



# FALL INTO FITNESS FALL 2017 PROGRAM GUIDE

DAYS	BUILDING HOURS	POOL HOURS	CHILD WATCH HOURS*
Mon, Tues, Thurs	5:30AM—8:30PM	5:45AM—8:00PM	9:00-11:30am 5:00-7:00pm
Wed & Fri	5:30AM—6:30PM	8:45AM—6:00PM	9:00-11:00am
Sat	8:00AM—3:00PM	8:15AM—2:30PM	8:00-10:30am (eff 9/2/17)

\*schedule subject to change

## ORRVILLE YMCA

1801 Smucker Rd, Orrville OH 44667 330 683-2153

Financial assistance available.  
[www.orrvilledalton-ymca.org](http://www.orrvilledalton-ymca.org)

SESSIONS (6 WEEKS)	START DATE	END DATE
<b>FALL 1</b>	<b>Monday September 18, 2017</b>	<b>Saturday October 28, 2017</b>
Registration begins:	Member: Monday Aug 28 2017	Non-Member: Aug 30, 2017
Break Week	Monday, Oct 30, 2017	Saturday, Nov 4, 2017
<b>FALL 2</b>	<b>Monday, November 6, 2017</b>	<b>Saturday, December 16, 2017</b>
Registration begins:	Member: Oct 23, 2017	Non-Member: Oct 25, 2017
Break Weeks	Monday, Dec 18, 2017	Saturday, Jan 6, 2018
<b>Winter 1</b>	<b>Monday, January 8, 2018</b>	<b>Saturday, February 17, 2018</b>
Registration begins:	Member: Dec 18, 2017	Non-Member: Dec 20, 2017
Break Week	Monday, Feb 19, 2018	Saturday, Feb 24, 2018

2017 DATES TO REMEMBER:	
August 28	FALL 1 REGISTRATION OPENS
September 4	LABOR DAY—YMCA CLOSED
September 18	FALL 1 SESSION BEGINS
October 4	SWIM TEAM PRACTICE BEGINS
October 23	FALL 2 REGISTRATION BEGINS
October 30	FALL HOURS BEGIN—Open on Sundays starting Nov 5th 1:00pm-4:00pm
November 6	FALL 2 SESSION BEGINS



Updated 8/28/17

# GROUP EXERCISE CLASS

## LAND GROUP EXERCISE CLASSES

For the most current group ex schedule visit  
[www.orrville-dalton-ymca.org](http://www.orrville-dalton-ymca.org)

Classes included in membership unless otherwise denoted

	MON	TUE	WED	THU	FRI	SAT
DANCE FITNESS				5:30pm		
HI/LO	8:00am		8:00am		8:00am	
KETTLE BELL	6:00pm		6:30pm			
RIP60					9:15am	
SILVER SNEAKERS CLASSIC	10:15am @ Shady Lawn	10:15am	10:15am @ Shady Lawn	10:15am		
STEP IT UP		9:05am		9:05am		
STRENGTH TRAINING			6:05pm		10:05am	
TABATA		6:00pm				8:30am
TUNES 'n' TONING			10:05am	6:20pm		
VINYASA YOGA					9:15am	
YOGA		10:15am		10:15am		
ZUMBA®	9:15am 5:15pm		9:15am 5:15pm		9:15am	9:15am

\*schedule subject to change

# SPORTS AND RECREATION

* Denotes classes that run every session	Ages	Session	Day(s)	Time	Member Rate	Non-Member
BEGINNING DANCE*	3+	F1, F2	TH	4:30-5:15pm	\$25	\$49
OUTDOOR SOCCER (at Wayne College)	3-6	F1	TH	5:30-6:15pm	\$25	\$49
ARCHERY	8-18	F1, F2	M	6:30-7:30pm	\$25	\$49
GYMNASTICS - PRESCHOOL	3-5	F1, F2	T	5:30-6:15pm	\$25	\$49
GYMNASTICS - PROGRESSIVE	6+	F1, F2	T	6:30-7:15pm	\$25	\$49

\*schedule subject to change

**Beginner Dance** – Youth will discover the joy of moving through creative exploration of basic dance elements space, time, energy and effort; learning ballet warm-ups and stretching, acquiring musicality, and expressing the artist within themselves during free dance and choreography (props may include scarves, ribbon streamers, bean bags, small balls, etc.)

**Outdoor Soccer** – Fall Outdoor Soccer will be held at the Wayne College Field. This developmental program will emphasize fundamentals, basic skills and team play.

**Archery** is a great way to be with friends and learn a new sport that's as old as history itself and changing every day. Whether your goal is to relax with a fun archery game, or develop skills to excel in world competition, archery has it all. Conducted in conjunction with the Wayne County Archers club, these classes are taught by skilled and certified archery coaches at the Wayne County Archers Club facility.

**Preschool Gymnastics** – An introduction to gymnastics and basic movement awareness for older tots and preschool age children. Children will be separated into skill/age appropriate groups after the 1st class of the session. Must be 3 years old to register.

**Progressive Gymnastics** – Gymnasts age 6 and up will develop self-esteem and body control, while progressing through various levels of skills.

# WATER GROUP EXERCISE CLASS

## WATER GROUP EXERCISE CLASSES

Classes included in membership unless otherwise denoted

For the most current group ex schedule visit  
[www.orrilledalton-ymca.org](http://www.orrilledalton-ymca.org)

	MON	TUE	WED	THU	FRI	SAT
AQUACISE	8:00am 9:10am		8:00am 9:10am		8:00am 9:10am	
AQUACISE LITE	10:00am		10:00am		10:00am	
AQUAJOG		9:15am		9:15am		
HYDRONAMICS						8:15am
SPLASH	11:00am		11:00am		11:00am	

\*schedule subject to change

# SWIMMING LESSONS

Swim Class FEE FOR ALL LEVELS: 6 Week Sessions

1 day/week Member: \$25 Non-Member: \$49

2 day/week Member: \$50\* Non-Member: \$98\*

For the most current pool schedule visit  
[www.orrilledalton-ymca.org](http://www.orrilledalton-ymca.org)

	MON	TUE	WED	THU	FRI	SAT
PARENT-CHILD—30 MIN (6mo-3 yrs)	5:30pm					
PRESCHOOL - 3 YEARS—KINDEGARDEN	MON	TUE	WED	THU	FRI	SAT
STAGE 1-2—45 MIN	6:00pm 7:00pm	11:00am* 4:30pm		11:00am*		
STAGE 3-4—45 MIN	6:00pm 7:00pm	12:00pm* 4:30pm		12:00pm*		
SCHOOL AGE—1ST GRADE & UP	MON	TUE	WED	THU	FRI	SAT
STAGE 1-2—45 MIN	6:00pm 7:00pm	4:30pm				
STAGE 3-4—45 MIN	6:00pm 7:00pm	4:30pm				
STAGE 5-6—45 MIN	6:00pm 7:00pm	4:30pm				
HOMESCHOOL (\$30/6WKS)	12:00pm					

\*schedule subject to change

# SWIM TEAM



The Orrville Otters Swim Team is for girls and boys ages 5-18 and is designed to provide opportunities for each athlete to build a healthy spirit, mind and body as part of a team in the sport of competitive swimming.

Information flyers are available at the Y beginning in September for the Fall Season. YMCA Membership is required for Swim Team.

FEE: Otters Team: \$200

High School Team: \$175

# PREPARING KIDS TO SOAR



## BEFORE & AFTER SCHOOL CARE

A combination of quiet active learning and structured play will be provided each day. Our before and after school program serves children in kindergarten through eighth grade and allows time for homework, and daily educational enrichment activities. New students are accepted as space allows. We are licensed through the Ohio Department of Job and Family Services. For more information and pricing information, please visit our website or give us a call (all contact information is on the cover). Financial Assistance is available.

## 2017 MEMBERSHIP PRICING \*prices do not include sale tax

Category	Description	Start Up Fee	Monthly Rate	Annual Payment
Youth	Ages 6-14	\$25.00	\$15.00	\$180.00
Teen/Young Adult	Ages 15-20	\$50.00	\$24.50	\$294.00
Adult	Ages 21-64	\$50.00	\$37.50	\$450.00
Couple	2 Adults	\$50.00	\$46.00	\$552.00
1 Adult Family	1 adult with all dependent children	\$50.00	\$47.00	\$564.00
Family	2 adults with all dependent children	\$50.00	\$49.50	\$594.00
Senior	Age 65+	\$50.00	\$31.00	\$372.00
Senior Couple	One age 65+	\$50.00	\$41.00	\$492.00

**New start up fee and monthly rates effective October 1, 2017**

### Benefits of Membership

**My Y is Every Y in Ohio!** With a membership to the Orrville YMCA you have access to every YMCA in the State of Ohio. THAT's 165 YMCAs!

### Benefits of being an Orrville YMCA Member:

- Unlimited use of wellness center and pool
- Group Exercise classes (land and water) included in your membership
- FREE Child Watch while you workout (when available)
- Member rates on classes, programs and childcare
- Priority class and program registration dates
- FREE fitness orientation
- Game room at the facility
- Nationwide Reciprocity means you can visit over 600 YMCA's in the US.

