

**Fall 2023**

**Aquatics**

Harrisonburg Parks and Recreation is offering various aquatics opportunities this fall at Westover Pool!

**Our Fall Opportunities**

**Lap Swim & Recreational Swim**

Reserve a lane for a lap swim workout or just enjoy the water during our daily recreation swim hours, 12:00-7:00 until August 27.

**Swim Lessons**

Group lessons offered on Tuesday & Thursday afternoon and Wednesday mornings.

**Masters Swim**

Swim team style intermediate to advanced workouts and training for adults from a US Master's Swim Coach.



**Aquatics Registration & Information:**

Registration must take place online at [www.harrisonburgva.gov/program-registration](http://www.harrisonburgva.gov/program-registration) or in-person at any recreation center. If you have questions please call 540-434-0571.

**City Resident Registration August 14 | Non-Resident Registration August 28**

# WESTOVER POOL: Hours and Events

## SWIM HOURS

Open swim and lap swim hours are available 7 days a week now through September 4th! Please check [www.HarrisonburgVA.gov/Swimming-Pool](http://www.HarrisonburgVA.gov/Swimming-Pool) for more pool hours information.

### Recreation Swim

**August 1 - September 4\***

Daily | 12:00pm - 7:00pm

**September 5 - September 22**

Saturday | 12:00pm - 5:00pm

**October 9 - November 22**

Saturday | 12:00pm - 5:00pm

\*Staffing dependent

### Lap Swim Hours

**August 1 - September 4\***

Monday, Friday | 7:00am - 6:00pm

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 6:00pm

Wednesday | 6:00am-7:00am and 12:00pm-6:00pm

Saturday and Sunday | 12:00pm - 5:00pm (one lane)

**September 5 - September 22**

Monday, Friday | 7:00am - 6:00pm

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 4:00pm

Wednesday | 7:00am-9:00am and 12:00pm-6:00pm

Saturday | 12:00pm - 5:00pm (one lane)

**October 9 - November 22**

Monday, Friday | 6:00am - 6:00pm

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 4:00pm

Wednesday | 7:00am-9:00am and 12:00pm-6:00pm

Saturday | 12:00pm - 5:00pm (one lane)

\*High School swim season begins in November. Updated times will be announced via website and social media.

### Closures

**Saturday, September 23, Swim Meet**

**Sunday, September 24 - Sunday, October 8, Dome Week**

Evening High School Swim Meet dates will be posted on the website once confirmed.

## POOL EVENTS

### Pool Deck the Halls

Parents can enjoy an evening out or get some shopping done while the kids enjoy snacks, pizza, crafts and a themed feature on the inflatable movie screen.

Kids (Age 6 - 14) | City Res \$20| Non Res \$40

#110950A1 | Fri | Dec 15 | 6:00pm - 9:00pm

### Shiver Me Timbers Pirate Plunge

Join us on Monday, January 1 as we kick off 2024 with our second annual Shiver Me Timbers Pirate Plunge! Dress up, form a team and plunge into our outdoor Olympic Pool to celebrate a new year. After plunge refreshments will be provided and Westover Pool towels are guaranteed for the first fifty participants to register.

Adult (Age 14+) | City Res \$20| Non Res \$40

#111130A1 | Mon | Jan 1 | 9:00 AM



## Daily Admission Fee

Residents living inside the City limits will need to show proof of residency at time of entry.

**Infant (Age 2 and Under) | Free**

**Children (Age 17 and Under) | City Res \$2 | Non Res \$4**

**Adult (Age 18+) | City Res \$3 | Non Res \$6**

Refunds will not be issued for weather related closures or other unexpected closures. Capacity restrictions may be in place at management's discretion.

# WESTOVER POOL: Swim Lessons, Fitness and Courses

## UNICORN FISH: PREK LEVEL 1

Non-swimming kids ages 3-6 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water, and basic swimming. Lessons consist of 8, 30-minute classes on Wednesdays for 8 weeks weeks.

**Open to City Residents Only Aug 14**

**City Residents \$25**

#311102A1 | Wed | Oct 11 - Nov 29 | 9:30 am - 10:00am

#311102A2 | Wed | Oct 11 - Nov 29 | 10:15am - 10:45am

## SWORDFISH: YOUTH LEVEL 1

Non-swimming kids ages 6-10 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water, and basic swimming. Lessons consist of 8, 30-minute classes on Tuesdays and Thursdays for four weeks.

**Open to City Residents Only Aug 14th**

**City Residents \$25**

#311105A1 | Tu and Th | Aug 29 - Sep 21 | 4:00pm - 4:30pm

#311105A2 | Tu and Th | Aug 29 - Sep 21 | 4:15pm - 4:45pm

## WHALE: YOUTH LEVEL 2

Students with some group lesson experience, ages 6-10, and the ability to swim on their front and back will focus on building confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes. No class Saturday, November 25th.

**Open to City Residents Only Aug 14th**

**City Residents \$25**

#311106A1 | Sa | Oct 14 - Dec 9 | 10:30am - 11:00am

## MAKO: ADVANCED SWIMMER

Mako is the best fit for kids ages 5-12 who can already swim and want to learn more about swimming competitively. Mako participants will work to master freestyle and backstroke technique and gain endurance while learning breaststroke and butterfly. Diving basics and flip turns will also be part of this intro to swim team and lap swim class. No class Saturday, November 25th.

**Open to City Residents Only Aug 14th**

**City Residents \$25**

#311108A1 | Sa | Oct 14 - Dec 9 | 9:45am - 10:15am

## INDIVIDUAL: PRIVATE OR SEMI-PRIVATE

Private and semi-private lessons are great for individuals of any ability wanting to get the benefit of learning to swim and work on specific skills without the group setting or those who don't quite fit the group classifications. Participants are paired with one of our Water Safety Instructors. 30 minute lessons offered individually or in packages of 5. Offered during limited weekday hours and Saturday mornings. Ages 3 and up.

**Open to City Residents Aug 14 | Non-Residents Aug 28**

**Private Lessons:**

**City Residents \$65 for 5 | Non-Residents \$130 for 5**

#311109 | Varies | Sep - Dec

**Semi-Private Lessons, up to 2 participants:**

**City Residents \$100 for 5 | Non-Residents \$200 for 5**

#311110 | Varies | Sep - Dec

## AQUATIC FITNESS

### Masters Swimming

Swim team practice for adults 18+. Join to improve your swimming, technique, get in shape, or take your current workouts to the next level. Participants can come to as many practices as they choose per month. Practice will be held on Tuesday, Wednesday, and Thursdays 7am - 9am. Seasonal membership to Masters Swimming is required, no additional pool membership necessary.

**Six-Month Membership**

**City Res \$75 Non-Res \$150 | Ages 18+**

#321107A1 | Tu, W, Th | 7:00am-9:00am (July-December)

### Fall River Swim

No, we won't be swimming in an actual river. But, challenge yourself to swim the length of the Shenandoah River this fall. You have from September 1 to December 16 to log 56 miles in the water. Track your miles on our Shenandoah River swim chart. 1 mile = 36 laps in the Dive Pool

**Members Free**

#321105A1 | Sep 1 - Dec 16

## SAFETY CORNER: SWIM LESSONS AND PFDs

Did you know swim lessons can begin for kids as young as six months? We offer parent and tot classes to kids from six months to 3 years with their parents. Our instructors will work with parents to teach them the skills to prepare their kids for our pre-k group swim program. Check out our Winter/Spring Activity Guide for upcoming morning Hermit Crab and Barnacle classes.

"PFD" is an acronym for *personal flotation device*. We recommend the use of PFDs that are US Coast Guard approved. The type of PFD, approval and weight limits can usually be found on an inside panel of the PFD. Be sure to use a PFD with non or weak swimmers only when you are within arms reach of that swimmer and commit to being attentive to your swimmer during water play by keeping your phone or other distractions secured in a bag.

