



# WINTER NEWSLETTER

## 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

#### Child Watch Hours

Monday—Friday	8:30 AM—12:00 PM
Monday-Thursday	4:00 PM—7:30 PM
Saturday	8:45 AM—12:00 PM

### 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)

### Insurance Covered Memberships

Because we know how important it is to stay active at every age, the Ardmore Family YMCA wants to make memberships available and affordable for everyone. That's why the Y accepts several insurance plans. There's never a payment made to the Y when using your insurance benefits. It's easy to get started. Here are the plans we accept:

**Silver Sneakers, Silver&Fit, and Renew Active:** These insurance based fitness memberships are benefits offered to individuals 65 and older with Medicare Advantage or with some United Health Care plans.

**Prime:** Tivity Health is a supplemental insurance plan, often offered by your employer, that offers discounted memberships for adults ages 18-64 years.

**Active&Fit:** Available through your employer, health plan, or other participating organization, Active&Fit is offered to individuals 18 years and older.

To become a member of the Y through one of the above insurance plans, please contact your insurance company directly to receive an access code. If you have any questions regarding becoming a Y member, contact Mary Drummond, Membership Director, at 580-223-3990 X111.



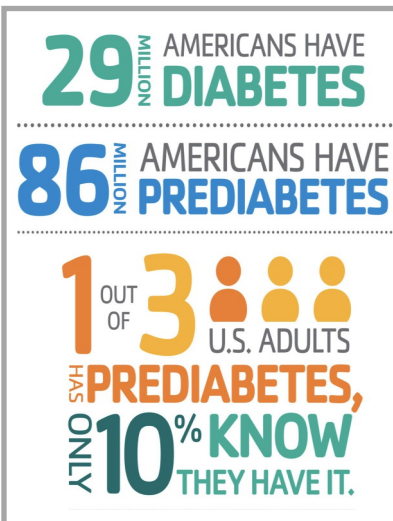


# HEALTH & WELLNESS

## DIABETES PREVENTION PROGRAM

The Ardmore Family YMCA will begin another session of the Diabetes Prevention Program (DPP) in 2023. Based on the guideline from the National Diabetes Prevention Program developed by the CDC, the Y's DPP is designed to assist participants in lifestyle change. In the first 16 weeks, participants will meet once per week with a program facilitator to discuss one of the lifestyle topics; such as healthy eating, increasing physical activity, weight loss, stress reduction, coping skills, and other important subjects. There are weekly weigh ins, review of food journals, and overall check-ins of how each participant implemented the tools learned from the week before.

The program is free to Y members and just a \$10 program fee for nonmembers. Because we know attending classes, swimming, and using the weight room can help our DPP participants success rate, the Y grants access to nonmembers participants who continue to diligently work the program. For more information regarding DPP, contact Debbie Newell at 580-223-3990 x102 or stop by the Y, say hello, and ask a few questions.



### SMALL GROUP BOOT CAMP



There is no better way to kick start your New Year's fitness goals than joining a boot camp. This January, Personal Trainer Amy Heller, will be offering a small group boot camp.

Boot camp workouts include a mix of aerobic, strength training and speed elements in each class session. The beauty of Amy's boot camp is she incorporates options for all fitness levels.

Boot camp runs Tuesdays and Thursdays @ 5:30 PM to 6:15 PM, January 17th—February 23rd.

### 1000 LB. & 500 LB. CLUB

Inspired by our local Army Recruiter, Daniel Jimenez, the Y weight room wants you to become a member of its exclusive 500lb (women) or 1000lb (men) club. To join the club, you must perform one repetition of a Squat, Bench Press, and Deadlift. After all 3 lifts are successfully completed, the total weight lifted is tallied. Women's total weight must be 500lbs or greater and Men's total weight must be 1000lbs or greater. Members of the club will receive a "club shirt" and their names will be listed on the weight room reader board. Reach out to a Y weight room trainer for details and rules.



FITNESS DIRECTOR: Amy Heller | amyfitness50@gmail.com





# AQUATICS

## MASTERS SWIMMING



Thanks to the Y's swim coach Melanie Sutherland and Aquatics Coordinator Michaela Craven, our YMCA will be offering a Masters Swim Program. Open to adults 18 years and older, this program is designed to help those who love the water improve their fitness level through the sport of swimming. Open to all levels of swimmers; workouts will focus on endurance, technique and improving speed.

The Masters Swim group will meet on Tuesdays and Thursdays from 11:00 AM to Noon and one Saturday a month. Workouts will be posted on the pool deck for those who cannot swim at those times.

For more information about Masters Swim Program, please contact Michaela at [ardmoreyaquatics@gmail.com](mailto:ardmoreyaquatics@gmail.com) or you can catch her and Melanie in the water most afternoons.

### MEET JOHNNA: AQUATIC PERSONAL TRAINER AND WATER INSTRUCTOR

Johnna Laird has been a fitness instructor, personal trainer, aquatics instructor and more at the Ardmore Family YMCA for the over 25 years. Dedicated to helping others live healthy, active lifestyles, she loves the advantages of being in the water.

Johnna's numerous certifications and continued education has catapulted her into specializing in all types of exercise plans. Knowing the benefits of the rehabilitating in the warm, water pool, Johnna recently began offering private personal training sessions to those recovering from injury or surgery.

Since beginning her fitness career in 1996, Johnna's commitment and heart belongs to our YMCA community. Johanna is truly a gift to our Y.



### MEMBER SPOTLIGHT



Karen Sims has been a member of the Ardmore Family YMCA for the past 5 years and has maintained a 40lb weight loss since joining. She began her fitness journey with a personal trainer. After becoming a little more comfortable, Karen tried the Silver Sneakers class MSROM (Muscular Strength & Range of Motion). Although she enjoyed the class, she's truly found her fitness love in the water. After an injury, which resulted in surgery, Karen said that the water really, "helped with my mobility and strength." You can find Karen in Kristie's 9:15 AM classes on Mondays, Wednesdays and Fridays. Karen is a friend to all and we are grateful she calls our Y home.

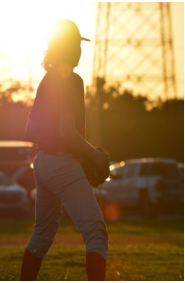
AQUATICS COORDINATOR: MICHAELA CRAVEN | [ardmoreyaquatics@gmail.com](mailto:ardmoreyaquatics@gmail.com)

# PROGRAMS



## SPORTS

Thunder Basketball is in full swing, here at the Ardmore Family YMCA. Our Rookies (preschool and kindergarten aged) started play in December 2022 and completed their season mid-January. First -4th grade are practicing and their 2023 season began Saturday, January 7th. With about 50 teams playing this season, we are thrilled to see our gyms filled with players, parents, and supporters.



Basketball season will conclude in March, and then it will be time again for our competitive and recreational baseball & softball to start. Each competitive coach brings their full team to registration while YMCA recreational teams are created after parents have signed their kiddos up. Registration dates will be announced in February.

## BIRTHDAY PARTIES



The Ardmore Family YMCA has offered birthday parties since our small, warm water pool opened in April of 2018. With hundreds of birthdays celebrated since then, we love the joy that comes with each special day. Open to both members and nonmembers, we offer gym parties (with games such as basketball, dodgeball, nerf gun wars, and more), pool parties, or a combination party of gym and swim. A party host is available during every event to help with decoration set up, coordination of pool time and gym games, and clean up. Contact the front desk for details on booking a party.

PARTY COORDINATOR: Debbie Newell | [ardmorefamilyymca@gmail.com](mailto:ardmorefamilyymca@gmail.com)



Happy NEW YEAR! We are celebrating 2023 at the Y! Purchase a quarterly membership in January, and we will waive the joining fee!

With each new membership every adult member receives three free training visits, with one of our weight room trainers, to assist in becoming familiar with the weight room equipment, to help set personal goals, and keep them on track.

Y memberships also give full access to over 85 fitness classes, 2 basketball courts, racquetball courts, 2 swimming pools, sauna and steam room and our weight room with our newly added cardio equipment: 8 new treadmills, 6 elliptical cross-trainers, 2 Xride recumbent ellipticals, an adaptive motion trainer, Airdyne X bike, a sweet new Stairmaster, AND MORE! Tell your family, tell your friends, and make a change this year.

**Make this YOUR year! Let us help!**