

# Warm Water Pool Schedule

## Sentara RMH Wellness Center

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY |
|---|--|---|---|--|--|--------|
| <b>Open Swim</b><br>5:15-10:30am<br><br><b>Swim Lessons</b><br>9:30-10am<br><br><b>Group Fitness</b><br>10:30-12:15pm<br><i>*class participants only.</i><br><br><b>Adult Swim</b><br>11:30-12:30pm<br><i>*class participants only</i><br>10:30-12:15pm<br><br><b>Open Swim</b><br>12:30-2pm<br><br><b>Group Fitness</b><br>2-2:45pm<br><i>*class participants only.</i><br><br><b>Open Swim</b><br>3- 9:15pm<br><br><b>Swim Lessons</b><br>4-8pm | <b>Open Swim</b><br>5:15-8:45am<br><br><b>Group Fitness</b><br>8:45-9:30am<br><i>*class participants only.</i><br><br><b>Swim Lessons</b><br>9:30-10:30am<br><br><b>Open Swim</b><br>9:30-11am<br><br><b>Adult Swim</b><br>11-3pm<br><br><b>Open Swim</b><br>3- 9:15pm<br><br><b>Swim Lessons</b><br>4-8pm | <b>Open Swim</b><br>5:15-10:30am<br><br><b>Swim Lessons</b><br>9:30-10am<br><br><b>Group Fitness</b><br>10:30-11:15am<br><i>*class participants only.</i><br><br><b>Open Swim</b><br>11:15-2pm<br><br><b>Group Fitness</b><br>2-2:45pm<br><i>*class participants only.</i><br><br><b>Open Swim</b><br>3- 9:15pm<br><br><b>Swim Lessons</b><br>4-8pm | <b>Open Swim</b><br>5:15-8:45am<br><br><b>Group Fitness</b><br>8:45-9:30am<br><i>*class participants only.</i><br><br><b>Swim Lessons</b><br>9:30-10:30am<br><br><b>Open Swim</b><br>9:30-11am<br><br><b>Adult Swim</b><br>11-3pm<br><br><b>Open Swim</b><br>3-5:30pm<br><br><b>Swim Lessons</b><br>4-5:30pm<br><br><b>Adult Swim</b><br>5:30-6:30pm<br><i>*class participants only</i><br>5:30-6:15pm<br><br><b>Group Fitness</b><br>5:30-6:15pm<br><i>*class participants only.</i><br><br><b>Swim Lessons</b><br>6:30-8pm<br><br><b>Open Swim</b><br>6:30-9:15pm | <b>Open Swim</b><br>5:15-10:30am<br><br><b>Swim Lessons</b><br>9:30-10am<br><br><b>Group Fitness</b><br>10:30-11:15am<br><i>*class participants only.</i><br><br><b>Open Swim</b><br>11:15-2pm<br><br><b>Group Fitness</b><br>2-2:45pm<br><i>*class participants only.</i><br><br><b>Open Swim</b><br>3-8:45pm<br><br><b>Swim Lessons</b><br>4-8pm | <b>Adult Swim</b><br>7-9:30am<br><i>*class participants only.</i><br>8:30-9:15am<br><br><b>Group Fitness</b><br>8:30-9:15am<br><i>*class participants only.</i><br><br><b>Swim Lessons</b><br>9:30-11:30am<br><br><b>Open Swim</b><br>9:30am-6:45pm<br><br><b>Open Swim</b><br>10am-6:45pm |        |

**Blue— Open Swim**

**Red – Adult Swim**

**Orange— Swim Lessons**

**Purple— Group Fitness**

**OPERATING HOURS:**

Monday-Thursday— 5:15am–9:15pm

Friday— 5:15am–8:45pm

Saturday— 7:00am–6:45pm

Sunday— 10:00am–6:45pm

**POOL GUIDELINES:**

In consideration of other members and guests of our facility, please follow the listed guidelines. They are in place for your safety.

- Shower before entering the pool
- No running, dunking or splashing
- No diving
- No food or drink except water
- No chewing gum
- No open wounds or sores
- Circle swim when 2 or more people are using a lane
- Children under 14 MUST be accompanied by an adult
- Parents must be within arms length of children using flotation devices
- Breath holding activities are not permitted
- When children are in the warm water pool, the rope may be put up at the lifeguards discretion

**WHIRLPOOL RULES:**

- 10 minute maximum use
- Children between ages 5 and 12 not recommended
- Children under the age of 5 NOT permitted

**ADULT SWIM:**

This time is reserved for adults, 18 and over, to utilize the pool. Only children participating in scheduled private swim lessons with a staff instructor are able to be in the pool during this time.

**OPEN SWIM:**

This time is for members of all ages to play and swim in the warm water pool. Please observe youth access policies and posted rules.

**GROUP FITNESS:** The warm water pool is only open to members who are participating in class.

*\*Schedule is subject to change.*

# Fitness Pool Schedule

Sentara RMH Wellness Center

|                   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY                                     |
|-------------------|--|--|---|--|--|--|--|
| <b>Open–10am</b>  | <b>Lap Swim</b><br>5:15-7am 3L<br><b>Vast</b><br>5:30-7am 3L<br><br><b>Group Fitness</b><br>8:15-9:10am<br><br><b>Lap Swim</b><br>8-10:30am 2L<br><br><b>Group Fitness</b><br>9:30-10:25am | <b>Lap Swim</b><br>5:15-6:30am 4L<br><br><b>Masters Swim:</b><br>5:30-6:30am 2L<br><i>WHITEBOARD WORKOUT</i><br><br><b>Lap Swim</b><br>9:30-10:30am 1L<br><br><b>Group Fitness</b><br>9:30am-10:15am | <b>Lap Swim</b><br>5:15-7am 3L<br><b>Vast</b><br>5:30-7am 3L<br><br><b>Group Fitness</b><br>8:15-9am<br><br><b>Lap Swim</b><br>8-10:30am 2L<br><br><b>Group Fitness</b><br>9:30-10:25am | <b>Lap Swim</b><br>5:15-6:30am 4L<br><br><b>Masters Swim:</b><br>5:30-6:30am 2L<br><i>WHITEBOARD WORKOUT</i><br><br><b>Lap Swim</b><br>6:30-10:30am 3L | <b>Lap Swim</b><br>5:15-8am 3L<br><br><b>Group Fitness</b><br>8:15-9:10am<br><br><b>Lap Swim</b><br>8-10:30am 2L<br><br><b>Group Fitness</b><br>9:30-10:25am | <b>Masters Swim:</b><br>7:30-8:30am 2L<br>every 2nd & 4th<br>Saturday<br><i>WHITEBOARD WORKOUT</i><br><br><b>Adult Swim</b><br>7-9:30am *1L/3L<br><br><b>Lap Swim</b><br>9:30-10:30am 2L<br><br><b>Group Fitness</b><br>9:30-10:15am |  |
| <b>10am–4pm</b>   | <b>Lap Swim</b><br>10:30am-1pm 3L<br><br><b>Adult Swim</b><br>11:30am-12:30pm<br><br><b>Group Fitness</b><br>1-1:55pm<br><br><b>Lap Swim</b><br>1-2pm 2L<br>2-4:30pm 4L                    | <b>Lap Swim</b><br>10:30am-11:30am 1L<br><br><b>Group Fitness</b><br>10:30-11:25am<br><br><b>Lap Swim</b><br>11:30am-2pm 3L<br>2-4pm 4L  | <b>Lap Swim</b><br>10:30am-1pm 3L<br><br><b>Group Fitness</b><br>1-1:55pm<br><br><b>Lap Swim</b><br>1-2pm 2L<br>2-4:30pm 4L   | <b>Lap Swim</b><br>10:30-11:30am 1L<br><br><b>Group Fitness</b><br>10:30-11:25am<br><br><b>Lap Swim</b><br>11:30am-2pm 3L<br>2-4pm 4L                  | <b>Lap Swim</b><br>10:30am-1pm 3L<br><br><b>Group Fitness</b><br>1-1:55pm<br><br><b>Lap Swim</b><br>1-2pm 2L<br>2-4:30pm 4L                                  | <b>Lap Swim</b><br>10:30am-1pm 4L<br>1-4pm 3L  | <b>Lap Swim</b><br>10am-1pm 6L<br>1-4pm 3L |
| <b>4–6pm</b>      | <b>Lap Swim</b><br>4:30-5:30pm 3L<br>5:30-6:30pm 1L<br><br><b>Group Fitness</b><br>5:30-6:25pm   | <b>Lap Swim</b><br>4-6:30pm 4L   | <b>Lap Swim</b><br>4:30-5:30pm 3L<br>5:30-6:30pm 1L<br><br><b>Group Fitness</b><br>5:30-6:25pm  | <b>Lap Swim</b><br>4-6:30pm 4L<br><br><b>Adult Swim</b><br>5:30-6:30pm   | <b>Lap Swim</b><br>4:30-5:30 1L<br><br><b>Group Fitness</b><br>4:30-5:25pm<br><br><b>Lap Swim</b><br>5:30-6:30pm 4L  | <b>Lap Swim</b><br>4-6:45pm 6L   | <b>Lap Swim</b><br>4-6:45pm 6L             |
| <b>6:30–Close</b> | <b>Lap Swim</b><br>6:30-9:15pm 3L<br><br><b>Vast</b><br>7-8pm 3L   | <b>Lap Swim</b><br>6:30-9:15pm 6L  | <b>Lap Swim</b><br>6:30-9:15pm 3L<br><br><b>Vast</b><br>7-8pm 3L  | <b>Lap Swim</b><br>6:30-9:15pm 6L  | <b>Lap Swim</b><br>6:30-8:45pm 6L  |  |  |

L-represents the number of Lap Lanes available. Please share lanes if necessary.

**Blue**– Open Lap Lanes  
**Red** – Adult Swim  
**Orange**– Group Fitness  
**Purple**– Masters Swim  
**Gold**–Vast Swim Team

**OPERATING HOURS:**

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Saturday– 7:00am–6:45pm Sunday–  
10:00am–6:45pm

\*Schedule is subject to change.

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**ADULT SWIM:**

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**SWIM PROGRAMS FOR CHILDREN & ADULTS:**

The Splashiest Swim Program in Town! Want to introduce your baby to the water? Are your kids interested in improving their swimming skills? Want to learn how to swim or improve your technique? Consider a Sentara RMH Wellness Center swim program. We put safety first! Class sizes are small for safety and more personalized attention.

The Wellness Center’s aquatics facility is one of the finest in town. We have the one of the few indoor salt water pools in the area, which is proven to be gentler on skin, eyes, and clothing.

For more information about swim lessons or aquatic programs, call the aquatics coordinator at 564-5521 or visit our website:

**RMHWellnessCenter.com**. Flyers are also available at the information center that give more descriptive class outlines, dates, times, and pricing.