

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**.
- ◆ 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 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 Freeloance 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 members to swim at their own leisure, **number of available lanes will vary** throughout the day.
- ◆ Lap swim can be 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** end of August for maintenance the week prior to Labor Day and will reopen the Tuesday following Labor Day.
- ◆ **Daily operations: Mon-Fri 6:00am—7:30pm Sat 9:00am—2:00pm Closed 1:00-1:30pm Mon-Thr and 1:00-2:00pm on Fridays**
- ◆ 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** to clubs, groups, organizations (not for individuals). Must have approved insurance.

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

Water Fitness Classes

- **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** **Tue/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.
- **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

Water Fitness Classes

- **FloatFit** **Tue/Thr 12:00-12:45pm**
 Cardio, balance and stabilizing muscle building 30 minute program while standing on a floating board. Separate fee for this class; **Pay by full sessions: 8 classes \$56.00 or by single class at \$8**
 Ask front desk staff for specific dates

All classes are open to pass card holders.

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.

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.			