



ARDMORE FAMILY YMCA

LARGE POOL : JAN 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Opens @ 5:30 AM Lap Swim	Pool Opens @ 5:30 AM Lap Swim	Pool Opens @ 5:30 AM Lap Swim	Pool Opens @ 5:30 AM Lap Swim	Pool Opens @ 5:30 AM Lap Swim	Pool Opens @ 9:00 AM Free Swim	Pool Opens @ 1:30 PM Free Swim
SAFETY BREAK 7:30 – 7:45 AM : Sauna is CLOSED						
Aqua Aerobics 8:00—9:00	Lap Swim @ 7:45 AM	Aqua Aerobics 8:00—9:00	Lap Swim @ 7:45 AM	Aqua Aerobics 8:00—9:00	POOL CLOSED 4:00 PM	
Lap Swim @ 9:15 AM to 10:30 AM		Lap Swim @ 9:15 AM to 10:30 AM		Lap Swim @ 9:15 AM to 10:30 AM		
SAFETY BREAK 10:30 – 10:45 AM : Sauna is OPEN						
Lap Swim @ 10:45 AM to 1:30 PM	Adult Swim Strokes 11:15-12:00	Lap Swim @ 10:45 AM to 1:30 PM	Adult Swim Strokes 11:15-12:00	Lap Swim @ 10:45 AM to 1:30 PM	Text YPOOLS to 74121 to receive text updates regarding pool closures due to weather	
Free Swim @ 1:30 PM	Free Swim @ 1:30 PM	Free Swim @ 1:30 PM	Free Swim @ 1:30 PM	Free Swim @ 1:30 PM		
SWIM TEAM 3:30 – 6:00 PM						
Lap Swim @ 6:00 PM	Lap Swim @ 6:00 PM	Lap Swim @ 6:00 PM	Lap Swim @ 6:00 PM	Lap Swim @ 6:00 PM		
SAFETY BREAK 6:30 – 6:45 PM : Sauna is OPEN						
Free Swim @ 6:45 PM	Free Swim @ 6:45 PM	Free Swim @ 6:45 PM	Free Swim @ 6:45 PM	Free Swim @ 6:45 PM	POOL CLOSED 8:00 PM	

Swim Descriptions

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 closed 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.



ARDMORE FAMILY YMCA

SMALL POOL : JAN 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPEN 8:30 AM	POOL OPEN 8:30 AM to 10:00 AM Free Swim	POOL OPEN 8:30 AM	POOL OPEN 8:30 AM Free Swim	POOL OPEN 8:30 AM	POOL OPEN 9:30 AM to 1:00 PM	POOL OPEN 1:30 PM to 4:00 PM
Aqua Arthritis 9:15—10:15		Aqua Plunge 9:15—10:15		Splash for Fun 9:15—10:15		
Safety Break 10:30—10:45	Aqua Strength 10:00—11:00	Safety Break 10:30—10:45	Aqua Flex 10:00—11:00	Safety Break 10:30—10:45		Aqua Blast 3:00-3:45 (8th & 22nd only)
Water Therapy—Personal Training 11:00-11:30						
Free Swim 11:30 AM to 1:00 PM	POOL CLOSED 11:30—5:00 PM	Free Swim 11:30 AM to 1:00 PM	POOL CLOSED 11:30—5:00 PM	Free Swim 11:30 AM to 1:00 PM		
POOL CLOSED 1:00—5:00 PM		POOL CLOSED 1:00—5:00 PM		POOL CLOSED 1:00 PM	POOL CLOSED 1:00PM	POOL CLOSED 4:00PM
POOL OPEN 5:00 PM	POOL OPEN 5:00 PM to 6:30 PM	POOL OPEN 5:00 PM	POOL OPEN 5:00 PM to 6:30 PM		Text YPOOLS to 74121 to receive text updates regarding pool closures due to weather	
Aqua Blast 5:30—6:15		Aqua Blast 5:30—6:15				
SAFETY BREAK 6:30—6:45 PM						
Free Swim 6:45 PM to 8:00 PM	Free Swim 6:45 PM to 8:00 PM	Free Swim 6:45 PM to 8:00 PM	Free Swim 6:45 PM to 8:00 PM			
POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM			

» See attached for class descriptions

WATER CLASS DESCRIPTIONS

Large Deep Water Pool

Deep Water Aerobics – A low impact, full body workout which incorporates aqua belts, water noodles and water weights to help build muscle, endurance, and strength. Perfect for men and women of all fitness levels.

Swim Strokes for Adults—the perfect class for adults who want to improve their swimming technique and strokes.

Small Warm Water Pool

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 Strength—A class designed to improve strength, flexibility, endurance, range of motion and agility. Fun cardio and effective toning utilizing a variety of aquatic equipment. Intensity and impact can be varied on an individual basis.

Aqua Flex—A mind, body connection class focusing on balance, core strength, flexibility and relaxation. Appropriate for individuals with arthritis, fibromyalgia, or joint replacements. Perfect for beginning and intermediate fitness levels.

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.