



# ARDMORE FAMILY YMCA



## FACILITY HOURS

### Regular Facility Hours

Monday—Friday:	5:00 AM—9:00 PM
Saturday:	8:00 AM—5:00 PM
Sunday:	1:00 PM—5:00 PM



Ardmore Family YMCA

### Holiday Hours

Thanksgiving:	11/24 Closed
Christmas Eve:	12/24 Closing @ 2:00PM
Christmas Day:	12/25 Closed
New Years Eve:	12/31 Closing @ 2:00PM
New Years Day:	1/01 Closed

## POOL HOURS

### Large Pool

Monday-Friday:	5:30AM-8:00PM
Saturday:	9:00AM-4:00PM
Sunday:	1:30PM-4:00PM

### Small Pool

Monday & Wednesday:	8:30AM-1:00PM 5:00PM-8:00PM
Tuesday & Thursday:	8:30AM-11:30AM 5:00PM-8:00PM
Friday:	8:30AM-1:00PM Closed evenings
Saturday:	9:30AM-1:00PM
Sunday:	1:30PM-4:00PM

MEMBERSHIP DIRECTOR: Mary Drummond | [membership5287@yahoo.com](mailto:membership5287@yahoo.com)

### Weight Room Age Policies

Ages 9 and under: Are NOT permitted in the weight room or on cardio equipment.

Ages 10—14: Must complete the teen fitness training class and safety exam to be in the weigh room. After passing the exam, Ages 10-13 need to be accompanied by a parent or guardian while in the weight room. Teens 14 years of age may use the cardio and weight room equipment without adult supervision.

Ages 15+ : Are permitted in the weight room and may use cardio, weight room machines and free weight equipment.

### A Note From Our Board President, Carrie Pfrehm



Connections. Our YMCA excels at connecting people and connections make the commitment to live a healthy life more successful. Classes are not just an exercise experience, but also a place to connect with new faces and catch up with long time friends. I hope you will try one of the many classes offered by the Y and connect with our excellent staff and members.



# HEALTH & WELLNESS

Thanks to our wonderful spin members and instructors, this September the Y was able to introduce **myzone** to our facility.

**Myzone** is a unique fitness heart-rate monitoring system that accurately tracks individual effort levels during physical activity to keep our participants motivated and engaged. **Myzone** rewards your effort by assigning a color and points (MEPs) for all physical activity during a workout, keeping the participant driven to reach the next level.

Our Y fitness team is excited to make fitness fun. They will be using **myzone** during personal training sessions, creating team competitions like "fitness pal" (**myzone** fitness users from other countries who will enter into competitions with our **myzone** users), and will be introducing games such as **myzone** bingo. The fun is unlimited!

**Myzone** isn't just for the Y either. All MEPs count regardless of where they are obtained. **Myzone** can be worn while gardening, running in the park, or playing with the kids. Because the data is downloaded onto your app, you get immediate results for your effort. These MEPs will also be counted during all competitions and games.

For more information about **myzone**, or any of our fitness programs, please contact Amy Heller, Fitness Director, or chat with any of our weight room trainers.



## A Note From Our Fitness Director, Amy Heller

The holidays are coming and it can often be difficult to resist indulging in holiday meals and treats. Now is the time to start planning how to keep those extra pounds away. Here are some healthy holiday tips to help:

- **Plan ahead:** Start with veggies and protein in order to "fill up" first before indulging in sweet treats. Bring satisfying healthy options to help you resist eating too many calories.
- **Don't skip meals:** Skipping meals is a ticket to overeating at your event.
- **Keep junk food out of sight at home and work:** Save all those yummy treats just for parties.
- **Step up your workouts:** Get with a friend or hire a trainer to keep you accountable.
- **Choose your splurges wisely:** Only eat your favorites, don't waste calories on something you don't love.
- **Drink 2X as much water.** Water will fill you and keep you from drinking high calorie options.

FITNESS DIRECTOR: Amy Heller | amyfitness50@gmail.com



# AQUATICS

## AQUATIC CLASSES



Water workouts are one of the most therapeutic fitness activities one can do. The water improves cardiovascular conditioning, builds strength, and enhances flexibility. Because of a great demand, the Y added three new classes to our water schedule in September: Aqua Strength Tuesdays @ 10 AM, Aqua Flex Thursdays @ 10:00 AM, and Swim Strokes for Adults @ 11:15 AM Tuesdays and Thursdays. Whether you're a novice to the water or an experienced swimmer, each of our personable, certified water instructors can help you get started on your fitness journey. Contact Michaela Craven, Aquatics Program Coordinator, for more information about our activities.

## HAMMERHEAD SWIM TEAM

Under coach Brooklynn McKenzie, the Ardmore Family YMCA Hammerhead swim team did a fantastic job competing this summer. In her first season solo, coach McKenzie had an attendance of 34 kids. Several of our new team members were kids who had recently come up through the Y swim lessons program. We could not have been more proud of these young swimmers and their accomplishments. We were thrilled to see these kids progress from beginner lessons to swim team enthusiasts. Their dedication and love for the water inspired us to offer a "Swim Prep and Strokes" training program in September to help other kids also get ready for the 2023 swim team season.

Our Winter 2023 swim team season is now in full swing! With just under 50 kiddos ranging from 5 to 18 years of age, our team is making waves in the pool. More information about swim team can be found in our Swim Team pamphlet or by contacting Coach Melanie Sutherlin.



AQUATICS COORDINATOR: MICHAELA CRAVEN | [ardmoreyaquatics@gmail.com](mailto:ardmoreyaquatics@gmail.com)

# PROGRAMS



## SPORTS

The Ardmore Family YMCA's sports program is more than just winning and losing, scoring points and making a good play. It's learning sportsmanship, building self-confidence, and creating memories. Our flag football season has just completed with over 500 kids playing football this year. We are grateful to all the coaches and parents who helped make flag football a huge success. Without our volunteers, it would be impossible for us to offer quality programs. A big THANK YOU to all those who helped!

Signups have ended for Rookie basketball (for preschoolers & kindergarteners) and will begin playing late November. First—4th grade Thunder Basketball will end signups on December 5th and our young players will start games Jan 2023.



## YOUTH & GOVERNMENT

In February 2022, the Ardmore Y had the privilege of participating, with the help of several local donors, in the Youth and Government Program (YAG), a national civic education and leadership program for high school students. During the YAG conference held at the capital building, students found their voices, developed leadership skills, implemented critical thinking, and received greater understanding of civic issues. The Ardmore Y is looking forward to participating in this incredible program again in 2023. Contact Savannah Tafolla, Programs Director, for more information on how you and your teen can get involved in YAG.



PROGRAMS DIRECTOR: Savannah Tafolla | [ardmoreyprograms@gmail.com](mailto:ardmoreyprograms@gmail.com)



# BE THE CHANGE Y GIVE

As a nonprofit charitable organization, the Ardmore Family YMCA relies on the support of neighbors like you to make it possible for us to fulfill our mission in serving our community.

With an ever changing world, the Y is dedicated to adapting and building new programs to meet the evolving needs of our children, adults, and seniors in Ardmore and the surrounding areas. Your donation is vital in making it all possible.

For more information on the impact your donation makes, contact Jana Weichbrodt, CEO, at 580-223-3990, or scan the QR code to donate.



### 2022 IMPACT TO DATE

- Over 90+ children received lessons on how to be safe around the water.
- Provided over 100 kids with sports scholarships.
- Approximately 80 families requiring financial assistance received discounted Y memberships.
- Provided discounted memberships for individuals with financial difficulties due to disabilities and free access for their caregivers.
- Offered FREE CPR Classes to the community.
- Hosted Healthy Kids Day: A FREE community event for kids and their families.
- Provided FREE memberships to active military families.