



Pool
 Pool @ Massillon Family YMCA
 August 1st - August 20th

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

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

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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.