

Sentara RMH
Wellness Center

	SATURDAY							SUNDAY					
Time	L1	L2	L3	L4	L5	L6	Time	L1	L2	L3	L4	L5	L6
7:00a - 8:15a							10:00a - 4:45p						
8:30a - 9:15a	Group Class						Pool Hours *Pool closes 15 minutes prior to the center. Mon-Fri 5:15am - 7:45pm* Sat 7am - 4:45pm* Sun 10am - 4:45pm*						
9:30a - 4:45p													

Masters

MON 6p - 7p & WED 6a - 7:15a

Masters is an opportunity for adult swimmers to be able to enjoy a workout together. This will not be a coached workout, just a reflection of lanes dedicated to masters swimmers. A great opportunity to encourage a fellow swimmer to meet you and enjoy a swim together!