

Brittingham-Midtown Aquatics Center

Fun & Fitness in the Water

BRITTINGHAM - MIDTOWN AQUATIC CENTER

570 McLawhorne Drive • Newport News, Virginia 23601
757-591-4573

Matt Johnson
Aquatic Operations Coordinator

Tommy Miller
Supervisor of Aquatics and Beach Safety

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Aquatics Staff Technician

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Aquatic Programs Coordinator



HOURS OF OPERATION

MONDAY – THURSDAY • 6AM – 9PM

FRIDAYS • 6AM – 8PM

SATURDAYS • 9AM – 5PM

SUNDAYS • Closed

PASS INFORMATION

Daily Passes	N.N. Resident	Non-Resident
Youth (3-17)	\$ 3.00	\$ 5.00
Adult (18-54)	\$ 4.00	\$ 6.00
Senior (55+)	\$ 3.00	\$ 5.00
10 Visit Punch Card	N.N. Resident	Non-Resident
Youth (3-17)	\$ 18.00	\$ 25.00
Adult (18-54)	\$23.00	\$ 35.00
Senior (55+)	\$ 18.00	\$ 25.00
30 Visit Punch Card	N.N. Resident	Non-Resident
Youth (3-17)	\$ 40.00	\$ 65.00
Adult (18-54)	\$ 55.00	\$ 85.00
Senior (55+)	\$ 40.00	\$ 65.00
Annual Pass	N.N. Resident	Non-Resident
Youth (3-17)	\$ 70.00	\$ 110.00
Adult (18-54)	\$ 95.00	\$ 155.00
Senior (55+)	\$ 70.00	\$ 110.00
Family (Parent/Legal Guardian & up to 3 Children under 18)	\$170.00	\$ 250.00

There will be no charge for children under 3 years when accompanied by a parent unless the child is enrolled in a program. Please purchase all passes Monday through Thursday, 6:00 a.m. - 8:00 p.m., Friday, 6:00 a.m. - 7:00 p.m. and Saturday 9:00 a.m. - 4:00 p.m. at the Brittingham-Midtown Aquatic Center desk. Passes are valid for one year and offer pass holders participation in any water fitness classes.

SWIMMING POOL SCHEDULE (Schedule Subject to Change)

Lap Swimming Mon - Thurs • 6:00 a.m. - 9:00 p.m.
Fri • 6:00 a.m. - 8:00 p.m.
Sat • 9:00 a.m. - 5:00 p.m.

* 2 Lanes will be available for Lap Swimmers except during scheduled events when the pool is closed to the public.

Family Swim Fri. • 6:00 p.m. - 8:00 p.m.
Sat • 1:00 p.m. - 5:00 p.m.

Groups of 10 or more individuals need to contact the Aquatics Program Coordinator (757-591-4573) to schedule a visit at the Aquatics Center.

SWIM AND STAY FIT PROGRAM

A Motivational program designed to encourage and recognize our members who swim for fitness. We will help you keep track of your laps on our "board" Please see the Aquatic Program Assistant at the front desk to sign up.

WATER FITNESS CLASSES (Schedule Subject to Change)

All classes are designed to promote and enhance physical and mental fitness through exercised in both shallow and deep water. The water's unique properties allow the pool to provide an environment for people of all ages and abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Participants can get high cardio workouts in either the shallow or deep water classes as well as using the water's resistance for building muscles and aiding bone/joint health.

All Water fitness Classes run Monday - Saturday except for cancellations due to holidays, maintenance, swim meets and other special events. All participants must complete a Risk/Release Form prior to entering the pool. Participants are highly encouraged to seek medical approval from their physician prior to starting an exercise program. The water temperature is maintained between 78-82 degrees, anyone sensitive to this range may not be comfortable in the water. For your satisfaction, we offer one complimentary Water Fitness Class for new participants and guests. Please see the Aquatic Program Assistant at the front desk check-in for more information or call 591-4573.

All Water Fitness Classes are free to members and pass holder (one punch = one visit)

SWIMMING & POOL ACTIVITIES

Lap swimming the art of swimming your choice of strokes (freestyle, backstroke, butterfly, sidestroke, etc) from wall to wall in a swimming pool! This is available to individuals 14 years and older widths (25 yards) or the length (50 meters) for the purpose of either personal fitness or training for competition! Regardless of one's motivation to swim laps, members and daily pass holders can take advantage of our facilities 17 short course (width, 25yds) or 8 long course (50 mts, seasonal) lanes throughout the day, lap swimming will be available during all operating hours with the exception of special events or programs. (Please refer to the monthly calendar to check the times and dates.) During swim team practices, a minimum of 2 lanes will be available for lap swimming.

Family Swim is a designated time and space for families to jump into the water and have fun together. This is a great opportunity to practice those swimming skills learned in swim lessons or to encourage physical activity for your family's health. The family swim is located in the shallow end of the pool and parent/legal guardian with children 13 years and younger can enjoy hopping, jumping and swimming on Friday evening 6-8pm and Saturday afternoon 1-5pm. Please refer to the monthly calendar for any cancellation due to schedule activities.

All swimmers participating in Aquatic Programs, including lap swimming and recreational swim, must have a Risk/Release Form on file at the Aquatic Center. These forms can be picked up at the front desk of the Brittingham Midtown Aquatic Center and need to be signed by a parent or legal guardian if the participant is under 18 years of age. For the safety of all swimmers, any child under the height of 4.5 feet and who cannot pass a swim test must wear a Coast Guard Approved Lifejacket and have an adult in the water within an arm's reach at all times.

For information regarding the use of the pool, please call the Aquatic Center at 591-4573

Registration Classes

Brittingham-Midtown Aquatics Center

REGISTRATION FOR INSTRUCTIONAL SWIMMING PROGRAM

Swim Registration can be done on-line!

Go to www.nnparks.com/active or call 591-4573 for details

SESSION 1 (2012) 4 Week Session

March 5-March 29, 2012

Registration Begins MONDAY, February 20, 2012
and ends WEDNESDAY, February 29, 2012

Registration in person at Brittingham-Midtown Community Center:

Between 7:00 a.m. - 7:00 p.m. Monday - Friday.

Saturday 9:00 a.m. - 4:00 p.m.

Register for swim classes on-line go to www.nnparks.com/active

During the 4 week sessions, participants register for either M/W or T/TH classes

SESSION 2 (2012) 4 Week Session

April 9 - May 3, 2012

Registration Begins MONDAY, March 26, 2012 ends WEDNESDAY, April 4, 2012

Registration in person at Brittingham-Midtown Community Center: between 7:00 a.m.

- 7:00 p.m. Monday - Friday.

Saturday 9:00 a.m. - 4:00 p.m.

Register for swim classes on-line go to www.nnparks.com/active

During the 4 week session, participants register for either M/W or T/TH classes.

SESSION 3 (2012) 4 Week Session

May 14 - June 7, 2012

Registration Begins MONDAY, April 30, 2012 and ends WEDNESDAY, May 9, 2012

Registration in person at Brittingham-Midtown Community Center: Between 7:00 a.m.

- 7:00 p.m. Monday - Friday.

Saturday 9:00 a.m. - 4:00 p.m.

Register for swim classes on-line go to www.nnparks.com/active

During the 4 week sessions, participants register for either M/W or T/TH classes.

New! Aqua Zumba

Classes to begin Tuesday February 7th. Classes T/Th 6:00am - 6:45am \$40.00

Feb 7 - March 1, 2012 4 weeks (8 classes)

Do you like to dance? Have you wanted to try Zumba, but were hesitant.

Aqua Zumba is classic aqua aerobics with Latin and international music beats for dance exercise, integrated into a water-based workout. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief! For information or to sign up for the class please call the Aquatic Center at 591-4573

NEWPORT NEWS AQUATICS AND BEACH SAFETY

HUNTINGTON PARK BEACH

Opens Seasonally from Memorial Day Weekend, May 26, 2012 to Labor Day, September 3, 2012

Operating Schedule: Monday - Sunday 10:00 a.m. to 6:00 p.m.
(Lifeguards on Duty)

Address: 5500 W. Mercury Blvd., Newport News, VA 23607

DORIS MILLER SWIMMING POOL

Operating Schedule: Tuesday - Friday 12:00 p.m. to 7:00 p.m.
Weekends and Holidays 1:00 p.m. to 5:00 p.m.
CLOSED Mondays

Address: 2814 Wickham Avenue, Newport News, VA 23607

MAGRUDER SWIMMING POOL

Operating Schedule: Weekdays 12:00 p.m. - 7:00 p.m.
Weekdays and Holidays 1:00 p.m. - 5:00 p.m.
CLOSED Tuesdays

Address: 1904 Chestnut Ave., Newport News, VA 23607

Doris Miller Swimming Pool and Magruder Swimming Pool

Early Opening Weekend Saturday, June 9 and Sunday, June 10, 2012

Open Saturday, June 16th 2012 to Labor Day, September 3, 2012

REGISTRATION POLICIES & PROCEDURES

- For the 2012 Summer Season participants must have a valid pool pass for entrance into Doris Miller Swimming Pool and Magruder Swimming Pool.
- All registration must be completed in person and a parent or legal guardian is required to be present to register any participants under the age of 18. All participants registering must have their picture taken to be eligible to receive their pool pass. Each participant will be issued a pool pass at the conclusion of the registration process.
- Registration participants 18 or older must show proof of Newport News residency and age to complete the process: This can be a Picture ID, Military ID or US Passport.
- All registration participants 17 and under must register with at least one parent or legal guardian. The participant must provide proof of Newport News residency and age to complete the process: Proof of identification can be: Birth Certificate, Military ID or US Passport.
- Registration Locations: Early Registration for Doris Miller Swimming Pool & Magruder Swimming Pool will be accepted at Doris Miller Swimming Pool, located at 2814 Wickham Avenue during the following Dates & Times:

Saturday	June 9, 2012	11:00AM - 5:00PM
Sunday	June 10, 2012	1:00PM - 5:00PM
Monday	June 11, 2012	1:00PM - 5:00PM
Tuesday	June 12, 2012	1:00PM - 5:00PM
Wednesday	June 13, 2012	1:00PM - 5:00PM
Thursday	June 14, 2012	1:00PM - 5:00PM
Friday	June 15, 2012	1:00PM - 5:00PM

American Red Cross Lifeguard Class

Fee: Standard Charge: \$110.00

Ages: at least 15 and up

Must be able to swim 300 yards continuously doing the following strokes, front crawl and breast stroke only. Participants must demonstrate that they can tread water for 2 minutes using their legs (arms should be crossed under arm pits) Starting in the water swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound brick from the bottom, return to the surface and swim 20 yards back to the starting point with both hands on the brick and keeping your face out of the water, and exit the water within 1 minute 40 seconds.

The class fee does not include the book. Participant must purchase or download the book from the American Red Cross (Redcross.org) before the first day of class. Certifications received after successful completion of written exam and skill tests. Registration begins Thursday, March 1 and ends Wednesday, March 28, 2012. The course will be taught the week of April 2nd -6th, 2012. You can register for the Lifeguard class online go to www.nnparks.com/active or call 591-4573.

Prerequisite Swim Tests: (participants must pass the swim test in order to take the ARC Lifeguard Course)



American Red Cross Water Safety Instructor Course

This course designed for those who want to learn how to teach swimming skills to others.

Fee: Standard Charge: \$110.00

Ages: at least 16 and up

Prerequisite for WSI course: front crawl 25 yards, back crawl 25 yards, breaststroke 25 yards, elementary backstroke 25 yards, sidestroke 25 yards and butterfly 15 yards, tread water for 1 minute, back float 1 minute in deep water. This class fee does not include the book. Participant must purchase or download the book from the American Red Cross (Redcross.org) before the first day of class. Certification received after successful completion of written exam and skill tests. Registration begins Thursday, March 1st and ends Wednesday, March 28th, 2012. The course will be taught the week of April 2nd - 6th, 2012. You can register for the Water Safety Instructor Course class online go to www.nnparks.com/active or call 591-4573.