

Passes and Prices



<u>Passes</u>	<u>1 month</u>	<u>6 month</u>	<u>1 year</u>
Youth (12 and under)	\$35.00	\$115.00	\$180.00
Adult Individual	\$40.00	\$145.00	\$195.00
Family of 2	\$50.00	\$155.00	\$265.00
Family of 3	\$60.00	\$165.00	\$285.00
Family of 4	\$70.00	\$175.00	\$305.00
Family of 5+	\$80.00	\$185.00	\$325.00
Senior (60+)	\$35.00	\$115.00	\$150.00
Senior Couple	\$50.00	\$150.00	\$230.00
Non-Walking Infants	Free	Free	Free

Adaptive Recreation Center Pool

*Fall & winter
2009-2010*

** Passes are valid at all indoor City of Knoxville Pools.
Adaptive Recreation Center Pool, Elmer Brine Community Center Pool,
Dr. EV Davidson Community Center Pool*

Group Rates Available

Daily Fees
\$3.00 per person
Non-walking infants : FREE



Pool Party !!

The Adaptive Recreation Center Pool can be rented out for birthday parties and other events. Along with the pool there is a "meeting room", or party room in the center for your use for cake, food, games or whatever.



Please call the Adaptive Recreation Center staff for rates and availability @ 525-9080.

Hours of Operation

Monday 8:00am to 8:00pm
Tuesday 8:00am to 8:00pm
Wednesday 8:00am to 4:30pm
Thursday 8:00am to 8:00pm
Friday 8:00am to 11:30noon

2335 Dandridge Ave. Knoxville TN 37915
865-525-9080

Schedule

Class Descriptions

Intensity Level: 1-High 2-Multi-level 3-Gentle

Homeschool Learn to Swim: This time is designed for the homeschool groups to utilize the pool for school activities and learn to swim lessons. It is not open to the general public unless you are affiliated with a homeschool group.

Gentle Joints: A water exercise class designed for people with arthritis and related conditions (fibromyalgia, etc). This strength and stretching class is designed for exercising with out putting excess strain on joints and muscles, using slow and controlled range of motion exercises. (3) (45 min)

Mom-n-Me: For the first few years of life, children live to play and play to learn. We have a safe and intimate aquatic play environment for you to give your toddler the precious gift: of your time. Remember, you are your child's favorite toy; it's the perfect safe and clean environment for you and your child to have fun.

Fitness and Therapeutic: Open for members to perform their own exercises through out the day. Please remember, this is for exercise only, and is not intended for recreational purposes. With the exception of family hours and scheduled times, there are no children permitted in the functional training pool at any time. (variety)

Aqua Sprint: A great cardiovascular work out for all. This class incorporates warm-up walk, water running (a low impact, aerobic, running workout that tones muscles of the arms, chest, shoulders, legs and back), then cool down with light stretching at the end. The class is designed to eliminate the risk associated with repetitive impact during outdoor runs. (1)

Adult Learn-To-Swim: This class is designed to teach adults who are not comfortable in the water to become comfortable and to learn to swim on their own. You must call and sign up.

Men's Sprint: A great cardiovascular work out for MEN. This class incorporates warm-up walk, water running (a low impact, aerobic, running workout that tones muscles of the arms, chest, shoulders, legs and back), then cool down with light stretching at the end. The class is designed to eliminate the risk associated with repetitive impact during outdoor runs. (1)

Gut Busters: This class is designed to achieve an abdominal workout in the water. (1-2)

	Monday	Tuesday	Wednesday	Thursday	Friday
8a	Aqua Sprint 8:00-8:30	Learn To Swim Adult 8:15-9:00	Aqua Sprint 8:00-8:30	Learn To Swim Adult 8:15-9:00	Aqua Sprint 8:00-8:30
	Aqua Walk / open 8:30 - 9:00		Aqua Walk / open 8:30 - 9:00		Aqua Walk / open 8:30 - 9:00
9a	Gentle Joints 9:00 - 9:45	Mommmy & Me 9:00 - 10:30	Gentle Joints 9:00 - 9:45	Mommmy & Me 9:00 - 10:30	Gentle Joints 9:00 - 9:45
	Aqua Walk / open 9:45 - 10:30		Aqua Walk / open 9:45 - 10:30		Aqua Walk / open 9:45 - 10:30
10a	Gentle Joints 10:30 - 11:15	Homeschool Less. 10:30-11:00	Gentle Joints 10:30 - 11:15	Homeschool Less. 10:30-11:00	Gentle Joints 10:30 - 11:15
11a	Individual W. / Out 11:15 - 12:30	Homeschool Less. 11:00-11:30	Individual W. / Out 11:15 - 12:30	Homeschool Less. 11:00-11:30	Individual W. / Out 11:15 - 12:30
		Homeschool Less. 11:30-12:00		Homeschool Less. 11:30-12:00	
		Homeschool Less. 12:00 - 12:30		Homeschool Less. 12:00 - 12:30	
12n	CLOSED 12:30-1:30	CLOSED 12:30-1:30	CLOSED 12:30-1:30	CLOSED 12:30-1:30	CLOSED 12:30-1:30
	Program time	Program time	Program time	Program time	Program time
1p	1:30 - 3:00 Open Swim	1:30 - 3:00 Open Swim	1:30 - 3:00 Open Swim	1:30 - 3:00 Open Swim	Closed at 1:30 pm for the Weekend 11:30 - 3:00 Mon - Thur May be used for Sep. Prog. utilizing own benefit
2p	No Program 3:00 - 4:00	LTS / Free Time Afterschool	No Program 3:00 - 4:00	LTS / Free Time Afterschool	
3p	Open Swim 4:00 - 5:00	Open Swim 4:00 - 5:00	Open Swim 4:00 - 5:00	Open Swim 4:00 - 5:00	
4p	Gut Busters 5:00 - 5:45	Gut Busters 5:00 - 5:45	Gut Busters 5:00 - 5:45	Gut Busters 5:00 - 5:45	This time will be used for LTS as Fall progresses & WSI's are trained
5p	Aqua Sprint / 6:00 - 7:00	Aqua Sprint / walk 6:00 - 7:00	Aqua Sprint / 6:00 - 7:00	Aqua Sprint / 6:00 - 7:00	
6p	Individual W. / 7:00 - 7:45	Individual W. / Out 7:00 - 7:45	Individual W. / 7:00 - 7:45	Individual W. / 7:00 - 7:45	Every one out of the water @ 7:45 pm POOL CLOSSES @ 8:00 PM
7p					
8p					