

## RACQUETBALL

Two racquetball/walleyball courts available @ the Dalton YMCA.  
Reservations required.

Members: FREE

Guest: \$5 per hour

Or purchase a 6-visit punch card for \$25

## WALK 100

Walk at the Dalton YMCA. Keep track of your miles and receive a YMCA shirt when you complete 100 miles.

Members: Free

Non-Member: \$75 per year or \$25 for three months.

*Thank you to our Gold Sponsors:*

**J. M. Smucker Company**

*Thank you to our Publicity Sponsors:*

**Brenn-Field Nursing Center**

**Dunlap Community Hospital**

**Humana Market Point Insurance**

**Maibach Ford**

**Martin Interiors**

**Mennonite Mutual Insurance**

**Morton Salt**

**Orrville Utilities**

**Serpentini Chevrolet**

**Smith Dairy**

**State Farm Insurance, Justin Haislip**

**University of Akron / Wayne College**

**W.C. Federal Credit Union**

**Weaver Commercial Contractors Inc.**

**Weaver Custom Homes, Inc.**

Email:

[info.ymca@zoominternet.net](mailto:info.ymca@zoominternet.net)

Website:

[www.orrvilledalton-ymca.org](http://www.orrvilledalton-ymca.org)



A Partner Agency

# Adult Programs



## Orrville

330-683-2153

1801 Smucker Rd.

Orrville, OH 44667

Fax: 330-683-0068

## Dalton

330-6821033

100 N. Kurzen Rd

Dalton, OH 44618

Fax: 330-682-0066



**For Youth Development,  
For Healthy Living,  
For Social Responsibility**

## JUJITSU CLASS

All Ages

This class is for the instruction of Jujitsu, the ancient art of self defense that was taught to the Japanese Samurai. Includes the art of throwing, joint manipulation and submission techniques

Students are not required to compete to belong to this class, but this event has blossomed into a new competitive sport call **Jujitsu Fighting** which encompasses stand up fighting throws and ground submission that is exciting and safe.

See the Martial arts brochure for fees, dates and times.

\*Students who are signed up for any other karate class do not have to pay for this class.

### YMCA MISSION STATEMENT

The mission of the YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

## YOUTH ADVANCED / ADULT KARATE

Ages 13+

This class is for Adults of all levels and advanced youth who have been invited by Sensei Antonides to participate. This class covers all aspect of Karate from the study of Kata, Bunkai, Kumite and competition.

See the Martial arts brochure for fees, dates and times.

## FAMILY KARATE MEMBERSHIP

This sign up is for families of at least one adult and child. May include all parents and children in the same family.

Fee: Member: \$120 per family (at least one person in family must be a Y member)

See the Martial arts brochure for fees, dates and times.

\*Sign up anytime--we will pro-rate.

## ADULT SWIM LESSONS

Check the Swim Lessons trifold.