

# WARM WATER POOL SCHEDULE

Sentara RMH  
Wellness Center

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS	
5:15a								5:15a
6a	Adults Only 5:15a - 9a	Adults Only 5:15a - 9a	Adults Only 5:15a - 9a	Adults Only 5:15a - 9a	Adults Only 5:15a - 9a			6a
7a								7a
8a		Group Class 8:15a - 9:00a						8a
9a								9a
10a	Group Class 10:30a - 11:15a	Shared Space	Group Class 10:30a - 11:15a	Shared Space	Group Class 10:30a - 11:15a	Group Class 9:30a - 10:15a		10a
11a								11a
12p		Adults Only & Rehab Therapy 11a-3p		Adults Only & Rehab Therapy 11a-3p				12p
1p								1p
2p								2p
3p								3p
4p								4p
5p								5p
6p								6p
8:45p								8:45p

## Pool Hours

\*Pool closes 15 minutes prior to the center.

Mon-Fri 5:15am - 8:45pm\*

Sat 7am - 5:45pm\*

Sun 10am - 5:45pm\*

**\* BLUE DENOTES OPEN TIMES FOR SWIMMING AND EXERCISE.** Please be aware that times allocated for open swim are flexible based on accommodations for growth of new center programs and classes.