

Become a YMCA Volunteer

*"Everyone has
the potential to
give something
back."*

Diana, Princess of Wales
British humanitarian



What could be better than
to reach out to your
community,
teaching others
and enthusiastically
changing the world.



YMCA

We build strong kids,
strong families, strong communities.

MISSION STATEMENT

The Tuscarawas County YMCA
is committed to enriching the lives of
everyone in our community by the
development of healthy spirit, mind and
body through membership
services and programs based on
Christian principles and values of
caring, honesty, respect
and responsibility.

Steph Wills
Senior Program Director

Tuscarawas County YMCA
600 Monroe Street
Dover, Ohio 44622
330-364-5511
www.tuscymca.org

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Programs For SENIORS



Tuscarawas County YMCA

600 Monroe Street, Dover 330-364-5511
www.tuscymca.org

Facility & Perks

25 Yard/6 Lane Pool
Warm Water Pool
Adult Whirlpool
2 Gymsnasiums
2 Racquetball Courts
Wellness Center
Walking Track
Free Weight Area
Adult Locker Rooms with
Steam and Sauna,
Special Needs Locker Rooms
Sports Fields
Childwatch
Judo Room,
Group Cycling Room
Aerobics Studio

- FREE AEROBIC CLASSES
- EARLY REGISTRATION
- LOWER PROGRAM FEES
- OPEN SWIM
- TECHNOGYM TRAINING
- REFERRAL INCENTIVE
- MEMBER APPRECIATION DAYS
- FREE FAMILY FUN NIGHTS
- SPECIAL EVENTS
- FREQUENT Y-ER PROGRAM
earn points for every \$ you spend on programs. Complete your card and get \$10 off your next program registration!

2009 Golden Members Rates

Adult

\$87.50 first payment +
\$27.50 a Month*

Couple

\$120.00 first payment +
\$40.00 a Month*

*Memberships may be paid Annually or
by Bank Draft / Credit Card Draft.
See rate card for information.*

Get Moving 1

Get Moving 2

Matter of Balance

Steph's Fitness

Badminton

Tuesday and Thursday 10:00 AM
Anyone interested in playing please sign
up Member Service Center

Seniors Seminars

Sponsored by
Country Club Retirement Campus
Every Thursday at Noon
Lunch provided
Register for this event by calling the
YMCA
330-364-5511 or
County Club Retirement Campus
330-343-5568

Aqua Aerobics

45 Min.
Cardiovascular & water resistance work-
out in the shallow water of the large
pool.

Joy of Living

45 min.
Includes aerobic exercise and water re-
sistance activities in the large pool.

Twinges

45 min.
A recreational water exercise program
designed specifically to meet the needs
of the person with arthritis.

Hydro Fit

60 min.
(Deep Water Exercise)
Challenging. Uses the resistance of the
water to tone muscles.

Aqua Grooves

45 min. Various abilities join in for
fellowship & exercise. Excellent for any-
one with varied mobility challenges.
Large pool.