



# POOL SCHEDULE

MARCH 2018

**MON**

5:45a-8:00a Open Swim  
 8:00a-8:45a **Aquacise**  
 9:10a-9:55a **Aquacise**  
 10:00a-10:45a **Aquacise Lite**  
 11:00a-11:45a **Splash**  
 12:00p-5:30p Open Swim  
 5:15p-7:45p **Swimming Lessons\*\***  
 7:45p-8:45p Open Swim

**TUE**

5:45a-9:15a Open Swim  
 9:15a-10:00a **Aquajog** w/Barb  
 10:00p-11:15p Open Swim  
 11:15a-12:00p **Swimming Lessons**  
 12:00p-4:30p Open Swim  
 4:30p-5:25p **Swimming Lessons**  
 5:30p-8:45p Open Swim

**WED**

5:45a-8:00a Open Swim  
 8:00a-8:45a **Aquacise**  
 9:10a-9:55a **Aquacise**  
 10:00a-10:45a **Aquacise Lite**  
 11:00a-11:45a **Splash**  
 12:00p-8:45p Open Swim

**THU**

5:45a-6:30a **Spin&Swim/Lap**  
 6:30a-9:15a Open Swim  
 9:15a-10:00a **Aquajog**  
 10:00a-8:45p Open Swim

**FRI**

5:45a-8:00a Open Swim  
 8:00a-8:45a **Aquacise**  
 9:10a-9:55a **Aquacise**  
 10:00a-10:45a **Aquacise Lite**  
 11:00a-11:45a **Splash**  
 11:45a-8:15p Open Swim

**SAT**

8:15a-9:00a **Hydrodynamics** w/  
 Lynette  
 9:00a-11:30p **Swimming Lessons**  
 11:30a-3:45p Open Swim

**SUN**

1:00p-3:45p Open Swim

\*Schedule subject to change without advance notice.

Schedule effective 3/5/18

## LAP SWIMMING

Lap swimming will be available when the pool is open unless otherwise denoted by a double asterisk \*\*  
 When more than one person is using a lane, please circle swim.

## LAP LANES

Three lap lanes are available at all times. Lanes may be added/taken away at the discretion of the fitness instructor and/or the lifeguard as class sizes/usage warrants.

Thanks to the United Way  
 for their generous support!



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## 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.
- ▲ **Aquacise Lite:** This class is done in a fun, social and supportive environment. Exercises are designed to improve flexibility, freedom of movement, and muscle strength through various range-of-motion and "light" cardiovascular exercises.
- **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		