



Land Fitness Schedule

Sandusky Area YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



August 1 - 31, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am Step Interval (Kathleen)	5:30-6:30 am Sunrise Walk/Run (Carla) Meet at State Theater	5:30-6:30 am Group Cycle (Kathleen)		5:30-6:30 am Boot Camp (Kathleen)	Aug. 5 7:30 - 8:15 am Group Cycle 8:30-9:30 am PiYo Level (Kathleen)
8:00-9:00 am Yoga (Mat) (Dana)	8:00-9:00 am Fitness Mix (Loretta)	8:00-9:00 am Yoga Stretch (Barb)	7:30-8:15 am Group Cycle (Kathleen)	8:00-9:00 am Piloxing Barre (Dana)	Aug. 12 8:00-9:00 am Pier Pressure Walk/Run Shade-Mylander Plaza (Kathleen)
9:15-10:15 am Strength Training (Dana/Loretta)	9:00-10:00 am Tai Chi (Dana) Class is held in the Community Room No class on 8/22	9:15-10:15 am Stength Training (Kathleen)	8:30-9:15 am PiYo Live! - Studio (Crystal)	Format change on August 25th: TBA	Aug. 19 8:30-9:30 am Y-Fit Outdoor Walk/Run (Carla) Meet in front lobby.
10:45-11:45 am Yoga Stretch (Barb)	9:15-10:15 am Zumba® (Rita)	10:30-11:30 am SilverSneakers® Classic (Kathleen)	9:30-10:30 aam Zumba® (Rita)	9:15-10:15 am Yoga (Mat) (Dana)	Aug. 26 8:30-9:30 am Zumba® (Rita)
4:45-5:15 pm Team TreadFit Fitness Center (Courtney)	12:10-1:00 pm Pilates (Kathleen)	5:30-6:00 pm Core Conditioning (Courtney)	12:10-1:00 pm Pilates (Kathleen)	Format change on August 25th: TBA	
5:30-6:30 pm PiYo Live! (Kathleen)	4:30-5:15 pm Group Cycle (Jane)	6:15-6:45 pm Team TreadFit Fitness Center (Courtney)	5:45-6:45 pm Kettlebell Training (Dana)	10:30-11:30 am SilverSneakers® Classic (Kathleen)	
	5:30-6:30 pm PiYo Live! (Crystal)		Format change on August 24th: TBA		

* Schedule is subject to change.

* For additional information, contact Kathleen (419) 621-9622, kschoder@clevelandymca.org

Gray Shade = Indicates a change!



Water Fitness Schedule

Sandusky Area YMCA

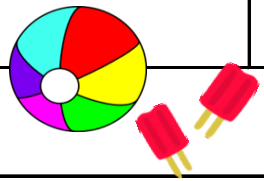
Water Exercise...easy on the joints, great work-out and *FUN!*



FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

August 1-31, 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-10:00 am Aquanastics (Kathleen)		9:00-10:00 am Aquanastics (Barb)		9:00-10:00 am Aqua Circuit (Kathleen)
10:00-11:00 am Deep Water Running (Kathleen)	10:00-11:00 am Silver Splash® (Joe-Ann)	10:00-11:00 am Deep Water Running (Barb)	10:00-11:00 am Silver Splash® (Barb)	10:00-11:00 am Deep Water Tabata (Barb)
11:00-12:00 pm Aqua Fusion (Joe Ann)	11:00-11:45 am Deep Water Running (Kathleen)	11:00-12:00 pm Aqua Fusion (Joe Ann)	11:00-11:45 am Deep Water Running (Kathleen)	11:00-12:00 pm Aqua Fusion (Cindra/Joe Ann)
	5:30-6:30 pm Aqua Fusion (Diamond) Shallow End ↓ 5:30-6:00 p.m. Deep End 6:00-6:30 p.m.			



Beach Party!

~~~~ Coming this month ~~~~



### Aquanastics

Shallow water. All fitness levels. Low impact. Develops muscle strength, flexibility, endurance and balance.

### Aqua Aerobics

Shallow and deep water. All fitness levels. Low impact. Develops cardiovascular endurance, strength, flexibility and range-of-motion.

### Aqua Circuit

Shallow water. All fitness levels. Quick paced, low impact work-out. Class format includes stations of cardiovascular and muscle toning work. Self-paced = Stations are pre-set and individually performed.

### Aqua Fusion

Shallow and deep water. Low impact flowing movements, based on Arthritis Foundation guidelines and fused with the active movements of Aqua Aerobics to develop joint flexibility, muscle strength and endurance, balance and posture.

### Deep Water Running

Deep water. All fitness levels. Swimming skills are required. No impact. Develops joint flexibility, muscle strength and endurance, balance and posture.

### SilverSplash®

Shallow water. All fitness levels. Low impact. Improves agility, flexibility and cardiovascular endurance. Special SilverSplash® kickboard develops strength, balance and coordination.

### Tabata: Deep Water Running

Deep water. Advanced. Swimming skills required. No impact. Short rounds of high intensity work, followed by recovery periods.

\* Schedule is subject to change.

\* For additional information, contact Kathleen at (419)621-9622 or kschoder@clevelandymca.org



FOR YOUTH DEVELOPMENT  
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# FROHMAN POOL

**Starting  
Friday, September 1, 2017-  
Saturday, September 30, 2017**

## Sandusky Area YMCA

| MONDAY                                             | TUESDAY                                               | WEDNESDAY                                      | THURSDAY                                           | FRIDAY                                        | SATURDAY                               | SUNDAY            |
|----------------------------------------------------|-------------------------------------------------------|------------------------------------------------|----------------------------------------------------|-----------------------------------------------|----------------------------------------|-------------------|
| LAP SWIM<br>5:00-7:00<br>4 LANES                   | LAP SWIM<br>5:00-7:00<br>4 LANES                      | LAP SWIM<br>5:00-7:00<br>4 LANES               | LAP SWIM<br>5:00-7:00<br>4 LANES                   | LAP SWIM<br>5:00-7:00<br>4 LANES              | OPEN/LAP SWIM<br>7:00-9:00<br>2LANES   | <b>POOLCLOSED</b> |
| OPEN/LAP SWIM<br>7:00-9:00<br>2LANES               | OPEN/LAP SWIM<br>7:00-10:00<br>2LANES                 | OPEN/LAP SWIM<br>7:00-9:00<br>2LANES           | OPEN/LAP SWIM<br>7:00-10:00<br>2LANES              | OPEN/LAP SWIM<br>7:00-9:00<br>2LANES          | SWIM LESSONS<br>9:00-11:00<br>NO LANES |                   |
| 9:00-10:00<br>Aquanastics<br>(Kathleen)            |                                                       | 9:00-10:00<br>Aquanastics<br>(Barb)            |                                                    | 9:00-10:00<br>AquaCircuit<br>(Kathleen)       | OPEN/LAP SWIM<br>12:00-1:45<br>2LANES  |                   |
| 10:00-11:00<br>Deep Water<br>Running<br>(Kathleen) |                                                       | 10:00-11:00<br>Deep Water<br>Running<br>(Barb) |                                                    | 10:00-11:00<br>Tabata Deep<br>Water<br>(Barb) |                                        |                   |
|                                                    | 10:00-11:00<br>SilverSplash®<br>(Joe-Ann)             |                                                | 10:00-11:00<br>SilverSplash®<br>(Barb)             |                                               | <b>POOLCLOSED<br/>1:45</b>             |                   |
| 11:00-12:00<br>AquaFusion<br>(Dana/Cindra)         | 11:00-11:45<br>Deep Water<br>Running<br>(Kathleen)    | 11:00-12:00<br>AquaFusion<br>(Joe-Ann)         | 11:00-11:45<br>Deep Water<br>Running<br>(Kathleen) | 11:00-12:00<br>AquaFusion<br>(Joe-Ann)        |                                        |                   |
| LAP SWIM<br>12:00-1:30<br>4 LANES                  | LAP SWIM<br>12:00-1:30<br>4 LANES                     | LAP SWIM<br>12:00-1:30<br>4 LANES              | LAP SWIM<br>12:00-1:30<br>4 LANES                  | LAP SWIM<br>12:00-1:30<br>4 LANES             |                                        |                   |
| <b>POOL CLOSED<br/>1:30-4:00</b>                   | <b>POOL CLOSED<br/>1:30-4:00</b>                      | <b>POOL CLOSED<br/>1:30-4:00</b>               | <b>POOL CLOSED<br/>1:30-4:00</b>                   | <b>POOL CLOSED<br/>1:30-4:00</b>              |                                        |                   |
| OPEN/LAP SWIM<br>4:00-5:00<br>2LANES               | OPEN/LAP SWIM<br>4:00-5:30<br>2LANES                  | OPEN/LAP SWIM<br>4:00-6:00<br>2LANES           | OPEN/LAP SWIM<br>4:00-6:00<br>2LANES               | OPEN/LAP SWIM<br>4:00-6:00<br>2LANES          |                                        |                   |
| SPECIAL<br>OLYMPICS<br>5:00-6:00<br>NO LANES       | Aqua Fusion<br>5:30-6:30<br>(Diamond)<br>NO LANES     |                                                |                                                    |                                               |                                        |                   |
| SAY MANTA<br>RAYS 6:00-7:45                        | SWIM LESSONS<br>6:00-8:00<br>NO LANES<br>NO OPEN SWIM | SAY MANTA RAYS<br>6:00-7:45                    | SAY MANTA<br>RAYS 6:00-7:45                        | SAY MANTA<br>RAYS 6:00-7:45                   |                                        |                   |
| <b>POOL CLOSED<br/>7:45</b>                        | <b>POOL CLOSED<br/>7:45</b>                           | <b>POOL CLOSED<br/>7:45</b>                    | <b>POOL CLOSED<br/>7:45</b>                        | <b>POOL CLOSED<br/>7:45</b>                   |                                        |                   |

During **LAP SWIM** there will be no open swim.

*All lap lanes are shared lanes with circle swimming.*

During **OPEN/LAP** swim there will be 2 lap lanes available.

No lap lanes (no open swim during swim lessons) are available during water fitness classes and swim lessons.

**Special Olympics** will start Monday, Sept. 11 and end Monday, Nov. 13, 2017

**SAY Manta Rays** will start

Pool schedule is subject to change.  
Frohman temp: 84-85

### COURT A

| <u>MONDAY</u>                   | <u>TUESDAY</u>                 | <u>WEDNESDAY</u>               | <u>THURSDAY</u>                        | <u>FRIDAY</u>                  | <u>SATURDAY</u>     | <u>SUNDAY</u> |
|---------------------------------|--------------------------------|--------------------------------|----------------------------------------|--------------------------------|---------------------|---------------|
| Open Gym<br>5am-10:30am         | Open Gym<br>5am-10:30am        | Open Gym<br>5am-10:30am        | Open Gym<br>5am-10:30am                | Open Gym<br>5am-10:30am        |                     |               |
| Summer Camp<br>10:30am-12:30pm  | Summer Camp<br>10:30am-12:30pm | Summer Camp<br>10:30am-12:30pm | Summer Camp<br>10:30am-12:30pm         | Summer Camp<br>10:30am-12:30pm |                     |               |
| Open Gym<br>12:30pm-1pm         | Open Gym<br>12:30pm-1pm        | Open Gym<br>12:30pm-1pm        | Open Gym<br>12:30pm-1pm                | Open Gym<br>12:30pm-1pm        | Open Gym<br>7am-2pm | YMCA CLOSED   |
| Summer Camp<br>1pm-3pm          | Summer Camp<br>1pm-3pm         | Summer Camp<br>1pm-3:30pm      | Summer Camp<br>1pm-3pm                 | Summer Camp<br>1pm-3pm         |                     |               |
| Open Gym<br>3pm-6pm             | Open Gym<br>3pm-8pm            | Open Gym<br>3:30pm-8pm         | Open Gym<br>3pm-8pm                    | Open Gym<br>3pm-8pm            |                     |               |
| Basketball Skills<br>6pm-7:30pm |                                |                                |                                        |                                |                     |               |
| Open Gym<br>7:30pm-8pm          |                                |                                | Soccer<br>5:30pm-6:15pm<br>(rain/cold) |                                |                     |               |

### COURT B

| <u>MONDAY</u>                            | <u>TUESDAY</u>                           | <u>WEDNESDAY</u>            | <u>THURSDAY</u>                        | <u>FRIDAY</u>       | <u>SATURDAY</u>     | <u>SUNDAY</u> |
|------------------------------------------|------------------------------------------|-----------------------------|----------------------------------------|---------------------|---------------------|---------------|
| Open Gym<br>5am-4pm                      | Open Gym<br>5am-4pm                      | Open Gym<br>5am-4:15pm      | Open Gym<br>5am-8pm                    | Open Gym<br>5am-8pm | Open Gym<br>7am-2pm | YMCA CLOSED   |
| Gymnastics<br>Open Gym (8/28)<br>4pm-6pm | Gymnastics<br>Open Gym (8/29)<br>4pm-6pm |                             |                                        |                     |                     |               |
| Gymnastics<br>4:15pm-5:15pm              | Gymnastics<br>4:15pm-5:15pm              | Gymnastics<br>4:15pm-5:15pm | Gymnastics<br>4:15pm-5:15pm            |                     |                     |               |
| Open Gym<br>6pm-8pm                      | Open Gym<br>6pm-8pm                      | Open Gym<br>6pm-8pm         | Soccer<br>5:30pm-6:15pm<br>(rain/cold) |                     |                     |               |

## AUGUST 2017

### GYMNASIUM INFORMATION

YMCA  
Closed on Sundays

Gymnastics Program  
August 14, 15, 16 & 17  
August 21, 22 & 23

Gymnastics Open Gym  
August 28 & 29

Summer Camp  
August 1 – August 18

Junior Cavs  
Starts October 14, 2017

Schedule is subject to change.

Denise Robinson  
Program Director

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