



Large Pool

ARDMORE FAMILY YMCA

APRIL 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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		
SAFETY BREAK 7:30—7:45 AM						
Deep Water Aerobics 8:00—9:00	Lap Swim @ 7:45 AM	Deep Water Aerobics 8:00—9:00	Lap Swim @ 7:45 AM	Deep Water Aerobics 8:00—9:00	Pool Opens @ 9:00 AM Free Swim	Pool Opens @ 1:30 PM Free Swim
Lap Swim @ 9:15 AM	Lap Swim @ 9:15 AM	Lap Swim @ 9:15 AM	Lap Swim @ 9:15 AM			
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	Free Swim @ 6:45 PM		
POOL CLOSED 8:30 PM						

Aquatic Classes and Swim Descriptions

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.

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 sauna and steam room will be closed during **safety breaks** for cleaning. We appreciate your patience during these times.
- 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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Opens @ 8:30 AM Free Swim	Pool Opens @ 8:30 AM Free Swim	Pool Opens @ 8:30 AM Free Swim	Pool Opens @ 8:30 AM Free Swim	Pool Opens @ 8:30 AM Free Swim	Pool Opens @ 9:30 AM Free Swim	Pool Opens @ 1:30 PM Free Swim
Aqua Arthritis 9:15–10:15	Preschooler and Parent Pool Time 9:00–10:30	Aqua Plunge 9:15–10:15	Preschooler and Parent Pool Time 9:00–10:30	Splash for Fun 9:15–10:15		
SAFETY BREAK 10:30 – 10:45 AM						
Free Swim @ 10:45 AM	Free Swim @ 10:45 AM	Free Swim @ 10:45 AM	Free Swim @ 10:45 AM	Free Swim @ 10:45 AM		
POOL CLOSED 1:00 PM to 4:00PM					POOL CLOSED @ 1:00 PM	
Pool Opens @ 4:00PM Free Swim	Pool Opens @ 4:00PM Free Swim	Pool Opens @ 4:00PM Free Swim	Pool Opens @ 4:00PM Free Swim	Pool Opens @ 4:00PM Free Swim		Aqua Blast 3:00–3:45 11th and 25th ONLY
Aqua Blast 5:30–6:15		Aqua Blast 5:30–6:15				
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	Free Swim @ 6:45 PM		POOL CLOSED @ 4:00 PM
POOL CLOSED 8:00 PM						

ABSOLUTELY NO DIVING IN SMALL POOL

Aquatic Classes

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.