

Sentara RMH  
Wellness Center

MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY																																																																									
Time	L1	L2	L3	L4	L5	L6	Time	L1	L2	L3	L4	L5	L6	Time	L1	L2	L3	L4	L5	L6	Time	L1	L2	L3	L4	L5	L6	Time	L1	L2	L3	L4	L5	L6																																																															
5:15a - 8a					VAST 5:15-7a		5:15a - 8a							5:15a - 8a					VAST 5:15-7a								5:15a - 8a						VAST 5:15-7a																																																																
8 - 9a	Group Class						8 - 9a							8 - 9a	Group Class						8 - 9a	Group Class						8 - 9a	Group Class																																																																				
9:30 - 10:30a	Group Class						9:30 - 10:30a	Group Class						9:30 - 10:30a	Group Class						9:30 - 10:30a	Group Class						9:30 - 10:30a	Group Class																																																																				
10:30a - 1p							10:30a - 1p							10:30a - 1p							10:30a - 1p						10:30a - 1p																																																																						
1 - 2p	Group Class						1 - 2p							1 - 2p	Group Class						1 - 2p	Group Class						1 - 2p	Group Class																																																																				
2 - 4:30p					Masters 2:45-4p		2 - 4:30p							2 - 4:30p					Masters 2:45-4p		2 - 4:30p						2 - 4:30p						Masters 2:45-4p																																																																
4:30 - 5:30p	Swim Team (Fall, Winter, Spring)						4:30 - 5:30p	Swim Team (Fall, Winter, Spring)						4:30 - 5:30p	Swim Team (Fall, Winter, Spring)						4:30 - 5:30p	Swim Team (Fall, Winter, Spring)						4:30 - 5:30p	Swim Team (Fall, Winter, Spring)																																																																				
5:30 - 8:45p					High School 5:45-7:15		5:30 - 8:45p							5:30 - 8:45p							5:30 - 8:45p					High School 5:45-7:15	5:30 - 8:45p					High School 5:45-7:15																																																																	
<p><b>* BLUE DENOTES LANE # AVAILABLE DURING SCHEDULED TIME FRAME.</b> Please be aware that lane allocations are flexible based on accommodations for growth of new center programs and classes.</p>							<p><b>Masters</b></p> <p><b>Mon/Wed/Fri 2:45-4 pm</b></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 - 5:45p</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 colspan="7" rowspan="2"><p><b>Pool Hours</b></p><p>*Pool closes 15 minutes prior to the center.</p><p><b>Mon-Fri 5:15am - 8:45pm*</b></p><p><b>Sat 7am - 5:45pm*</b></p><p><b>Sun 10am - 5:45pm*</b></p></td></tr><tr><td>9:30a - 5:45p</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 - 5:45p							8:30a - 9:15a	Group Class						<p><b>Pool Hours</b></p> <p>*Pool closes 15 minutes prior to the center.</p> <p><b>Mon-Fri 5:15am - 8:45pm*</b></p> <p><b>Sat 7am - 5:45pm*</b></p> <p><b>Sun 10am - 5:45pm*</b></p>							9:30a - 5:45p					
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