



POOL SCHEDULE JULY 2010

<u>Open Swim</u>		<u>Lap Swim</u>		<u>Water Fitness Classes</u>	
<u>Monday</u>	6:00 am - 8:00 am 12:00 pm - 4:50 pm 7:15 pm - 8:15 pm	<u>Monday</u>	6:00 am - 4:50 pm 6:30 pm - 8:15 pm	<u>Monday</u>	8:00-8:45 am - Aquacise 9:00-9:45 am - Aquacise 10:00-10:45 am - Arthritis Class 11:00-11:45 am - Senior Splash 6:30-7:15 pm - Aquacise
<u>Tuesday</u>	6:00 am - 9:00 am 12:00 pm - 4:50 pm 7:15 pm - 8:15 pm	<u>Tuesday</u>	6:00 am - 10:00 am 12:00 pm - 8:15	<u>Tuesday</u>	9:15 - 10:00 am - Aquajog 6:30 - 7:15 pm - Hydrodynamics
<u>Wednesday</u>	6:00 am - 8:00 am 12:00 pm - 4:50 pm 7:15 pm - 8:15 pm	<u>Wednesday</u>	6:00 am - 4:50 pm 6:30 pm - 8:15 pm	<u>Wednesday</u>	8:00-8:45 am - Aquacise 9:00-9:45 am - Aquacise 10:00-10:45 am - Arthritis Class 11:00-11:45 am - Senior Splash 6:30-7:15 pm - Aquacise
<u>Thursday</u>	6:00 am - 9:00 am 12:00 pm - 4:50 pm 7:15 pm - 8:15 pm	<u>Thursday</u>	6:00 am - 10:00 am 12:00 pm - 8:15 pm	<u>Thursday</u>	9:15 - 10:00 am - Aquajog 6:30 - 7:15 pm - Hydrodynamics
<u>Friday</u>	6:00 am - 8:00 am 12:00 pm - 6:30 pm	<u>Friday</u>	6:00 am - 6:30 pm	<u>Friday</u>	8:00-8:45 am - Aquacise 9:00-9:45 am - Aquacise 10:00-10:45 am - Arthritis Class 11:00-11:45 am - Senior Splash
<u>Saturday</u>	11:30 pm - 2:30pm July 3 10:00 am - 2:30 pm	<u>Saturday</u>	8:00 am - 10:00 am 11:00 am - 2:30 pm July 3 10:00 am - 2:30 pm	<u>Saturday</u>	8:15-9:00 am - Hydrodynamics 9:15-10:00 am - Aquacise
<u>Sunday</u>	Closed	<u>Sunday</u>	Closed		

Lap Lane - Monday, Wednesday and Friday:

Two lap lanes from 9:00 am - 10:50 am.

One lap lane from 8:00 am - 9:00 am and 11:00 am - 12:00 pm.

WATER FITNESS CLASSES

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. Intervals, circuit training, plyometrics, choreography and motivating music are all a part of aquacise.

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.

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.

OLDER ADULTS

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

This class is held in conjunction with the Arthritis Foundation (medical information is required), and 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 CLASS

This low impact/moderate intensity class has exercises designed for improving flexibility while

WATER FITNESS SESSIONS

Aquacise, Aquajog, Hydrodynamics, AFYAP and Splash are all included in a Water Fitness Pass.

Water Fitness Pass:

1-Month: \$15-Member \$40-Non Member

4 Months: \$50-Member (Members only)

Per Class: \$5-Member \$7-Non Member

10-Punch Card: \$45-Member \$65-Non Member
Land/Water Combo

1 Month: \$25-Member \$55-Non Member

4 Months: \$80-Member (Members only)

OLDER ADULT CLASSES

1-Month: \$10 - Mem \$30 - Non Member

4-Month: \$28 - Mem (Members only)

Thank you to our Gold Sponsors:

J. M. Smucker
Taco Bell

Thank you to our Publicity Sponsors:

The Auto Tech
Brenn-Field Nursing Center
Commercial & Savings Bank
Dunlap Community Hospital
Dunlap Family Physicians
Humana Market Point Insurance
Lehman's Hardware
Maibach Ford
Martin Interiors
Mennonite Mutual Insurance Co.
Morton Salt
Orrville Utilities
Quality Castings Co.
Smith Dairy
State Farm Insurance
University of Akron / Wayne College
Weaver Commercial Contractors Inc.
Weaver Custom Homes, Inc.
The Will-Burt Co.

POOL USE—ORRVILLE BUILDING

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.

- *No gum, food or drink allowed in pool area.*
- *Horseplay and diving in the shallow end is not permitted.*
- *Deep water test is required for anyone 13 and under.*
- *Non-swimmers must be within arm's length of an adult.*

LAP LANE ETIQUETTE

One lap lane is available throughout the day. Exceptions are during swim lessons and swim team practice. We ask you to share the lane with other patrons. When others are waiting, please limit your time to 30 minutes. During Tue/Thur morning or evening exercise classes the guard may put in an extra lane if the classes are small.

CHILD WATCH Age 6 mo -6yrs

We'll watch your children while you exercise!
\$1 per visit per child for Members
\$2 per visit per child for Guests

Hours for Child Watch

Orr: M - F 9-11:00am
12-3:00 pm
M - TH 5:30-7:30pm

Dal: M,W,F 9-11am
TH 6:30-8pm

