### Aquatics

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

**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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45-10:30 a.m.</td>
<td>Monday/Wednesday/Friday</td>
</tr>
<tr>
<td>10 a.m. - noon</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>1:30-3:30 p.m.</td>
<td>Monday, Wednesday, Thursday, Friday</td>
</tr>
</tbody>
</table>

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
  - $39/non-members
- Buddy (two people) – 30 minutes
  - $30/members
  - $40/non-members

**Lap pool**

- $27/members
- $37/non-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. Members 12 and under may use the pool 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 980-7121. **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.** 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.** This class offers a medium-to-high-intensity cardiovascular workout. Features different traveling patterns and aqua equipment. **Lap pool**

**Intermediate – Advanced**

**Aqua Rec.** Fun and work is offered in this 45 minute class — 25 minutes of aquatic exercise and 20 minutes of volleyball fun.

**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.** A 45-minute class of swim-based cardio, mixed with strength training in the lap pool and ending with a stretching session. **Intermediate – Advanced**

**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.