



# ARDMORE FAMILY YMCA

## LARGE POOL : JAN 2024

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 <b>Free Swim</b>	Pool Opens @ 1:30 PM <b>Free Swim</b>
<b>SAFETY BREAK 7:30—7:45 AM : Sauna is CLOSED</b>						
<b>Lap Swim</b> @ 7:45 AM to 10:30 AM	<b>Lap Swim</b> @ 7:45 AM to 10:30 AM	<b>Lap Swim</b> @ 7:45 AM to 10:30 AM	<b>Lap Swim</b> @ 7:45 AM to 10:30 AM	<b>Lap Swim</b> @ 7:45 AM to 10:30 AM		
<b>SAFETY BREAK 10:30—10:45 AM : Sauna is OPEN</b>						
<b>Lap Swim</b> 10:45 AM to 1:30 PM	<b>Lap Swim</b> 10:45 AM to 1:30 PM	<b>Lap Swim</b> 10:45 AM to 1:30 PM	<b>Lap Swim</b> 10:45 AM to 1:30 PM	<b>Lap Swim</b> 10:45 AM to 1:30 PM	<b>POOL CLOSED 4:00 PM</b>	
<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</b> <b>3:30 PM — 6 PM</b> 1 lane open for lap swimmers @ 5:30 pm					<b>Text YPOOLS to 74121</b> to receive text updates regarding pool closures due to weather	
<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>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>POOL CLOSED 8:00 PM</b>				<b>CLOSED 7:30</b>		

### 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 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>POOL OPEN 8:30 AM</div>	<div>POOL OPEN 8:30 AM</div>	<div>POOL OPEN 8:30 AM</div>	<div>POOL OPEN 8:30 AM</div>	<div>POOL OPEN 8:30 AM</div>	<div>POOL OPEN 9:30 AM to 1:00 PM</div>	<div>POOL OPEN 1:30 PM Free Swim</div>
<div>Aqua Arthritis 9:15—10:15</div>	<div>Aqua Strength 10:00—11:00</div>	<div>Aqua Plunge 9:15—10:15</div>	<div>Aqua Flex 10:00—11:00</div>	<div>Splash for fun 9:15—10:15</div>		<div>Aqua Blast 3:00–3:45 14th &amp; 28th only Ages 12+</div>
<div>Safety Break 10:30—10:45</div>	<div>Water Therapy 11:00–11:30</div>	<div>Safety Break 10:30—10:45</div>	<div>Water Therapy 11:00–11:30</div>	<div>Safety Break 10:30—10:45</div>		
<div>Free Swim 11:00 AM to 1:00 PM</div>	<div>Safety Break 11:30—11:45AM</div>	<div>Free Swim 11:00 AM to 1:00 PM</div>	<div>Safety Break 11:30—11:45AM</div>	<div>Free Swim 11:00 AM to 1:00 PM</div>		
<div>POOL CLOSED 1:00—4:30 PM</div>	<div>POOL CLOSED 1:00—4:30 PM</div>	<div>POOL CLOSED 1:00—4:30 PM</div>	<div>POOL CLOSED 1:00—4:30 PM</div>	<div>POOL CLOSED 1:00 PM</div>	<div>POOL CLOSED 1:00PM</div>	<div>POOL CLOSED 4:00PM</div>
<div>POOL OPEN 5:00 PM</div>	<div>POOL OPEN 5:00 PM</div>	<div>POOL OPEN 5:00 PM</div>	<div>POOL OPEN 5:00 PM</div>			<div>Text YPOOLS to 74121</div> <div>to receive text updates regarding pool closures due to weather</div>
<div>Aqua Blast 5:30—6:15 Ages 12+</div>		<div>Aqua Blast 5:30—6:15 Ages 12+</div>				
<div>Lifeguard Safety Break 6:30—6:45 PM</div>						
<div>Free Swim 6:45 PM to 8:00 PM</div>	<div>Free Swim 6:45 PM to 8:00 PM</div>	<div>Free Swim 6:45 PM to 8:00 PM</div>	<div>Free Swim 6:45 PM to 8:00 PM</div>			
<div>POOL CLOSED @ 8:00 PM</div>	<div>POOL CLOSED @ 8:00 PM</div>	<div>POOL CLOSED @ 8:00 PM</div>	<div>POOL CLOSED @ 8:00 PM</div>			

» See attached for class descriptions

# WATER CLASS DESCRIPTIONS

Ages 12+ welcome in water classes with participation

## *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.

**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.

**Cardio Splash**— 55 minutes of cardio exercise performed in chest deep water. No swimming skills required to participate. Get ready to move and get your heart pumping. Perfect for every age and ability.

**Splash for Fun** – Party like it's Friday! This aqua class is designed to workout through play! You'll be moving and grooving, participating in relay races, with volleyball practice at the end. It's play time in the water.