2020 SPRING SCHEDULE | JANUARY 1 → MAY 8

**DATES TO REMEMBER**

**CENTER WILL BE CLOSED**

- **WEDNESDAY, JANUARY 1**  NEW YEARS DAY
- **MONDAY, JANUARY 20**  MLK DAY
- **FRIDAY, APRIL 10**  GOOD FRIDAY
- **MONDAY, MAY 25**  MEMORIAL DAY

**MARK YOUR CALENDAR!**

- **SUNDAY, MARCH 8**  DAYLIGHT SAVINGS
- **SUNDAY, APRIL 12**  EASTER
- **SUNDAY, MAY 10**  MOTHER’S DAY

**COST & PASS OPTIONS**

**PICKLEBALL ADMISSION**

- $2.00 PER DAY

**PICKLEBALL PASS**

- $16.00 - 10 VISITS
- $30.00 - 20 VISITS

**SWIMMING POOL**

- $3.00 PER DAY

**SPASH PASS**

- $26.00 - 10 VISITS
- $45.00 - 20 VISITS

**PARTNERSHIPS**

[SilverSneakers][American Red Cross]

**AQUATIC CENTER STAFF**

- Randy Love  rlove@knoxvilletn.gov
- Jamie Cross  jcross@knoxvilletn.gov

**ADAPTIVE RECREATION CENTER**

**SPRING 2020**

2235 DANDRIDGE AVENUE
KNOXVILLE, TN, 37915
(865)525.9080
knoxvilletn.gov/aquatics

**HOURS OF OPERATION**

- MONDAY → THURSDAY  8AM to 8PM
- FRIDAY  8AM to 3PM
- SATURDAY  8AM to 12PM
**AQUATIC CLASSES**

**AQUA ARTHRITIS CLASS**

**MONDAY | WEDNESDAY | FRIDAY**

**DAILY OFFERINGS 9am AND 11am**

This shallow warm water program is designed to improve joint flexibility and reduce pain and stiffness through range of movement. This class is suitable for all skill levels and is safe for non-swimmers.

**AQUA CARDIO CLASS**

**TUESDAY | THURSDAY**

**DAILY OFFERINGS 9am AND 11am**

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion and cardiovascular health. This class is suitable for moderate skill levels and is safe for non-swimmers.

**LEARN TO SWIM**

**SWIMMING LESSONS** are a vital part of building a healthy and safe way of life. Our **SWIM CLASSES** are taught by our own certified American Red Cross staff along with lifeguards on duty.

**SPRING SESSION 1**

**TUES. & THURS. 5PM AND 5:45PM OPTION**

**MARCH 10 → APRIL 1**

**SPRING SESSION 2**

**TUES. & THURS. 5PM AND 5:45PM OPTION**

**APRIL 14 → MAY 7**

**RED CROSS COURSES**

**LIFEGUARD TRAINING**

**MARCH** 27 → 29  Friday – Sunday

**APRIL** 17 → 19  Friday – Sunday

**MAY** 1 → 3  Friday – Sunday

**LIFEGUARDING REVIEW**

**APRIL** 24 & 25  Friday & Saturday

**MAY** 8 & 9  Friday & Saturday

**WATER SAFETY INSTRUCTOR**

**MAY**  *Email Randy Love for details

**FITNESS OFFERINGS**

**PICKLEBALL**

**MONDAY THRU SATURDAY**

A paddle sport for all ages and all athletic ability levels. It has very simple rules and is easy to learn and play.

**MONDAY - THURSDAY  10AM TO 8PM**

**FRIDAY  8AM TO 3PM**

**SATURDAY  8AM TO 12PM**

**AQUA ZUMBA**

**TUESDAY | THURSDAY  6:30 PM**

Have fun and move to the music. You can expect to do exaggerated dance moves, with an upbeat tempo offering the opportunity to tone muscles using water resistance. **YOU WILL SWEAT!**

**OPEN SWIM**

**BRING YOUR FAMILY** and friends to enjoy our open pool times. Family friendly environment, that is heated and ADA compliant!

**DAYTIME HOURS  12PM TO 3PM**

**MONDAY THRU FRIDAY**

**EVENING HOURS  5PM TO 8PM**

**MONDAY & WEDNESDAY**

**SATURDAY HOURS  8AM TO 12PM**

**SOME DATES AFFECTED BY RED CROSS COURSES**

**PRIVATE RESERVATIONS**

After hour reservations are available on Saturday and Sunday afternoons in a two or three hour option. Group sizes are limited to 25 total persons. Call 865.525.9080 for reservation information. See link to view pricing:  **Pool Rental Pricing**

*SEE WEBSITE FOR DETAILS knoxvilletn.gov/aquatics