ARDMORE FAMILY YMCA

SMALL POOL: NOVEMBER 2026

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 1:00 PM Free Swim	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	AQUA Fit 9:15—10:15		
Safety Break 10:30—10:45 AM						
Free Swim 10:45 AM	Free Swim & TODDLER TIME IN THE POOL 10:45 AM	POOL CLOSED 10:30 AM–5:00 PM	Free Swim 10:45 AM	Free Swim 10:45 AM		
POOL CLOSED 1:00—5:00 PM	POOL CLOSED 11:15 AM–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	Free Swim 6:45 PM	Free Swim 6:45 PM	Free Swim 6:45 PM			
POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM			

Class Descriptions

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.

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.

BOOK YOUR NEXT PARTY AT THE Y

ARDMORE FAMILY YMCA

LARGE POOL: NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Opens @ 5:30 AM	Pool Opens @ 5:30 AM	Pool Opens @ 5:30 AM	Pool Opens @ 5:30 AM	Pool Opens @ 5:30 AM	Pool Opens @ 9:00 AM	Pool Opens @ 1:30 PM
SAFETY BREAK 7:30—7:45 AM : Sauna is CLOSED					**POOL CLOSED 4:00 PM**	
Open 7:45 AM to 10:45 AM	Open 7:45 AM to 10:45 AM	Open 7:45 AM to 10:45 AM	Open 7:45 AM to 10:45 AM	Open 7:45 AM to 10:45 AM		
SAFETY BREAK 10:45—11:00 AM : Sauna is OPEN						
Open 11:00 AM to 3:45 PM	Open 11:00 AM to 3:45 PM	Open 11:00 AM to 3:45 PM	Open 11:00 AM to 3:45 PM	Open 11:00 AM to 3:45 PM		
YMCA WINTER SWIM TEAM 3:45 PM—6:00 PM						
Open @ 6:00 PM to 6:45 PM	Open @ 6:00 PM to 6:45 PM	Open @ 6:00 PM to 6:45 PM	Open @ 6:00 PM to 6:45 PM	Open @ 6:00 PM to 6:45 PM		
SAFETY BREAK 6:45—7:00 PM : Sauna is OPEN						
Open @ 7:00 PM to 8:00 PM	Open @ 7:00 PM to 8:00 PM	Open @ 7:00 PM to 8:00 PM	Open @ 7:00 PM to 8:00 PM	Open @ 7:00 PM to 7:30 PM		
POOL CLOSED 8:00 PM				**CLOSED 7:30**		

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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 10:30 AM and 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 & under are restricted from using sauna and steam room unless accompanied by an adult.
- Swimsuits or other clothing must be worn at all times.
- 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.
- No food or drink on pool deck or in sauna (other than water)
- For your 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.