

GYM SCHEDULE updated March 4, 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 | | | | 11am-7:45pm Open Gym | |
| | 4pm-8:45pm Gymnastics | | | | 4pm-8:45pm Gymnastics | |
| 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-10am Refit |
| | 9am-11am Pickleball | | 11am-6pm Open Gym | | 9am-11am Pickleball | |
| | 11am-6pm Open Gym | | 6pm-7pm Refit | | 11am-7:45pm Open Gym | 10am-2:45pm Open Gym |
| | 6pm-7pm Refit | | 7pm - 8:45pm Open Gym | | | |
| | 7pm - 8:45pm Open Gym | | | | | |

FITNESS SCHEDULE updated March 4, 2024

Schedule is subject to change

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|-------------------------|
| 5:15am-6am Boot Camp - Gym | 9am-9:45am Journey to Wellness- Fitness Center | 9am-11am Pickleball - Gym | 9am-9:45am Journey to Wellness- Fitness Center | 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 | 7pm-8pm Yoga - 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-THURS 9AM-12PM &
 5PM-8PM
 FRIDAY 9AM-12PM
 SATURDAY 9AM-12PM

FOLLOW US:



Shelby Branch-YMCA of North
Central Ohio



@shelbyymca



POOL SCHEDULE updated March 4, 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-2:45pm 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</i> <i>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</i> <i>Deep End Open</i> | 10am-12pm Open Swim <i>Lap Swim Limited Lanes</i> | |
| 11am-12pm Aquanastics <i>Lap Swim Limited Lanes</i> <i>Deep End Open</i> | 8:30am-10am Adult Lap and Adult Open Swim | 11am-12pm Aquanastics <i>Lap Swim Limited Lanes</i> <i>Deep End Open</i> | 8:30am-10am Adult Lap and Adult Open Swim | 12pm-1pm 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> | 1pm-7:45pm 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-6pm Open Swim <i>Lap Swim Limited Lanes</i> | 11am-6pm 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> | | |
| 6:15pm-7:45pm Swim Lessons | 6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i> | 6:15pm-7:45pm Swim Lessons | 6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i> | | |
| 7:45pm-8:45pm Open Swim <i>Lap Swim Limited Lanes</i> | 7:30pm-8:45pm Open Swim <i>Lap Swim Limited Lanes</i> | 7:45pm-8:45pm Open Swim <i>Lap Swim Limited Lanes</i> | 7:30pm-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

YMCA of North Central Ohio - Shelby Branch

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