

GYM SCHEDULE *updated Aug 31, 2024*

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SIDE A	5:15am-6:00am Boot Camp	Closed For Gymnastics	Closed For Gymnastics	5am-8:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-9am Open Gym				6am-9am Open Gym	9am-10am Refit
	9am-11am Pickleball				9am-11am Pickleball	10am-2:45pm Open Gym
	11am-4pm Open Gym 4pm-8:45pm Gymnastics				11am-7:45pm Open Gym	
SIDE 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-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	
	9am-11am Pickleball		11am-6pm Open Gym		9am-11am Pickleball	9am-10am Refit
	11am-6pm Open Gym				6pm-7pm Refit	11am-7:45pm Open Gym
	6pm-7pm Refit		7pm - 8:45pm Open Gym			
	7pm - 8:45pm Open Gym					

FITNESS SCHEDULE

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-9PM
 FRIDAY 5AM-8PM
 SATURDAY 7AM-3PM
 SUNDAY CLOSED

CHILD WATCH HOURS:

MON-SAT 9AM-12PM
 MON-THURS 5PM-8PM

FOLLOW US:



Shelby Branch-YMCA of North
Central Ohio



@shelbyymca



POOL SCHEDULE updated Aug 31, 2024

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-2:30pm 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>	
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	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>	1pm-6pm Open Swim <i>Lap Swim Limited Lanes</i>	11am-6pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm-7:30pm Open Swim <i>Lap Swim Limited Lanes</i>	
6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7pm Open Swim (<i>shallow</i>) <i>Lap Swim Limited Lanes</i>	6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7pm Open Swim (<i>shallow</i>) <i>Lap Swim Limited Lanes</i>		
6pm-7:30pm Swim Lessons	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	6pm-7pm Swim Lessons	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>		
7:30pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7pm-8:30pm 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