

# 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 at SKCC*

## Daily Fees

\$3.00 per person  
Non-walking infants FREE

## Splash Pass

10 visits— \$25 (\$2.50 per visit)  
20 visits— \$45 (\$2.25 per visit)

# Pool Party !!

Parties available thru 4/20  
Saturday afternoons only  
For further questions call  
865-579-3122



CITY OF KNOXVILLE

# Elmer Brine Pool at SKCC Winter/Spring 2024

Evenings  
& Saturdays  
end on 4/25

## Hours of Operation

**Monday** 7:00 am to 3:00 pm  
**Tuesday** 7:00 am to 3:00 pm  
5:00 pm to 8:00 pm  
**Wednesday** 7:00 am to 3:00 pm  
**Thursday** 7:00 am to 3:00 pm  
5:00 pm to 8:00 pm  
**Friday** 7:00 am to 3:00 pm  
**Saturday** 8:00am to 12:00pm  
**Sunday Closed**

522 Maryville Pike, Knoxville TN 37920 | Phone: 865-579-3122

# Winter / Spring 2024

## Class Descriptions

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:00AM</b>	Lap/Open Swim 7am to 8am	Lap/Open Swim 7am to 8am	Lap/Open Swim 7am to 8am	Lap/Open Swim 7am to 8am	Lap/Open Swim 7am to 8am
<b>8:00AM</b>	Aqua Sprint 8:15 to 8:45	Aqua Sprint 8:15 to 8:45	Aqua Sprint 8:15 to 8:45	Aqua Sprint 8:15 to 8:45	Aqua Sprint 8:15 to 8:45
<b>9:00AM</b>	Gentle Joints 9am to 9:45	Core Water Workout 9am to 10am	Gentle Joints 9am to 9:45	Core Water Workout 9am to 10am	Gentle Joints 9am to 9:45
<b>10:00PM</b>	Lap/Open Swim 10am to 3pm	Lap/Open Swim 10am to 3pm	Lap/Open Swim 10am to 3pm	Lap/Open Swim 10am to 3pm	Lap/Open Swim 10am to 3pm
<b>12:00PM</b>					
<b>3:00PM</b>					
	<b>POOL CLOSING AT 3PM MONDAY—FRIDAY</b>				

**Lap Swim:** Open lane swimming for cardio and muscular workout. (up to 2 lanes open)

**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 the 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, or dry land, runs. (2) (45 min.)

**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)

**Core Water Workout:** This hour offers an intense cardiovascular workout for all. Half in shallow water and half in deep water, the class incorporates low-impact moves that strengthen and tone muscles of arms, torso, shoulders, legs, and back with stretching at the end. Designed to eliminate the wear and tear of risk associated with repetitive impact during outdoor or dry land exercises and runs, we use foam dumbbells for resistance and flotation in deep water. Float belts are available. (1) (60 minutes)

## CLASSES TAKE PRECEDENCE OVER FREE SWIM

### Senior Programs Accepted

**Renew Active, Silver & Fit, & Silver Sneakers**  
Check with your insurance provider or contact company directly to see if you qualify!

Renew Active 1-855-581-8091

Silver & Fit- 1-877-427-4788

Silver Sneakers- 1-888-423-4632

**Evening  
and  
weekend  
hours**

**TUESDAY & THURSDAY EVENINGS**  
Open Swim - 5pm to 7:45pm

**SATURDAYS - 8:00AM—12:00PM**

Evening & Weekend Hours end on 4/25