



# STAY COOL THIS SUMMER SUMMER 2017 PROGRAM GUIDE



DAYS	BUILDING HOURS	POOL HOURS	CHILD WATCH HOURS*
M—TH	5:30AM—8:30PM	5:45AM—8:00PM	9:00-11:30am 5:00-7:00pm
Fri	5:30AM—6:30PM	8:45AM—6:00PM	9:00-11:00am
Sat	8:00AM—3:00PM	8:15AM—2:30PM	CLOSED

\*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 (4 WEEKS)	START DATE	END DATE
<b>SUMMER 1</b>	<b>Monday, June 5, 2017</b>	<b>Saturday, July 1, 2017</b>
Registration begins:	Member: May 22, 2017	Non-Member: May 24, 2017
Break Week	Monday, July 3, 2017	Saturday, July 8, 2017
<b>SUMMER 2</b>	<b>Monday, July 10, 2017</b>	<b>Saturday, Aug 5, 2017</b>
Registration begins:	Member: June 26, 2017	Non-Member: June 28, 2017
Break Week	Monday, Aug 7, 2017	Saturday, Aug 12, 2017
<b>SUMMER 3</b>	<b>Monday, Aug 14, 2017</b>	<b>Saturday, Sept 9, 2017</b>
Registration begins:	Member: July 31, 2017	Non-Member: Aug 2, 2017
Break Week	Monday, Sept 11, 2017	Saturday, Sept 16, 2017

### 2017 DATES TO REMEMBER:

May 22	SUMMER SESSION 1 REGISTRATION OPENS
May 29	MEMORIAL DAY—YMCA CLOSED
June 1	SUMMER HOURS BEGIN
June 5	SUMMER SESSION 1 BEGINS
June 26	SUMMER SESSION 2 REGISTRATION OPENS
July 4	INDEPENDENCE DAY—YMCA CLOSED
July 10	SUMMER SESSION 2 BEGINS
July 31	SUMMER SESSION 3 REGISTRATION OPENS
Aug 14	SUMMER SESSION 3 BEGINS



Updated 5/15/17

# GROUP EXERCISE CLASS

## LAND GROUP EXERCISE CLASSES

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

Classes included in membership unless otherwise denoted

	MON	TUE	WED	THU	FRI	SAT
HI/LO	8:00am		8:00am		8:00am	
KETTLE BELL	6:00pm		6:00pm			
RIP60					9:15am	
SILVER SNEAKERS CLASSIC	10:15am @ Shady Lawn	10:15am	10:15am @ Shady Lawn	10:15am		
STEPIN' IT UP		9:05am		9:05am		
STRENGTH TRAINING	6:05pm		6:05pm		10:05am	
TUNES 'n' TONING			10:05am			
VINYASA YOGA		6:30pm		9:15am	9:15am	
YOGA	10:15am	10:15am		10:15am		
ZUMBA®	9:15am 5:15pm	5:30pm	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+	S1, S2, S3	TH	4:30-5:15pm	\$17	\$33
T-BALL	3-6	S2	W, SA	W 5:30-6:30pm SA 9-11am	\$17	\$33
ARCHERY	8-18	S2, S3	T	5:30-6:30PM	\$17	\$33
QIGONG*	18+	S1, S2, S3	W	9:30-10:30am	\$17	\$33

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.)

**T-Ball** at Wayne College ball fields. This developmental program will emphasize fundamentals, basic skills and team play. *Volunteer coaches are needed and appreciated.*

**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.

**Introducing... Qigong!** What is qigong? (Pronounced chee kung) Loosely translated it means energy (qi) work (gong) or transforming and improving the energy flow through the body. Qigong was initially developed over 5,000 years ago as a gentle, easy form of exercise to restore and maintain the body in good physical condition and good health. The benefits of qigong include: improved range of motion, improved balance, better digestion, stress relief, improved blood pressure and a host of other health benefits. Many western doctors are beginning to recognize the benefits of qigong and are recommending it for their patients of all ages. No special equipment or clothing is needed, just loose comfortable clothing and an open mind.

# WATER GROUP EXERCISE CLASS

## WATER GROUP EXERCISE CLASSES

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

Classes included in membership unless otherwise denoted

	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



## SUMMER 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 for the Summer Season, which will run from Mid-May through the end of July. Information about Fall/Winter teams will be available in September. YMCA Membership is required for Swim Team.

## SWIMMING LESSONS

### Swim Class FEE FOR ALL LEVELS: 4 Week Sessions

1 day/week Member: \$17 Non-Member: \$33

2 day/week Member: \$34\* Non-Member: \$66\*

For the most current pool schedule visit [www.orrvilledalton-ymca.org](http://www.orrvilledalton-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	11:00am* 4:00pm		11:00am*		
STAGE 3-4—45 MIN	6:00pm	11:00am* 4:00pm		11:00am*		
SCHOOL AGE—1ST GRADE & UP	MON	TUE	WED	THU	FRI	SAT
STAGE 1-2—45 MIN	6:00pm	11:00am* 4:00pm		11:00am*		
STAGE 3-4—45 MIN	6:00pm	11:00am* 4:00pm		11:00am*		
STAGE 5-6—45 MIN	6:00pm	11:00am* 4:00pm		11:00am*		

Schedule subject to change

# CHILDCARE \*No registration fee / Each child must have a completed packet

## SUMMER DAY CAMP

Summer Day Camp is designed for children who have completed kindergarten through starting 6th grade. This program is designed to keep young children's days filled with creative exploration and play. Day camp gives moms and dads peace of mind that their children are busy and safe while they are away. The summer is filled with games and activities, swimming, field trips and lots of opportunities to make friends. Destinations for this year's field trips include the Akron Zoo, Great Lakes Science Center, McKinley Museum, MAPS Museum, Kroc Park, Akron Rubber Ducks, and other educational and recreational areas. For more information and pricing information, please visit our website or give us a call

## 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).

## 2017 MEMBERSHIP PRICING \*prices include sale tax

Category	Description	Joiner Fee	Monthly Rate*	Annual Payment*
Youth	Ages 6-12	\$20.00	\$15.44	\$185.31
Teen/Young Adult	Ages 13-20	\$25.00	\$25.56	\$306.72
Adult	Ages 21-64	\$35.00	\$38.87	\$466.47
Couple	2 Adults	\$40.00	\$47.93	\$575.10
1 Adult Family	1 adult with all dependent children	\$40.00	\$48.99	\$587.88
Family	2 adults with all dependent children	\$50.00	\$51.65	\$619.83
Senior	Age 65+	\$30.00	\$33.02	\$396.18
Senior Couple	One age 65+	\$35.00	\$42.60	\$511.20

### 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 a 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
- AWAY Advantage program allows members who are traveling outside the state of Ohio to use the local Y free or at a reduced rate

