

# 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

*\* 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

## Swim Lessons for kids AND adults !!

The EV Davidson Recreation Center Pool is offering swim lessons for kids and adults.

Please call for more information.  
215-1406



CITY OF KNOXVILLE  
PARKS AND RECREATION

# E.V. Davidson Pool

# Fall & Winter 2009-2010

### Hours of Operation

Monday 4:00pm to 8:00pm  
Tuesday 4:00pm to 8:00pm  
Wednesday 4:00pm to 8:00pm  
Thursday 4:00pm to 8:00pm  
Friday CLOSED

3124 Wilson Ave. Knoxville TN 37917

865-971-4746

# Schedule

## Class Descriptions

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

**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)

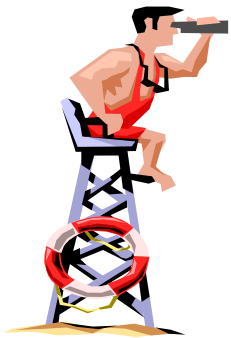
**Deep H2O:** A no impact class that will challenge your cardiovascular strength in deep water, using floatation belts in addition to buoyancy and resistance equipment, designed to target the entire body. (2)

**Open Swim:** This is a time for you to come in and do your own thing. It, as with all classes, is lifeguarded by American Red Cross Certified Lifeguards. You may use the equipment at your own will.

**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)

	MON	TUE	WED	THUR
4:00	Rec Center Swim	Rec Center Swim	Rec Center Swim	Rec Center Swim
5:00	Aqua Sprint	Aqua Sprint	Aqua Sprint	Aqua Sprint
6:00	Deep H2O	Deep H2O	Deep H2O	Deep H2O
7:00	Open Swim	Open Swim	Open Swim	Open Swim

Note: Pool is closed to outside participants during Rec, Center Swim.



Note: All classes and activities are staffed with certified American Red Cross lifeguards and staff.

### Lifeguard Training Classes

The City of Knoxville Aquatics Program is offering Lifeguard Training Classes with the New American Red Cross Curriculum. Call now to get more information and to register for the next class.

Kristin @ 215-1406

Schedule is subject to change due to participation, or programs requests.

Swim Lessons  
coming soon !