



UNITED STATES WATER FITNESS ASSOCIATION

2010 SPECIAL SPECIFIC AQUATIC PROGRAM RECOGNITIONS

Below you will find the individual rankings for various parts of aquatic programs. After a very careful and extensive review of each of the contest entries and reviewing support information from each of the facilities, we are happy to announce the facilities that have been ranked for this very special recognition.

If your facility is not listed in a specific program area, we encourage you to review your effort to develop that specific area. If you are listed in a specific area, we encourage you to think about what you can do to develop that specific program so it will be stronger, and rank higher in the 2011 rankings.

There were more facilities that listed specific information regarding each specialization, but our point system and ranking procedures only listed the very top facilities in each of the specific program areas.

1. Swimming Instruction

A. Aquatic Facilities that Advertise Their Swimming Instruction Program as a Swim School (Name of their Swim School is also listed)

1. Hubbard Family Swim School (same)
2. St Johns Siegfried Health Club (St Johns Siegfried Health Club Swim School)
3. Merritt Athletic Club – Towson (Merritt Swim Academy)
4. Hillborough Pool, Racquet & Fitness (The Swim Academy at Hillsborough Pool)

B. Total Number of Swimming Classes per Year (Number of classes listed behind the facility name)

1. Healthbridge Fitness Center (10,072)
2. Hubbard Family Swim School (3,153)
3. Merritt Athletic Club – Towson (1,588)
4. Webbs Pro Fitness (1,562)

C. Number of Private Swimming Classes per Year (Number of private lessons listed behind the facility name) 1st number is summer - 2nd number is school year

1. HealthQuest Wellness Center (165-260)
2. Centegra Healthbridge Fitness Center (120-120)
3. JCC – Milwaukee (100-70)
4. The Club at Ricochet (68-52)
5. YWCA of White Plains (55-55)

D. Financial Status of Swimming Classes from the Facilities that Entered

Big Money Maker – 96%
Break Even – 3%
Non-Revenue Producer – 1%
Money is Lost – 0%

Special Notes:

1. Some facilities don't charge members of their organization for swimming lessons. The number of facilities offering free swimming lessons has been greatly reduced over the last few years.

2. Swimming lesson money is – for the facilities – the best money maker.
3. The number of facilities that break even has been greatly reduced in recent years.
4. Most facilities are now charging what is fair to the participant and facility. Comparing prices of what people pay for other programs has helped facilities to be more realistic and charge “the going rate” for various programs.

2. Water Exercise

A. Overall Top Water Exercise Programs in the Country

1. Baptist East/Milestone Wellness Center
2. Maryland Athletic Club
3. Sanford Wellness Center
4. Healthbridge Fitness Center
5. St Johns Siegfried Health Club
6. The Club at Ricochet

B. Number of Different Water Exercise Classes per Week

1. Baptist East/Milestone Wellness Center (80)

2. Sanford Wellness Center (60)
3. Healthbridge Fitness Center (43)
4. St Johns Siegfried Health Club (40)
5. **TIE** - Maryland Athletic Club (39) and Echo Hollow Pool (39)
7. HealthQuest Fitness Center (34)
8. ViQuest Wellness Center (30)
9. Centegra Healthbridge Fitness Center (27)
10. Gold's Gym Amarillo (23)
11. The Club at Ricochet (22)
12. Greenville Aquatics & Fitness Center (20)

C. Kinds of Different Water Exercise Classes
(Different class names & class descriptions)

1. Sanford Wellness Center (29)
2. Maryland Athletic Club (23)
3. Baptist East/Milestone Wellness Center (21)
4. St Johns Siegfried Health Club (14)
5. The Club at Ricochet (12)
6. **TIE** - Gold's Gym Amarillo (10) and Healthbridge Fitness Center (10)

D. Aquatic Fitness Personal Training (Sessions per week)

1. Desert Pain Institute (330)
2. Baptist East/Milestone Wellness Center (275)
3. St Johns Siegfried Health Club (85)
4. Maryland Athletic Club (50)
5. Merritt Athletic Club – Towson (32)

6. The Club at Ricochet (27) and HealthQuest Wellness Center (27)
8. Maryland Athletic Club – East (20)

E. Adapted Aquatics
(Total number of participants per year).

1. Baptist East/Milestone Wellness Center (1700)
2. YWCA of White Plains (308)
3. Healthbridge Fitness Center (266)
4. Maryland Athletic Club (255)
5. Sanford Wellness Center (243)
6. Brunswick Community College (100)

F. Athletic Teams Involved in Water Fitness
(Number of Individuals)

1. Sanford Wellness Center (100)
2. Lake Orion High School (60)
3. Western Oregon University (50)

G. Number of Hours Available Each Week for Water Walking

1. Baptist East/Milestone Wellness Center (105)
2. **TIE** Maryland Athletic Club (104) and Webbs Pro Fitness (104) and Maryland Athletic Club – Harbor East (104)
5. **TIE** - Merritt Athletic Club – Towson (96) and Hillsboro Pool Racquet & Fitness (96)
7. The Club at Ricochet (95)
8. HealthQuest Wellness Center (93)
9. Rosenbloom JCC (89)

3. Competitive Aquatic Programs

- 1st number is total participants (non Masters). 2nd number is total Masters Swimmers
1. Echo Hollow Pool (585) (846)
 2. The Club at Ricochet (187) (73)
 3. Merritt Athletic Club – Towson (139) (80)
 4. Greenville Aquatics & Fitness Center (155) (5-10)

4. Health and Safety

1. Hubbard Family Swim School
2. ViQuest Wellness Center
3. Rosenbloom JCC
4. Englewood Recreation Center
5. Molalla Aquatic Center
6. Western Oregon University
7. Baptist East/Milestone Wellness Center
8. Maryland Athletic Club
9. The Club at Ricochet
10. Echo Hollow Pool
11. Greenville Aquatics & Fitness Center
12. Sanford Wellness Center
13. Greater Newark Boys & Girls Club
14. Hillsborough Pool, Racquet & Fitness

5. Special Events

1. Healthbridge Fitness Center
2. Hubbard Family Swim School
3. JCC - Milwaukee
4. The Club at Ricochet
5. Englewood Recreation Center
6. Hillsborough Pool, Racquet & Fitness
7. Echo Hollow Pool
8. Lake Orion High School

6. Aquatic Department Fund Raising (Amount of money raised)

1. Hubbard Family Swim School (\$8,900.)
2. Baptist East/Milestone Wellness Center (\$5,000.)
3. Rosenbloom JCC (\$4,000.)
4. YWCA of White Plains (\$1,700.)
5. The Club at Ricochet (\$1,300.)
6. Merritt Athletic Club – Towson (\$957.)

7. Junior Aquatic Leaders (Number of participants)

1. The Club at Ricochet (42)
2. Englewood Recreation Center (25)

8. Aquatic Volunteer Program

1. Rosenbloom JCC
2. Echo Hollow Pool
3. Englewood Recreation Center
4. The Club at Ricochet

9. Outreach Programs
Using other Aquatic Facilities (1st number is the number of different facilities used. 2nd number is income generated by these programs.)

1. Hillsborough Pool (1) (\$48,000.)
2. Western Oregon University (17) (0)
3. Echo Harbor (15) (0)
4. The Club at Ricochet (4) (\$60-\$300.)
5. Baptist East/Milestone Wellness Center (2) (0)

6. Molalla Aquatic Center (2) (0)

10. Overall Improvement and Positive Changes in the Last Year

1. Hillsborough Pool, Racquet & Fitness
2. Merritt Athletic Club – Towson
3. Healthbridge Fitness Center
4. Western Oregon University
5. HealthQuest Wellness Center
6. The Club at Ricochet
7. Rosenbloom JCC
8. ViQuest Wellness Center
9. St Johns Siegfried Health Club
10. Greenville Aquatics & Fitness Center
11. Hubbard Family Swim School

