

# Center Information

## Weight Room

Available to patrons 16+ and equipped with cardio (treadmills, stair machines, stationary bicycles, etc.) and Nautilus Nitro machines.

Single Visit \$1.00

## Swimming Pool

Single Visit Senior 60+ \$1.00  
 Adult \$2.00  
 Child \$1.00 (under 18 years)  
 Under 2 Free with paying adult.  
 Hydroshape / Water Aerobics \$2.00 (members) \$3.00 (non-members)  
 Senior Swim \$1.00  
 Senior Water Exercise (resident) \$1.00  
 Senior Water Exercise (non-resident) \$2.00

## Pickleball

Members Free Non-Members \$1.00

Tuesdays & Thursdays 4pm-8pm Wednesdays & Fridays 7am-Noon

**BEST  
VALUE**

## City of Tullahoma Resident Annual Pass Rates

\*Please see staff for non-resident rates.\*

.Annual passes are prorated and decrease each month with the renewal month of January.

	January	February (Individual/Family)	March
Weight Room	\$75.00/\$100.00	\$68.75/\$91.75	\$62.50/\$83.50
Swimming Pool	\$75.00/\$150.00	\$68.75/\$137.50	\$62.50/\$125.00
Combination	\$112.50/\$200.00	\$103.25/\$183.50	\$93.75/\$166.75
<i>Senior Rates</i>		(Individual/Couple)	
Weight Room	\$37.50/\$50.00	\$34.50/\$46.00	\$31.25/\$41.75
Swimming Pool	\$37.50/\$50.00	\$34.50/\$46.00	\$31.25/\$41.75
Combination	\$56.25/\$75.00	\$51.75/\$68.75	\$47.00/\$62.50



# TULLAHOMA Parks and Recreation

## Community Centers



### D.W. Wilson

501 North Collins Street  
Tullahoma, TN 37388  
(931) 455-1121

#### Hours

Monday-Friday  
6am-9pm

Saturday 9am-5pm  
Sunday Noon-5pm



### C.D. Stamps

810 South Jackson Street  
Tullahoma, TN 37388  
(931) 461-1080

#### Hours

Monday-Friday  
9am-9pm

Saturday Noon-5pm  
Sunday Noon-5pm

## Indoor Pool Schedule Winter 2014 (December 2013 - March 2014)

# Indoor Pool Schedule Winter 2014

Public Swim	Adult Lap Swim (Ages 16 years and above)	Lap Swim (Ages 12 years and above)	Senior Water Exercise	Water Aerobics	Hydro-Shape	Tullahoma Swim Club
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<b>Monday</b>	6am-10am Noon-1	6pm-8:30 pm	10am-Noon (residents)	6pm-7pm		3pm-6pm
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<b>Tuesday</b>	7am-1pm	6pm-8:30 pm	10am-Noon (non-residents)		Noon-1	3pm-6pm
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<b>Wednesday</b>	6am-10am Noon-1	6pm-8:30 pm	10am-Noon (residents) Senior Swim Noon-1:00	6pm-7pm		3pm-6pm
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<b>Thursday</b>	7am-1pm	6pm-8:30pm	10am-Noon (non-residents)		Noon-1	3pm-6pm
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<b>Friday</b>	6am-10am Noon-1	5pm-6pm	10am-Noon (residents)			3pm-5pm
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<b>Saturday</b>	9am-11am Noon-4pm	9am-11am 4pm-4:45pm	Senior Swim 9am-11am			
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<b>Sunday</b>	1pm-4pm	4pm-4:45pm				
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**Hydroshape** is an instructor lead, low impact toning and cardio class that uses exercise equipment as resistance.

**Water Aerobics** is low impact, instructor-led workout for beginners to intermediate participants.

**Senior Water Exercise** is for seniors age 60+ and focuses on maintaining joint mobility and muscle strength.

**Senior Swim** is a time for seniors age 60+ to enjoy the pool with free time to swim laps, exercise, or socialize.

**Tullahoma Swim Club** is our community year-round competitive swim team. Visit [www.swimtsc.org](http://www.swimtsc.org) for details.

