



POOL SCHEDULE updated May 31, 2022

schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am- 10 am Adult Lap and Adult Open Swim	5:30 am- 7:30 am Adult Lap and Adult Open Swim	5:30 am- 10 am Adult Lap and Adult Open Swim	5:30 am- 7:30 am Adult Lap and Adult Open Swim	5:30 am- 10 am Adult Lap and Adult Open Swim	7 am- 12:45 pm Open Swim Lap Swim Limited Lanes
10 am- 11 am Open Swim Lap Swim Limited Lanes	7:30- 8:30 am Aqua Splash Lap Swim Limited Lanes	10 am- 11 am Open Swim Lap Swim Limited Lanes	7:30- 8:30 am Aqua Splash Lap Swim Limited Lanes	10 am- 12 pm Open Swim Lap Swim Limited Lanes	
11 am- 12 pm Aquanastics Lap Swim Limited Lanes Deep End Open	8:30 am- 10 am Adult Lap and Adult Open Swim	11 am- 12 pm Aquanastics Lap Swim Limited Lanes Deep End Open	8:30 am- 10 am Adult Lap and Adult Open Swim	12 pm- 1 pm Adult Lap and Adult Open Swim	
12 pm- 1 pm Adult Lap and Adult Open Swim	10 am- 11 am Arthritis - Shallow End Deep Water Aerobics Lap Swim Limited Lanes	12 pm- 1 pm Adult Lap and Adult Open Swim	10 am- 11 am Arthritis - Shallow End Deep Water Aerobics Lap Swim Limited Lanes	1 pm- 6:45 pm Open Swim Lap Swim Limited Lanes	
1 pm- 6 pm Open Swim Lap Swim Limited Lanes	11 am- 6:15 pm Open Swim Lap Swim Limited Lanes	1 pm- 6 pm Open Swim Lap Swim Limited Lanes	11 am- 6:15 pm Open Swim Lap Swim Limited Lanes		
3:30 pm- 5 pm Summer Stingrays	3:30 pm- 5 pm Summer Stingrays	3:30 pm- 5 pm Summer Stingrays	3:30 pm- 5 pm Summer Stingrays		
6 pm- 6:45 pm Aqua Jogging Lap Swim Limited Lanes	6:15- 7:00 pm Deep Water Aerobics Lap Swim Limited Lanes	6 pm- 6:45 pm Aqua Jogging Lap Swim Limited Lanes	6:15- 7:00 pm Deep Water Aerobics Lap Swim Limited Lanes	<u>Pool Policies:</u> 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	
6 pm- 7:15 pm Swim Lessons	7 pm- 7:45 pm Open Swim Lap Swim Limited Lanes	6 pm- 7:15 pm Swim Lessons	7 pm- 7:45 pm Open Swim Lap Swim Limited Lanes		
7:15 pm- 7:45 pm Open Swim Lap Swim Limited Lanes		7:15 pm- 7:45 pm Open Swim Lap Swim Limited Lanes			

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 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 non-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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