



SilverSneakers® is the nation's leading exercise program designed exclusively for older adults. Participants receive an Orrville/Dalton YMCA membership at no cost. The program includes use of basic amenities and access to the signature SilverSneakers class.

SilverSneakers® is typically offered to Medicare-eligible members of Anthem, Blue Cross/Blue Shield, Humana, Aetna (OPERS), AARP, SummaCare, and Secure Horizons by United Health Care. Not all those covered by these providers will be guaranteed to be eligible for SilverSneakers. If you don't know if you qualify please feel free to stop by with your insurance card and we will check your eligibility.

**SilverSneakers® Class**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Tues and Thurs, 10:30 - 11:15 am Fee: Free for Land/Water Fitness and Senior Session Participants. 1-Month: \$7 Mem; \$30 Non-Member

**Splash Class**

Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Mon, Wed, Fri 11:00 - 11:45 am Fee: Free for Land/Water Fitness and Senior Session Participants. 1-Month: \$7 Mem; \$30 Non-Member

Thank you to our Gold Sponsors:

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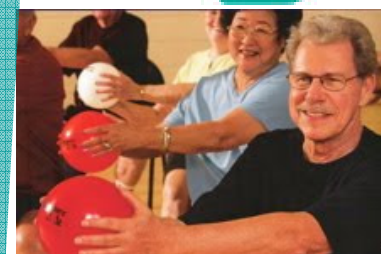
Website:

[www.orrilledalton-ymca.org](http://www.orrilledalton-ymca.org)



**A Partner Agency**

# Older Adults



**Orrville**

330-683-2153

1801 Smucker Rd.

Orrville, OH 44667

Fax:330-683-0068

**Dalton**

330-6821033

100 N. Kurzen Rd

Dalton, OH 44618

Fax:330-682-0066



**For Youth Development,  
For Healthy Living,  
For Social Responsibility**

# Older Adults at



## Splash Class

1-Month: \$10 - Mem \$30 - Non-Member  
4-Month: \$28 - Mem (Members only)  
Per Class: \$3 - Mem \$4 - Non-Member

This low impact/moderate intensity class has exercises designed for improving flexibility while toning, strengthening, and improving the function of the heart and lungs. This class is done in an enjoyable social setting.

Mon: 11:00-11:45 am  
Wed: 11:00-11:45 am  
Fri: 11:00-11:45 am

\*Sign up for one class, get 20% off of the other classes for that session.

\*\*Buy a Water Fitness Pass and go to any and all Water Fitness classes, including Older Adult water classes.

**IT'S NOT  
JUST KID  
STUFF**

## A.F.Y.A.P. ARTHRITIS FOUNDATION WATER FITNESS

1-Month: \$8 - Mem; \$28 - Non-Member  
4 Month: \$25 - Mem (Members only)  
Per Class: \$3 - Mem; \$4 - Non-Member

This class is held in conjunction with the Arthritis Foundation (medical info is required), and done in a fun, social and supportive environment. Exercises are designed to improve flexibility, freedom of movement, and muscle strength and tone through various range-of-motion and "light" cardiovascular exercises.

Mon: 10:00-10:45 am  
Wed: 10:00-10:45 am  
Fri: 10:00-10:45 am

\*Sign up for one class, get 20% off of the other classes for that session.

## FOREVER YOUNG

Sessions: October through April on the 2nd Wednesday Lunch at 11:30, Bingo at noon. Bring a prize or two!

Join us for lunch, fellowship and friendly faces! And, as always, you are welcome to invite your friends.

Please make your reservations by Monday of each week. 330-683-2153

Lunch and program cost \$4.00.

## WALK 100

Walk at the Dalton YMCA. Keep track of your miles and receive a YMCA T-shirt when you complete 100 miles.

Member: FREE

Guest: \$25 for 3 months; \$75 for a year

### YMCA MISSION STATEMENT

The mission of the YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.