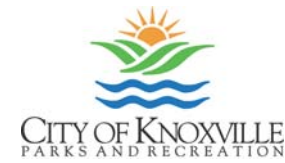


Passes and Prices



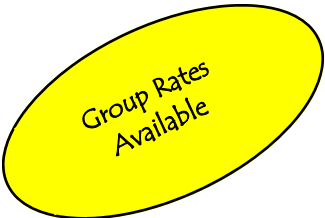
<u>Passes</u>	<u>1 month</u>	<u>6 month</u>	<u>1 year</u>
Youth (12 and under)	\$35.00	\$115.00	\$180.00
Adult Individual	\$40.00	\$145.00	\$195.00
Family of 2	\$50.00	\$155.00	\$265.00
Family of 3	\$60.00	\$165.00	\$285.00
Family of 4	\$70.00	\$175.00	\$305.00
Family of 5+	\$80.00	\$185.00	\$325.00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

South Knoxville Community

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*



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

Pool Party !!

The South Knoxville Recreation Center Pool can be rented out for birthday parties and other events. All parties are staffed with certified American Red Cross lifeguards.



Please call the South Knoxville Recreation Center Pool staff for details, rates and availability @ 579-3122.

Hours of Operation

Monday 6:15am to 3pm, 5-7:45pm

Tuesday 6:15am to 3pm, 5-7:45pm

Wednesday 6:15am to 3:00pm

Thursday 6:15am to 3pm, 5-7:45pm

Friday 6:15am to 2:00pm

Saturday 8:00am to 12:00pm

Schedule

Class Descriptions

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

	MON	TUE	WED	THUR	FRI	Sat
6a	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	
7a	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	Lap Swim 6:15-8:00	
8a	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	
9a	Gentle Joints 9:00-9:45	Deep Water 9:00-9:45	Gentle Joints 9:00-9:45	Deep Water 9:00-9:45	Gentle Joints 9:00-9:45	Family Swim 8:00-12:00
10a	Aqua Walk 10:00 to 10:45	Aqua Walk 10:00 to 10:45	Aqua Walk 10:00 to 10:45	Aqua Walk 10:00 to 10:45	Aqua Walk 10:00 to 10:45	
11a	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
12n	Swim 11:00-2:45	Aqua Sprint 12:14-12:45	Swim 11:00-2:45	Aqua Sprint 12:15-12:45	Swim 11:00-1:45	Closes @ 12
1p	Swim Lessons See Mngt.	Deep Water 1-1:45	Swim Lessons See Mngt.	Deep Water 1-1:45	Closes @ 2	
2p						
3p	Closes From 3-5 B&G Use	Closes From 3-5 B&G Use	Closes @ 3	Closes From 3-5 B&G Use	SATURDAY SWIM DATES Sept: 12,19,26 Oct: 3,10,17,24,31 Nov: 7,14,21 Dec: 5,12,19	
4p						
5p	Family Swim 5:00-7:30	Family Swim 5:00-7:30		Family Swim 5:00-7:30		
6p						
7p	Closes @ 8	Closes @ 8		Closes @ 8		

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)

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.

Open Aqua Walk –This is an open time for a low impact, aerobic, walking workout that tones the muscles of the arms, chest, shoulders, legs and back. The higher resistance of the water will give you a greater workout with less risk of injury to your joints. REMEMBER, 30 minutes of water walking is equivalent to 2 hours of walking on dry land. (2)

Deep Water Aerobics –Fast paced running and aerobic movements to work out total body in deep water. Float belts are used. (2-3)

Learn to Swim Lessons –We have WSI certified instructors on staff to teach swim lessons. Please see management for times, prices and details.

Please call 579-3122 for any information on any classes at South Knoxville Community Center Pool.