

Winter/ Spring 2024

Aquatics

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

Our Winter/Spring Opportunities

Lap Swim & Recreational Swim

Reserve a lane for a lap swim workout, available daily, or just stop in and enjoy the water during our recreation swim hours on Wednesdays and Saturdays.

Swim Lessons

Group lessons offered on Tuesday & Thursday afternoons and Wednesday & Saturday mornings.

Life Safety Courses

Get ready for your summer job by recertifying or getting certified in a lifeguard course. Check out our Water Safety Instructor course!

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 or in-person at any recreation center. If you have questions please call 540-434-0571.

City Resident Registration December 11 | Non-Resident Registration January 2

WESTOVER POOL: Hours and Events

SWIM HOURS

Open swim and lap swim hours are available 6 days a week. Please check www.HarrisonburgVA.gov/Swimming-Pool for more pool hours information.

Recreation Swim

January 3 - April 27

Wednesday | 9:30am - 11:30am

Saturday | 12:00pm - 5:00pm

Lap Swim Hours

January 2 - April 27*

Monday and Friday | 7:00am - 5:00pm*

Tuesday and Thursday | 6:00am - 7:00am and 9:00am - 5:00pm*

Wednesday | 12:00pm - 5:00pm*

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

*Lap swim until 3:00pm through mid-February due to high school swim season, meet schedule may impact hours.

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

Capacity restrictions may be in place at management's discretion during Recreation Swim hours.

Closures

Thursday, November 23 - Sunday, November 26, Thanksgiving

Saturday, December 23 - Monday, January 1, Winter Holiday

Friday, March 29 - Sunday, March 31, Spring Holiday

Sunday, April 28, Dome Closure

Evening and Saturday high school swim meet dates will be posted on the website once confirmed.



POOL EVENTS

Shiver Me Timbers Pirate Plunge

See you 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



She Swims

Join us for the return of our designated women's swim evening. Lap lanes and recreational swim space will be available. Regular admission rates apply. Registration is requested.

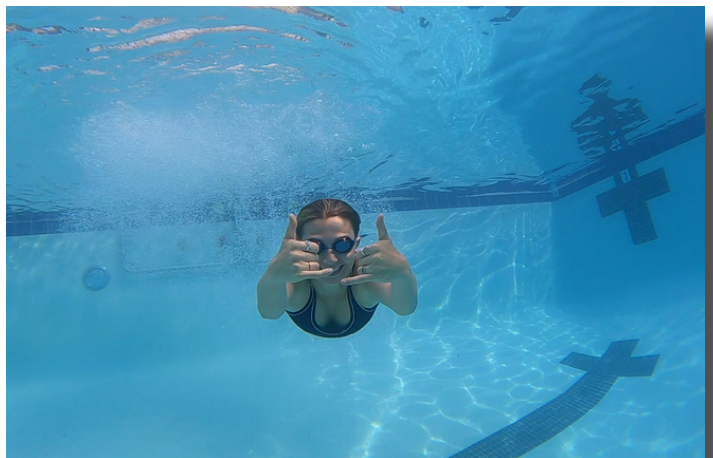
Girls (Age 12-17) | City Res \$2 | Non Res \$4

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

#111131 | Wed | Feb 21 - Apr 24 | 7:30pm - 9:00pm

Memorial Day Weekend

Kick off the unofficial start of summer at our outdoor pools! Pool admissions discounts for veterans applied Saturday, May 25th through Monday, May 27th.



WESTOVER POOL: Group Swim Lessons

HERMIT CRAB: PARENT/TOT LEVEL 1

For tots ages 6 months to 1.5 years with their parents, these classes introduce you both to basic water safety and give you the tips you need to create your own water fun. Swim diapers are required. Lessons consist of 2, 30-minute classes.

Open to City Residents Dec 11 | Non-Residents Jan 2
City Residents \$5 | Non-Residents \$10

#111100A1 | Wed | Jan 10 and Jan 17 | 11:15am - 11:45am
#111100A2 | Wed | Mar 6 and Mar 13 | 10:30am - 11:00am
#111100A3 | Wed | Mar 6 and Mar 13 | 11:15am - 11:45am

BARNACLE: PARENT/TOT LEVEL 2

Focusing on tots ages 1.5 - 3 years, with their parents, this level will work on early fundamental aquatic skills to prepare your child to venture into our group lessons. Swim diapers may be required. Lessons consist of 6, 30-minute classes. The first 4 classes are in-water and the remaining two 30-minute lessons are in a classroom setting, parents only, and will cover general water safety and a hands-only CPR course.

Open to City Residents Dec 11 | Non-Residents Jan 2
City Residents \$20 | Non-Residents \$40

#111101A1 | Wed | Jan 24 - Feb 28 | 11:15am - 11:45am
#111101A2 | Wed | Mar 20 - Apr 24 | 10:30am - 11:00am
#111101A3 | Wed | Mar 20 - Apr 24 | 11:15am - 11:45am

SAFETY CORNER: COATS AND CAR SEATS

Swimming with your family during the colder months is a great way to burn off extra energy! Join us during our Recreation Swim hours and enjoy our indoor pool. After, be sure to dry off well and bundle up as you head out to your vehicle. That said, remember that seat belts and car seat safety restraints are designed to be in close contact with you. While it can be safe for you and your child to wear a winter coat while in the vehicle, consider adjusting the car seat harness with your child's jacket off to endure a good fit. You can also remove the coat and after securing your child, lay the coat over your child like a blanket.

Go to safekids.org to find more winter weather safety tips!



UNICORN: PREK LEVEL 1

Ideal for beginner, non-swimmers ages 3-5, Unicorn Fish will work to master the following skills with assistance from an instructor: fundamental personal water safety skills, floating, moving in chest-deep water and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Dec 11 | Non-Residents Jan 2
City Residents \$25 | Non-Residents \$50

#111102A1 | Wed | Jan 10 - Feb 28 | 9:00am - 9:30am
#111102A2 | Wed | Jan 10 - Feb 28 | 9:45am - 10:15am
#111102A3 | Wed | Jan 10 - Feb 28 | 10:30am - 11:00am
#111102A4 | Wed | Mar 6 - Apr 24 | 9:00am - 9:30am
#111102A5 | Wed | Mar 6 - Apr 24 | 9:45am - 10:15am
#111102B1 | Sat | Jan 13 - Mar 2 | 9:00am - 9:30am
#111102C1 | Tue & Thurs | Feb 27- Mar 21 | 4:15pm - 4:45pm

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.

Open to City Residents Dec 11 | Non-Residents Jan 2
City Residents \$25 | Non-Residents \$50

#111105A1 | Sat | Jan 13 - Mar 2 | 9:00am - 9:30am
#111105A3 | Sat | Jan 13 - Mar 2 | 10:30am - 11:00am
#111105A4 | Sat | Jan 13 - Mar 2 | 11:15am - 11:45am
#111105C1 | Tue & Thur | Feb 27 - Mar 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.

Open to City Residents Dec 11 | Non-Residents Jan 2
City Residents \$25 | Non-Residents \$50

#111106A1 | Sat | Jan 13 - Mar 2 | 9:45am - 10:15am
#111106A1 | Sat | Jan 13 - Mar 2 | 9:45am - 10:15am
#111106C1 | Tue & Thur | Apr 2 - Apr 25 | 4:15pm - 4:45pm

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.

Open to City Residents Dec 11 | Non-Residents Jan 2
City Residents \$25 | Non-Residents \$50

#111108A1 | Sat | Jan 13 - Mar 2 | 10:30am - 11:00am
#111105A2 | Sat | Jan 13 - Mar 2 | 11:15am - 11:45am
#111108C1 | Tue & Thur | Apr 2 - Apr 25 | 4:15pm - 4:45pm

WESTOVER POOL: Swim Training and Lifesaving Courses

SWIM TRAINING

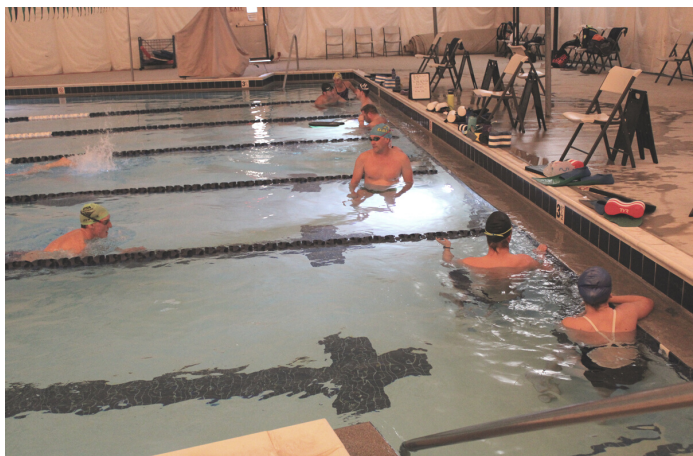
Masters Swimming

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 Tuesday - Thursday, 7am - 9am. Seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Winter/Spring Membership

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

#121107A1 | Tu, W, Th | 7:00am-9:00am (January-June 30)



Triathlete Swim Series

Add this to your season prep! Led by a former USAT coach and race director along with local guests, this progression-based program will focus on open water technique, nutrition and mobility to help you feel ready to race. This series is great for all levels of triathlete.

City Res \$15 | Non-Res \$30 | Ages 15+

#121108A1 | Wed | Apr 3, 10, 17, 24 | 6:00am-7:00am



LIFE SAFETY COURSES

Hands Only CPR

Led by one of our Water Safety Instructors, this 30-minute class is designed to introduce you to the concepts of CPR and provide an opportunity to practice the skills discussed. This course is open to the parents of spring swim lesson participants and is included in registration for Barnacle.

Open to City Residents Dec 11 | Non-Residents Jan 2

City Residents \$20 | Non-Residents \$40

#131100A1 | Wed | Feb 28 | 11:15am - 11:45am

#131100A2 | Wed | Apr 24 | 10:30am - 11:00am

#131100A3 | Wed | Apr 24 | 11:15am - 11:45am

Lifeguard Prerequisite Skills Test

Prerequisite skills for the lifeguard course include the following:

- 300 yard continuous swim demonstrating front crawl or breaststroke or a combination of both
- 2 minute tread using only the legs
- 1:40 timed, 10 pound brick retrieval from 7-10 feet depth

For questions, call 540-434-0571

Lifeguard Certification Courses

The lifeguard certification course is for new lifeguards or former lifeguards with an expired certification. Online content will be assigned at least one week prior to the first day of the course and will need to be completed by the first in-person skill session. In-person skill sessions will take place over three consecutive days. Participants must be 15 by the final date of the course. Applications can be found at harrisonburgva.gov.

Course Fee \$ 175 | Ages 15+

#131101A1 | Fri - Sun | Mar 8 - 10 | 4:00pm-9:00pm and 8:00am-6:30pm

#131101B1 | Fri - Sun | Apr 12 - 14 | 4:00pm-9:00pm and 8:00am-6:30pm

#131101C1 | Fri - Sun | May 17 - 19 | 4:00pm-9:00pm and 8:00am-6:30pm

Lifeguard Recertification Courses

This course is for current certified American Red Cross lifeguards and instructors or American Red Cross lifeguards and instructors with certifications expired for no more than 30 days. Review courses are one day classes. Email Michelle.Tucker@Harrisonburgva.gov to get more information and register for LGI/IT reviews.

Course Fee \$75 | Ages 15+

#131102A1 | Su | Mar 10 | 8:30am-6:30pm

#131102B1 | Su | Apr 14 | 8:30am-6:30pm

#131102C1 | Su | May 19 | 8:30am-6:30pm

Water Safety Instructor Course

Become a swim instructor in our American Red Cross Water Safety Instructor course. This course is designed to give you the tools to teach swim lessons to a wide range of ages and abilities. Contact Michelle.Tucker@HarrisonburgVA.gov for more details and pre-requisites.

Course Fee \$ 175 | Ages 16+

#131104A1 | Sun - Fri | June 2 - 7 | 9:00am - 5:00pm (Sun) and 4:00pm - 9:00pm (Mon-Fri)