

Whitewater Aquatic



and Fitness Center

Operations Plan

LAST UPDATE: MAY 2023

WAFC Mission Statement

The Whitewater Aquatic and Fitness Center is dedicated to providing our community and it's members with a clean, safe, inclusive, and accessible recreational fitness and aquatic center for them to pursue a healthy lifestyle.

Values

- Member-Focused – Providing personalized services with an approachable staff who take a hands-on approach.
- Health & Wellness – Promote healthy living, fitness, and wellness through amenities, coaching, training, classes, programs, & services.
- Community – Provide a welcoming, accommodating, inclusive environment to all.
- Value – Ensure a clean environment with high-quality amenities and services while keeping membership affordable.

About the Center

For individuals, families, students, seniors, and commuters in Whitewater and beyond, the Whitewater Aquatic and Fitness Center provides an affordable, convenient recreational fitness environment with a variety of amenities including:

- Fitness center (24 hours)
- Aquatic center
- Personal training services
- Group classes
- Locker rooms
- Concessions.

With a member-focused hands-on-approach, the approachable staff are here to guide and enable you on your wellness journey. The WAFC operates 358 days a year to provide a variety of program opportunities to the community.

Hours of Operation

Facility Hours

Monday – Friday 6:00am -9:00 PM

Saturday 7:00 AM – 4:30 PM

Sunday 12:00 PM – 4:30 PM

Adult Swim Hours

(Lap and Leisure Pool Open)

Monday – Friday 6:00 am – 1:00 PM

Saturday 7:00 am – 12:00 PM

Open Swim

Children and Adults

**Define Ideal if we had full staff*

Monday – Friday 3:30 pm = 8:30 PM

Saturday 12:00 PM – 4:30 PM

Sunday 12:00 PM- 4:30 PM

Currently Varies due to staffing shortage of lifeguards

Weekly Ideal would be open at 3:30pm until 8:30 PM

Fitness Center Hours

Monday–Friday: 6:00 am–9:00 pm

Saturday 7:00 am–4:30 pm

Sunday: 12:00-4:30 pm

**24-hour access was offered to members starting March 15, 2023*

Staffing Summary

Full Time Management staff

The WAFC employs two fulltime staff to operate and oversee the operation of the facility and staff. The WAFC Manager and Aquatic program coordinator direct the daily operations of the facility.

The WAFC manager is responsible for the management of the daily operations of the Whitewater Aquatic and Fitness Center. This includes staff supervision, membership oversight, program and event organization, marketing and communication for all WAFC programs and services.

The aquatic programmer supports the needs of the aquatic staff and aquatic programs. This includes assisting with lifeguard schedules, organizing swim lessons and water classes, and directing the training.

Together these two positions oversee a staff of 20-30 lifeguards, 12 front desk and concession staff and 10-12 fitness instructors.

Part time Staffing

The WAFC employs 60-80 part time staff throughout the year. Since the facility is a year round facility the staff are allowed to work up to 20 hours a week and/or 1200 hours in a calendar year. Our staff range from high school ages as young as 15 all the way to senior who are retired and enjoy the part time work.

Front Desk:

The facility staffs one front desk person for morning and daytime weekday shifts and two (2) staff members for evening and weekend shifts. Front desk staff members are responsible for greeting members, creating memberships, answering phone calls, completing sales for membership and managing rentals & birthday parties. In addition to maintain a clean working environment. This includes cleaning the fitness center, lobby area, and lobby bathrooms.

Lifeguards

The WAFC requires two (2) lifeguards for morning adult swim this allows for one lifeguard in each pool. Four (4) lifeguards for open swim. Each water feature requires a lifeguard, lazy river and slide as well as an additional lifeguard at the rear of the leisure pool and stationed in the lap pool.

Lifeguards are responsible for maintaining a safe pool environment for patrons, this includes scanning pools, assisting distressed patrons, and preventing water accidents. In addition, lifeguards assist in cleaning pool areas and locker rooms.

Swim Instructors:

Three (3) swim lesson sessions are held throughout each year. The WAFC has over 6 lesson levels for children ranging from infants to 8 years old. Each swim lesson class requires 2-3 swim lesson instructors depending on number of participants. Private lessons are also provided based on availability. In addition, we provide three (3) swim lesson instructors to the school district for their summer swim program.

Fitness Instructors:

The WAFC offers a variety of land and water fitness classes. Classes are offered in the mornings and evenings. In addition, we have one personal trainer on staff.

Land classes offered:

Barre fitness
Bootcamp
Cycling
Piloxing
Pilates
Strength and Step
Suspension
Yoga
Zumba

Water classes offered:

Aqua yoga (leisure)
Aqua Zumba
Deep Water (lap)
Heart Racers (lap)
Joints in Motion (leisure)
Master Swim (lap)
Strong30 (leisure)
Water Warriors (lap)
Swim Instructors
Lifeguard Training

Major Programs and Offerings

WAFC Adult Swim

Offered Monday – Friday from 6:00 am – 1 PM and on Saturday from 7:00 am -12:00 pm. A large majority of our membership uses the pool daily during this time. This is the facilities busiest time of day with fitness classes being offered in the pool as well as open swim. Average approximately 75 people checking in during this morning time.

WAFC Open Swim

Children and adults are able to use both pools and all amenities the aquatic facility has to offer. This is our heaviest staff need for the facility requiring 4 lifeguards to be on duty during this time. Open swims are high priority for day pass users and birthday parties/rentals. Open swims are the highest volume of facility use of any of our programs. The majority of these busy times are late afternoon and weekends.

Whitewater Unified School District Use

Swim Teams

WUSD biggest use if for the high school swim team. The girls swim team season starts the middle of August and runs through to November. The boys season starts the middle of November and ends in March. The season schedule for both teams is Monday – Friday 3:30 – 6pm and Tuesday and Thursday mornings 5:45-7:15am.

Swim Lesson Program

WUSD offers two – 2- week sessions of a learn to swim program. This program is offered in conjunction with the district's summer school program. Swim program is held in the mornings Monday – Friday from 9 am – 12:00 pm.

Whitewater High School Freshman swim unit P. E class

Swim Lesson Program for incoming freshmen are held December – January. This is a 15-day unit of swim lessons that is held in the afternoons during the school day.

Fitness Programs and Services

The WAFC offers a variety of land and water fitness classes year-round for participants of all fitness abilities. Classes are led by our certified fitness instructors and are held in person and as well as online through our zoom account for the convenience of members. All classes are included in WAFC membership. The WAFC offers day pass and punch card options for non-members.

Swim Lesson Programs

The Aquatic Center offers a variety of certified swim lessons including the American Red Cross Learn to Swim Program, Levels Pre-1 through Level 6, and Parent/child classes. The facility hosts three sessions of swim lessons September – May. Lessons are available on Monday and Wednesday evenings and Saturday mornings. Approximately 72 participants on average per session. This is in addition to private/lessons that offered at students request that range from 70-100 participants per year.

J-Hawks Swim Team

The Whitewater Aquatic and Fitness Center host swim practices for the J-Hawk Aquatic Club. In addition to hosting practices the WAFC also host J-Hawk swim meets.

Mini-Hawk team practice:

Sept-August Mon/Wed/Fri evenings

Junior Team practice:

Sept-August Mon/Wed/Fri evenings

High School Conditioning Team

Sept-August Mon-Fri evenings

Senior Team practice:

Sept-August Mon-Fri evenings

National Team practice

Year-round Mon-Fri evenings

Lifeguard Training Programs

“Friends of the Aquatic Center” Staffing Incentive Program

Lifeguards are our target staff need for the WAFC. WAFC staff have partnered with the “Friends of the Aquatic Center” to provide a staff training and incentive program. This incentive program will include:

- Free training to receive lifeguarding certificate
- Paid bonus of 200 after working 200 hours
- Additional bonuses paid to staff who continue to reach certain bench marks

(Additional program information being finalized)

WUSD High School Training Program

Starting this fall Whitewater High School students will be able to get 1 credit for attending and completing the Lifeguard Training Program during their 9th period. WAFC Staff will provide the course for those who participate and report back to the school once they have completed the training.