WARM WATER POOL SCHEDULE

Sentara RMH Wellness Center

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS	
5:15a	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			5:15a
6a								6a
7a						Saturday Pool Hours 7a-5:45p		7a
8a		Group Class 8:15a - 9:00a						8a
9a						Group Class 9:30a - 10:15a		9a
10a	Group Class 10:30a - 11:15a	Shared Space	Group Class 10:30a - 11:15a	Shared Space	Group Class 10:30a - 11:15a		Sunday Pool Hours 10a-5:45pm	10a
11a		Adults Only & Rehab Therapy 11a-3p		Adults Only & Rehab Therapy 11a-3p				11a
12p								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.