



ARDMORE FAMILY YMCA

SMALL POOL : DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPEN 8:30 AM	POOL OPEN 8:30 AM	POOL OPEN 8:30 AM	POOL OPEN 8:30 AM	POOL OPEN 8:30 AM	POOL OPEN 9:30 AM to 10:30 AM	POOL OPEN 1:30 PM to 4:00 PM Free Swim
AQUA Fit 9:15—10:15	AQUA Fit 9:15—10:15	AQUA Fit 9:15—10:15	AQUA Fit 9:15—10:15	Splash for fun 9:15—10:15		
Safety Break 10:15—10:30 AM						
Free Swim 10:30 AM to 1:00 PM	Water Therapy 11:00–11:30 Free Swim 11:30 AM to 1:00 PM	Free Swim 10:30 AM to 1:00 PM	Water Therapy 11:00–11:30 Free Swim 11:30 AM to 1:00 PM	Free Swim 10:30 AM to 1:00 PM	Free Swim 10:30 AM to 1:00 PM	
POOL CLOSED 1:00—5:00 PM	POOL CLOSED 1:00—5:00 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	POOL OPEN 5:00 PM	POOL OPEN 5:00 PM			
Aqua Blast 5:30—6:15 Ages 12+		Aqua Blast 5:30—6:15 Ages 12+				
Lifeguard Safety Break 6:30—6:45 PM						
Free Swim 6:45 PM to 8:00 PM POOL CLOSED @ 8:00 PM	Free Swim 6:45 PM to 8:00 PM POOL CLOSED @ 8:00 PM	Free Swim 6:45 PM to 8:00 PM POOL CLOSED @ 8:00 PM	Free Swim 6:45 PM to 8:00 PM POOL CLOSED @ 8:00 PM			

Aqua Fit

A 55-minute refreshing workout. Each class kicks off with gentle stretching in shallow water, followed by heart-pumping cardio and strength segments. You'll finish with balance exercises and enhanced stretching to leave you feeling revitalized. All fitness levels welcome.

Splash for Fun

It's a party in every class. In this aqua class we work out through play. You'll be moving and grooving, participating in relay races, games, with volleyball practice at the end. Fun for all!

Aqua Blast

45-minutes of heart pumping, muscle strengthening exercises using a variety of pool fitness equipment. Each class ends with a spirited water volleyball game and then gentle and effective stretches. All fitness levels welcome.

Aqua Fit

A 55-minute refreshing workout. Each class kicks off with gentle stretching in shallow water, followed by heart-pumping cardio and strength segments. You'll finish with balance exercises and enhanced stretching to leave you feeling revitalized. All fitness levels welcome.

Splash for Fun

It's a party in every class. In this aqua class we work out through play. You'll be moving and grooving, participating in relay races, games, with volleyball practice at the end. Fun for all!

Aqua Blast


45-minutes of heart pumping, muscle strengthening exercises using a variety of pool fitness equipment. Each class ends with a spirited water volleyball game and then gentle and effective stretches. All fitness levels welcome.

↑ class descriptions



ARDMORE FAMILY YMCA

LARGE POOL : DECEMBER 2025

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					POOL CLOSED 4:00 PM	
Lap Swim @ 7:45 AM to 10:30 AM	Lap Swim @ 7:45 AM to 10:30 AM	Lap Swim @ 7:45 AM to 10:30 AM	Lap Swim @ 7:45 AM to 10:30 AM	Lap Swim @ 7:45 AM to 10:30 AM		
SAFETY BREAK 10:30—10:45 AM : Sauna is OPEN						
Lap Swim 10:45 AM to 3:45 PM	Lap Swim 10:45 AM to 3:45 PM	Lap Swim 10:45 AM to 3:45 PM	Lap Swim 10:45 AM to 3:45 PM	Lap Swim 10:45 AM to 6:45 PM	 scan the QR Code to join our text messaging system	
WINTER SWIM TEAM 3:45 PM—6:00 PM						
Lap Swim @ 6:00 PM to 6:45 PM	Lap Swim @ 6:00 PM to 6:45 PM	Lap Swim @ 6:00 PM to 6:45 PM	Lap Swim @ 6:00 PM to 6:45 PM			
SAFETY BREAK 6:45—7:00 PM : Sauna is OPEN						
Free Swim @ 7:00 PM to 8:00 PM	Free Swim @ 7:00 PM to 8:00 PM	Free Swim @ 7:00 PM to 8:00 PM	Free Swim @ 7:00 PM to 8:00 PM	Free Swim @ 7:00 PM to 7:30 PM		
POOL CLOSED 8:00 PM				CLOSED 7:30		

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 6:45 PM safety break the pool will be closed but the sauna and steam room will remain open.
- Sauna and steam room are coed. Children 15 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.