



JULY 2025

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

NEWSLETTER and program guide



Towpath Trail YMCA Hosts Fairless Students for Summer PE Credit

This summer, the Towpath Trail YMCA was proud to partner with Fairless Local Schools to support students earning their physical education credit in a dynamic and engaging environment.



During their time at the Y, students participated in a variety of wellness activities, including group exercise classes, personal fitness challenges, and battle rope workouts. They were introduced to self-defense fundamentals and explored the importance of nutrition in maintaining a healthy lifestyle.



It was a pleasure to welcome these students into our YMCA community. We wish them continued success and a safe, active summer!





HIGHLIGHTS

JULY



HAVE A HAPPY AND SAFE HOLIDAY!

While sparklers may seem harmless, they burn at temperatures around 2,000 degrees Fahrenheit—hot enough to melt some metals. Sparklers can easily ignite clothing, and children have suffered severe burns from accidentally dropping them on their feet. For everyone's safety, children should never handle anything that burns. Instead, consider safer alternatives the whole family can enjoy, such as: Glow sticks, Confetti poppers, Colored streamers

PICKLEBALL HOURS

TOWPATH TRAIL YMCA

THURSDAY

1pm-3pm

MASSILLON FAMILY YMCA

FRIDAYS

10 am-Noon



COMING IN AUGUST:

SWIM INSTRUCTOR TRAINING

Are you age 16 or older? Come and train with us! Training class fee \$125 OR FREE if you work with us for a year! Interested? Have questions? Call Sue @330.879.0800



TOWPATH TRAIL YMCA

PRESCHOOL
ENROLL NOW!
2025-2026



TOWPATH TRAIL YMCA

DIAPER BANK HOURS

MONDAY - FRIDAY

(1 Visit per month)

9am-11am & 5pm-6pm

SUMMER IS JUST STARTING!



SO IS REGISTRATION FOR
BEFORE AND AFTER SCHOOL FOR
2025-2026!

LOCATIONS:

MASSILLON SCHOOLS:

- Massillon Family YMCA
- Gorrell Elementary
- Whittier Elementary

PERRY SCHOOLS:

- Watson Elementary
- Lohr Elementary

FAIRLESS LOCAL SCHOOLS:

- Towpath Trail YMCA



TUSLAW SCHOOLS:

- Tuslaw Elementary



PLEASE CONSIDER DONATING:

Sidewalk Chalk,
Jump Ropes,
Bubbles,
Kleenex,
Disinfecting Wipes



OUR MISSION & CORE VALUES

To put Christian principles into practice through programs that build healthy spirit, mind and body FOR ALL. Our core values are caring, honesty, respect and responsibility — they guide everything we do.



GYMNASTICS TEAM FUNDRAISER!



JULY 2nd
5pm-8pm

Dine-In or Drive-Thru

4110 Hills & Dales Rd NW, Canton

JULY HEALTHY AGING: MASSILLON

Designed for adults 50+ to stay active, strong, and connected. A mix of low-impact fitness, wellness workshops, and social activities, members build healthy habits for spirit, mind and body. This supportive community is here for you—every step of the way



Massillon Family YMCA
131 Tremont Ave SE



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

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

JULY
15
TUESDAY
11 AM

ICE CREAM FESTIVAL

RSVP BY 7/11/25 TO THE
WELCOME CENTER OR CALL 330-
837-5116



Sponsored by:



JULY
18
FRIDAY
11 AM

Class of 2025

Healthy Aging Group Awards Gala

Join us as we come together to celebrate
the best in each other—

an afternoon of recognition, inspiration,
and laughter.



Lunch sponsored by:



Please note:

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

JULY HEALTHY AGING: NAVARRE

Designed for adults 50+ to stay active, strong, and connected. A mix of low-impact fitness, wellness workshops, and social activities, members build healthy habits for spirit, mind and body. This supportive community is here for you—every step of the way



Towpath Trail YMCA
1226 Market St. NE, Navarre



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

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



FRIDAY July 4th Closed for Independence Day
(No Euchre this month)

JULY

11
FRIDAY

LUNCH & LEARN: Entertainment in the Early 1900's
Massillon Museum Archivist
Presented by Mandy Altimus Stahl

11:30AM

Lunch sponsored by:



JULY

16
WEDNESDAY
NOON

Rock Painting with Kaylee



Lunch sponsored by:



JULY

25
FRIDAY

BINGO: CHRISTMAS IN JULY

Join Us for a Jolly Good Time!

You supply the prizes, unwrapped, in exchange for a ticket toward our grand-prize drawings.

11:30AM (Prize donations maximum \$5 value.) Christmas attire and decorations encouraged!



Lunch sponsored by:



Gymnastics Lessons

SUMMER II (July 21-Aug 30) | FALL I (Sep 8-Oct 18)
\$36 Member / \$72 Non-Member

MASSILLON



Little Flippers (Walking-Age 3)

Saturday 8:30am-9:00am

Mat Munchkins (Ages 3-5)

Monday 4:30pm-5:15pm OR
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+)

Monday 4:30pm-5:30pm OR
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



ADULT GYMNASTICS

Mondays or Thursdays

July 3-31

7:00pm-8:30pm

\$25 Member/\$50 Non-Member

This fun class is for beginners through experienced gymnasts. Class focuses on learning and relearning gymnastics skills on all 4 events. Coaches will be available to guide you through the skills. No prior gymnastics training required. Opportunity to compete in gymnastics meets will be available if desired.



Instructional Baseball

\$40 Member/\$80 Non-Member

Ages 4 to 7

TOWPATH TRAIL YMCA

Aug 12 – Aug 28, 2025

Tue, Thu @ 6:00 PM–6:40 PM

Children learn the basic fundamentals of catching, throwing, hitting and teamwork. Games and equipment are modified to be developmentally appropriate for this age group and to maximize fun and success.



Martial Arts

\$30 Member/\$60 Non-Member

TOWPATH TRAIL YMCA

Classes meet twice weekly in 4-week monthly sessions

Youth ages 5–11

6:30–7:30pm Tue & Thur

Ages 12 – Adult

7:30–8:30pm Tue & Thur



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

CHUCK NORRIS

MASSILLON FAMILY YMCA

Class is continuous

Ages 7 – Adult

Wed 6–8pm

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.

Class meets once a week. This class runs monthly, unlike our other classes that go by sessions. Price is per month regardless of number of classes in the month. Class also meets one Sunday afternoon each month for testing. See instructor for Sunday dates and times.



Swim Lessons

SUMMER II (July 20-Aug 30) | FALL 1 (Sep 8-Oct 18)
\$42 Member / \$84 Non-Member

Ages 6mn-3yr

Parent & Child Water Discovery- 30min.

Navarre: Sat 9:00am

Massillon: Sat 10:00am

Ages 3 to 5

Stage 1 Water Acclimation- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Stage 2 Water Movement- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Stage 3 Water Stamina- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Ages 5 to 13

Stage 1 Water Acclimation -45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 2 Water Movement -45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 3 Water Stamina -45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 5 Stroke Development- 45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 6 Stroke Mechanics- 45min.

Navarre: Tue 5:30p or Sat 10:45am

Massillon: Sat 10:00am





MASSILLON FAMILY YMCA

GROUP EXERCISE

JULY 2025

FOR CLASS CANCELLATION ALERTS

TEXT: @groupepxme

To phone number: 81010

MONDAY

- 8:30AM TOTAL BODY FITNESS with Jodi (GE)
9:30AM AQUAMOTION with Judy (P)
11:00AM SilverSneakers CIRCUIT with Thelma (GE)
5:45PM BODY SCULPT with Rhonda (GE)

TUESDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
5:30PM RIP STYX with Rhonda (GE)
SPIN & STEP with Rhonda (GE)
6:30PM MIXED BELLY DANCING with Irene (GE)
7:20PM BEGINNER BELLY DANCING with Irene (GE)

WEDNESDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
10:30AM SS BOOM MUSCLE with Thelma (GE)
11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)
6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
5:45PM HIT HOP with Rhonda (S)

FRIDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
9:30AM AQUAMOTION with Judy (P)
9:45AM DANCE2FIT with Leyna (GE)

WHERE CLASSES MEET

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

CHILD WATCH HOURS

MORNINGS:
Tues, Thurs, Fri
8:45am-11am

EVENINGS:
Mon, Wed, Thur
5-7:30pm

Tuesday
5-8:30pm

Saturdays: 8:45am - Noon

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

BUILDING HOURS

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

After-hours Access

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



SATURDAY

8:30AM Intermediate & Beyond Belly Dance (GE)

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 (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.

DANCE2FIT with Leyna (GE)

is a high-energy cardio workout. Dance2 Fit uses various types of popular hip-hop music to create an aggressive but fun and rewarding full body experience.

HIT HOP with Rhonda (Studio)

30 min class- Music inspired cardio kickboxing, punch and jabs, and calisthenics.

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.

RIP STYX with Rhonda (Group Exercise Room)

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

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)

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

STEP2FIT with Leyna (GE)

is a high-energy workout blending rhythmic stepping, squats, lunges, burpees, push-ups and more! This is the ultimate fun, full body sweat session.

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

GROUP EXERCISE

JULY 2025

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

FOR CLASS CANCELLATION ALERTS TEXT: @towp7

To phone number: 81010



MONDAY

- 6:30AM BALANCE, CORE & YOGA with Jessica (GE)
- 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 Jessica (G)
- 2:00PM BETTER BALANCE with Jessica (GE)
- 5:00PM STEP TO FIT with LEYNA (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:15PM Cycling (40 min) with Brittany (GE)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:00AM PEACEFUL POWER YOGA with Christina (GE)
- 9:30AM HIIT THE ROPES with Kristina (G)
- 10:00AM BETTER BALANCE with Beth
- 10:45AM DANCE 2FIT with LEYNA (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)

WEDNESDAY

- 6:30AM BALANCE, CORE & YOGA with Jessica (GE)
- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 10:15AM BETTER BALANCE with Beth (GE)
- 11:00AM CHAIR YOGA with Beth (G)
- 5:45PM BETTER BALANCE & STRENGTH with Lorena (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:30PM DRUMMING FOR BEGINNERS 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)
- 9:00AM GENTLE STRETCH YOGA with Turra (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL with Bonnie

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 8:00AM DEEP WATER BLAST with Heather (P)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 10:00AM MAT PILATES with Heather (GE)
- 10:00AM LaBLAST DANCE CLASS with Debbie/Chris (G)

SATURDAY

- 8:00AM STEP 2FIT with LEYNA (GE)
- 9:00AM CYCLING with Mike (GE)
- 10:15AM GENTLE YOGA (GE)

SUNDAY

- 12:30PM DANCE 2FIT with LEYNA (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.

Balance, Core, & Yoga: 30 minutes of exercise focusing on balance, core, and strength. Ending with 15 minutes of Yoga to stretch and recharge. All levels welcome.

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.

Dance 2FIT: is a high-energy cardio workout. Dance2 Fit uses various types of popular hip-hop music to create an aggressive but fun and rewarding full body experience.

Deep Water Blast: This challenging, water-based workout that's all cardio, body toning and most of all exhilarating.

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!

Drumming for Beginners Is a great physical outlet for all populations—including those that may require assistance. This class includes music, rhymical movement and fun.

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.

LaBlast Dance Class: A partner-free dance fitness workout create by world-renowned dancer and fitness expert Louis van Amstel (as seen on Dancing with the Stars). It's accessible for all levels.

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 Power Yoga Flow: Increase flexibility, mobility, balance and body awareness at increased intensity. All levels.

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.

Step2Fit: is a high-energy workout blending rhythmic stepping, squats, lunges, burpees, push-ups and more! This is the ultimate fun, full body sweat session.

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 (40min)

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.

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

Yoga Flow and Stretch:A moderate flow yoga class that concludes with a deep stretch. Options to increase or decrease intensity will be offered. All levels welcome.

Classes recommended for Healthy Aging members

MASSILLON FAMILY YMCA

MON 8:30am - TOTAL BODY FITNESS
with Jodi

11am - CIRCUIT with Thelma

TUE 9:40am - SILVERSNEAKERS
SPLASH with Carolyn

WED 8:30am - TOTAL BODY FITNESS
with Thelma

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 Jess
2pm - STANDING STRENGTH
& BALANCE with Jess
6pm - AQUAMOTION with Lucy

TUES 8am - TOTAL BODY FITNESS
with Michelle
9am - AQUAMOTION
with Heather
10am - BETTER BALANCE
with Beth
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

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

FRI 8am - WALK & TONE with
Michelle
9am - TOTAL BODY FITNESS
with Terry

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 Jodie 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



GIVING GROWS HERE



Strengthening
community



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

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.

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

AMOUNT

NAME _____

ADDRESS _____

\$ _____

PHONE _____

EMAIL _____

CHECK ONE

☐

Annual Campaign
Any Amount

☐

Endowment*
Donor Wall

☐

Navarre-Leaf
Massillon

(Small \$100-\$499
Medium \$500-\$999
Large \$1,000 + higher)

☐

Memorial
Bench *
\$2,500

☐

Navarre
Massillon

PAYMENT METHOD

☐

CHECK: Make payable to
YMCA of Western Stark County

☐

CREDIT CARD: (circle one) ONE-TIME
(circle one) MASTERCARD VISA

MONTHLY
DISCOVER

☐

MONTHLY DRAFT: Use
credit card on file at Y

ACCOUNT # _____

CVV #, EXPIRATION DATE _____

*

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

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

We Our Community Partners!



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

HOW TO PUT THE YMCA APP ON YOUR PHONE

1

Go to the App Store



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.



NEED A HAND?

Please ask!

You can also type

www.WestStarkY.org/app
into an Internet browser



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: CLOSED

CHILD WATCH HOURS

Mornings: Tue, Thu, Fri 8:45-11am

Evenings: Mon, Wed, Thu 5-7:30pm
Tuesdays 5-8:30pm

Saturdays: 8:45am - 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 5:00-7:30 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