

FITNESS POOL SCHEDULE

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 - 8:30a							5:15a - 9:30a							5:15a - 8:30a							5:15a - 8:15a							5:15a - 8:30a						
8:30-9:30a	Group Class						9:30 - 10:30a	Group Class						8:30-9:30a	Group Class						8:15-10:30a	Group Class						8:30-9:30a	Group Class					
9:30a - 1p							10:30a - 1p							9:30a - 1p							10:30a - 1p							9:30a - 1p						
1 - 2p	Group Class						1 - 2p							1 - 2p	Group Class						1 - 2p							1 - 2p						
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 (May Only)						4:30 - 5:30p	Swim Team (May Only)						4:30 - 5:30p	Swim Team (May Only)						4:30 - 5:30p	Swim Team (May Only)						4:30 - 5:30p	Swim Team (May Only)					
5:30 - 8:45p							5:30 - 8:45p							5:30 - 8:45p							5:30 - 8:45p							5:30 - 8:45p						

* **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.

Masters
Mon/Wed/Fri 2:45p - 4p

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!

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						Aquatics Hours *Pools close 15 minutes prior to the center. Mon-Fri 5:15a - 8:45p* Sat 7a - 5:45p* Sun 10a - 5:45p*						
9:30a - 5:45p													