

# GYM SCHEDULE *updated Nov 1, 2024*

*Schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SIDE A	5:15am-6:00am Boot Camp	Closed For Gymnastics	Closed For Gymnastics	5am-4pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym	
	6am-9am Open Gym				6am-9am Open Gym	9am-10am Refit	
	9am-11am Pickleball			Little Dribblers 4pm-5pm	9am-11am Pickleball	11am-7:45pm Open Gym	10am-2:45pm Open Gym
	11am-4pm Open Gym 4pm-8:45pm Gymnastics				5pm-8:45pm Open Gym		
SIDE B	5:15am-6:00am Boot Camp	5am-4pm Open Gym	5am-9am Open Gym	5am-4pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym	
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym		
	9am-11am Pickleball	Little Dribblers 4pm-5pm	11am-6pm Open Gym	Little Dribblers 4pm-5pm	9am-11am Pickleball	9am-10am Refit	
	11am-6pm Open Gym	5pm-8:45pm Open Gym		6pm-7pm Refit	5pm-8:45pm Open Gym	11am-7:45pm Open Gym	10am-2:45pm Open Gym
	6pm-7pm Refit						
	7pm - 8:45pm Open Gym						

# FITNESS SCHEDULE

*Schedule is subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym		9am-11am Pickleball - Gym		5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9am-11am Pickleball - Gym		9:00am-9:30am Chair Yoga - MPR		9am-11am Pickleball - Gym	
9:00am-9:30am Chair Yoga - MPR		9:30am-10:30am Senior Stability - MPR			
9:30am-10:30am Senior Stability -MPR		10:45am-11:15am Unique Rhythms- MPR			
10:45am-11:15am Unique Rhythms - MPR		6pm-7pm Refit - Gym			
6pm-7pm Refit - Gym					
7pm-8pm Yoga - MPR					

## FACILITY HOURS:

MON-THURS 5AM-9PM  
 FRIDAY 5AM-8PM  
 SATURDAY 7AM-3PM  
 SUNDAY CLOSED

## CHILD WATCH HOURS:

MON-SAT 9AM-12PM  
 MON-THURS 5PM-8PM

## FOLLOW US:



Shelby Branch-YMCA of North Central Ohio



@shelbyymca



# POOL SCHEDULE updated Nov 1, 2024

*schedule subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-10am Adult Lap and Adult Open Swim	5:30am-7:30am Adult Lap and Adult Open Swim	5:30am-10am Adult Lap and Adult Open Swim	5:30am-7:30am Adult Lap and Adult Open Swim	5:30am-10am Adult Lap and Adult Open Swim	7am-2:30pm Open Swim <i>Lap Swim Limited Lanes</i>
10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	7:30-8:30am Aqua Splash <i>Lap Swim Limited Lanes Deep End Open</i>	10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	7:30-8:30am Aqua Splash <i>Lap Swim Limited Lanes Deep End Open</i>	10am-12pm Open Swim <i>Lap Swim Limited Lanes</i>	
11am-12pm Aquanastics <i>Lap Swim Limited Lanes Deep End Open</i>	8:30am-10am Adult Lap and Adult Open Swim	11am-12pm Aquanastics <i>Lap Swim Limited Lanes Deep End Open</i>	8:30am-10am Adult Lap and Adult Open Swim		
12pm-1pm Adult Lap and Adult Open Swim	10am-11am Arthritis - <i>Shallow End</i> Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	12pm-1pm Adult Lap and Adult Open Swim	10am-11am Arthritis - <i>Shallow End</i> Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	12pm-1pm Adult Lap and Adult Open Swim	
1pm-3pm Open Swim <i>Lap Swim Limited Lanes</i>	11pm-3pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm-3pm Open Swim <i>Lap Swim Limited Lanes</i>	11pm-3pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm-3pm Open Swim <i>Lap Swim Limited Lanes</i>	
3pm-4:30pm SHS Swim Team	3pm-4:30pm SHS Swim Team	3pm-4:30pm SHS Swim Team	3pm-4:30pm SHS Swim Team	3pm-4:30pm SHS Swim Team	
4:30pm-6pm Stingrays Swim Team	4:30pm-6pm Stingrays Swim Team	4:30pm-6pm Stingrays Swim Team	4:30pm-6pm Stingrays Swim Team	4pm-5:30pm Willard Swim Team <i>Lap Swim Limited Lanes</i>	
6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>	6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>	6pm-7:30pm Open Swim <i>Lap Swim Limited Lanes</i>	
6pm-7:30pm Swim Lessons	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	6pm-7pm Swim Lessons	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>		
7:30pm-8:30pm Willard Swim Team <i>Lap Swim Limited Lanes</i>	7:30pm-8:30pm Willard Swim Team <i>Lap Swim Limited Lanes</i>	7pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7:30pm-8:30pm Willard Swim Team <i>Lap Swim Limited Lanes</i>		

## Pool Policies:

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

YMCA of North Central Ohio - Shelby Branch

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