

Sentara RMH
Wellness Center

<p>* BLUE DENOTES LANE # AVAILABLE DURING SCHEDULED TIME FRAME. Please be aware that lane allocations are flexible based on accommodations for growth of new center programs and classes.</p>	<p>Masters</p> <p>MON 6p - 7p & WED 6a - 7:15a</p> <p>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!</p>	<table><tr><td></td><td colspan="6">SATURDAY</td><td></td><td colspan="6">SUNDAY</td></tr><tr><td>Time</td><td>L1</td><td>L2</td><td>L3</td><td>L4</td><td>L5</td><td>L6</td><td>Time</td><td>L1</td><td>L2</td><td>L3</td><td>L4</td><td>L5</td><td>L6</td></tr><tr><td>7:00a - 8:15a</td><td></td><td></td><td></td><td></td><td></td><td></td><td>10:00a - 4:45p</td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>8:30a - 9:15a</td><td colspan="5">Group Class</td><td></td><td></td><td colspan="6" rowspan="2"><p><u>Pool Hours</u></p><p>*Pool closes 15 minutes prior to the center.</p><p>Mon-Fri 5:15am - 7:45pm*</p><p>Sat 7am - 4:45pm*</p><p>Sun 10am - 4:45pm*</p></td></tr><tr><td>9:30a - 4:45p</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>															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							<p><u>Pool Hours</u></p> <p>*Pool closes 15 minutes prior to the center.</p> <p>Mon-Fri 5:15am - 7:45pm*</p> <p>Sat 7am - 4:45pm*</p> <p>Sun 10am - 4:45pm*</p>						9:30a - 4:45p						
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