

Aquatics

Class Schedules

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 a.m.		Aquacise lap pool		Aqua 20-20-20 lap pool	
9 a.m.	Aqua Power Hour lap pool Yogua warm water pool (45 min.)	Fit & Tone warm water pool (45 min.)	Aquacise lap pool	Stretch Fusion and Aqua Zen warm water pool (45 min.)	Aqua Power Hour lap pool Stretch & Tone warm water pool (45 min.)
9:45 a.m.	Physical Therapy warm water pool		Physical Therapy warm water pool		Physical Therapy warm water pool
10 a.m.	Aqua Energy lap pool Physical Therapy warm water pool	Aquacise lap pool Physical Therapy warm water pool	Aquacise lap pool Physical Therapy warm water pool	Aqua Zumba lap pool Physical Therapy warm water pool	Aqua Energy lap pool Physical Therapy warm water pool
10:30 a.m.	Joints in Motion warm water pool (45 min.)	Physical Therapy warm water pool	Joints in Motion warm water pool (45 min.)	Physical Therapy warm water pool	Joints in Motion warm water pool (45 min.)
11 a.m.		AFAP Class warm water pool		AFAP Class warm water pool	
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.	Physical Therapy warm water pool	AFAP Class warm water pool	Physical Therapy warm water pool	AFAP Class warm water pool	Physical Therapy warm water pool
2:30 p.m.	Physical Therapy warm water pool	Physical Therapy warm water pool	Physical Therapy warm water pool	Physical Therapy warm water pool	Physical Therapy warm water pool
4 p.m.	Joints in Motion warm water pool (45 min.)	WellKid Lap Swim lap pool (30 min.)	Joints in Motion warm water pool (45 min.)	WellKid Lap Swim lap pool (30 min.)	Joints in Motion warm water pool (45 min.)
4:30 p.m.		WellKid Aquatic Junior Boot Camp lap pool (30 min.)		WellKid Aquatic Junior Boot Camp lap pool (30 min.)	
5 p.m.		Stretch Fusion and Aqua Zen warm water pool (45 min.)		Fit & Tone warm water pool (45 min.)	Aquacise lap pool
6 p.m.	Aqua Zumba lap pool	Aqua Power Hour lap pool	Aquacise lap pool	Aqua Boot Camp lap pool	
7 p.m.		Swim Lessons	Family Swim Time (7-9 p.m.)	Swim Lessons	<i>pool closes at 7:30 p.m.</i>

All classes are 55 minutes unless otherwise noted. Please be aware that rehabilitation also may use one lane of the lap pool and the warm water pool Monday through Friday from 8 a.m. to 6 p.m.

WEEKEND	TIME	SATURDAY <i>Pool hours are 7 a.m. - 5:30 p.m.</i>	SUNDAY <i>Pool hours are 11:30 a.m. - 5:30 p.m.</i>
	7-9 a.m.		
	9 a.m. - noon	Swim Lessons	
	noon - 1 p.m.		
	1-3 p.m.	Family Swim Time	Family Swim Time



**Blount Memorial
Wellness Center**

Springbrook

220 Associates Blvd., Alcoa, TN 37701
865-980-7100

www.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: \$45/members; \$70/non-members
1/2 hour lesson

- **Private**
\$20/members;
\$30/non-members
- **Buddy**
\$25/members (\$12.50 each);
\$45/non-members
(\$22.50 each)

Lap and warm water pools, based on individual/class needs

Family Swim Time. Members may bring their immediate family to swim and spend time together Saturday and Sunday from 1-3 p.m. or Wednesday from 7-9 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. An initial parent-supervised meeting and orientation must be completed prior to starting the program. For more information, call Tommie Curtis at 865-980-7117. *Lap pool*

WellKid Lap Swim. One lane of the lap pool will be reserved for the WellKid swimmers ages 6 to 12. Children will swim and accumulate mileage in the pool. Tuesdays and Thursdays from 4-4:30 p.m. Pre-registration is not required. Check-in at the childcare area. *Lap pool*

WellKid Aqua Junior Boot Camp. Kids ages 6-12 participate in a 30-minute aquatic class, which includes water-based drills,

fun and games. One to two lanes of the pool are reserved for this class, and participants must be 48" tall to participate. *Lap pool*

Children over the age of four are not allowed in the opposite sex locker room.

AQUATIC CLASSES

Arthritis Foundation Aquatic Program (AFAP). The program's exercises are designed specifically for people with arthritis and related diseases. The focus is to improve joint flexibility and strength along with reducing their pain and stiffness while supported by the water's buoyancy and resistance.

Aqua 20-20-20. Class features 20 minute segments each of strength, cardiovascular and flexibility training with creative routines and traveling exercises. *Lap pool*

Aqua Boot Camp. Medium-to-high intensity cardiovascular speed drills for those who want to take it to the next level. Stationary and traveling drills followed by strength training and stretchings. *Lap pool*

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*

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*

Aqua Zumba. Known as the Zumba pool party, Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness, Aqua Zumba blends it all together in a safe, challenging, water-based workout that's cardio-conditioning, body toning and fun. *Lap Pool*

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*

Fit & Tone. 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*

Joints in Motion. This water-based, 45-minute program increases flexibility, strength, coordination and endurance.

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*

Lap/Fitness Swim. Lap swim lanes are available for fitness swimming. During classes, there will be one or two lanes available for walking or swimming.

Stretch Fusion and Aqua Zen. Invigorate your body with gentle

and slow water movements that emphasize joint range of motion, muscle strengthening and balance to avoid muscles pain. Offers a low-impact way to enhance muscular endurance and flexibility for active, aging adults. *Warm water pool*

Stretch & Tone. This 45-minute class is in the warm pool and will emphasize strength and flexibility. Equipment will be used to tone upper body, abdominals and lower body, and then finish off with a relaxing stretch. *Warm water pool*

Yogua. All fitness levels can enjoy the relaxation and benefits of water yoga. Stretch and strengthen your muscles and relax your mind, and breathe, heal and nourish your body. *Warm water pool*

★ ★ ★ **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 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.**

Cold weather and dry heat combined with aquatic workouts can make your skin itchy and dry. Dermal swim is a lotion that can help protect your skin during the current weather conditions, and it's available for purchase at the front desk.

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.