



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Orrville Pool Schedule

Fall 2020

Monday

5:45am–8:00am Open Swim
8:00am–8:45am Aquacise with Tammy
9:00am–9:45am Aquacise with Katie
10:15am–11:00am Splash with Tammy
11:00am–3:00pm Open Swim
3:00pm–8:45pm Closed for Swim Lessons/Orrville Otters

Tuesday

5:45am–9:45am Open Swim
9:45am–11:45am Closed for Swim Lessons
11:45am–3:30pm Open Swim
3:30pm–7:30pm Closed for Orrville Otters
7:30pm–8:45pm Open Swim

Wednesday

5:45am–8:00am Open Swim
8:00am–8:45am Aquacise with Alicia
9:00am–9:45am Water Zumba with Katie
10:15am–11:00am Splash with Alicia
11:00am–5:45pm Open Swim
5:45pm–8:45pm Closed for Swim Lessons/Orrville Otters

Classes are included with a membership.
A Non-Member Day Pass is \$10.00.

Thursday

5:45am–9:45am Open Swim
10:30am–11:45am Closed for Swim Lessons
11:45am–3:30pm Open Swim
5:30pm–7:30 Closed for Orrville Otters
7:30pm–8:45pm Open Swim

Friday

5:45am–8:00am Open Swim
8:00am–8:45am Aquacise with Tammy
9:00am–9:45am Water Zumba with Katie
10:15am–11:00am Splash with Tammy
11:00am–3:30pm Open Swim
3:30pm–6:15pm Closed for Orrville Otters
6:15:00pm–6:45pm Open Swim

Saturday

8:00am–9:00am Closed for Rental
9:00am–1:45pm Open Swim

Sunday

CLOSED

Our schedule is subject to change without advanced notice.

Rules and Regulations

- . Pool capacity is limited to 20 people.
- . Lap lanes are limited to 2 persons each, if more than 1 person is in a lane please circle swim.
- . Locker rooms are open for changing and restrooms only.
- . No exiting the pool via the patio doors.
- . Spots in classes are first come, first serve. Please do not come more than 10 minutes early.

Social Distancing Guidelines

- . Masks are required when entering and exiting the building.
- . Please no socializing indoors before or after classes.
- . Our fountains are currently closed, please bring your own water bottle.
- . There is no child watch currently available.



1801 Smucker Road, Orrville, Ohio, 44667 . (330) 683 – 2153 . ymcawayne.org
Thank you to the Orrville Area United Way for their generous support!



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Orrville Pool Policies

August 2020

Pool Use

Members may swim at no extra charge. Guests may purchase a \$10.00 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.

LOCKER ROOMS ARE CURRENTLY CLOSED

Lap Lane Etiquette

Lap lanes are open throughout the day. Exceptions are during aquatics classes noted on the front side of this schedule, swim lessons, and swim team practice. We ask that you share lap lanes and limit your swim time to 30 minutes when others are waiting.

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.

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

★ Aqua Zumba: Low impact / high-energy aquatic exercises blends Zumba philosophy with water resistance. The natural resistance created by water means every step is more challenging, which helps tone your muscles!

Aquajog, Spin & Swim, and Hydrodynamics are currently not being offered.

Intensity Levels

Low Impact: ★

Medium Impact: ■

High Impact: ◆

Core / Strength / Balance: ○

Pool Hours

Monday–Thursday: 5:45am–8:45pm

Friday: 5:45am–6:45pm

Saturday: 8:15am–1:45pm

Sunday: CLOSED

Building Hours

Monday–Thursday: 5:30am–9:00pm

Friday: 5:30am–7:00pm

Saturday: 8:00am–2:00pm

Sunday: CLOSED



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