## Sentara RMH FITNESS POOL SCHEDULE Wellness Center MONDAY **TUESDAY WEDNESDAY THURSDAY FRIDAY** L1 L2 L3 L4 L5 L6 Time Time Time Time Time Masters 5:15a - 8a 6-7:15a **Group Class Group Class Group Class Group Class** 8 - 9a **Group Class Group Class** 9:30 - 10:30a Group Class **Group Class Group Class** 9:30 - 10:30a 9:30 - 10:30a 9:30 - 10:30a 9:30 - 10:30a 10:30a - 1p **Group Class Group Class** 1 - 2p **Group Class** 1 - 2p 1 - 2p 1 - 2p 1 - 2p 2 - 4:30p **Swim Team Swim Team Swim Team** Swim Team **Swim Team** 4:30 - 5:30p (Fall, Winter, Spring) High High Masters 5:30 - 7:45p 5:30 - 7:45p 5:30 - 7:45p School 5:30 - 7:45p 5:30 - 7:45p School 6-7p 5:30-7p 5:30-7p **SATURDAY SUNDAY** Masters L1 L2 L3 L4 L5 L6 L1 L2 L3 L4 L5 Time Time \* BLUE DENOTES LANE # AVAILABLE DURING MON 6p - 7p & WED 6a - 7:15a 7:00a - 8:15a 10:00a - 4:45p **SCHEDULED TIME FRAME.** Please be aware that Masters is an opportunity for adult swimmers to be able lane allocations are flexible based on to enjoy a workout together. This will not be a coached **Pool Hours** accommodations for growth of new center **Group Class** 8:30a - 9:15a workout, just a reflection of lanes dedicated to masters \*Pool closes 15 minutes prior to the center. programs and classes. swimmers. A great opportunity to encourage a fellow Mon-Fri 5:15am - 7:45pm\* swimmer to meet you and enjoy a swim together! 9:30a - 4:45p Sat 7am - 4:45pm\* Sun 10am - 4:45pm\*