO THE PUBLIC

MASSILLON FAMILY YMCA GYMNASTICS TEAM

4TH ANNUAL QUARTER AUCTION

ST. CLEMENT HALL - 216 WOOSTER ST NE, NAVARRE

SATURDAY, APRIL 27, 2024

DOORS OPEN AT 1:00PM AND THE AUCTION STARTS AT 2:00PM

\$5 ADMISSION INCLUDES 1 BIDDER PADDLE, ADDITIONAL PADDLES AVAILABLE FOR \$2 EACH

ALL-IN PADDLES AVAILABLE FOR \$40

FOOD, POP & WATER WILL BE AVAILABLE FOR PURCHASE - NO OUTSIDE FOOD OR DRINK



The Massillon YMCA Gymnastics Team would like to thank you for all of your support, and they look forward to seeing you at the auction!

THANK YOU!

MASSILLON ROTARY FOUNDATION



We wish to express the upmost gratitude to The Massillon Rotary Foundation for their life saving donation of 4 AED Machines. These devices are located in both Massillon Family YMCA and Towpath Trail YMCA.

We are hopeful that we never have to use them, and we are grateful that we have them if they are needed.

Thank you.

ANNUAL CAMPAIGN DONORS



THE MASSILLON EAGLES F.O.E 190 QUARTER AUCTION DONORS

EASTER SUPPLY DONORS

THE CHILDREN IN OUR CHILDCARE PROGRAMS ARE VERY EXCITED!

SWIM-A-THON DONORS

WE WERE ABLE TO PURCHASE EQUIPMENT AND TOYS!





SPOTLIGHT ON: MASSILLON FAMILY YMCA

NEW CLASS ALERT!

SPIN & STEP!

Rhonda is introducing this energetic, high intensity indoor cycling class designed to get your heart rate up! This music driven workout is designed to strengthen your mind, and body. She will lead you through distinct sections of climbs, sprints, choreography, and weights. Be prepared to keep moving throughout the whole class. Check the Group Fitness schedule, this class will be offered every other Tuesday. Class size is limited to 8.


What to bring?

- Water bottle
- Towel

Why is this class for you?

Take this class if you are looking to burn calories and get your heart rate up. This class will help improve cardiovascular endurance and tone muscles.

Come and Play with Us!



Wednesdays we play **Wallyball**! Wallyball is a fast-paced sport that is similar to volleyball played in a racquetball court, where it is legal to hit the ball off of the walls. This is a member lead game where the only thing that matters is that you have fun!

Wednesdays 9am-10:15am- Everyone is welcome!

Tuesdays, Thursdays, and Fridays we try to stay out of the kitchen when we are playing **Pickleball**! If you are curious what this sport is all about, Tuesdays we offer learn to play! Come on out, we have the equipment.

Tuesday & Thursday: 9am-11:30am, Friday: 10am-12:30pm.



SPOTLIGHT ON: TOWPATH TRAIL

APRIL 12th
6-7:30pm

Members \$5/\$10 Non-members
Limited to 15 Participants

Reiki Restorative Yoga with Sound Healing

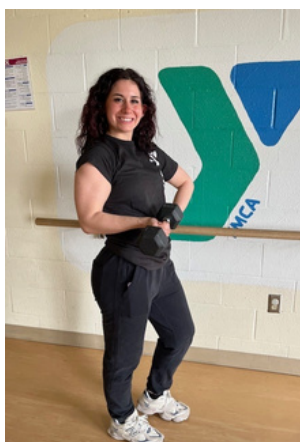
Reiki is a form of energy healing that works to balance you. When we are stressed, ill, or mentally drained, our flow of life energy can become stagnant. Reiki will restore the balance of your energy giving you whole wellness—mind, body, and soul.

This form of yoga consists of supported poses that lead to deep relaxation throughout the body. By relaxing into each of the poses you reduce stress, increase digestion, lower blood pressure, improve sleep and restore the body deep from within.

Join Christina, and be prepared to feel rested and rejuvenated with 90-minutes of pure bliss. Enjoy restorative poses with hands-on assists while receiving the full benefit of healing reiki. This will be followed by a sound bath from 7 different singing bowls tuned to 432hz to bring deep relaxation and rest to the body.

Welcome, Kairalee!

Kairalee Zito is a NASM certified personal trainer, and a competitive bodybuilder. She is currently working towards obtaining her Bodybuilding and Physique Coach Certification.



She is currently accepting clients and loves to work on motivation, goal setting, guidance, and bodybuilding

If you would like to schedule a session with Kairalee, please visit the Towpath Trail Welcome Center.



YOU'RE INVITED

APRIL
Saturday
6
Massillon

EGG SPLASH 'N HUNT

Members - Free Non-Members - \$4

9:30am-11am - Open swim to follow

Register online or through the Welcome Center

ECLIPSE PARTY

@2:30pm Market Street Park Pavilion (Next to Y)

Free and Open To The Public

Make sure to bring your eclipse glasses!

APRIL
Monday
8
Towpath

APRIL
FRIDAY
12
Towpath

REIKI RESTORATIVE YOGA w/SOUND HEALING

with Christine

Members - \$5

Non-Members - \$10

6pm-7:30pm

HEALTHY KIDS DAY!

FREE - OPEN TO THE PUBLIC

11am-1pm

APRIL
Saturday
20
Towpath

Come join us for family fun! Free hotdogs, games, and activities!

APRIL
Saturday
27

4th ANNUAL QUARTER AUCTION

ST. CLEMENT HALL, 216 Wooster St NE, Navarre

DOORS OPEN @1pm, AUCTION STARTS @2pm

\$5 Admission(includes 1 paddle) OPEN TO THE PUBLIC

SAVE THE DATE!

MAY
21
&
23
Towpath

BACKYARD POOL SAFETY:

R.E.S.P.E.C.T

5pm-6:30pm

Getting ready to open your backyard pool?

The key to drowning prevention is RESPECT!

Join us on May 21st OR the 23rd for this

class on drowning prevention, and stay for

open swim. Free and open to the public.

APRIL HEALTHY AGING: MASSILLON



Massillon Family YMCA
131 Tremont Ave SE



FREE! Please RSVP so we have
an accurate count for supplies

TO REGISTER: Call 330-837-5116 or sign up at the Welcome Center



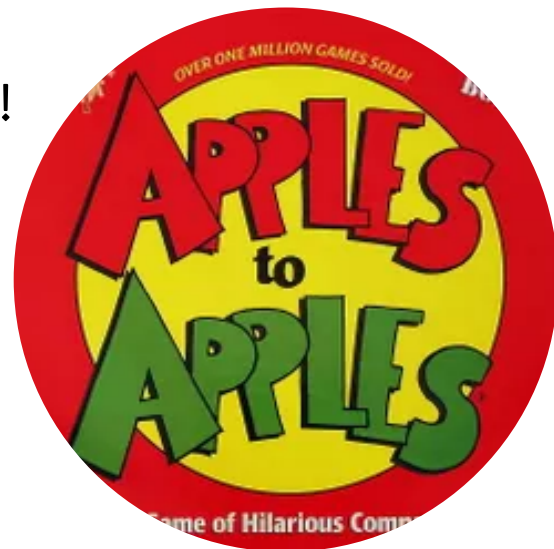
PUNCH CUP BINGO! **10am-11:30am**

This is not your grandma's
bingo! Be prepared for fun as
we play the game a new way!



UNLEASH FUN! GAME DAY! **11:00am**

Play games, make friends!
You don't stop playing
because you grow older.
You grow older when you
stop playing!



Please note:

All Healthy Aging events are free to attend and open
to non-members, please RSVP.

APRIL HEALTHY AGING: NAVARRE



Towpath Trail YMCA
1226 Market St. NE, Navarre



FREE! Please RSVP so we have
an accurate count for supplies

TO REGISTER: Call 330-879-0800 or sign up at the Welcome Center

10am -
Noon
Euchre
Club



Craft with Sue: Bouquet of Flowers



12:30pm

Supplies are provided. Please bring leftover cocktail napkins and a vase for the lovely flowers we are creating.



**LUNCH &
LEARN:
11:30 am**
Butterflies

YMCA member Darlene E. will revise her monarch presentation to show us the supplies needed to attract caterpillars and nurture them through the chrysalis stage until they emerge as butterflies. We'll cover the recommended indoor and outdoor materials you'll need.



Lunch is sponsored by Altercare of Navarre and Country Lawn Nursing Home.

Please note:

All Healthy Aging events are free to attend and open to non-members.



**Bingo
with Jen**

11:30am

Anything with a flower gets you a raffle ticket for one of our grand prize drawings: a flower pin, flowers on your shirt or pants, a calendar or notebook with flowers on it, flower tattoos, a flowering plant that you bring in or a flower that you picked. Even a sack of flour (the baking kind!).



Mental Workout

C R S Y L I M A F S E I F S O
 L I U T L L L K T N K F M I I
 E C R N R F C H A J U O P L D
 S I J C N E G M E J E Q Z V U
 S W E C U I N U D H P A H E T
 O S O G E I N G J E G C B R S
 N S N W V P T G T O M I W S Y
 S E S F F F L G Y H I F V N O
 R N J R E F S B A L A N C E U
 B T M I O P D I L Z I Y A A T
 E I R S L T P I L A T E S K H
 P F R A E H A P J E I G V E H
 V G S X L E A G O Y B C Y R D
 J H S C I T S A N M Y G O S H
 M A R T I A L A R T S C X S F

Word Search

- | | | |
|---------|----------------|------------|
| balance | circuit | family |
| Fitness | Gators | gymnastics |
| lessons | martialarts | pilates |
| running | silversneakers | |
| splash | strength | |
| swim | weights | |
| youth | | |

	+	7	-	8	5
+		-		+	
	-	1	-		0
-		-		-	
	+		+		18
5		1		1	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

CROSSWORD: WESTERN STARK COUNTY

ACROSS

6. It's fun to stay at the
7. metal shoes
10. Aqua class drill sarge Rhonda
11. CEO Jim

DOWN

1. played from chairs
2. coming April 8, 2024
3. if you lose in pickleball you've been
4. Home of the Tigers
5. exercise with downward dog
7. breaststroke, underwater
8. in volleyball, no silver platter needed
9. Swim team similar to crocodiles
11. suspension, ropes, bags (abv)



MASSILLON FAMILY YMCA FITNESS CLASSES

APRIL 2024

MONDAY

- 7:00AM OPEN STUDIO (until 10AM) with Marjorie (S)
- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 11:00AM SilverSneakers CIRCUIT with Thelma (GE)
- 1:00PM OPEN STUDIO (until 8PM) with Marjorie (S)
- 5:15PM BODY SCULPT with Rhonda (GE)
- 6:15PM GENTLE YOGA with Turra (GE)
- 7:10PM ROCK HARD ABS with John (GE)

TUESDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 5:00PM OPEN STUDIO (until 8PM) with Marjorie (S)
- 5:30PM RIP STYX with Rhonda (GE)
April 2, 16, 30
SPIN & STEP with Rhonda (GE) ***NEW CLASS***
April 9, 23
- 6:30PM MIXED BELLY DANCING with Irene (GE)
April 30
- 7:30PM BEGINNER BELLY DANCING with Irene (GE)
April 9, 23
- 7:30PM ADVANCED BELLY DANCING with Irene (GE)
April 2, 16

WEDNESDAY

- 8:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 10:30AM SS BOOM MUSCLE with Thelma (GE)
- 11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)
- 1:00PM OPEN STUDIO (until 8PM) with Marjorie (S)
- 6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 10:00AM ONE MORE REP with Rhonda (FC)
- 1:00PM OPEN STUDIO (until 5PM) with Marjorie (S)
- 5:00PM CIRCUIT with Scott (G)

FRIDAY

- 7:00AM OPEN STUDIO (until 10:30am) with Marjorie (S)
- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:30AM AQUA BOOTCAMP with Rhonda (P)

SATURDAY

- 10:15AM CARDIO CROSS TRAINING with Rhonda (G)

SUNDAY

- 11:15AM OPEN STUDIO (until 1:45pm) with Marjorie (S)

WHERE CLASSES MEET

- FC = Fitness Center
- G = Gymnasium
- GE = Group Exercise Room
- P = Pool
- S = The Studio

CHILD WATCH HOURS

MORNINGS

- Mon-Fri 8:45am-11am
- Sat 9am-noon

EVENINGS

- Mon-Thu 5pm-7:30pm
- (Tues till 8:30pm)

BUILDING HOURS

- Mon-Thu 6am-8:30pm
- Fri 6am-7pm
- Sat 7am-2pm
- Sun 11-2pm

After-hours Access

West Stark Y members can enroll in Navarre for 24/7 access to the Towpath Trail YMCA Fitness Center.



Massillon Fitness Class Descriptions

AQUA BOOTCAMP with Rhonda (Pool)

50 min cardio workout with intervals of total body toning and core strength development. This class is perfect for those looking for a great cross-training option or a more intense aqua-fit class.

AQUAMOTION with Rhonda (Pool)

45 min class. Get fit and moving doing "Aerobics" in the pool. Focus on proper form & technique to get the most out of your workout. All levels.

BEGINNER/ADVANCED BELLY DANCING with Irene (Group Exercise Room)

45 min alternating weeks of beginner and advanced belly dancing techniques.

BODY SCULPTING with Rhonda (Group Exercise Room)

45 min stationary full body muscle building workout with free weights & other equipment.

CARDIO CROSS TRAINING with Rhonda (Outside Back of Bldg / Gymnasium)

45 min cardio & resistance training using stations & timed rounds for full body blast. All levels - Push yourself at your own effort.

CIRCUIT with Scott (Gym)

Timed intervals at fitness stations with equipment and body-weight exercises. Push yourself at your own effort for any kind of workout or training.

GENTLE YOGA with Turra (Group Exercise Room)

For all-levels. A variety of poses and stretches to release the day's stress and promote relaxation.

KETTLEBELLS with Moriah (Group Exercise Room)

45 min unparalleled mix of strength & conditioning focusing on core, leg, and gluteal muscles. This class blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

MIXED BELLY DANCING FITNESS CLASS with Irene (Group Exercise Room)

50 min belly dancing class for any level experience. Teaches small & choreographed routines.

ONE MORE REP with Rhonda (Fitness Center)

A weighted class using free weights, machines, cardio equipment, everyone is welcome.

OPEN STUDIO with Marjorie (The Studio)

Provides space to workout, using equipment not found in the Fitness Center. All levels and abilities encouraged. Located on the 3rd floor above the gymnasium. Maps available at the Welcome Center.

RIP STYX with Rhonda (Group Exercise Room)

45 min full-body workout to music. Combines cardio, conditioning and strength using lightly weighted drumsticks.

ROCK HARD ABS with John (Group Exercise Room)

30 min intense ab work on the floor with great toning results.

SilverSneakers® BALANCE & CHAIR YOGA with Thelma (Group Exercise Room)

40 min class. Starting with balancing exercises and ending with yoga stretches to promote relaxation, core strength & balance. A chair is used for seated exercises and standing support.

SilverSneakers® BOOM MUSCLE with Thelma (Group Exercise Room)

30 min BOOM Muscle incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers® CIRCUIT with Thelma (Group Exercise Room)

30 min circuit class specifically designed for active older adults. Low impact standing upper body strength workout with resistance bands, ball and chair for support.

SilverSneakers® SPLASH with Carolyn (Pool)

45 min class. Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

SPIN & STEP with Rhonda (Group Exercise Room) *NEW CLASS*

This is a high intensity indoor cycling class designed to keep you moving. Everyone is welcome, limited to 8.

TOTAL BODY FITNESS with Thelma (Mon & Fri) / Jodi (Wed) (Group Exercise Room)

30-60 min light aerobic, strength, stretching & balance exercises designed to condition the whole body. All fitness levels.

TOWPATH TRAIL YMCA

FITNESS CLASSES

APRIL 2024

TOWPATH TRAIL YMCA • 330-879-0800 • WestStarkY.org



MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM MAT PILATES with Heather (GE)
- 1:00PM CHAIR YOGA with Jen (G)
- 2:00PM STANDING STRENGTH & BALANCE with Jen (GE)
- 5:00PM KETTLEBELL BALANCE & CORE (30 min) with Beth (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:15PM TOTAL BODY BURN (40 min) with Brittany (GE)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:00AM YOGA with Shirley (GE)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM QIGONG with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)
- 5:15PM PEACEFUL YOGA FLOW with Christina (GE)

WEDNESDAY

- 6:45AM WEEKLY WAKE-UP with Jen (GE)
- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 10:00AM DRUMMING FOR FITNESS with Heather (G)
- 10:15AM BETTER BALANCE (30 min) with Beth (GE)
- 11:00AM CHAIR YOGA with Beth (G)
- 5:45PM TOTAL BODY FITNESS with Lorena (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:30PM DRUMMING FOR FITNESS with Lorena (GE)

CLASS LOCATIONS

GE = Group Exercise room

G = Gymnasium
P = Pool

CHILD WATCH

MORNINGS:
Mon-Sat
8:45am-noon

EVENINGS:
Mon-Thur
5-7:30pm

Please note: If there are no children in Child Watch 30 minutes before it closes, the area may close early.

THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:15AM BETTER BALANCE (30 min) with Beth (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE)
- 5:15PM POWER YOGA with Jen (GE)
- 6:30PM TOTAL BODY BURN (40 min) with Brittany (GE)

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM MAT PILATES with Heather (GE)

SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:15AM MINDFUL MOVEMENTS YOGA with Sarah (GE)

TOWPATH TRAIL YMCA CLASS DESCRIPTIONS

Aquamotion: Water fitness class using various equipment. Easy on your joints while getting a cardio & strength workout in.

Better Balance: (30 min.) We will practice functional moves to improve balance and gently strengthen muscles. This class will use a chair to add stability when standing.

Chair Volleyball: Played while seated in chairs with a modified net height, smaller court size, and a lightweight ball. Standard volleyball scoring. Geared towards active aging.

Chair Yoga: Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion.

Cycling: Indoor cycling using stationary bikes. Instructor guides you through a ride that simulates outdoor cycling while shredding fat and increasing cardiovascular endurance.

Drumming for Fitness: A fun, upbeat class that uses music to design the workout. Use drumsticks to pound out a beat on a "drum" made of an exercise ball!

HIIT the Ropes: Uses Battle Ropes - heavy ropes, anchored to the wall. Create a series of wave motions for a full body workout.

Kettlebell Balance & Core: Half-hour of controlled and intentional exercises to strengthen the core and improve balance for better functional movement.

Mat Pilates: Gentle, yet challenging, non-impact strength and toning.

Mindful Movements Yoga: Class will be sequenced to calm the nervous system and restore balance for both mind and body. Includes meditation followed by passive and gently active poses.

Peaceful Yoga Flow: Increase flexibility, mobility, balance and body awareness. All levels.

Power Yoga: Focus on strength with mobility and stability. Includes sun salutations; standing, seated, and floor poses; balance challenges; breath awareness.

QiGong: Martial arts exercise includes movements suitable for everyone. Increases range of motion and balance while reducing stress.

Ripped: High energy barbell class that challenges every muscle group to the max.

SilverSneakers BOOM MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health & function.

SilverSneakers CLASSIC: Seated and standing exercises to increase strength, range of motion and activities for daily living.

Standing Strength & Balance: This class uses body weight or optional hand weights and bands to develop strength and improve balance from seated and standing positions. We focus on arms, legs, core and range of motion. No floor work. One level more challenging than chair yoga.

Total Body Burn: Tabata-style interval workout, using circuits to challenge both your upper and lower body. There are bursts of HIIT (High-Intensity Interval Training) cardio in there, too!

Total Body Fitness: Low-impact, full-body cardio and strength conditioning. Modifications for a wide range of fitness levels.

TRX: Suspension training system that utilizes full core strength to engage every muscle in the body.

Walk & Tone: Walking paired with strength exercises using weights and bands to tone the whole body.

Weekly Wakeup: Low-impact, full-body strength & toning. Inspired from a variety of disciplines may use body weight, bands or dumb bells. No jumping or running. Combination standing/mat work.

Yoga: Increase flexibility, mobility, balance and body awareness while reducing stress. All levels.

Classes recommended for Healthy Aging members

MASSILLON FAMILY YMCA

MON 8:30am - TOTAL BODY FITNESS
with Thelma
9:30am - AQUAMOTION
with Rhonda
11am - CIRCUIT with Thelma

TUE 9:40am - SILVERSNEAKERS
SPLASH with Carolyn

WED 8:30am - TOTAL BODY FITNESS
with Jodi
9:30am - AQUAMOTION
with Rhonda
10:30am - SILVERSNEAKERS
BOOM MUSCLE
with Thelma
11:15am - SILVERSNEAKERS
BALANCE & CHAIR
YOGA with Thelma

THU 9:40am - SILVERSNEAKERS
SPLASH with Carolyn

FRI 8:30am - TOTAL BODY FITNESS
with Thelma

**THESE CLASSES
ARE FREE & OPEN
TO ALL MEMBERS!**

TOWPATH TRAIL YMCA

MON 8am - WALK & TONE
with Heather
9am - AQUAMOTION
with Heather
1pm - CHAIR YOGA with Jen
2pm - STANDING STRENGTH
& BALANCE with Jen
6pm - AQUAMOTION with Lucy

TUES 8am - TOTAL BODY FITNESS
with Michelle
9am - AQUAMOTION
with Heather
9am - YOGA with Shirley
10am - QI GONG with Shirley
11am - SILVERSNEAKERS
BOOM MUSCLE
with Heather

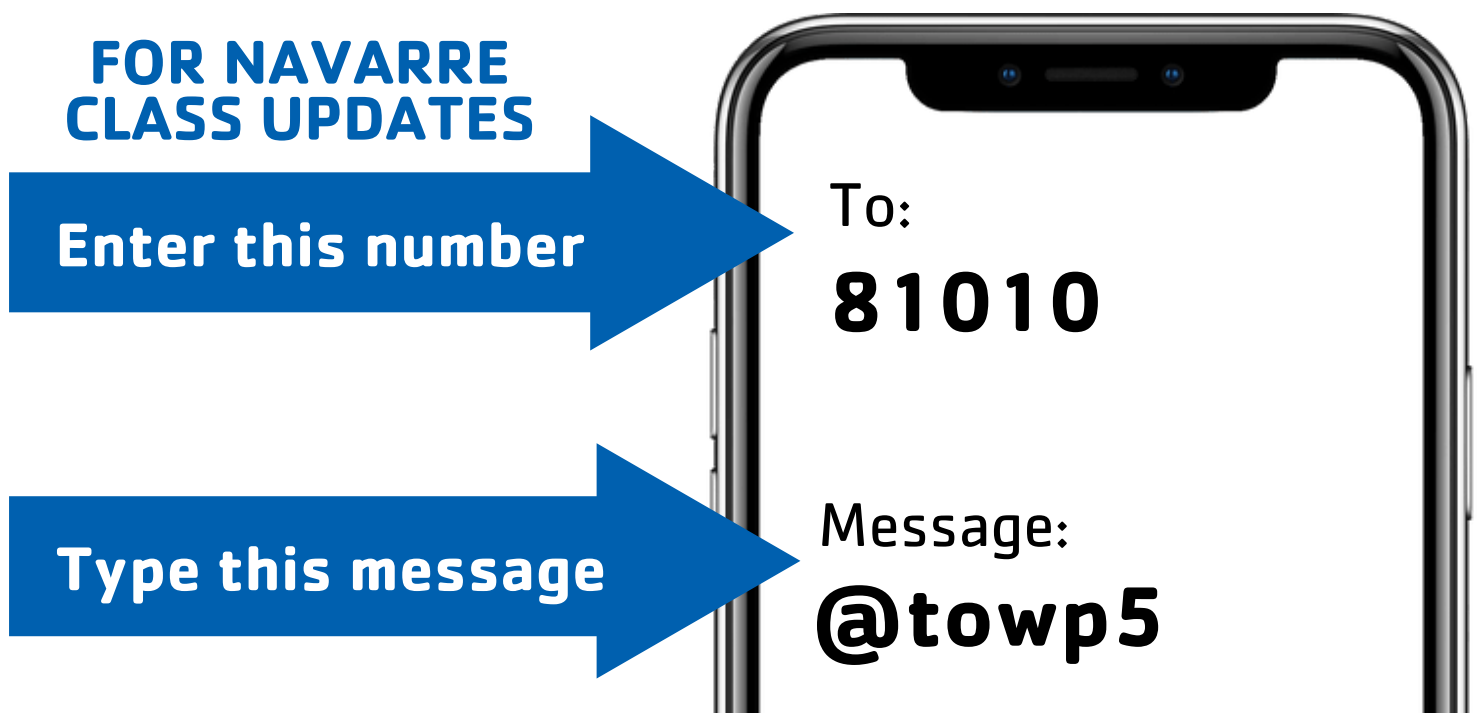
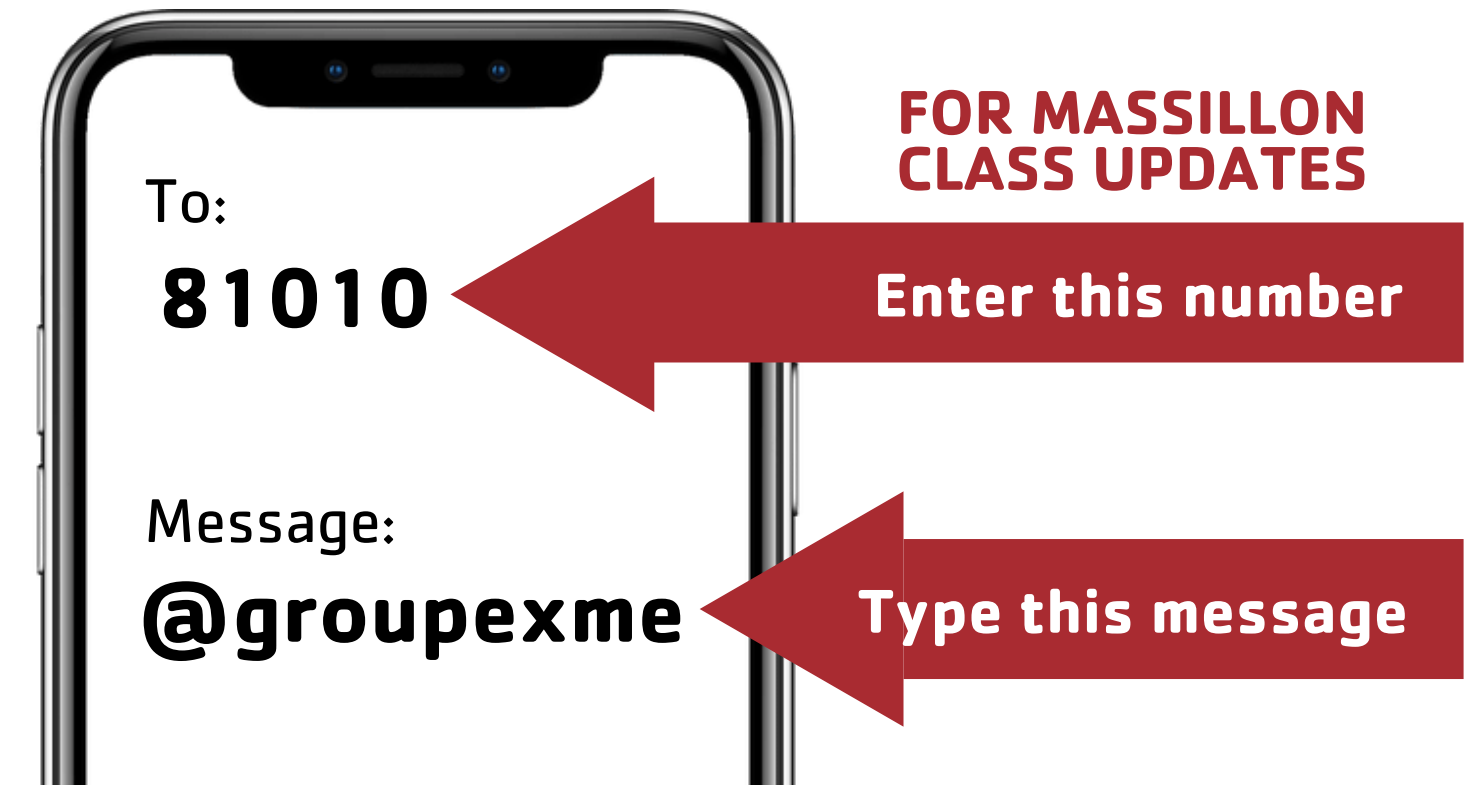
WED 8am - WALK & TONE
with Michelle
10am - DRUMMING FOR
FITNESS with Heather
10:15am - BETTER BALANCE
with Beth
11am - CHAIR YOGA
with Beth
6pm - AQUAMOTION with Lucy
6:30pm - DRUMMING
FOR FITNESS
with Lorena

THU 8am - TOTAL BODY FITNESS
with Michelle
9am - AQUAMOTION
with Heather
9am - BETTER BALANCE
with Beth
11am - SILVERSNEAKERS
CLASSIC with Heather
12:15pm - CHAIR VOLLEYBALL

FRI 8am - WALK & TONE with
Michelle
9am - AQUAMOTION with
Heather

Get Group Exercise Cancellation Alerts

Each of our YMCA branches has a notification system in the event that an exercise class needs to be cancelled. The alert will come directly to your phone. How to sign up:



This is a secure messaging tool, used by many school districts for widespread communication. You can opt out of the messages at any time or call the Welcome Desk.



OPEN TO THE PUBLIC



MASSILLON FAMILY YMCA GYMNASTICS TEAM

4TH ANNUAL QUARTER AUCTION

ST. CLEMENT HALL - 216 WOOSTER ST NE, NAVARRE

SATURDAY, APRIL 27, 2024

DOORS OPEN AT 1:00PM AND THE AUCTION STARTS AT 2:00PM

\$5 ADMISSION INCLUDES 1 BIDDER PADDLE, ADDITIONAL PADDLES AVAILABLE FOR \$2 EACH

ALL-IN PADDLES AVAILABLE FOR \$40

FOOD, POP & WATER WILL BE AVAILABLE FOR PURCHASE - NO OUTSIDE FOOD OR DRINK



Gymnastics Lessons

SPRING (April 13-May 18), SUMMER (June 8-July 13)

\$30 Member / \$60 Non-Member

MASSILLON

Little Flippers (Walking-Age 3)

Saturday 8:30am-9:00am

Mat Munchkins (Ages 3-5)

Tuesday 4:30pm-5:15pm OR
Thursday 4:30pm-5:15pm OR
Saturday 9:15am-10:00am OR
Saturday 10:30am-11:15am

Rollers/Swingers (Ages 6+)

Tuesday 4:30pm-5:30pm OR
Thursday 4:30pm-5:30pm OR
Saturday 9:15am-10:15am OR
Saturday 10:30am-11:30am

Back

Handspring Class (6-18yrs)

Saturday
11:15am-noon



NAVARRE

Back Handspring Class (Ages 6-18 yrs)

Saturday 12:45-1:30pm

Students will begin with basic back walkovers and progress to back handsprings. Once perfected, the back handspring will be connected to a round-off and other higher level skills. Great class for gymnasts and cheerleaders.

eSports Club

April 2-30

Free for members/\$10 Monthly Non-Member

Ages 8-17 **Tuesdays & Thursdays**
6:00-8:00pm



At YMCA eSports, we value sportsmanship, teamwork, and personal growth above all else. Embrace healthy competition, build unbreakable bonds with fellow gamers, and watch your individual talents skyrocket to new heights.

**AT MASSILLON
FAMILY YMCA**

ESPORTS AT THE Y PROMOTES:



TEAMWORK



LEADERSHIP



ONLINE SAFETY



**INDIVIDUAL
GROWTH**



EQUITY FOCUS

Instructional Soccer

April 9-25

\$35 Member / \$70 Non-Member

Ages 3-5 **Tuesdays & Thursdays**
6-6:40pm



The focus of this age group is to both develop the basic skills of soccer and socialize children in a fun and safe environment. All participants will receive a YMCA soccer t-shirt. 6 sessions.

**AT TOWPATH
TRAIL YMCA**



Martial Arts

\$30 Member / \$60 Non-Member

MASSILLON FAMILY YMCA

April 3-24, May 1-29

Class runs monthly

Ages 7 - Adult Wed 6-8 pm

Classes are a mixture of Tai Kwon Do, Judo and self-defense. The primary focus is courtesy and self-control. Taught by 5th Degree Black Belt Master Smith.

TOWPATH TRAIL YMCA

April 2-30, May 2-30

Classes meet twice weekly in 4-week monthly sessions

Youth ages 5-11 6:30-7:30 pm Tue & Thu

Ages 12 - Adult 7:30-8:30 pm Tue & Thu

We strive to equip each student with knowledge and skills to be a good person and a strong martial artist. Children's classes will be focused around Karate and Judo. Adult classes combine all three.



"Martial arts was really the first thing in my life that I followed through on and accomplished a degree of proficiency for."

CHUCK NORRIS



Swim Lessons

SPRING: April 9 - May 18
\$36 Member / \$72 Non-Member

Ages
6mn-3y

Parent & Child Water Discovery & Exploration

Navarre:
Sat 11am

Massillon:
Sat 10am

30min



Ages 3 to 5

Stage 1 Water Acclimation- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am

Stage 2 Water Movement- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am

Stage 3 Water Stamina- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am



Ages 5 to 13

Stage 1 Water Acclimation -45min.

Navarre: Tue 5:45pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 2 Water Movement -45min.

Navarre: Tue 5:45pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 3 Water Stamina -45min.

Navarre: Tue 5:45pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Tue 5:00pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 5 Stroke Development- 45min.

Navarre: Tue 5:00pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 6 Stroke Mechanics- 45min.

Navarre: Tue 5:00p or Sat 10:00am

Massillon: Sat 10:00am



School-day off for kids

\$35 Member / \$40 Non-Member
Registration packet must be completed
a minimum of 24 hours before start date



6 am to 6 pm holiday availability

If enrolled in kindergarten through sixth grade, your child is eligible to enroll in SDO (our school-day off program) for scheduled school days off within the district. Registration must be completed at least 24 hours before the expected start date. The program and applications are available in Massillon and Navarre. Kids get to swim, eat their provided meal (Massillon) or their packed lunch (Navarre) and participate in physically and mentally stimulating activities.

MORE INFO: MASSILLON FAMILY Y:
Jodi or Jen D.
330-837-5116

TOWPATH TRAIL YMCA:
Lisa
330-879-0800

Before & After School Care



We have openings for the
remainder of the school year
at sites that serve
Massillon and Perry schools

Contact Jen Durr in Massillon
jdurr@WestStarkY.org or
330-837-5116

Registration Now Open

2024 SUMMER DAY CAMP

MASSILLON FAMILY YMCA: 330-837-5116

TOWPATH TRAIL YMCA: 330-879-0800

Seasonal Indoor Playground



APRIL 5, 12, 19, 26

For children up
to 4 years old
and parents or
caregivers

Parent or guardian must be
present while child attends.

FREE
for members
and non-
members

**Location:
Towpath
Trail
YMCA**

**9:30
to 11am
FRIDAYS**

Playground will be closed if
Fairless schools are closed.

NOW HIRING

Summer camp leaders



Twelve weeks of fun with the potential for longer-term employment!



Interested? Contact Jen Durr in Massillon
jdurr@WestStarkY.org or 330-837-5116

Lisa Stone in Navarre
lstone@WestStarkY.org or 330-879-0800

Children's age ranges you'll work with:

K-6th grade

Days of the week:
Monday-Friday only

Shifts during the hours of:
6 am - 6 pm

Length of shifts:
2-8 hours, depending on enrollment

Staffers must be:
reliable when scheduled,
fun-loving, able to pass a
background check (we pay), able
and willing to keep up with our
energetic kids

Easter Egg Decorating



Adults and children participated in the Massillon Easter egg decorating contest! They did an outstanding job!

Check Out Our YMCA MOBILE APP!

THE BENEFITS

- Sign-in using your phone instead of your member card
- Receive timely announcements and alerts for either facility
- Check out class schedules and gym and pool hours



NEED A HAND?

Please ask!

You can also type
www.WestStarkY.org/app
into an Internet browser

HOW TO PUT THE YMCA APP ON YOUR PHONE

1

Go to the App Store

 **daxko ymca**

2



Daxko
Health & Fitness

GET

3

Find your health and wellness center by typing:



**ymca of
western
stark county**

4

The icon will
automatically
update



5

Select your facility at the top of the app screen. You can select either location at any time.

GIVING GROWS HERE



Thanks to the generosity of members, volunteers and donors, we transform lives. You're helping people achieve health, gain confidence, make connections and feel secure at every stage of life.

Your tax-deductible contributions to the YMCA of Western Stark County are crucial to our cause and our promise.



**Strengthening
community**



**No one will be turned
away because of
an inability to pay**



**YES! I want to
invest in the Y**

AMOUNT

\$

NAME

ADDRESS

PHONE EMAIL

CHECK ONE

- Annual Campaign
 Leaf a Legacy * (Small \$100-\$499, Medium \$500-\$999, Large \$1,000 + higher)
 Walkway Brick *
 Memorial Bench *
 Massillon
 Navarre

PAYMENT METHOD

- CHECK: Make payable to YMCA of Western Stark County
 CREDIT CARD: (circle one) ONE-TIME MONTHLY
 (circle one) MASTERCARD VISA DISCOVER
 ACCOUNT #
 CVV #, EXPIRATION DATE

We will call to verify the text for a leaf, brick or bench inscription.

Be sure to enroll in Navarre to access the Towpath Trail YMCA on the holiday and after hours. Any member 18 years or older in good standing qualifies. Orientation takes about 20 minutes. We review access points, cameras and areas that are off-limits. There is no additional cost to enroll. You'll be given a key fob to use a special entrance. Access is limited to the Fitness Center and machines in the lobby.

Have a blessed Easter holiday!



Do you have a testimonial to share?

Feel free to leave a note at the Welcome Desk in Massillon or Navarre! You can detach the bottom portion of this page or email our director of engagement, Jen Porter, directly at jcatalano@WestStarkY.org. We'd love to share your experience with others.



**Name and contact info
(phone or email):** _____

**How has the YMCA made
a difference in your life?** _____

Member since: _____ **Circle your usual branch:** Massillon Y / Towpath Trail Y

May we reach out to you for a photo? Yes / No

We our community partners!



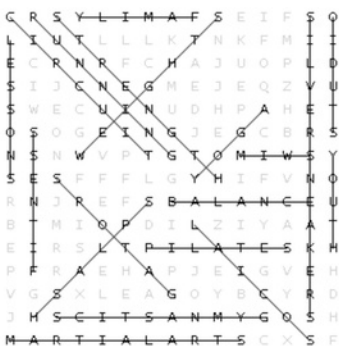
Home is Where the Heart Is Home Care, LLC



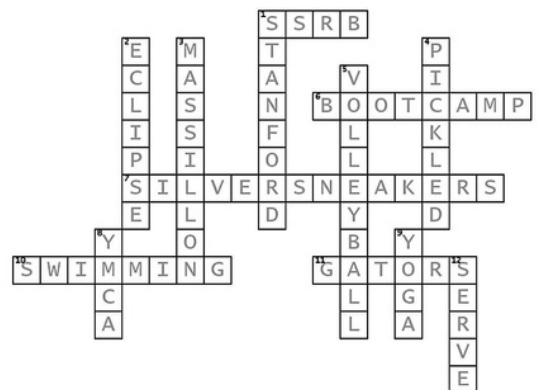
THE CANTON REGENCY SENIOR LIVING RESIDENCES



Mental Workout Answers



6	+	7	-	8	5
+		-		+	
3	-	1	-	2	0
-		-		-	
4	+	5	+	9	18
5		1		1	



OUR MISSION

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



Locations & Regular Hours of Operation

MASSILLON FAMILY YMCA

131 Tremont Ave. SE
Massillon, OH 44646
330-837-5116

BUILDING HOURS

Monday - Thursday: 6 am - 8:30 pm
Friday: 6 am - 7 pm
Saturday: 7 am - 2 pm
Sunday: 11 am - 2 pm

CHILD WATCH HOURS

Mornings: Mon-Fri 8:45-11am
Evenings: Mon, Wed, Thu 5-7:30pm
Tuesday 5-8:30pm
Saturdays: 9am - noon

TOWPATH TRAIL YMCA

1226 Market St. NE
Navarre, OH 44662
330-879-0800

BUILDING HOURS

Monday - Thursday: 6 am - 9:00 pm
Friday: 6 am - 7 pm
Saturday: 7 am - 3 pm
Sunday: noon - 3 pm

24/7 access available in Navarre.
Visit Welcome Center for details.

CHILD WATCH HOURS

Mornings: Mon-Sat 8:45am-Noon
Evenings: Mon-Thu 5-7:30 pm



24/7 Access is open to ANY member 18 years or older in good standing! Currently 24/7 access is only available at the Towpath Trail location. Orientation takes about 20 minutes. No additional cost. Access is to the Fitness Center and machines in the lobby.

TO SUBSCRIBE TO OUR NEWSLETTER:
WestStarkY.org/newsletter-signup