



POOL SCHEDULE updated May 29, 2023

schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 am- 10am Adult Lap and Adult Open Swim	5:30 am- 7:30 am Adult Lap and Adult Open Swim	5:30 am- 10am Adult Lap and Adult Open Swim	5:30 am- 7:30 am Adult Lap and Adult Open Swim	5:30 am- 10am Adult Lap and Adult Open Swim	7am- 12:45pm Open Swim <i>Lap Swim Limited Lanes</i>	
10 am- 11am Aqua Core <i>Lap Swim Limited Lanes Deep End Open</i>	7:30 - 8:30 am Aqua Splash <i>Lap Swim Limited Lanes Deep End Open</i>	10 am- 11am Aqua Core <i>Lap Swim Limited Lanes Deep End Open</i>	7:30 - 8:30 am Aqua Splash <i>Lap Swim Limited Lanes Deep End Open</i>	10 am- 11am Aqua Core <i>Lap Swim Limited Lanes Deep End Open</i>		
11am- 12pm Aquanastics <i>Lap Swim Limited Lanes Deep End Open</i>	8:30 am- 10am Adult Lap and Adult Open Swim	11am- 12pm Aquanastics <i>Lap Swim Limited Lanes Deep End Open</i>	8:30 am- 10am Adult Lap and Adult Open Swim	11am- 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- 3:30pm Open Swim <i>Lap Swim Limited Lanes</i>	11am- 3:30pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm- 3:30pm Open Swim <i>Lap Swim Limited Lanes</i>	11am- 3:30pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm- 6:45pm Open Swim <i>Lap Swim Limited Lanes</i>		
3:30pm- 5pm Summer Stingrays <i>2 Lap Lanes Available</i>	3:30pm- 5pm Summer Stingrays <i>2 Lap Lanes Available</i>	3:30pm- 5pm Summer Stingrays <i>2 Lap Lanes Available</i>	3:30pm- 5pm Summer Stingrays <i>2 Lap Lanes Available</i>			
5pm- 6pm Open Swim <i>Lap Swim Limited Lanes</i>	5pm- 6:15pm Open Swim <i>Lap Swim Limited Lanes</i>	5pm- 6pm Open Swim <i>Lap Swim Limited Lanes</i>	5pm- 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- 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>	6:15- 7:00pm Deep Water Aerobics <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>	Pool Policies: Adult Lap/Open Swim is for guests 18 years and older for continual lap swim or water exercise.		
7:30pm- 7:45pm Open Swim <i>Lap Swim Limited Lanes</i>	7:00pm- 7:45pm Open Swim <i>Lap Swim Limited Lanes</i>	7:30pm- 7:45pm Open Swim <i>Lap Swim Limited Lanes</i>	7:00pm- 7:45pm Open Swim <i>Lap Swim Limited Lanes</i>	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 by using water dumbbells.

Aqua Core class is designed to tighten & tone the core muscles. This workout focuses on the abs & lower back and is a great way to do abdominal exercises without extra stress on your body & joints.

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

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

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