FITNESS POOL SCHEDULE-AUG 2026

Sentara RMH Wellness Center

MONDAY

Time	L1	L2	L3	L4	L5	L6
5:15a - 8a						
8-9:15a	Group Class					
9:15a - 12:45p						
12:45 - 2p	Group Class					
2 - 4:30p				Masters 2:45-4p		
4:30 - 5:30p		Swim Team (Starts Sep 8 2026)				
5:30 - 8:45p						

TUESDAY

Time	L1	L2	L3	L4	L5	L6
5:15a - 9:15a						
8-9a						
9:15 - 10:30a	Group Class					
10:30a - 1p						
1 - 2p						
2 - 4:30p						
4:30 - 5:30p		Swim Team (Starts Sep 8 2026)				
5:30 - 8:45p						

WEDNESDAY

Time	L1	L2	L3	L4	L5	L6
5:15a - 8a						
8-9:15a	Group Class					
9:15a - 12:45p						
12:45 - 2p	Group Class					
2 - 4:30p				Masters 2:45-4p		
4:30 - 5:30p		Swim Team (Starts Sep 8 2026)				
5:30 - 8:45p						

THURSDAY

Time	L1	L2	L3	L4	L5	L6
5:15a - 8a						
8-10:30a	Group Class					
10:30a - 1p						
1 - 2p						
2 - 4:30p						
4:30 - 5:30p		Swim Team (Starts Sep 8 2026)				
5:30 - 8:45p						

FRIDAY

Time	L1	L2	L3	L4	L5	L6
5:15a - 8a						
8-9:15a	Group Class					
9:15a - 12:45p						
12:45 - 2p						
2 - 4:30p				Masters 2:45-4p		
4:30 - 5:30p		Swim Team (Starts Sep 8 2026)				
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

Time	L1	L2	L3	L4	L5	L6
7:00a - 8:15a						
8:15a - 9:30a	Group Class					
9:30a - 5:45p						

SUNDAY

Time	L1	L2	L3	L4	L5	L6
10:00a - 5:45p						

Aquatics Hours

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