

# 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

<b>Fees</b>	
	Resident      Non Resident
<b>Annual Pass (single)</b>	
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
<b>30 Visit Pass (single)</b>	
Youth (3-17)	\$41.00      \$66.00
Adult (18-54)	\$56.00      \$86.00
Senior (55+)	\$41.00      \$66.00
<b>10 Visit Pass (single)</b>	
Youth (3-17)	\$19.00      \$26.00
Adult (18-54)	\$24.00      \$36.00
Senior (55+)	\$19.00      \$26.00
<b>Single Visit Pass (single)</b>	
Youth (3-17)	\$3.00      \$5.00
Adult (18-54)	\$4.00      \$6.00
Senior (55+)	\$3.00      \$5.00
<b>Collegiate Pass</b>	
School ID required	\$50.00
(good for 6 months from date of purchase)	
<b>Replacement fee:</b> \$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.	