



# ARDMORE FAMILY YMCA

## LARGE POOL : OCTOBER 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>POOL CLOSED 4:00 PM</b>	
<b>SAFETY BREAK 10:30 – 10:45 AM : Sauna is OPEN</b>						
<b>Lap Swim</b> 10:45 AM to 2:15 PM	<b>Lap Swim</b> 10:45 AM to 2:15 PM	<b>Lap Swim</b> 10:45 AM to 2:15 PM	<b>Lap Swim</b> 10:45 AM to 2:15 PM	<b>Lap Swim</b> 10:45 AM to 2:15 PM		
<b>SAFETY BREAK 2:15 – 2:30 PM : Sauna is OPEN</b>						
<b>Free Swim</b> @ 2:30 PM to 3:45 PM	<b>Free Swim</b> @ 2:30 PM to 3:45 PM	<b>Free Swim</b> @ 2:30 PM to 3:45 PM	<b>Free Swim</b> @ 2:30 PM to 3:45 PM	<b>Free Swim</b> @ 2:30 PM to 3:45 PM		
<b>WINTER SWIM TEAM</b> 3:45 – 6:00 PM Begins Monday, October 21st						
<b>Lap Swim</b> @ 6:00 PM to 6:45 PM	<b>Lap Swim</b> @ 6:00 PM to 6:45 PM	<b>Lap Swim</b> @ 6:00 PM to 6:45 PM	<b>Lap Swim</b> @ 6:00 PM to 6:45 PM	<b>Lap Swim</b> @ 6:00 PM to 6:45 PM		
<b>SAFETY BREAK 6:45 – 7:00 PM : Sauna is OPEN</b>						
<b>Free Swim</b> @ 7:00 PM	<b>Free Swim</b> @ 7:00 PM	<b>Free Swim</b> @ 7:00 PM	<b>Free Swim</b> @ 7:00 PM	<b>Free Swim</b> @ 7:00 PM		
<b>POOL CLOSED 8:00 PM</b>				<b>CLOSED 7:30</b>		

**2024/2025  
WINTER SWIM TEAM**  
Tryouts: 10/3 @ 6 PM  
Registration: 10/3  
Practice Starts: 10/21

**Text YPOOLS  
to 41372**  
to receive text updates  
regarding pool closures due  
to weather

### 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.



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## SMALL POOL : OCTOBER 2024

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



» 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

**Water Aerobics**— Perfect for all ages and abilities, WATER AEROBICS will get your heart pumping and your muscles moving. Jumping and jacking in the water protects your joints making this low impact workout easier on your body while still working your heart and lungs.

**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.

**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** – 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.