



# POOL SCHEDULE ORRVILLE June 2019

MON

5:45a-8a Open Swim  
8a-8:45a Aquacise  
9a-9:45a Aquacise  
10:15a-11a- Splash  
11a-5:10p Open Swim  
5:15p-5:45 Parent and Child Lesson  
5:45p-8:45p- Open Swim  
**Pool Closed June 10 for repairs**

TUE

5:45a-9:15a Open Swim  
9:15a-10a Aquajog  
10:15a-10:45a Parent/Child Lesson  
*10:45a-11:20a Preschool Lesson*  
*11:25a-12:10p Progressive Lesson*  
12:10p-5:15 Open Swim  
*5:30p-7p Otters Swim Team*  
7p-8:45p Open Swim  
**Pool Closed June 11 for repairs**

WED

5:45a-8a Open Swim  
8a-8:45a Aquacise  
9a-9:45a Water Zumba  
10:15a-11a- Splash  
11a-12p Open Swim  
12p-12:45 Adult Beginner Lesson  
12:45p-8:45p Open Swim  
**Pool Closed June 12 for repairs**

THUR

5:45a-9:15a Open Swim  
9:15a-10a Aquajog  
10a-10:45p Open Swim  
*10:45a-11:20a Preschool Lessons*  
*11:25a-12:10p Progressive Lessons*  
12:10p-5:15p Open Swim  
*5:30 p-7p Otters Swim Team*  
*6:30p-7:05p Preschool Lessons*  
*7:10p-7:55p Progressive Lessons*  
7:55p-8:45p Open Swim  
**Pool Closed June 13 for repairs**

FRI

5:45a-6:15a Spin & Swim  
6:15a-8a Open Swim  
8a-8:45a Aquacise  
8:45a-9:45a Aquacise  
10:15a-11a Splash  
11a-8:45p Open Swim  
**Pool Closed June 14 for repairs**

**\*Schedule Subject to change without advance notice  
If in Italics—No Lap lane Available**

SAT

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

SUN

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1p-4p Open Swim

**\*Schedule**

**Lap Swimming will be available when the pool is open unless otherwise denoted by italics. When more than one person is**

**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 \$5.



1801 Smucker Road □ Orrville, OH 44667 □ P 330-683-2153 □ [www.ymcawayne.org](http://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 who is also in the pool. 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.

- For your child’s safety, we require those under the age of 6 years old to have a parent/guardian within arm’s reach at all times.
- To swim without a parent/guardian, children must be 6 years of ages AND 48” tall or pass a deep water swim test.

## LAP LANE ETIQUETTE

Lap lanes are throughout the day. Exceptions are during 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

- ◆ **Aquacise:** This is an intense aerobic aquatic class in the shallow end of the pool. All major muscle groups are utilized. Come and join us to sample what’s new and exciting in water fitness.
- ◆ **Aquajog:** This high intensity workout with no impact is held in deep water with flotation belts worn as support. Water resistance helps to tone and strengthen muscles while burning calories. Enjoy the weightlessness of deep water while working out to energizing music. The flotation belts are provided by the YMCA and are required for this class.
- ◆ **Spin & Swim:** Thursdays — swim class teaches beginner adults who are comfortable in water and ready to increase their confidence with fitness swimming develop 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 aquatics fitness class combines lap swimming with interval training for a total body workout. Aided by a background of fast-paced music, participants engage in cardio fitness training, strengthening and varied combinations of swimming strokes to condition and tone musculature. Belts and cropped flippers are required equipment, and kickboards and weights are incorporated for resistance. This class is for the seasoned fitness enthusiast who is comfortable in all depths of water. All equipment is provided by the Y.
- **Splash:** This low impact/moderate intensity class has exercises designed for improving flexibility while toning, strengthening, and improving the function of the heart and lungs. This class is done in an enjoyable social setting.

### INTENSITY LEVELS

- ▲ Low
- Low/Medium
- ◆ Medium/High
- High Intensity

### CHILD WATCH

We’ll watch your children while you exercise!  
Ages 2 months-6yrs.

### FEE

Free for members.  
\$2 per child for non-members.

### BUILDING HOURS

Mon-Thurs 5:30am-9:00pm  
Friday 5:30am-8:30pm  
Saturday 8:00am-4:00pm  
Sunday 1:00pm-4:00pm

### WATER FITNESS FEES

Included with membership.  
Non-Member \$10 day pass.  
Photo ID Required!

	MON	TUE	WED	THUR	FRI	SAT
AM	9:00-11:30	9:00-11:30	9:00-11:00	9:00-11:30	9:00-11:00	8:00-10:30
PM	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00		