

DATES TO REMEMBER

CENTER WILL BE CLOSED ON THE FOLLOWING:

MARCH 29 FRIDAY GOOD FRIDAY HOLIDAY

DON'T FORGET THIS DATE!

MAR 10 SUNDAY DAYLIGHT SAVINGS BEGINS

PARTNERSHIPS



COST & PASS OPTIONS

PICKLEBALL ADMISSION

\$2 PER DAY

PICKLEBALL PASS

\$16 - 10 VISITS

\$30 - 20 VISITS

\$50 – ANNUAL (ADD'L \$20 IF NON-CITY RESIDENT)

SWIMMING POOL

\$3 PER DAY

SPLASH PASS

\$26 - 10 VISITS

\$45 - 20 VISITS

AMERICAN RED CROSS COURSES

COMMUNITY COURSES ARE NOW AVAILABLE IN:

[LIFEGUARD TRAINING &](#)

[WATER SAFETY INSTRUCTOR](#)

[LIFEGUARD INSTRUCTOR](#) UPDATE AT THIS

REGISTRATION LINK:

[ARC TRAINING REGISTRATION](#)

AQUATIC CENTER STAFF

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WILLIAMS CREEK COMMUNITY CENTER & POOL

WINTER 2024

2235 DANDRIDGE AVENUE
KNOXVILLE, TN, 37915
(865)525-9080
knoxvilletn.gov/aquatics

HOURS OF OPERATION

Monday → Thursday 7AM to 8PM

*Pool Closes at 7:30pm

**Gym Closes at 7:45pm

*** Gym will be Closed Wednesdays
1/31 - 3/6 from 3pm to 5pm

Friday 7AM to 3PM

**Saturday & Sunday - Closed

AQUATIC FITNESS

AQUATIC ARTHRITIS

MONDAY | WEDNESDAY | FRIDAY 8:30AM
MONDAY → FRIDAY 10:30AM

This course is a 45-minute shallow warm water program designed to improve joint flexibility to reduce pain and stiffness in joints. This class is suitable for all skill levels and is safe for non-swimmers.

AQUATIC CARDIO CLASS

TUESDAY | THURSDAY 8:30AM & 5:00PM

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion and cardiovascular health. This 45 minute class is suitable for moderate skill levels and is safe for non-swimmers. Check with your physician and facility staff with any questions

AQUA WALK (SELF GUIDED – NO INSTRUCTOR)

MONDAY → FRIDAY
9:30AM TO 10AM | 11:30AM TO 12PM

Aqua Walking is a low-impact water aerobics exercise that offers a light introduction to water Aerobics. Practice walking movements in waist to chest-high warm water environment that is easy on the joints.

OPEN / FAMILY SWIM

Bring yourself, family and friends to enjoy our open pool times. Family friendly environment, that is heated, staffed with lifeguards and ADA compliant!

*Schedule may be affected by Seasonal Swim Lessons

DAYTIME HOURS 12PM TO 8PM

MONDAY THRU FRIDAY

EVENING HOURS 6:30PM TO 8PM

MONDAY → THURSDAY

PRIVATE RESERVATIONS

PRIVATE RESERVATIONS ARE NOT AVAILABLE AT WILLIAMS CREEK DUE TO OUR PROGRAMMING SCHEDULE AND SMALL SIZE. WE APPRECIATE YOUR UNDERSTANDING.

GYM FITNESS

PICKLEBALL

MONDAY → FRIDAY 8:00AM TO 3PM
MONDAY → THURSDAY 3PM TO 8PM

A paddle sport for all ages and all athletic ability levels. It has very simple rules and is easy to learn and play.

*PLEASE REMEMBER THAT OUR GYM CLOSES AT 7:45

**SEE CHALLENGER SPORTS NOTE BELOW RE: WED

SCHEDULE CHANGES

LEARN TO SWIM



WINTER/SPRING SWIMMING LESSONS

Knowing how to swim is a vital part of building a healthy and safe way of life. Our courses are taught and lifeguarded by Certified American Red Cross Staff. Mini-sessions offer a three week, six lesson option that is half the cost of traditional lessons. Pick your option: Mon/Wed OR Tues/Thurs for three consecutive weeks.

MINI SESSION 1 DATES TBD
MINI SESSION 2 DATES TBD
MINI SESSION 3 DATES TBD

Register at: <http://registration.knoxvilletn.gov>

CHALLENGER PROGRAMMING

The gym is closed Wednesdays 1/31 thru 3/6 from 3pm to 5pm due to a Special Olympic Basketball Clinic conducted through our Challenger Sports Program.

For more information, please contact Daniel Alexander via email at: dalexander@knoxvilletn.gov

★ SPECIAL COURSE NOTE

★ A COURSE MINIMUM OF 3 PARTICIPANTS IS REQUIRED FOR COURSE DELIVERY. IF LESS THAN 3 USERS ATTEND THE TIME WILL BE OFFERED AS A ‘SELF GUIDED OPTION’ ONLY.