

Meese Family Aquatic Center

Let's go Swimming!

The Meese Family Aquatic Center features a 45' by 75' saline pool ranging from 3' to 9' deep, including a new UV-light filtration system that enhances the cleanliness of the pool water. The warm water pool is set at a temperature that is ideal for children and seniors. There is also an 11' by 13' therapy pool set at 102°. Both the pool and therapy pool have lift chairs for handicap access. Locker rooms, changing stalls, lots of deck space and incredible views make this a facility that can be enjoyed by all.

Monday – Friday

****LAP SCHEDULE VARIES**
SEE MASTER/LAP POOL
SCHEDULE**

Open Swim Schedule
5:00–7:15a
1:00–9:00p

Saturday

Open and Lap Swim
(2 Lanes)
8:00a–6:00p

Sunday

Open and Lap Swim
(2 Lanes)
10:00a–6:00p

Meese Family Aquatic Center Frequently Asked Questions

Q: Are there age restrictions for the pool?

A: Many of our age restrictions are for the safety of our members. For this reason we ask that all children under age 13 using the pool be accompanied by an adult. Additionally, we allow use of the spa only by members 15 years of age and older. Children between 8–14 years of age must be accompanied in the spa by an adult. No child under the age of 8 is allowed in the spa or the spa room.

Q: Why do I need to shower before entering the pool and spa?

A: Oregon State Law OAR.333.60.210.3 states: There is a "requirement for a cleansing shower before entering the pool. A cleansing shower is a full body soap shower and rinse prior to entering the pool or spa". By showering off before getting into the pool you remove any dirt, sweat, and chemicals that may be on your body and helps us maintain better water quality for all of our swimmers to enjoy.

Q: What type of sanitation is used in the pool?

A: Our pool is a saline (saltwater) pool. This does not mean it is chlorine free. All public pools require a form of sanitation. In a saline pool the chlorine is produced naturally from the salt (sodium chloride) as needed to meet state requirements. We have also added a UV-light filtration system for increased water cleanliness.

All of our aquatic pool and class schedules are available online at:

www.ashlandymca.org

Ashland Family YMCA
540 YMCA Way
(541) 482-9622

AQUATIC FITNESS CLASSES

All YMCA aquatic fitness classes are included in your membership.



Pool Hours:
Monday–Friday 5:00a–9:00p
Saturday 8:00a–6:00p
Sunday 10:00a–6:00p



ASHLAND FAMILY YMCA

Aquatic Class Descriptions

Fit-N-Flex

Shallow-deep water moderately paced workout that integrate a variety of cardiovascular movements, strength training and flexibility exercises for agility, coordination, balance & fun.

M W F 7:15-8:15a

Aqua Beat Down

A great physical conditioning workout for both men and women. A perfect alternative to a land workout. Class includes water polo drills, strength training, cardio, endurance, and muscle toning. If you thought the water couldn't be an intense workout, then we suggest you try this class.

M W F 8:15-9:15a

Senior Cardio & Tone

A shallow water workout that challenges anyone with fun, time-efficient exercises for muscle toning & strengthening, balance, posture, coordination, agility, flexibility and more! No swimming skills required. Great for beginners as well as advanced.

M W F 9:15-10:15a



Aquatic fitness classes are free with your membership. Community participants pay a daily fee. Inquire at the front desk.

All aquatic classes are subject to change.

Water Mind & Body

A beautiful blend of Yoga, Pilates & Dance. Increase vitality, energy & toning in both shallow and deep water. Focus is on stretching for flexibility, pilates moves for muscle strength, and yoga & dance to connect body/mind awareness.

T TH 7:30-8:15a

Deep Water Dynamos

Active deep water power. Improve your posture, strength, cardiovascular endurance and balance with this non-impact exercise. Work your entire body and increase joint flexibility.

T TH 8:00-9:00a

Wave Makers

Beginning-intermediate shallow water cardio workout, using a variety of equipment to increase endurance, strength, balance & stability for performing daily tasks.

T TH 9:15-10:15a

Joyful Joints

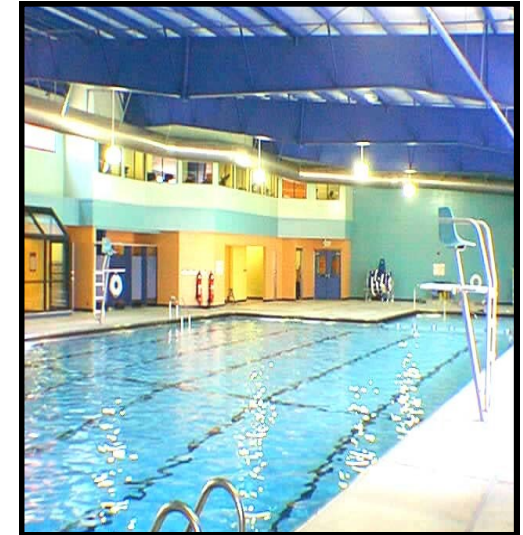
A water based exercise program tailor-made for people with arthritis and fibromyalgia. Program exercises were developed by physical therapists to address pain, fatigue and decreased strength.

M T W T H F 11:45a-12:45p

Adult Competitive Swim

This class has limited space available so come early as this is on a first come basis. Interests range from lap swimmers, to fitness swimmers, to tri-athletes, and competitive swimmers. Stroke correction, workouts and drills are supervised.

T TH 10:20-11:30a



Fluid Fusion

Put an end to your day with the perfect blend of strength training, cardio & camaraderie. This thorough workout in shallow water incorporates the use of barbells & noodles to tone and raise the heart rate. The class is for moderate to active individuals with low to medium impact, yet can be modified for individual needs.

M W F 6:00-7:00p