



POOL SCHEDULE updated Sept 11, 2023

schedule subject to change

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

Water Fitness Classes

Aquanastics class uses the support and resistance of the water to help improve the cardiovascular system, flexibility, and muscle tone

Aqua Arthritis class is beneficial to individuals who struggle with the daily aches and pains of arthritis. These water exercises help range of motion, help to keep joints flexible and help to maintain or rebuild muscle strength.

Aqua Jogging also known as deep water running is a form of cardiovascular exercise that mimics the motion of jogging while submerged in water. Aqua Jogging is done by "running" laps in the pool while wearing a flotation device around your trunk.

Aqua Splash offers light to moderately intense strength and static range of movement, muscular endurance, balance, and agility conditioning. It is intended to increase flexibility, range of motion, strength, balance, agility and cardiovascular health. It is appropriate for all skill levels and promotes a sense of well being in a group setting.

Deep Water Aerobics class uses flotation belts designed for both swimmers and no-swimmers to improve strength and cardiovascular fitness giving a whole body workout. The water provides resistance and makes muscles work harder without impact.

YMCA of North Central Ohio - Shelby Branch

111 W. Smiley Ave. Shelby, OH 44875 · 419-347-1312 · www.ymcanco.org

GYM SCHEDULE *updated Sept 11, 2023*

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
S I D E A	5:15am-6:00am Boot Camp	5am-4pm Open Gym	5am-9am Open Gym	5am-8:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym	
	6am-4pm Open Gym		9am-11am Pickleball		6am-9am Open Gym	9am-10am Refit	
	4pm-8:45pm Gymnastics	4pm-7:30pm Gymnastics	11am-4pm Open Gym		9am-11am Pickleball	11am-7:45pm Open Gym	10am-2:45pm Open Gym
		7:30pm-8:45pm Open Gym	4pm-8:45pm Gymnastics				
S I D E B	5:15am-6:00am Boot Camp	5am-8:45pm Open Gym	5am-9am Open Gym	5am-8:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym	
	6am-6pm Open Gym		9am-11am Pickleball		6am-9am Open Gym		
	6pm-7pm Refit		11am-6pm Open Gym		9am-11am Pickleball	9am-10am Refit	
	7pm-8:45pm Open Gym		6pm-7pm Refit		11am-7:45pm Open Gym	10am-2:45pm Open Gym	
			7pm-8:45pm Open Gym				

FITNESS SCHEDULE *updated Sept 11, 2023*

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym	9:00-9:45am Journey To Wellness Fitness Center	9am-11am Pickleball - Gym	9:00-9:45am Journey To Wellness Fitness Center	5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9:00am-9:30am Chair Yoga - MPR		9:00am-9:30am Chair Yoga - MPR		9am-11am Pickleball - Gym	
9:30am-10:30am Senior Stability - MPR	11am-12:15pm Gym & Swim	9:30am-10:30am Senior Stability - MPR	5pm-5:45pm Move & Groove- Offsite	9:15am-9:45am Unique Rhythms- MPR	
10:45am-11:15am Unique Rhythms - MPR		10:45am-11:15am Unique Rhythms- MPR	7pm-8pm Yoga - MPR		
5pm-5:45pm Cardio Kickboxing - MPR		5pm-5:45pm Cardio Kickboxing - MPR			
6pm-7pm Refit - Gym		6pm-7pm Refit - Gym			
7pm-8pm Yoga - MPR					

Fitness Classes

[Bootcamp](#) is a high-intensity full body workout that targets the major muscle groups of the upper and lower body

[Cardio Kickboxing](#) is a non-contact aerobic activity class combining punches, kicks, and traditional aerobics skills

[Chair Yoga](#) is a gentle form of yoga that can be done sitting on a chair or standing while using the chair for support. Benefits of chair yoga include.

[Journey to Wellness](#) teaches the use of fitness equipment, proper lifting techniques, and offers a guided workout regimen

[Refit](#) combines several elements of fitness focusing on CardioDance movements, toning, flexibility, strength and stretching

[Senior Stability](#) is designed to improve flexibility, mobility, and strength. Emphasis on everyday activities and fall prevention.

[Tabata](#) is a high intensity class where short periods of exercise are alternated with shorter periods of rest. Modifications are offered for all levels of

[Unique Rhythms](#) is a unique drumming class that you can do sitting or standing

[Yoga](#) teaches the basic, foundational yoga postures to align, strengthen and promote flexibility in the body