

**\*Matthew T. Doyle Natatorium and Lowry Fitness Pool**

Monday - Friday 6:00 a.m. - 8:00 p.m.  
Saturday 9:00 a.m. - 5:00 p.m.  
Sunday 2:00 p.m. - 5:00 p.m.

**Matthew T. Doyle Natatorium:**

Competition - Lap Swim - Special Class Instruction

**Lowry Fitness Pool:**

Water Aerobics - Lap Swim - Special Class Instruction

Family Swim Times: Friday 5:00 p.m. - 8:00 p.m.  
Saturday 9:00 a.m. - 5:00 p.m.  
Sunday 2:00 p.m. - 5:00 p.m.

**\*During school year- Swim Team Practice M-F 1-4:30 p.m.**

**School Swim Lessons M-F 9-10 a.m. & 1-2 p.m.**

- Pools will be closed to the public during City sponsored programs and classes. Check at the front desk for class times and information
- There will be no swimming in the pools when Texas City is experiencing lightening and thunderstorms
- Children ages 14 years and under must be accompanied by an adult member and must adhere to youth hours
- Swimmers are responsible for following all posted rules, signs and notices

**Aerobics Class Rules**

- Must be 15 years of age or older to participate (15-17 year olds must adhere to youth hours)
- Requires an aerobic upgrade membership in order to participate
- All classes are Co-Ed unless otherwise noted
- Everyone in class must participate - spectators will not be allowed
- Participants should consult a physician before starting an exercise program
- Classes are subject to change according to attendance or public response

**Cardio and Weight Room Equipment**

- Must be 15 years of age or older to participate (15-17 year olds must adhere to youth hours)
- Equipment must be wiped off after each use.
- There is a 30 minute time maximum on all cardio equipment
- No belts, buckles, or keys during use of weight machines
- Slamming weights strictly prohibited
- No sitting on weight equipment between reps

**Racquetball Court**

- Requires a racquetball upgrade membership to use the racquetball court
- Court can be reserved for one hour only and no more than one time per day during peak usage times
- Courts should be reserved on the day of play only. Weekend reservations can be placed on Friday
- If players are 15 minutes late, the court will be given to other players
- Racquets and balls may be checked out from the control room with membership card and will be returned upon the return of the equipment
- There shall be no consecutive hours of play during peak times



# Lowry Fitness Center



## Matthew T. Doyle Natatorium

1900 5th Avenue North  
Texas City, Texas



### 409-643-5984

**Monday- Friday 6:00 am - 9:00 pm**  
**Saturday 9:00 am - 6:00 pm**  
**Sunday 2:00 pm - 6:00 pm**

**YOUTH HOURS (Monday - Friday) SEPTEMBER - MAY**

Youth under the age of 15	3:00 p.m. - 8:00 p.m.
Ages 15 - 17	3:00 p.m. - 9:00 p.m.

**YOUTH HOURS (Monday - Friday) JUNE - AUGUST:**

Youth under the age of 15	1:00 p.m. - 8:00 p.m.
Ages 15 - 17	1:00 p.m. - 9:00 p.m.

**YOUTH HOURS - WEEKENDS (YEAR AROUND):**

Saturday	9:00 a.m. - 6:00 p.m.
Sunday	2:00 p.m. - 6:00 p.m.

**Facility open times subject to change during City sponsored events and programs**

**Policies Effective October 1, 2009**

# Lowry Fitness Center / Matthew T. Doyle Natatorium

## Yearly Membership Rates & Guest Fee

<b>BASIC MEMBERSHIP</b> Includes use of weight room, cardio equipment, showers, sauna and gyms	<b>RESIDENT</b> Must show proof of residency	<b>NON RESIDENT</b>
<b>Basic Individual Adult (Age 15 - 54)</b> Additional Yearly Upgrade fees: Upgrade to use pools Upgrade to attend aerobics/spinning Upgrade to use racquetball court	<b>\$75.00</b> +\$25.00 +\$60.00 +\$95.00	<b>\$150.00</b> +\$25.00 +\$60.00 +\$105.00
<b>Basic Individual Senior (Age 55+)</b> Additional Yearly Upgrade fees: Upgrade to use pools Upgrade to attend aerobics/spinning Upgrade to use racquetball court	<b>\$40.00</b> +\$10.00 +\$30.00 +\$30.00	<b>\$150.00</b> +\$25.00 +\$30.00 +\$75.00
<b>BASIC YOUTH MEMBERSHIP</b> Includes use of gyms, showers and pools Youth age 14 & under must be accompanied by adult member during facility use	<b>RESIDENT</b> Must show proof of residency	<b>NON RESIDENT</b>
<b>Basic Individual Youth (Age 14 &amp; Under)</b> Must have parent's signature for membership Upgrade to use racquetball court	<b>\$50.00</b> +\$20.00	<b>\$55.00</b> +\$60.00
<b>BASIC FAMILY MEMBERSHIP</b> Texas City Residents Only	<b>RESIDENT</b> Must show proof of residency	<b>NON RESIDENT</b>
<b>Basic Family (Includes four (4) family members in same household/residence)</b> Basic membership and use of pools Basic membership and racquetball court Each additional youth member	<b>\$250.00</b> <b>\$450.00</b> +\$40.00	N/A N/A N/A
<b>GUEST FEE PER VISIT - BASIC</b>		
Basic with use of pools Basic with aerobics/spinning Basic with racquetball court	<b>\$6.00</b> +\$2.00 +\$6.00 +\$5.75	<b>\$6.00</b> +\$2.00 +\$6.00 +\$5.75

**ALL FEES ARE NON-REFUNDABLE**

**REPLACEMENT CARDS \$9.25**

## General Building Rules and Regulations

- Membership card is required to enter the facility
- Members and guests must check in at the Lowry Fitness Center front desk upon entering the building. Members age 15 and older must scan their membership card. Members age 14 and under must present their membership card. All members must carry or wear their card throughout the facility. Proper identification must be produced upon request by staff.
- All Youth Members under the age of 18 must adhere to the daily hours allotted them for use of the facility. All Youth Members under the age of 15 must be under the direct supervision of an adult member
- Staff instructed programs and classes have first priority in facility use. Open hour and class schedules subject to change without notice and/or according to attendance or public response
- Personal belongings, such as bags, jackets, purses, are not allowed on the floors, chairs, exercise equipment, etc. in the Cardio/Weight Area or open public areas such as hallways, break room, etc. Lockers are available for rent at .25 cents per day. City is not responsible for lost or stolen items
- Shirts and appropriate footwear - closed toed, non marking, rubber soled sneakers - must be worn in all areas except for the pools and showers
- Misusing or vandalizing equipment or property may result in permanent suspension
- No tobacco products allowed, No rough-housing or profanity
- No food or drink allowed (Except water bottles)

## Youth Regulations

- Youth under the age of 15 are restricted from the Weight Room, Cardio Room, or Aerobics Classes
- Youth under the age of 15 must be accompanied at all times by an adult member during the use the pools

## Gymnasiums

- Gyms are reserved for walking only: Monday - Friday 6:00 a.m. - 9:00 a.m.
- No bare feet or socks only. Black soled athletic shoes not allowed.
- Shirts must be worn
- No dunking, no attempted dunking, and no hanging on the basketball rims
- No full court play at any time except during league play
- A membership card is required to check out basketballs. The card is returned with the return of the correct ball to the front desk. Basketballs may be checked out during court usage periods only. No personal basketballs permitted.

## Sauna

- Adult oriented area open all hours at no charge
- Must be 18 or older (Ages 15 - 17 with adult supervision)
- Pregnant women should not use sauna
- Clothing is not required, however, a towel is required to wrap body in and to sit on for hygiene purposes
- Consult a physician before using if there are any health concerns
- Please limit your use to no more than 15 - 30 minutes



## Aerobic Guidelines

- Management reserves the right to adjust scheduled classes to fit the need of our members and instructor availability.
- Bootcamp classes require additional fees.
- Classes function on first-come, first-serve basis.
- Arrive on time in order to ensure a proper warm-up.
- Turn off all cell phones during class.
- Return all equipment after use.

## Aerobic Class Descriptions

**Aqua Fitness:** Get a great workout without the added stress to your joints and help improve agility, flexibility and endurance. This workout in the water consists of cardio work and toning aided by the use of noodles and buoys. All levels of fitness are welcome; you may go at the rate you prefer. Water is 4 to 5 feet deep, swimming experience is not needed.

**Harrell Jackson's Fitness Fusion:** This total body multi-level system incorporates cardio, kickboxing, various styles of aerobic dance, balance, flexibility, toning, and core training. There is also emphasis on proper form, technique and body alignment while training. This workout is fun, exciting, motivating, challenging and mentally stimulating.

**SilverSneakers® Muscular Strength and Range of Movement:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Slow and Easy:** Exercise with great music and get fit through a movement and coordination concentrated class! Have fun while building cardiovascular endurance, flexibility and muscular strength with low impact toning exercise.

**Spin & Trim:** Intense aerobic workout completed on a stationary bike, aided by motivational music and upbeat instructors. Controlled at your own preferred pace and tension, Spinning tones your muscles, works your heart rate, endurance, as well as burning serious calories.

**TNT Tone & Tighten:** This class will strengthen and tone your muscles from head to toe! Classes will include a warm-up segment, light cardio, muscle-specific exercises, abdominal work and stretching. Equipment used includes dumbbells, body bars and resistance bands.

**Yoga/Pilates:** A calm and relaxing form of exercise that combines the flowing movements of Yoga and Pilates to improve flexibility, strengthen core, and increase muscular strength.

**Zumba®:** This form of exercise combines high energy and motivating music with unique moves and combinations. Zumba® is a feel happy workout that is great for both the body and mind. This exercise is a fusion of Latin and International music to create high energy workout place for every one of all ages to enjoy! "Ditch the Workout....and Join the Party."