

**GYM SCHEDULE** *updated June 17, 2024*

*Schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S I D E  A	<b>CLOSED FOR GYMNASTICS</b>					
	5:15am-6:00am Boot Camp	5am-7:45pm Open Gym	5am-9am Open Gym	5am-7:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	9am-10am Refit
	9am-11am Pickleball		11am-6pm Open Gym		9am-11am Pickleball	
	11am-6pm Open Gym		6pm-7pm Refit		11am-6:45pm Open Gym	10am-2:45pm Open Gym
	6pm-7pm Refit		7pm - 7:45pm Open Gym			
7pm - 7:45pm Open Gym						

**FITNESS SCHEDULE** *updated June 17, 2024*

*Schedule is subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym		9am-11am Pickleball - Gym	7pm-8pm Yoga - MPR	5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9am-11am Pickleball - Gym		9:00am-9:30am Chair Yoga - MPR		9am-11am Pickleball - Gym	
9:00am-9:30am Chair Yoga - MPR		9:30am-10:30am Senior Stability - MPR		9:15am-9:45am Unique Rhythms- MPR	
9:30am-10:30am Senior Stability -MPR		10:45am-11:15am Unique Rhythms- MPR			
10:45am-11:15am Unique Rhythms - MPR		6pm-7pm Refit - Gym			
6pm-7pm Refit - Gym					
7pm-8pm Yoga - MPR					

**FACILITY HOURS:**

MON-THURS 5AM-8PM  
 FRIDAY 5AM-7PM  
 SATURDAY 7AM-3PM  
 SUNDAY CLOSED

**CHILD WATCH HOURS:**

MON-THURS 8AM-12PM & 4PM-6PM  
 FRIDAY 8AM-12PM

**FOLLOW US:**



Shelby Branch-YMCA of North Central Ohio



@shelbyymca



# POOL SCHEDULE updated June 17, 2024

*schedule subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-9am Adult Lap and Adult Open Swim	5:30am-7:30am Adult Lap and Adult Open Swim	5:30am-9am Adult Lap and Adult Open Swim	5:30am-7:30am Adult Lap and Adult Open Swim	5:30am-9am Adult Lap and Adult Open Swim	7am-2:45pm Open Swim <i>Lap Swim Limited Lanes</i>
9am-10:30am Swim Lessons Mini Session* OR 10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	7:30-8:30am Aqua Splash <i>Lap Swim Limited Lanes</i> <i>Deep End Open</i> OR 9am-10:30am Swim Lessons Mini Session* OR 8:30am-10am Adult Lap and Adult Open Swim	9am-10:30am Swim Lessons Mini Session* OR 10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	7:30-8:30am Aqua Splash <i>Lap Swim Limited Lanes</i> <i>Deep End Open</i> OR 9am-10:30am Swim Lessons Mini Session* OR 8:30am-10am Adult Lap and Adult Open Swim	9am-10:30am Swim Lessons Mini Session* OR 10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	
11am-12pm Aquanastics <i>Lap Swim Limited Lanes</i> <i>Deep End Open</i>		11am-12pm Aquanastics <i>Lap Swim Limited Lanes</i> <i>Deep End Open</i>		10:30am-12pm Open Swim <i>Lap Swim Limited Lanes</i>	
12pm-1pm Adult Lap and Adult Open Swim	10am-11am Arthritis - <i>Shallow End</i> Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	12pm-1pm Adult Lap and Adult Open Swim	10am-11am Arthritis - <i>Shallow End</i> Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	12pm-1pm Adult Lap and Adult Open Swim	
1pm-6pm Open Swim <i>Lap Swim Limited Lanes</i>	11am-6pm Open Swim <i>Lap Swim Limited Lanes</i> OR 12pm-2pm UMADOP Swim during Open Swim	1pm-6pm Open Swim <i>Lap Swim Limited Lanes</i>	11am-6pm Open Swim <i>Lap Swim Limited Lanes</i> OR 12pm-2pm UMADOP Swim during Open Swim	1pm-6:45pm Open Swim <i>Lap Swim Limited Lanes</i>	
6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7:30pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>	6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7:30pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>		
6pm-7:30pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	6pm-7:30pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>		

## Pool Policies:

Adult Lap/Open Swim is for guests 18 years and older for continual lap swim or water exercise.

Open Swim Age Policy: Children 9 and under must be supervised by a parent or responsible adult. Children under the age of 5 must be within arms reach at all times

\* Summer Swim Lessons Mini Session Dates:

\*June 24th-June 28th \*July 15th-July 19th \*July 22nd-July 26th

YMCA of North Central Ohio - Shelby Branch

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