



Pool  
**Pool @ Massillon Family YMCA**  
 October 1st - October 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Adult Lap Swim</b> 5:45am - 8:45am	<b>Adult Lap Swim</b> 5:45am - 8am	<b>Adult Lap Swim</b> 5:45am - 8:45am	<b>Adult Lap Swim</b> 5:45am - 8am	<b>Adult Lap Swim</b> 5:45am - 8:45am		
<b>7am</b>						<b>Adult Lap Swim</b> 7am - 8:45am	
<b>8am</b>	<b>Lap Swim</b> 8:45am - 6pm	<b>Lap Swim</b> 8am - 8pm	<b>Lap Swim</b> 8:45am - 8pm	<b>Lap Swim</b> 8am - 8pm	<b>Lap Swim</b> 8:45am - 8pm		
		<b>Water Blast</b> 8am - 8:50am		<b>Water Blast</b> 8am - 8:50am			
<b>9am</b>	<b>Aqua Fit</b> 9am - 9:50am	<b>Open Swim</b> 9am - 10pm	<b>Aqua Fit</b> 9am - 9:50am	<b>Open Swim</b> 9am - 12pm	<b>Aqua Fit</b> 9am - 9:50am	<b>Swim Lessons (\$)</b> 9am - 10:30am	
<b>10am</b>	<b>Open Swim</b> 10am - 12pm	<b>Swim Lessons (\$)</b> 10am - 11:30am	<b>Open Swim</b> 10am - 12pm		<b>Open Swim</b> 10am - 11am	<b>Lap Swim</b> 10:30am - 3:30pm	
						<b>Open Swim</b> 10:30am - 12:30pm	
<b>11am</b>		<b>Open Swim</b> 11:30am - 12:15pm			<b>Home School Swim (\$)</b> 11am - 12:10pm		<b>Lap &amp; Open Swim</b> 11am - 3:30pm
<b>12pm</b>	<b>Mild Water Movement</b> 12:15pm - 1:05pm	<b>SilverSneaker® Splash</b> 12:15pm - 1:05pm	<b>Mild Water Movement</b> 12:15pm - 1:05pm	<b>SilverSneaker® Splash</b> 12:15pm - 1:05pm	<b>Mild Water Movement</b> 12:15pm - 1:05pm	<b>Family/Community Swim</b> 12:30pm - 3:30pm	<b>Family/Community Swim</b> 12:30pm - 3:30pm
<b>1pm</b>	<b>Open Swim</b> 1:10pm - 6pm	<b>Open Swim</b> 1:10pm - 6:30pm	<b>Open Swim</b> 1:10pm - 8pm	<b>Open Swim</b> 1:10pm - 6:30pm	<b>Open Swim</b> 1:10pm - 8pm		
<b>6pm</b>	<b>Swim Lessons (\$)</b> 6pm - 7:30pm	<b>Pool Yoga</b> 6:30pm - 7:20pm		<b>Pool Yoga</b> 6:30pm - 7:20pm			
<b>7pm</b>	<b>Open Swim</b> 7:30pm - 8pm	<b>Open Swim</b> 7:20pm - 8pm		<b>Open Swim</b> 7:20pm - 8pm			

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.

**Home School Swim (\$)** - Part of Homeschool Gym/Swim program

**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.

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