

Brittingham-Midtown Aquatic Center Information

- ◆ Brittingham-Midtown Aquatic Center = BMAC, opened spring 1998
- ◆ BMAC is a 50 meter by 25 yard **indoor multi-use pool**, contains 660,250 gallons of water, movable bulkhead, with elevated seating for 480 people.
- ◆ Depth ranges from 4 feet to 14 feet. Pool temperature ranges between **78 and 82 degrees** and is regulated by **industry standard** for **multi-use** facilities
- ◆ ADA compliant: wheelchair ramp, portable lift, and gradual entry steps
- ◆ Certified lifeguards are on duty at all times. Aquatic Management, lifeguards and staff will enforce rules and policies.
- ◆ **Showers are required before entering the pool.** Please observe and adhere to posted facility and swimming rules.
- ◆ **No food or open drink containers allowed in Aquatic Center** per City of Newport News Health Code Swimming Pool Ordinance Article 1 Section 39-45
- ◆ BMAC closes during thunder and lightening storms, **automatic 30 minutes** for each hearing or sighting. The pool, deck and locker rooms are cleared and locked.
- ◆ Appropriate swim attire required: trunks or jammers for boys/men, swimsuit for girls/women. Infants wearing diapers must use approved protective cover pants.
- ◆ All children **under the age of 13** must be accompanied, supervised, by an adult (18 years of age or older) at all times
- ◆ Patrons under the height of 4 feet 6 inches may be asked to pass a swim test in order to be in the water without an adult.
- ◆ **Inflatable arm floats** not allowed. **Life jackets** are provided for non-swimmers **under 8 years old**. Adult must be in the water, and stay within arm's reach of child wearing the lifejacket. (US Coast Guard approved life jackets only)
- ◆ **No inflatable flotation** items allowed (balls, rings, chairs, etc)
- ◆ Pool **use granted to patrons** who purchased one of five types of **Pool Pass**. (see types and fees listed below). Passes can **be purchased**: M-F 6am-7pm, Sat 9am-4pm
- ◆ **Family Pass** defined as: **2 married adults**, as parents or legal guardian and up to **3 children** (legal dependents) 17 years of age or younger living in the household. Children in permanent foster care are considered "family members" for pass purposes.
- ◆ **Check-in** required before entering pool area; stop at Aquatics Front Desk. Patrons **present their pass card**, and sign-in for every visit.
- ◆ **Risk and Release Forms required** for all patrons. A parent or guardian (at least 18 years of age) must sign for participants under 18 years of age.
- ◆ **No Freelance Coaching or Instruction allowed.** Swim instruction, group & private, provided by certified Aquatic Staff. Qualified staff available for special needs, ask for details. Patrons cannot conduct private lessons or coaching sessions.
- ◆ **Diving Board use restricted** to diving teams and class instruction with qualified coach/instructor. **No recreational diving** off spring boards is allowed.
- ◆ Diving from sides permitted in deep end only, 6 feet or deeper. **Starting blocks restricted** to use by swim teams, and swim lessons.
- ◆ Instructional classes, programs and events dictate schedule. See calendar schedule for specific time for desired use and access. Some restrictions apply.
- ◆ Lap swim—designated open lanes for a patron to traversing (swim, kick, pull, etc) wall to wall. During high usage times, patrons may need to share available lanes; **number of available lanes will vary** throughout the day. Check calendar for program schedule for high-use times.
- ◆ Lap swim, either **SC-short course 25 yards**, or **LC-long course 50 meters**. Pool set up for **SC** daily: year round and set up **LC** (various times): April—July only
- ◆ During high volume times, "**Adult Only**" (18 and up) lane(s) can be designated. Exceptions: special events and/or swim meets.
- ◆ 66 lengths = 1 mile (short course 25 yards) 33 lengths = 1 mile (long course 50 meters)
- ◆ Learn-to-Swim and Water Fitness classes are instructor-led group classes, located in shallow or deep end of pool as marked.
- ◆ BMAC services two age group swim teams, Synchronized team, Underwater Hockey Club, college swim club, and Fire and Police trainings,
- ◆ BMAC **closes annually** for 1-week, near the end of August.
- ◆ **Daily operations: Mon-Fri 6:00am-7:30pm, closed 1:00-1:30 daily (Friday's 1pm-2pm) for cleaning Sat 9:00am-2:00pm**
- ◆ Programming and schedule **subject to change** due to special programs, competitive events, holidays and/or maintenance.
- ◆ Check the current monthly calendar for upcoming events at Aquatic Center. Online at <https://www.nngov.com/Facilities/Facility/Details/Aquatic-Center-6>
- ◆ Lane space available **for rent**: only for returning clubs and teams; we are **not accepting any new requests** during Phase III

Newport News Aquatic Division Mission Statement
We will:
Protect Lives Promote Health Provide Opportunities
through our facilities, programs and staff

Water Fitness Classes
All classes are open to pass card holders.

- ◆ **AQUA CARDIO** **Mon—Fri 8:30-9:20 am**
 Medium to high intensity, steady paced workout designed to build strength and improve cardio stamina. Shallow end; aqua shoes suggested.
- ◆ **DEEP WATER** **Mon/Wed/Fri 9:30-10:20am**
 Non-impact moderate paced class in deep water, support belts provided. Class will challenge muscles without stressing joints, using running & cycling techniques, interval training and hand bells. Swimming ability is required.
- ◆ **TONE-IT-UP** **Mon—Thr 9:30-10:20am**
 Medium to low impact resistance workout, with goal to build your major muscle groups, as well as your heart. Shallow end.
- ◆ **AQUA EZ** **Mon/Wed 10:30-11:20am**
 Low to medium aerobic intensity full body workout using various water exercises, handbells and noodles in the shallow water.
- ◆ **L.I.F.T.** **Temporarily cancelled**
 Low Impact Fitness Training in the shallow end of the pool, designed for therapy and recovery. Participants will be taught movements that will improve range of motion, circulation, and breathing.

Water Fitness Classes

- **CIRCUIT TRAINING** **Mon/Wed 6:30-7:15pm**
 High intensity cardio workout that challenges participants at various stations in shallow end with intervals of work: rest **(canceled temporarily)**
Instructor provided for all classes with some exceptions, such as when attendance **drops below 3**. If that occurs, participants will be provided space but no instructor.
- **FloatFit** **Tue/Thr 12:00-12:45p**
 Cardio, balance and stabilizing muscle building 45 minute program while standing on a floating board. **Separate fee for this class; 8 classes \$56.00**
 Ask front desk staff for specific dates

Fitness Space Pool space is available for those wishing to continue their water fitness workouts without an instructor.

Lap Swim

- **SC=Short Course:** 25 yards. Pool set up for **SC only**, August through April, and from April through end of July at various times, see monthly calendar for specific times.
- **LC=Long Course:** 50 meters. Pool will be converted to LC lanes at various times beginning weekends in April, and going through end of July. Check monthly calendar for specific times.
- During high volume, peak times, patrons may have to share lanes, circle swim is recommended

| | | Fees | |
|---|----------|-------------|--------------|
| | | Resident | Non Resident |
| Annual Pass (single) | | | |
| Youth (3-17) | \$70.00 | \$110.00 | |
| Adult (18-54) | \$95.00 | \$155.00 | |
| Senior (55+) | \$70.00 | \$110.00 | |
| Family | \$170.00 | \$250.00 | |
| 30 Visit Pass (single) | | | |
| Youth (3-17) | \$41.00 | \$66.00 | |
| Adult (18-54) | \$56.00 | \$86.00 | |
| Senior (55+) | \$41.00 | \$66.00 | |
| 10 Visit Pass (single) | | | |
| Youth (3-17) | \$19.00 | \$26.00 | |
| Adult (18-54) | \$24.00 | \$36.00 | |
| Senior (55+) | \$19.00 | \$26.00 | |
| Single Visit Pass (single) | | | |
| Youth (3-17) | \$3.00 | \$5.00 | |
| Adult (18-54) | \$4.00 | \$6.00 | |
| Senior (55+) | \$3.00 | \$5.00 | |
| Collegiate Pass | | | |
| School ID required | \$50.00 | | |
| (good for 6 months from date of purchase) | | | |
| Replacement fee: \$5 for lost Annual or Collegiate passes. Multi-visit cards will not be replaced if lost or destroyed, and any remaining value cannot be granted admission to pool. | | | |