



NEWSLETTER

YMCA of Western Stark County

August '2021



Wishing all the kids & teachers
a GREAT 2021-2022 school year!

Back to 
SCHOOL



Come Join Our YMCA Team WE ARE HIRING!

- Child Care
- Child Watch
- Welcome Center
- Life Guards
- Swim instructors
- Personal Trainers
- Fitness Instructors



Drop off your application to our
Welcome Center at either location

FOR YOUTH DEVELOPMENT

Swim Lessons

\$30 Member / \$60 Non-Member

Water Discovery - Parent / Child (Age 6 month - 3 yrs)

Massillon Family YMCA - Saturdays 9:00-9:45am
Towpath Trail YMCA - Saturdays 11:00-11:30am

Stage 1 Water Acclimation (Age 3-5)

Massillon Family YMCA - Saturdays 9:00-9:45am
Towpath Trail YMCA - Thursdays 5:30-6:15pm or Saturdays 9:00-9:45am

Stage 1 Water Acclimation (Age 6+)

Massillon Family YMCA - Saturdays 10:00-10:45am
Towpath Trail YMCA - Tuesdays 5:30-6:15pm or Saturdays 10:00-10:45am

Stage 2 Water Movement (Age 3-5)

Massillon Family YMCA - Saturdays 9:00-9:45am
Towpath Trail YMCA - Thursdays 5:30-6:15pm or Saturdays 9:00-9:45am

Stage 2 Water Movement (Age 6+)

Massillon Family YMCA - Saturdays 10:00-10:45am
Towpath Trail YMCA - Tuesdays 5:30-6:15pm or Saturdays 10:00-10:45am

Stage 3 Water Stamina (Age 3-5)

Massillon Family YMCA - Saturdays 9:00-9:45am
Towpath Trail YMCA - Thursdays 5:30-6:15pm or Saturdays 9:00-9:45am

Stage 3 Water Stamina (Age 6+)

Massillon Family YMCA - Saturdays 10:00-10:45am
Towpath Trail YMCA - Tuesdays 5:30-6:15pm or Saturdays 10:00-10:45am

Stage 4 Stroke Introduction (Age 3-5)

Massillon Family YMCA - Saturdays 10:00am-10:45am
Towpath Trail YMCA - Thursdays 5:30-6:15pm or Saturdays 9:00-9:45am

Stage 4 Stroke Introduction (Age 6+)

Massillon Family YMCA - Saturdays 10:00-10:45am
Towpath Trail YMCA - Tuesdays 5:30-6:15pm or Saturdays 10:00-10:45am

Stage 5 Stroke Development (Age 6+)

Massillon Family YMCA - Saturdays 10:00am-10:45am
Towpath Trail YMCA - Tuesdays 5:30-6:15pm or Saturdays 10:00-10:45am

Stage 6 Stroke Mechanics (Age 6+)

Massillon Family YMCA - Saturdays 10:00am-10:45am
Towpath Trail YMCA - Tuesdays 5:30-6:15pm or Saturdays 10:00-10:45am



Congratulations to Massillon YMCA Gators Swim Team for a great Summer Season!

In preparation for the next upcoming Winter Season, they are trying to raise money for more equipment. If you would like to help them out, please visit their GoFundMe Page [Supporting Our Gator Swimmers](#)





Gymnastic Lessons

Massillon Family YMCA

\$30 Member / \$60 Non-Member

Little Flippers (Walking-Age 3)

Saturday 8:30am-9:00am

Mat Munchkins (Age 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 (Age 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

Saturday 11:15am-12:00pm

Classes for Ages 8 & Older
Thursdays 6-7p or Thursdays 7-8p

Towpath Trail YMCA



July 29 - August 26

\$26 Member / \$36 Non-Member

Equipment is provided to teach YOUTH and ADULTS the proper technique and skills to shoot a bow and arrow. This program provides an opportunity to develop self confidence, personal discipline, concentration skills, and a good sense of sportsmanship.

Archery classes are taught by an experienced instructor from the Ohio Bowhunters Association. Please dress for outdoor classes.

**REGISTER
NOW!**

Before & After School Care Available For These Locations



Knowing your child is being
cared for in a safe environment
is what we are here to do!

- Massillon Family YMCA
 - Towpath Trail YMCA
 - Gorrell Elementary
 - Lohr Elementary
 - Whittier Elementary
 - Genoa Elementary
 - Watson Elementary
 - Pfeiffer Intermediate
 - TC Knapp Elementary
 - Fairless Elementary
- *COMING SOON*

For all Massillon & Perry Locations

Contact Jodi Smer at 330-837-5116 jsmer@weststarky.org

For Towpath Trail & Fairless Locations

Contact Amanda Doubledee at 330-879-0800 ADoubledee@weststarky.org



Preschool Openings for Fall

Massillon Family YMCA

Preschool - 1/2 day or full day options

Contact Miss Ke'Ke' at 330-837-5116

harriskeaunte@gmail.com



Towpath Trail YMCA

Intro to Preschool 1/2 day afternoons

Pre-K 1/2 day mornings

Contact Miss Amanda at 330-879-0800

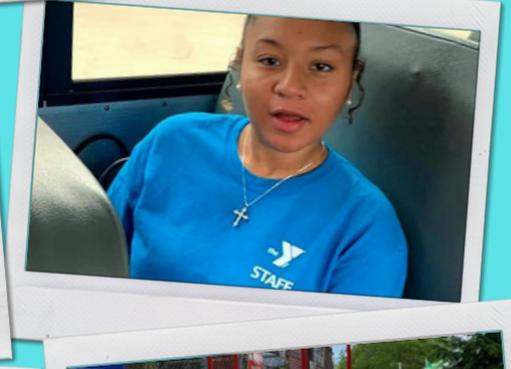
ADoubledee@weststarky.org

**Accepting Donations for
Preschool Families in Need!**





Thank you to our awesome YMCA Summer Camp Staff!



We could not do this without you!



FOR HEALTHY LIVING



Want a friend to try out a class with you?
Ask an instructor for a free pass!

the Y MASSILLON FAMILY Group Exercise Fitness Class Schedule

MONDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 9:45-10:30AM AQUAMOTION with Rhonda (P)
- 10:30-11:00AM SILVERSNEAKERS BOOM MUSCLE with Thelma (GE)
- 7:15-7:45PM ROCK HARD ABS with John (GE)

TUESDAY

- 9:40-10:25AM SILVERSNEAKERS SPLASH with Carolyn (P)
- 9:45-10:15AM FITNESS INTERVALS with Rhonda (OB/G)
- 10:30-11:00AM HIIT THE ROPES with Kristina (G) *NO CLASS 08/24/21*
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 5:30-6:15PM DANCE 2 FIT with Kate (GE) *NEW*
- 6:30-7:20PM MIXED BELLY DANCE with Irene (GE)

WEDNESDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Jodi (GE) *NEW*
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 9:45-10:30AM AQUAMOTION with Rhonda (P)
- 11:00-11:30AM SILVERSNEAKER CIRCUIT with Thelma (GE)
- 2:00-2:50PM BAG BASICS with Marjorie (DS)
- 5:00-5:40PM HIIT THE BAGS with Marjorie (DS)
- 6:00-6:50PM BEYOND THE BASICS BAG & ROPES with Marjorie (DS)
- 6:45-7:30PM KETTLEBELLS with Moriah (GE)

THURSDAY

- 9:30-10:30AM LET'S LIFT with Karla (FC)
- 9:40-10:25AM SILVERSNEAKERS SPLASH with Carolyn (P)
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 5:45-6:15PM GENTLE YOGA with Keri (GE)
- 6:30-7:20PM VINYASA YOGA with Keri (GE)
- 6:45-7:45PM SUMMER SIZZLE BOOT CAMP with Rhonda (OB/DS)

FRIDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:00-10:00AM WEIGHTS & WATER with Rhonda (P)

SATURDAY

- 10:15-11:00AM FITNESS INTERVALS with Rhonda (GE)

August '2021

CHILD WATCH HOURS:

Monday & Wednesday
5:30-7:30P
Tuesday & Thursday
9-11A, 5:30-7:30P

WHERE TO MEET:

FC = Fitness Center
GE = Group Exercise Room
DS = Dance Studio Room
G = Gymnasium
P = Pool
OB = Outside Back of Bldg

FOR CLASS CANCELSATIONS/CHANGES:
Download the REMIND app
text @groupexme to number 81010

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

WestStarkY.org

the Y TOWPATH TRAIL Group Exercise Fitness Class Schedule

MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 9:00AM CARDIO BURN 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 Beth (GE)
- 5:00PM DANCE 2 FIT with Kate (GE) *NEW*
- 6:00PM AQUAMOTION with Karen (P)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G) *NO CLASS 08/24*
- 10:00AM YOGA with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (GE)
- 5:30PM ENERGY PUMP with Robin (GE)

WEDNESDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 11:00AM CHAIR YOGA with Beth (GE)
- 5:00PM YOGA (Moderate) with Victoria (GE)
- 6:00PM CIRCUIT (30 min) with Lorena (GE)
- 6:00PM AQUAMOTION with Karen (P)
- 6:45PM DRUMMING FOR FITNESS with Lorena (GE)

THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 8:00AM POOLSIDE YOGA with Heather (P)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE) *Active Aging*

August '2021

WHERE TO MEET:

GE = Group Exercise Room
G = Gymnasium
P = Pool

CHILD WATCH HOURS:

Monday -Friday 8:45a - 11a
Tues & Thurs 5:15p - 7:30p

FOR CLASS CANCELSATIONS/CHANGES:

Download the REMIND app
text @towp2 to number 81010

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CARDIO & BURN with Terry (GE)
- 10:00AM MAT PILATES with Heather (GE)
- 10:00AM AQUA JOGGING with Sue (P)
- 6:00PM MMA REMIX with Ben (GE)

SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:00AM YOGA with Shirley (GE)
- 11:00AM QIGONG with Shirley (GE)

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



Ask about a FREE Fitness
Orientation for new members!



SPOOKTAKULAR Duathlon, 5k & 1 Mile Kids Run

October 9th, 2021



Awards given for best costumes



Keep your eye open for more information coming soon!





Rooted and Whole Nutrition

Personalized and custom meal plans and food counseling for those looking to lose weight, improve their health, increase performance goals, and change body composition.

Monthly sessions include in-person and online meetings and support, education and accountability.



Sign up at the Welcome Center!

Introducing: Julie Miller RN, MSN, CNP, Pn1



I am a 39 year old wife and mother to our son, Ethan. I have been a Nurse Practitioner for the last 13 years. I love working out and lifting weights and recently started my own journey towards learning how food can fuel my strength and change my body composition. Through the process, I fell in love with nutrition and want to share my passion and knowledge with others. I want to help you become the best version of yourself through eating healthy, nutritious and well-balanced foods. I want to help you learn portion sizes as well as the benefits of macro- and micro-nutrients. Nutrition does not have to be complicated, it starts with whole, fresh foods rooted in the earth.

FOR SOCIAL RESPONSIBILITY



STARK COUNTY Diaper BANK

Our Towpath Trail YMCA location has partnered up with Stark County Diaper Bank & Navarre Salvation Army to provide diapers to families in need in our area

Website: starkcountydiaperbank.org Facebook: [@StarkCountyDiaperBank](https://www.facebook.com/StarkCountyDiaperBank)

Sponsors:



UNIONTOWN
TOPSOIL
& MULCH



REAL DEAL
DISCOUNTS



Operation
Flags of
Freedom



&



MARCELLI'S
LAWN AND LANDCARE

present



THE
FOURTH
ANNUAL

NAVARRE TOUCH-A-TRUCK

FRIDAY
AUGUST 13TH
5pm TO 8pm

**FREE FUN
FOR THE
WHOLE FAMILY**

- ✓ Train Car Rides from 6pm to 8pm
- ✓ Free Vision Screening by Walmart Vision Center
- ✓ Large School Supplies Giveaway

INFLATABLES

Slide
Bounce House
Obstacle Course



FOOD TRUCK
&
KONA ICE



KIDS
HAIR COLORING
by
Great Clips



FACE
PAINTING

For more information:
[Facebook.com/MarcellisLawnCare](https://www.facebook.com/MarcellisLawnCare)

Navarre Towpath Trail YMCA
1226 Market St NE
Navarre, OH 44662

Sponsored by Shady Lawn

Active Aging Event

THURSDAYS
in August
12:15p
Towpath Trail YMCA

CHAIR VOLLEYBALL



Sign up at the front desk or
call 330-879-0800 to reserve your seat!

CRAFT DAY



Sponsored by Shady Lawn

Active Aging Event

TUESDAY
Aug 10th
2:00p
Towpath Trail YMCA

Active Aging Event

FRIDAY
Aug 20th
11:30a
Towpath Trail YMCA

Free Lunch provided by
Altercare of Navarre &
Country Lawn



LUNCH & LEARN
plus Aultman Wellness Clinic



Free Lunch provided by Altercare of Navarre & Country Lawn



"Beach Party"
with Amanda

Active Aging Event

FRIDAY
Aug 27th
11:30a
Towpath Trail YMCA

MOBILE COVID-19 VACCINE CLINIC



Monday August 2nd

Massillon Family YMCA 12:30-2:00p
Towpath Trail YMCA 2:30-4:00p
(2nd Shot August 30th)



MODERNA AND JOHNSON & JOHNSON AVAILABLE.
ANY QUESTIONS PLEASE CALL 330-454-2000
SPONSORED BY:



Special Thank You

to YMCA board member Amy Hopkins for putting together a group of volunteers from First Energy! They did a lot of outside clean up projects at our Towpath Trail Y branch.

FirstEnergy



Special Thank You

to Elizabeth Flinner from Central State University Extension for our "Kid Cuisine Program" on Mondays & Wednesdays, where our school age students are learning about healthy cooking and nutrition.



Special Thank You

to Sisters of Charity for supporting our "Enrichment Program" during Summer Camp!



LOCATIONS & HOURS OF OPERATION

Massillon Family YMCA

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

Building Hours

Monday-Thursday 6:00a-8:00p
Friday 6:00a-7:00p
Saturday 7:00a-12:00p
Sunday CLOSED

Child Watch Hours

Mon & Wed 5:30-7:30p
Tues & Thurs 9-11a, 5:30-7:30p

Towpath Trail YMCA

1226 Market St SE
Navarre, OH 44662
330-879-0800

Building Hours

Monday-Thursday 5:00a-8:30p
Friday 5:00a-7:00p
Saturday 7:00a-2:00p
Sunday 12:00p-4:00p

Child Watch Hours

Mon-Fri 8:45-11:00a
Tues & Thurs 5:15-7:30p

WestStarkY.org

Thank You to Our Community Partners!



Department of
Job and Family Services



OUR MISSION:

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

