



POOL SCHEDULE

ORRVILLE- March/April 2019

5:45a-8a Open Swim

8a-8:45a Aquacise

9a-9:45a Aquacise

MON

10:15a-11a- Splash

11:15a-12p Preschool Swim Lessons

12:10p-12:55p Homeschool Swim

Lessons

1p-5p Open Swim

*5:15p-7:15p Swimming Lessons***

7:15p-8:45p- Open Swim

5:45a-9:15a Open Swim

9:15a-10a Aquajog

10:15a-10:45a Parent Child Swim

Lessons

TUE

10:45a-12p Open Swim

12-1p Safety Around Water

1p-5p Open Swim

5:30p-7:30p Otter Swim Team

Practice**

7:30p-8:45p Open Swim

5:45a-8a Open Swim

8a-8:45a Aquacise

9a-9:45a Water Zumba

10:15a-11a- Splash

WED

11:15a-12p Preschool Swim Lessons

12:10p-12:55p Homeschool Swim

Lessons

1p-3:30p Open Swim

*3:30p-5:30p Orrville HS Track Team***

5:30p-7:30p Otter Swim Team

Practice**

7:30p-8:45p Open Swim

5:45a-9:15a Open Swim

9:15a-10a Aquajog

10-5p Open Swim

THUR

*5:15p-7:15p Swimming Lessons***

7:15p-8:45p Otter Swim Team

Practice**

***Schedule Subject to change without advance notice**

**If in Italics—No Lap lane Available
Pool Closed for Swim Meets**

5:45a-6:15a Spin & Swim

6:15a-8a Open Swim

8a-8:45a Aquacise

8:45a-9:45a Aquacise

10:15a-11a Splash

FRI

11a-5p Open Swim

*5:00p-7:30p Otter Swim Practice***

7:30p-8:45p Open Swim

*Schedule subject to change

SAT 8:15a-9a Hydrodynamics
9a-3:45p Open Swim

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.

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/taken away at the discretion of the fitness instructors and/or lifeguard.

***Fitness classes included with membership. A Non-Member Day pass is \$10.**

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Thank you to the Orrville Area United Way for their generous support!





CLASS DESCRIPTIONS and LEVELS

- ◆ **Fusion Strength:** A 30-minute strength building class combining body weight exercises and a variety of equipment to achieve a total body strengthening and toning.
- ◆ **Cycling:** Climb hills, sprint, glide, and really go places with this energetic workout all while riding in a temperature-controlled environment and never leaving the Y!
- **Hi/Lo:** A tried and true yet unique exercise class, you'll enjoy the basics in this hour of movement to music. You will be led through a wide variety of exercises with a focus on balance, an emphasis on stretching, and attention to self-awareness.
- **Kettlebell:** One piece of equipment, one mega workout! This "bootcamp" style class uses kettlebells and interval training techniques to build cardiovascular and muscular strength.
- ▲ **QiGong:** An ancient Chinese system of gentle movements and self-massage that will help improve your physical well-being.
- ▲ **Rip60®:** Rip60 will help you to strengthen, tone, and stretch while challenging our endurance, power and flexibility. This class is located in Studio B and utilizes the suspended training straps.
- ▲ **Silver Sneakers® Chair Yoga:** This chair-based yoga and stretch class is a great way to find balance mid-week!
- ◆ **Silver Sneakers Classic®:** This "core" class through Healthways is designed to increase strength, range of motion, agility, balance, and coordination to improve daily life activities. A chair is often used for seated exercises or standing support.
- ◆ **SPIN & SWIM:** Tuesdays – Indoor cycling class that consists of cardio challenges, varying resistance levels, climbs, sprints, and more. (For information on Swim, see our aquatics schedule.)
- **Step It Up:** Step up your workout with this class that will improve cardio and muscles! This class utilizes basic step moves as well as various strength training exercises for a full body workout.
- **Super Core and Balance:** A 30-minute core building class focusing on muscles that support balance and posture utilizing standing and mat exercises to strengthen abs, glutes and back muscles to maintain or improve balance and core strength.
- **Tunes 'n' Toning:** This 25-minute class is designed to be an addition your cardio workout by targeting abs and arms using exercises set to fun songs.
- ◆ **Tabata:** 30-minute class, upbeat style of interval training that builds from the energy of group exercise! The sets of work and rest are proven to burn more calories than your typical cardio workout.
- **Wellness Center Workout:** If you've ever wanted some direction in the weight room, stop by front desk and schedule a time with one of our wellness center staff on Monday, Wed or Friday.
- ◆ **Vinyasa Yoga Flow:** Vinyasa yoga incorporates breath as students flow more rapidly between poses. This class will challenge your strength, balance, and flexibility!

Land Fitness Fees

Classes included with membership.

Non-member \$10 day pass.

Please see any instructor with any questions about our class offerings!

Pick up a pool schedule for aquatics classes.

Orrville YMCA Building Hours

Mon-Thurs 5:30am – 9:00pm

Friday 5:30am – 8:30pm

Saturday 8:00am – 4:00pm

INTENSITY LEVELS

- ▲ LOW
- LOW/MED
- ◆ MED/HIGH
- HIGH