



# Pool

Pool @ Massillon Family YMCA  
June 1st - June 30th

131 Tremont Ave SE  
Massillon, OH 44646  
(330) 837-5116

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Adult Lap Swim</b> 5:45am - 8:45am	<b>Adult Lap Swim</b> 5:45am - 8:45am	<b>Adult Lap Swim</b> 5:45am - 8:45am	<b>Adult Lap Swim</b> 5:45am - 8:45am	<b>Adult Lap Swim</b> 5:45am - 8:45am		
7am						<b>Adult Lap Swim</b> 7am - 8:45am	
8am	<b>Lap Swim</b> 8:45am - 6pm	<b>Lap Swim</b> 8:45am - 7:30pm	<b>Lap Swim</b> 8:45am - 7:30pm	<b>Lap Swim</b> 8:45am - 7:30pm	<b>Lap Swim</b> 8:45am - 8pm		
9am	<b>Aqua Fit</b> 9am - 9:50am	<b>Water Blast</b> 9am - 9:50am	<b>Aqua Fit</b> 9am - 9:50am	<b>Water Blast</b> 9am - 9:50am	<b>Aqua Fit</b> 9am - 9:50am	<b>Swim Lessons (\$)</b> 9am - 10:30am	
			<b>Aqua Fit</b> 9am - 9:50am				
10am	<b>Open Swim</b> 10am - 11am	<b>Swim Lessons (\$)</b> 10am - 11:30am		<b>Open Swim</b> 10am - 12pm		<b>Lap Swim</b> 10:30am - 3:30pm	
11am	<b>Mild Water Movement</b> 11am - 11:50am		<b>Mild Water Movement</b> 11am - 11:50am		<b>Mild Water Movement</b> 11am - 11:50am	<b>Open Swim</b> 11:45am - 3:30pm	
12pm		<b>SilverSneaker® Splash</b> 12pm - 12:50pm		<b>SilverSneaker® Splash</b> 12pm - 12:50pm		<b>Family/Community Swim</b> 12:30pm - 3:30pm	
1pm	<b>Summer Camp Swim</b> 1pm - 3pm	<b>Summer Camp Swim</b> 1pm - 3pm	<b>Summer Camp Swim</b> 1pm - 3pm	<b>Summer Camp Swim</b> 1pm - 3pm	<b>Summer Camp Swim</b> 1pm - 3pm		
3pm	<b>Open Swim</b> 3pm - 6pm	<b>Open Swim</b> 3pm - 6:30pm	<b>Open Swim</b> 3pm - 7:30pm	<b>Open Swim</b> 3pm - 6:30pm	<b>Open Swim</b> 3pm - 8pm		
6pm	<b>Swim Lessons (\$)</b> 6pm - 7:30pm	<b>Pool Yoga</b> 6:30pm - 7:20pm		<b>Pool Yoga</b> 6:30pm - 7:20pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



# Class Descriptions

## Massillon Family YMCA

131 Tremont Ave SE  
Massillon, OH 44646  
(330) 837-5116

**Adult Lap Swim** - Lap swim for those 16+

**Aqua Fit** - Medium to high intensity level workout offers a combination of moves in shallow or deep water. Builds your strength and endurance.

**Family/Community Swim** - Family swim is an opportunity for families to enjoy the pool together. Children under the age of 16 must be accompanied by an adult. The cost is \$3 per person with children 2 and younger free. Members swim for free.

**Mild Water Movement** - Low to medium intensity level workout. Increase range of motion, strengthen muscles and improve balance. Helps to alleviate stiffness from arthritis, joint/muscle pain, or MS.

**Pool Yoga** - Yoga IN the water. Improves core strength, connects mind & body through breathing, and elongates muscles. This yoga variation is an excellent option for triathletes, cyclists, runners, and swimmers to improve athletic performance & release tension.

**SilverSneaker® Splash** - Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination.

**Summer Camp Swim** - Swim time for the summer camp program. Lap lanes are still open during this time.

**Water Blast** - Workout designed to condition, tone and firm muscles while burning calories by using water resistance.