



# Large Pool

## ARDMORE FAMILY YMCA

### SEPTEMBER 2020

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Opens <b>Free Swim</b> 5:30 AM	Pool Opens <b>Free Swim</b> 5:30 AM	Pool Opens <b>Free Swim</b> 5:30 AM	Pool Opens <b>Free Swim</b> 5:30 AM	Pool Opens <b>Free Swim</b> 5:30 AM	Pool Opens <b>Free Swim</b> w/ one lane lap swim @ 9:00 AM	
<b>8:00—9:00 Deep Water Aerobics</b>		<b>8:00—9:00 Deep Water Aerobics</b>		<b>8:00—9:00 Deep Water Aerobics</b>		
<b>Free Swim</b> @ 9:00 AM		<b>Free Swim</b> @ 9:00 AM		<b>Free Swim</b> @ 9:00 AM		
<b>Lap Swim</b> @ 10:15 AM	<b>Lap Swim</b> @ 10:15 AM	<b>Lap Swim</b> @ 10:15 AM	<b>Lap Swim</b> @ 10:15 AM	<b>Lap Swim</b> @ 10:15 AM		
<b>Free Swim</b> @ 1:45 PM	<b>Free Swim</b> @ 1:45 PM	<b>Free Swim</b> @ 1:45 PM	<b>Free Swim</b> @ 1:45 PM	<b>Free Swim</b> @ 1:45 PM	<b>Free Swim</b> @ 11:30 AM	Pool Opens <b>Free Swim</b> w/ one lane lap swim @ 1:30 PM
<b>Intro to Strokes Swim Lessons 4:15—5:00 PM</b>						
<b>Lap Swim</b> @ 5:00 PM	<b>Lap Swim</b> @ 5:00 PM	<b>Lap Swim</b> @ 5:00 PM	<b>Lap Swim</b> @ 5:00 PM	<b>Lap Swim</b> @ 5:00 PM		<b>Free Swim</b> @ 3:00 PM
<b>Family Swim</b> @ 6:30 PM	<b>Family Swim</b> @ 6:30 PM	<b>Family Swim</b> @ 6:30 PM	<b>Family Swim</b> @ 6:30 PM	<b>Family Swim</b> @ 6:30 PM	<b>POOL CLOSED 4:00 PM</b>	<b>POOL CLOSED 4:30 PM</b>
<b>POOL CLOSED 8:30 PM</b>						

#### Aquatic Classes

**Deep Water Aerobics**— a blend of cardio and resistance training that incorporates resistance tools such as a flotation belt for support, buoyant water weights and/or pool noodles.

#### Sauna Room and Steam Room (on the pool deck)

- 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
- Do NOT use the sauna or steam room if you are under the influence of alcohol, stimulants, vasodilators, tranquilizers, or vasoconstrictors.
- The maximum time you can spend in sauna or steam room is 15 minutes.



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Pool Opens <b>Free Swim</b> 8:30 AM	Pool Opens <b>Free Swim</b> 8:30 AM	Pool Opens <b>Free Swim</b> 8:30 AM	Pool Opens <b>Free Swim</b> 8:30 AM	Pool Opens <b>Free Swim</b> 8:30 AM	Pool Opens <b>Free Swim</b> 9:30 AM	Pool Opens <b>Free Swim</b> @ 1:30 PM
9:15—10:00 <b>Aqua Arthritis</b>		9:15—10:00 <b>Aqua Plunge</b>		9:15—10:00 <b>Splash for Fun</b>		
<b>Free Swim</b> @ 10:00 AM	<b>Free Swim</b> @ 10:00 AM	<b>Free Swim</b> @ 10:00 AM	<b>Free Swim</b> @ 10:00 AM	<b>Free Swim</b> @ 10:00 AM	<b>Pool Closed</b> @ 12:30 PM	
<b>Pool Closed 1:00 PM to 5:00PM</b>						
<b>Pool Opens</b> @ 5:00PM	<b>Pool Opens</b> @ 5:00PM	<b>Pool Opens</b> @ 5:00PM	<b>Pool Opens</b> @ 5:00PM	<b>Pool Opens</b> @ 5:00PM		3:00—3:45 <b>Aqua Blast</b> 13th & 27th only
5:30—6:15 <b>Aqua Blast</b>		5:30—6:15 <b>Aqua Blast</b>				<b>Pool Closed</b> @ 4:30 PM
<b>Free Swim</b> @ 6:15 PM		<b>Free Swim</b> @ 6:15 PM				
<b>POOL CLOSED 8:00 PM</b>						

## ABSOLUTELY NO DIVING IN SMALL POOL

### Aquatic Classes

**Ai Chi** – Martial arts inspired class which uses slow gentle movements, postures and Tai Chi forms to improve balance, increase flexibility, and reduce stress. (30 minute class)

**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 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.