



# ARDMORE FAMILY YMCA

## LARGE POOL : DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Opens @ 5:30 AM <b>Lap Swim</b>	Pool Opens @ 5:30 AM <b>Lap Swim</b>	Pool Opens @ 5:30 AM <b>Lap Swim</b>	Pool Opens @ 5:30 AM <b>Lap Swim</b>	Pool Opens @ 5:30 AM <b>Lap Swim</b>	Pool Opens @ 9:00 AM	Pool Opens @ 1:30 PM
<b>SAFETY BREAK 7:30—7:45 AM Sauna is closed</b>						
<b>Deep Water Aerobics</b> 8:00—9:00	<b>Lap Swim</b> @ 7:45 AM	<b>Deep Water Aerobics</b> 8:00—9:00	<b>Lap Swim</b> @ 7:45 AM	<b>Deep Water Aerobics</b> 8:00—9:00	<b>SATURDAY DECEMBER 4TH LARGE POOL WILL BE CLOSED 8:30 AM—NOON FOR YMCA SWIM MEET</b>	
<b>Lap Swim</b> @ 9:15 AM		<b>Lap Swim</b> @ 9:15 AM		<b>Lap Swim</b> @ 9:15 AM		
<b>Free Swim</b> @ 1:30 PM	<b>Free Swim</b> @ 1:30 PM	<b>Free Swim</b> @ 1:30 PM	<b>Free Swim</b> @ 1:30 PM	<b>Free Swim</b> @ 1:30 PM		
<b>SWIM TEAM 3:45—6:00 PM</b>						
<b>Lap Swim</b> @ 6:00 PM	<b>Lap Swim</b> @ 6:00 PM	<b>Lap Swim</b> @ 6:00 PM	<b>Lap Swim</b> @ 6:00 PM	<b>Lap Swim</b> @ 6:00 PM	<b>POOL CLOSED 4:00 PM</b>	
<b>SAFETY BREAK 6:30—6:45 PM : Sauna is open</b>						
<b>Free Swim</b> @ 6:45 PM	<b>Free Swim</b> @ 6:45 PM	<b>Free Swim</b> @ 6:45 PM	<b>Free Swim</b> @ 6:45 PM	<b>Free Swim</b> @ 6:45 PM	<b>Friday 12/24 Closed @ 1:30 PM</b>  <b>Friday 12/31 Closed @ 2:30 PM</b>	
<b>POOL CLOSED 8:30 PM</b>						

### Aquatic Classes and Swim Descriptions

**Deep Water Aerobics**— a blend of cardio and resistance training that incorporates resistance tools such as a flotation belt for support, buoyant water weights and/or pool noodles.

**Free Swim** — one lane line is open, the rest of the pool is available for all to swim.

**Lap Swim** — Lap lines are in and pool is for lap swimmers or water walkers only.

### Sauna Room and Steam Room (on the pool deck)

- The pool, sauna and steam room will be closed during the **7:30 AM safety break**. During the **6:30 PM safety break** the pool will be close but the sauna and steam room will remain open.
- Sauna and steam room are coed. Children 16 and under are restricted from using sauna and steam room.
- **NO ONE** is allowed in the sauna or steam room without a lifeguard on deck.
- Cool down at least 5 minutes after exercising prior to use.
- No body lotions or oils are permitted inside saunas. No food or drink in saunas.
- For you safety, maximum time allowed in sauna or steam room is 15 minutes per day.
- Do NOT use the sauna or steam room if you are under the influence of alcohol, stimulants, vasodilators, tranquilizers, or vasoconstrictors.
- In the event of closing pools due to lightning, sauna and steam room will be closed as well.



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## SMALL POOL : DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POOL OPEN</b> 8:30 AM	Pool Closed	<b>POOL OPEN</b> 8:30 AM	Pool Closed	<b>POOL OPEN</b> 8:30 AM	<b>POOL OPEN</b> 9:30 AM to 1:00 PM	<b>POOL OPEN</b> 1:30 AM to 4:00 PM
<b>Aqua Arthritis</b> 9:15—10:15		<b>Aqua Plunge</b> 9:15—10:15		<b>Splash for Fun</b> 9:15—10:15		
<b>SAFETY BREAK 10:30 — 10:45 AM</b>						
<b>Free Swim</b> 10:45 AM to 1:00 PM	<b>POOL OPEN</b> <b>Free Swim</b> 10:45 AM to 11:45 AM	<b>Free Swim</b> 10:45 AM to 1:00 PM	<b>POOL OPEN</b> <b>Free Swim</b> 10:45 AM to 11:45 AM	<b>Free Swim</b> 10:45 AM to 1:00 PM	Pool Closed @ 1:00 PM	<b>Aqua Blast</b> 3:00—3:45 12/5 and 12/19 only
Pool Closed 1:00 PM to 5:00 PM		Pool Closed 1:00 PM to 5:00 PM		Pool Closed 1:00 PM to 5:00 PM		
<b>POOL OPEN</b> 5:00 PM	Pool Closed	<b>POOL OPEN</b> 5:00 PM	Pool Closed	<b>POOL OPEN</b> 5:00 PM to 6:30 PM		
<b>Aqua Blast</b> 5:30—6:15		<b>Aqua Blast</b> 5:30—6:15				Pool Closed @ 4:00 PM
<b>SAFETY BREAK 6:30 — 6:45 PM</b>						
<b>Free Swim</b> 6:45 PM to 8:00 PM	Pool Closed	<b>Free Swim</b> 6:45 PM to 8:00 PM	Pool Closed	<b>Free Swim</b> 6:45 PM to 8:00 PM		
POOL CLOSED @ 8:00 PM		POOL CLOSED @ 8:00 PM		POOL CLOSED @ 8:00 PM		



### Aquatic Classes

**Aqua Arthritis** – Gentle exercises done in shallow water focusing on functional movement of daily living, range of motion and gentle stretching. Although specifically designed for adults living with arthritis, this class is also excellent for beginning or returning exercisers, and perfect for pre-surgery or post surgery strengthening.

**Aqua Plunge** – A low impact, medium intensity class for those with muscle or joint issues. Builds cardio and muscle strength as well as endurance and flexibility.

**Splash for Fun** – A fun water workout designed to improve cardio vascular fitness and strength by using a safe, yet challenging, mix of walking/running activities and finishing with water volleyball games.

**Aqua Blast** – 45 minutes of heart pumping, muscle strengthening exercises using a variety of pool fitness equipment. Each class ends with spirited water volleyball fun and finishes with gentle and effective stretches. Perfect for all fitness levels.