Passes and Prices

Passes	1 month	6 month	1 year
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

Group Rates Available

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 life-guards.

Please visit **http://registration.knoxvilletn.gov**, click "Facility Search" and create an account under the "South Knoxville Community Center" tab to check availability and rates. For further questions call 579 -3122

CITY OF KNOXVILLE

South Knoxville Community Center Pool

Fall - Winter 2017- 2018

Effective Aug. 22nd

Hours of Operation

Monday 6:00 am to 2:45 pm
Tuesday 7:30 am to 2:45 pm
5:00 pm to 7:45 pm
Wednesday 6:00 am to 2:45 pm
Thursday 7:30 am to 2:45 pm
5:00 pm to 7:45 pm
Friday 6:00 am to 2:45 pm
Saturday 8:00 am to 11:45 am

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

Fall - Winter 2017 - 2018

	Monday	Tuesday	Wednes-day	Thursday	Friday
6:00am	Opens @ 6:00am	Opens @ 7:30am	Opens @ 6:00am	Opens @ 7:30am	Opens @ 6:00am
7:00AM	Lap/Open Swim 6:00 to 8:00	Lap/Open Swim 7:30 to 8:00	Lap/Open Swim 6:00 to 8:00	Lap/Open Swim 7:30 to 8:00	Lap/Open Swim 6:00 to 8:00
8:00AM	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
9:00AM	Gentle Joints 9:00 to 9:45	Deep Water 9:00 to 10:00	Gentle Joints 9:00 to 9:45	Deep Water 9:00 to 10:00	Gentle Joints 9:00 to 9:45
10:00PM	Lap/Open Swim 10:00am to 3:00pm	Aqua Aerobics 10:30 to 11:30	Lap/Open Swim 10:00am to 3:00pm	Aqua Aerobics 10:30 to 11:30	Lap/Open Swim 10:00am to 3:00pm
11:00AM		Lap/Open Swim 11:30am to 3:00pm		Lap/Open Swim 11:30am to 3:00pm	
12:00PM					
1:00 PM					
2:00 PM	Closes at 3:00PM Monday-Friday				

Evening Hours

TUESDAY & THURSDAY EVENINGS ARE OPEN FOR SWIM FROM 5PM-7:45PM. PILATES CLASS STARTS AT 5PM THESE EVENINGS UNTIL 6:30PM.

Class Descriptions

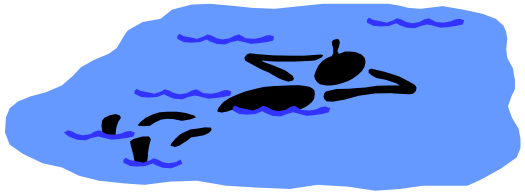
Intensity Level: 1-High 2-Multi-level 3-Gentle

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

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

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. (1) (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)

We are now accepting Silver Sneakers. Ask pool staff for details or call Silver Sneakers customer service at 888-423-4632 for eligibility.

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