

Aquatics

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|--|---|--|--|--|
| 6 a.m. | | | | | Swimfit |
| 8 a.m. | | Aquacise lap pool | | Water in Motion lap pool Splashtime warm water pool | |
| 9 a.m. | Water in Motion lap pool Stretch, Tone and Balance warm water pool (45 min.) | Stretch, Tone and Balance warm water pool (45 min.) | Water in Motion lap pool Stretch, Tone and Balance warm water pool (45 min.) | Stretch, Tone and Balance warm water pool (45 min.) | Aqua Power Hour lap pool Stretch & Tone warm water pool (45 min.) |
| 10 a.m. | Aqua Energy lap pool | Water in Motion lap pool | Aquacise lap pool | Aqua Power Hour lap pool | Aquacise lap pool |
| 10:30 a.m. | Joints in Motion warm water pool (45 min.) | | Joints in Motion warm water pool (45 min.) | | Joints in Motion warm water pool (45 min.) |
| 11:30 a.m. | Joints in Motion warm water pool (45 min.) | | Joints in Motion warm water pool (45 min.) | | Joints in Motion warm water pool (45 min.) |
| 1:30 p.m. | | Aquatic Balance warm water pool | | | |
| 4 p.m. | Joints in Motion warm water pool (45 min.) | Family Swim Time lap pool (4-5 p.m.) | Joints in Motion warm water pool (45 min.) | Family Swim Time lap pool (4-5 p.m.) | Joints in Motion warm water pool (45 min.) |
| 5 p.m. | | Stretch, Tone and Balance warm water pool (45 min.) | | Stretch, Tone and Balance warm water pool (45 min.) | Family Swim Time (5-7 p.m.) |
| 6 p.m. | Water in Motion lap pool | Aqua HIIT Circuit lap pool (45 min.) | Water in Motion lap pool | Aquacise lap pool | |
| 7 p.m. | Family Swim Time (7-9 p.m.) | Swim Lessons | Family Swim Time (7-9 p.m.) | Swim Lessons | <i>pool closes at 7:30 p.m.</i> |

WEEKEND HOURS

SATURDAY

Pool hours are 7 a.m. - 5:30 p.m.

9 a.m. - noon Swim Lessons

noon - 4 p.m. **Family Swim Time**

SUNDAY

Pool hours are 11:30 a.m. - 5:30 p.m.

noon - 4 p.m. **Family Swim Time**

Warm pool hours for Physical Therapy

9:45-10:30 a.m. – Monday/Wednesday/Friday

10 a.m. - noon – Tuesday/Thursday

1:30-3:30 p.m. – Monday, Wednesday,
Thursday, Friday

*Physical therapy also
may use one lane of the
lap pool Monday through
Friday from 8 a.m. to
6 p.m.*

The pool opens Monday
through Friday at 5:30 a.m.
and closes 30 minutes
before the center closes.



Blount Memorial
Wellness Center
Springbrook

blountmemorial.org

Class Descriptions

AQUATIC PROGRAMS

American Red Cross Swim Lessons for Children.

Class size is limited, and pre-registration is required. Classes are offered on Tuesday and Thursday evenings as well as Saturday mornings. Private lessons also are available.

Cost: \$50/members; \$75/non-members

Children's Private Lessons (age 12 and younger)

- **Single – 30 minutes**
— \$20/members
— \$30/non-members
- **Buddy (two people) – 30 minutes**
— \$30/members
— \$40/non-members
Lap and warm water pools, based on individual/class needs
- **Adult private lessons – 30 minutes**
— \$27/members
60 minutes
— \$45/members

Family Swim Time. Members may bring their immediate family to swim and spend time together Saturdays and Sundays from noon - 4 p.m., Tuesdays and Thursdays from 4-5 p.m. (lap pool only), Mondays and Wednesdays from 7-9 p.m. or Fridays from 5-7 p.m. Children 12 and under may swim for free and must be with a parent at all times. Fees for adult family members age 13 and older are \$10 each. **Reusable swim diapers will be required and are available for purchase at the front desk for \$15.** Children who are not potty-trained will not be allowed in the pool without them. This policy will help reduce the health risks associated with accidents in the pool, and it applies to all aquatic activities. Members' non-family guests will be charged \$10 and may use the center one time per month. *Lap and warm water pools*

Junior membership children (10-12 years old) now may use the lap pool with their parents' supervision. For more information, call Tammy Wells at 865-980-7120. *Lap pool*

AQUATIC CLASSES

Aqua Balance. A 45-minute group class in warm water to increase postural awareness and center of gravity control while standing still and moving, improve stepping strategies, and increase flexibility and joint ease-of-movement.

All levels

Aqua Energy. All fitness levels benefit from a cardiovascular workout and have the ability to regulate pace. Includes strength training with water and weights. *Lap pool*
Intermediate – Advanced

Aqua HIIT Circuit. Short for "Aquatic High-Intensity Interval Circuit training," which incorporates short sections of timed, high-intensity interval training to increase your heart rate, which in turn burns more calories. *Lap pool*
Intermediate – Advanced

Aqua Power Hour. For the intermediate to advanced audience, this class offers a medium-to-high-intensity cardiovascular workout. Features different traveling patterns and aqua equipment. *Lap pool*
Advanced

Aqua Recreation. The first half of this class focuses on exercises that improve joint flexibility and strength. The second half is recreation time. A beach ball is used to enjoy a low-impact game of volleyball. This class is great for people with arthritis or joint related issues.
Beginner – Intermediate

Aquacise Class. A 55-minute program performed in waist- to chest-deep water. This class focuses on a full-body workout and is designed to strengthen and tone muscles while increasing cardio-respiratory endurance. *Lap pool*
All levels

Strengthen, Tone and Balance. This 45-minute class is in the warm water pool and emphasizes muscle strength, balance and posture. Class uses water weights, noodles and boards to strengthen the body from head to toe. *Warm water pool*
All levels

Joints in Motion. This water-based, 45-minute program increases flexibility, range of motion, coordination and balance. Exercises are designed to help decrease joint pain and stiffness for individuals with arthritis or fibromyalgia, and also help continue rehabilitation following joint replacement surgery. *Warm water pool*
Beginner – Intermediate

Swimfit. Experience 30 minutes of swim and stroke-based cardio in our lap pool, followed by a 15-minute strength and stretching session.

Water in Motion. This choreographed program provides a low-impact, high-energy challenge for participants of all skill, age and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land-equivalent intensity, fantastic sing-along-quality music, and dynamic instructors, enjoy the pure fun of this 60-minute water extravaganza.
All levels

★ ★ ★ **COURTESY/SAFETY CORNER: All five lanes of the pool need to be shared. If you are walking or doing exercises on the wall, please share and use outside lanes.**

Help us keep the pools and hot tub clean. **Shower off perfumes and lotions before entering pool. Remove band-aids and bandages. Showering before and after swimming will protect your hair and skin.**

POOL RULES

- No band-aids or bandages allowed in pool.
- People with open sores are not allowed in the pool.
- No gum, food, beverages or tobacco are permitted in the pool area. Plastic water bottles are permitted.
- Appropriate attire is required in the pool area. No cut-offs, thongs or see-through suits or gym wear.
- No diving, running or rough play. Pulling or hanging on ropes is not allowed. Throwing children is not allowed.
- Walkers must share lanes. Please ask aquatic staff if you need assistance with lane placement.
- During peak times: Monday, Wednesday, Friday 8 a.m. - 12 p.m., please limit your lane time to 45 minutes. The first lane of the lap pool is for Aquatic Therapy, please ask the staff if the lane is available for use.
- Please put away equipment after completing a class. Class participants do not have priority on available lanes when others are waiting.
- When the lifeguard closes the pool due to lightning or other emergency, please exit the pool immediately.
- **The lifeguard is here for your safety and to enforce pool rules. Please be respectful of the lifeguard and the pool rules.**

HOT TUB POLICY

- The whirlpool will be closed during these times for cleaning:
Sundays – 4 p.m. until close
Tuesdays – 11:30 a.m. until approximately 3 p.m.
Thursdays – 8 p.m. until close
- **Caution:** If you are not accustomed to hot tub use, limit your time to 1-2 minutes, and increase gradually. Not to exceed 10 minutes. Children under the age of 13 may not use the hot tub for health reasons.