



SILVER SNEAKERS MEMBERSHIP

SilverSneakers is the nation's leading exercise program designed exclusively for older adults. Participants receive an Orrville/Dalton YMCA membership at no cost. The program includes use of basic amenities and access to the signature SilverSneakers class.

SilverSneakers is typically offered to Medicare-eligible members of Anthem, Blue Cross/Blue Shield, Humana, Aetna (OPERS), AARP, and Secure Horizons by United Health Care. Not all those covered by these providers will be guaranteed to be eligible for SilverSneakers. If you don't know if you qualify please feel free to stop by with your insurance card and we will check your eligibility.

SILVER SNEAKERS CLASS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Tues and Thurs, 10:30 - 11:15 am
Fee: Free for Land/Water Fitness and Senior Session Participants.
1-Month: \$7 Mem; \$30 Non-Member

Thank you to our Gold Sponsors:

J. M. Smucker
Taco Bell

Thank you to our Publicity Sponsors:

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A Partner Agency

Older Adults



Orrville YMCA

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Orrville, OH 44667
330-683-2153
330-683-0068-fax

Dalton YMCA

100 N. Kurzen Road
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330-682-1033
330-682-0066-fax

Email:

info.ymca@zoominternet.net

Website:

www.orrvilledalton-ymca.org



WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES

OLDER ADULTS AT THE Y

SPLASH CLASS

1-Month: \$10 - Mem \$30 - Non-Member
4-Month: \$28 - Mem (Members only)
Per Class: \$3 - Mem \$4 - Non-Member

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.

Mon: 11:00-11:45 am
Wed: 11:00-11:45 am
Fri: 11:00-11:45 am

*Sign up for one class, get 20% off of the other classes for that session.

**Buy a Water Fitness Pass and go to any and all Water Fitness classes, including Older Adult water classes.

A.F.Y.A.P. ARTHRITIS FOUNDATION WATER FITNESS

1-Month: \$8 - Mem; \$28 - Non-Member
4 Month: \$25 - Mem (Members only)
Per Class: \$3 - Mem; \$4 - Non-Member
This class is held in conjunction with the Arthritis Foundation (medical info is required), and done in a fun, social and supportive environment. Exercises are designed to improve flexibility, freedom of movement, and muscle strength and tone through various range-of-motion and "light" cardiovascular exercises.

Mon: 10:00-10:45 am
Wed: 10:00-10:45 am
Fri: 10:00-10:45 am

*Sign up for one class, get 20% off of the other classes for that session.

FOREVER YOUNG

Sessions: October through April on the 1st and 3rd Wednesdays
Lunch at 11:30, Bingo at noon. Bring a prize or two!

Join us for lunch, fellowship and friendly faces! And, as always, you are welcome to invite your friends.

Please make your reservations by Monday of each week. 330-683-2153

Lunch and program cost \$4.00.

WALK 100

Walk at the Dalton YMCA. Keep track of your miles and receive a YMCA T-shirt when you complete 100 miles.
Member: FREE
Guest: \$25 for 3 months; \$75 for a year

kids

families

communities

Financial Assistance

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your

The YMCA serves all ages, abilities, incomes and faiths.