



Pool
Pool @ Massillon Family YMCA
 March 1st - March 31st

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 - 8am	Adult Lap Swim 5:45am - 8:45am	Adult Lap Swim 5:45am - 8am	Adult Lap Swim 5:45am - 8:45am		
7am						Adult Lap Swim 7am - 8:45am	
8am	Lap Swim 8:45am - 6pm	Lap Swim 8am - 10am	Lap Swim 8:45am - 6pm	Water Blast 8am - 8:50am	Lap Swim 8:45am - 6pm	Boot Camp Splash 8am - 8:50am	
		Water Blast 8am - 8:50am		Lap Swim 8am - 6pm			
9am	Aqua Fit 9am - 9:50am	Open Swim 9am - 10am	Aqua Fit 9am - 9:50am	Open Swim 9am - 12pm	Aqua Fit 9am - 9:50am	Swim Lessons (\$) 9am - 10:45am	
10am	Open Swim 10am - 12pm	Swim Lessons (\$) 10am - 11:30am	Open Swim 10am - 12pm		Open Swim 10am - 12pm	Lap Swim 10:45am - 3:30pm	
11am		Lap Swim 11:30am - 6pm				Family Yoga 11am - 11:50am	Lap & Open Swim 11am - 3:30pm
		Open Swim 11:30am - 12:15pm					
12pm	Mild Water Movement 12:15pm - 1:05pm	SilverSneaker® Splash 12:15pm - 1:05pm	Mild Water Movement 12:15pm - 1:05pm	SilverSneaker® Splash 12:15pm - 1:05pm	Mild Water Movement 12:15pm - 1:05pm	Open Swim 12pm - 3:30pm	Family/Community Swim 12pm - 3:30pm
						Family/Community Swim 12:30pm - 3:30pm	
1pm	Open Swim 1:05pm - 5:45pm	Open Swim 1:05pm - 6:30pm	Open Swim 1:05pm - 8pm	Open Swim 1:05pm - 6:30pm	Open Swim 1:05pm - 8pm		
5pm	Water Circuit 5:45pm - 6:30pm						
	Swim Lessons (\$) 5:45pm - 7:30pm						
6pm		Aquatic Conditioning Clinic 6pm - 7pm	Aquatic Conditioning Clinic 6pm - 7pm	Aquatic Conditioning Clinic 6pm - 7pm			
		Pool Yoga 6:30pm - 7:20pm		Pool Yoga 6:30pm - 7:20pm			
7pm	Lap Swim 7:30pm - 8:30pm	Lap Swim 7pm - 8pm	Masters Swim Practice 7pm - 8pm	Lap Swim 7pm - 8pm			
	Open Swim 7:30pm - 8:30pm	Open Swim 7:20pm - 8pm		Open Swim 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.

Aquatic Conditioning Clinic - Join us this off-season for our Aquatic Conditioning Clinic! This month to month program is designed for swimmers who swim competitively, whether you are on a high school, club or YMCA swim team.

Boot Camp Splash - A combination of cardio and aerobic moves using a variety of equipment in and out of the water. Tone and firm your core and legs.

Family Yoga - All ages and levels come together to experience this joyful, fun practice in the pool. Start by building poses together with your spouse, your child or your sibling and then ease into some relaxation and rest.

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.

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

Water Circuit - Fun and unique approach to fitness! Intensity of a circuit workout in a non-impact water environment. Class will build endurance and strength in all muscle groups through swimming and provide cardiovascular fitness as well. Must be able to swim laps!