



POOL SCHEDULE — ORRVILLE

September 2019

<p>MONDAY 5:45a-8a Open Swim 8a-8:45a Aquacise 9a-9:45a Aquacise 10:15a-11a Splash 11:15a—11:55a <u>Preschool Lessons</u> 12p-12:45p <u>Homeschool Lessons</u> 1:00ap-5:20 p Open Swim 5:20p-5:50p Parent and Child Lessons 6:00p—6:40p <u>Preschool Lessons</u> 6:45p -7:30p <u>Progressive Lesson</u> 7:30p—8:45p Open Swim</p>	<p>TUESDAY 5:45a-9:15a Open Swim 9:15a-10a Aquajog 10:00 a-11:00a Open Swim 11a—11:30a Parent Child Lesson 11:45a—1:00p <u>Safety Around the Water</u> 1:00p—8:45p Open Swim</p>	
<p>WEDNESDAY 5:45a-8a Open Swim 8a-8:45a Aquacise 9a-9:45a Water Zumba 10:15a-11a Splash 11a-12p Open Swim 11;15a—11:55 <u>Preschool Lessons</u> 12:12:45 Adult Beginner Swim Lesson 12:45p – 8:45p Open Swim</p>	<p>THURSDAY 5:45a-9:15a Open Swim 9:15a-10a Aquajog 10a-6:00p Open Swim 6:00p—6:40p <u>Preschool Lessons</u> 6:45p -7:30p <u>Progressive Lesson</u> 7:30p—8:45p Open Swim</p>	
<p>FRIDAY 5:45 a-8a Open Swim 8a-8:45a Aquacise 8:45a-9:45a Aquacise 10:15a-11a Splash 11a-8:45p Open Swim</p>	<p>SATURDAY 8:15a-9a Hydrodynamics 9a-3:45p Open Swim</p>	<p>SUNDAY Open Swim 1-4pm</p>
<p>*Schedule Subject to change without advance notice If in Italics—No Lap lane Available Pool Closed for Swim Team or lessons</p>		

CHILD WATCH is available for ages 2 mo. – 7 years.

Notes: Lap Lanes available at all times, except when pool is closed. Lanes may be added or taken away at the discretion of the fitness instructors and/or lifeguard.

***Fitness classes included with membership. A Non-Member Day pass is \$5.**

Lap Swimming will be available when the pool is open unless otherwise denoted by italics. When more than one person is using a lane, please circle swim.

1801 Smucker Road □ Orrville, OH 44667 □ P 330-683-2153 □ www.ymcawayne.org
 Thank you to the Orrville Area United Way for their generous support!



Pool Use

Members may swim at no extra charge. Guests may purchase a day pass to swim. Children under the age of 8 must be accompanied by an adult. Preschool children (age 5 and under) are admitted free when accompanied by a paying adult.

Please observe posted rules and use locker room courtesy. A private locker room is available to those who need closer access to the pool, or to parents with children ages 3 and above of the opposite sex. To swim without a parent/guardian children must be 6 years of age AND 48" tall or pass a deep water swim Test.

Lap Lane Etiquette

Lap lanes are open throughout the day. Exceptions are during swim lessons and swim lessons and swim team practice. We ask that you share lanes. Lap lanes are for swimming laps only. When others are waiting, please limit your time to 30 minutes.

Water Fitness Class Descriptions

All classes included in membership. Non-member \$5 day pass required.

Aquacise: This is an intense aerobic aquatic class in the shallow end of the pool. All major muscle groups are utilized.

◆ **Aquajog:** This high intensity workout with no impact is held in deep water with flotation belts are worn as support.

◆ **Spin & Swim:** swim class teaches beginner adults who are comfortable in the water and ready to increase their confidence with fitness swimming development fundamental swimming, improve their overall efficiency, comfort and control in the water. These classes are the perfect for cross-training to increase your fitness level and avoid injuries.

◆ **Hydrodynamics:** This class combines lap swimming with interval training for a total body workout. Aided by fast-paced music, participants engage in cardio fitness training, strengthening and varied combinations of swimming strokes to tone musculature. Required equipment provided by the YMCA include belts, cropped flippers, kickboards, and weights for resistance. This class is for the seasoned fitness enthusiast who is comfortable in all depths of water.

◆ **Splash:** This low impact/moderate intensity class has exercises designed for improved flexibility while toning, strengthening, and improving flexibility while toning, strengthening, and improving the function of the heart and lungs. This class is done in an enjoyable social setting.

◆ **Aqua Zumba:** Low impact / high-energy aquatic exercise blends Zumba philosophy with water resistance. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

INTENSITY LEVELS

Low

Low/Medium

Medium/High

High Intensity



Child Watch Hours: We'll watch your children while you exercise! Ages 2 months-6 yrs.

	MON	TUE	WED	THR	FRI	SAT
AM	8-11:30	8-11:30	8-11:30	8-11:30	8-11	8-10:30
PM	5-7:15	5-7:15	5-7:15	5-7:15		

Building Hours

Monday to Thursday 5:30a to 9:00p

Friday 5:30a to 8:30p

Saturday 8a to 4p

Sunday 1p to 4p