



ARDMORE FAMILY YMCA

LARGE POOL : DECEMBER 2024

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								
Lap Swim @ 7:45 AM to 8:30 AM	Lap Swim @ 7:45 AM to 8:30 AM	Lap Swim @ 7:45 AM to 8:30 AM	Lap Swim @ 7:45 AM to 8:30 AM	Lap Swim @ 7:45 AM to 8:30 AM	POOL CLOSED 4:00 PM			
CHARLES EVANS SWIM LESSONS 2 lanes open for lap swimmers 8:30 AM—10:30 AM								
SAFETY BREAK 10:30—10:45 AM : Sauna is OPEN								
Lap Swim 10:45 AM to 12:45 PM	Lap Swim 10:45 AM to 12:45 PM	Lap Swim 10:45 AM to 12:45 PM	Lap Swim 10:45 AM to 12:45 PM	Lap Swim 10:45 AM to 12:45 PM	GIFT CERTIFICATES AVAILABLE AT THE FRONT DESK			
CHARLES EVANS SWIM LESSONS 2 lanes open for lap swimmers 12:45 PM —2:20 PM								
SAFETY BREAK 2:20 PM—2:30 PM : Sauna is OPEN								
Free Swim @ 2:30 PM to 3:45 PM	Free Swim @ 2:30 PM to 3:45 PM	Free Swim @ 2:30 PM to 3:45 PM	Free Swim @ 2:30 PM to 3:45 PM	Free Swim @ 2:30 PM to 3:45 PM				
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	Lap Swim @ 6:00 PM to 6:45 PM			Text YPOOLS to 41372 to receive text updates regarding pool closures due to weather	
SAFETY BREAK 6:45—7:00 PM : Sauna is OPEN								
Free Swim @ 7:00 PM	Free Swim @ 7:00 PM	Free Swim @ 7:00 PM	Free Swim @ 7:00 PM	Free Swim @ 7:00 PM	POOL CLOSED 8:00 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 6:30 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 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.



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SMALL POOL : DECEMBER 2024

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 Free Swim
Aqua Arthritis 9:15—10:15	Hydro HIIT 10:00—11:00	Aqua Plunge 9:15—10:15	Hydro HIIT 10:00—11:00	Splash for fun 9:15—10:15		
Safety Break 10:30—10:45	Water Therapy 11:00—11:30	Safety Break 10:30—10:45	Water Therapy 11:00—11:30	Safety Break 10:30—10:45	Safety Break 10:30—10:45	
Free Swim 10:45 AM to 1:00 PM	Safety Break 11:30—11:45AM	Free Swim 10:45 AM to 1:00 PM	Safety Break 11:30—11:45AM	Free Swim 10:45 AM to 1:00 PM	Free Swim 10:45 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	Free Swim 6:45 PM to 8:00 PM	Free Swim 6:45 PM to 8:00 PM	Free Swim 6:45 PM to 8:00 PM			
POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM	POOL CLOSED @ 8:00 PM			

HOLIDAY HOURS

Christmas Eve
5:00 AM—1:00 PM

Christmas Day
CLOSED

New Year's Eve
5:00 AM—1:00 PM

New Year's Day
CLOSED

» See attached for class