



CITY OF HARRISONBURG
**PARKS
& REC**

WINTER/SPRING 2026 AQUATICS

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

OUR WINTER/SPRING OPPORTUNITIES AQUATICS

Lap Swim & Recreational Swim

Reserve a lane for lap swim during our daily hours or just enjoy the water during our recreation swim hours on Wednesday mornings and Saturdays through the winter.

Swim Lessons

We will be offering multiple levels of swim lessons this season. Dome season is a great time to start preparing for summer fun!



Aquatics Registration & Information

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-433-0571
City Resident Registration November 24 | Non Resident Registration December 8

AQUATICS

SWIM HOURS

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

Recreation Swim

January 7 - April 22

Wednesday | 9:00am - 11:30am

Saturday | 12:00pm - 5:00pm

Lap Swim Hours

January 2 - April 24

Monday - Friday | 6:00am - 5:00pm*

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

*Programming and high school swim season may affect availability

Pool Closures

Winter/ Spring and Winter Holidays

Thursday, January 1, New Year's Day

Monday, January 19, Martin Luther King, Jr. Day

Monday, February 16, Presidents' Day

Saturday, February 21

Friday, April 3, Spring Holiday

Dome Closure begins Saturday, April 25:

Each Winter/ Spring, we take some time to get ready for the upcoming season by focusing on our dome and some maintenance projects.

DAILY ADMISSION FEE

Residents living within 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. Refunds will not be issued for weather related closures or other unexpected closures.

POOL EVENTS

Shiver Me Timbers Pirate Plunge

Jump into the New Year! We will kick off 2026 with our 4th, and possibly last, Shiver Me Timbers Pirate Plunge at the pool! Dress up, grab some friends, join the fun, and start your new year off fresh with a quick dip in our seasonally cool Olympic Pool. Refreshments will be available after the plunge!

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

#111130A1 | Th | Jan 1 | 9:00am

She Swims

Our designated women's swim time is back and better than ever! Beginning in February and lasting until the dome comes down, each Wednesday will feature lap lanes, recreational space, and pop-up class offerings. Follow Harrisonburg Parks and Recreation on social media for pop-up class announcements! Registration is requested, recreation admission rates apply.

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

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

#111131A1 | Wed | Feb 25 - Apr 22 | 7:30pm - 9:00pm

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

Indoor Membership

City Res \$150 | Non Res \$300 | Ages 18+

#121107A2 | Tu, W, Th | 7:00am-9:00am (Sep - April)

Rock the River

Keep your swimming on track this dome season. After each swim, move your marker to record your laps.

Easier: Maury River, 43 miles

Challenge: Mattaponi River, 103 miles

Extra Challenge: Both Rivers, 146 miles!

One mile=35 laps

Lap Swim or Membership Fees Apply | All Ages

City Res \$2 | Non Res \$4 | (Sep - May)

Water Aerobics

Join us for this low impact workout that combines resistance training and cardio exercise. Train using your own body weight and resistance or add equipment to increase the challenge. Session is 8, 45 minutes classes. (No class on April 1)

Open to City Residents Nov 24 | Non Res Dec 8

City Res \$30 | Non Res \$60 | Ages 18+

#121109A1 | W | Feb 18 - Apr 15 | 11:00am - 11:45am

FLOUNDERS: ADULTS

Ideal for beginner or unsure adults, this group lesson is station based, allowing you more freedom to hone the skills you want. Take control of your New Year's resolution and try something different in 2025. Lessons consist of 8, 45 minute classes. (No class on April 3)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#121106A1 | Fri | Feb 27 - Apr 24 | 7:15pm - 8:00pm

AQUATICS

HERMIT CRAB: PARENT/TOT LEVEL 1

Focusing on tots ages 0.5 - 1.5 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 4, 30-minute classes. (No class on April 1)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111100A1 | W | Feb 18 - Mar 11 | 9:30am - 10:00am

#111100A2 | W | Mar 18 - Apr 15 | 9:30am - 10:00am

BARNACLE: PARENT/TOT LEVEL 2

Focusing on tots ages 1.5 - 2 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 8, 30-minute classes. (No class on April 1)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111101A1 | W | Feb 18 - Apr 15 | 10:15am - 10:45am

UNICORN FISH: PRE-K 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, water comfort and basic swimming. Lessons consist of 8, 30-minute classes. (No class on April 4)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111102B1 | Sa | Feb 21 - Apr 18 | 9:00am - 9:30am

RAY: PRE K LEVEL 2

Students ages 3-5 with some group lesson or swimming experience will focus on confidence, water safety, breath control and rhythmic, coordinated movement in the water to develop basic front and back crawl for short distances. Lessons consist of 8, 30-minute classes. (No class on April 4)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111103B1 | Sa | Feb 21 - Apr 18 | 9:45am - 10:15am

MAKO: YOUTH LEVEL 3

Mako is the best fit for kids ages 6-11 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work on technique for front and back crawl, build endurance and get introduced to breaststroke, treading and personal safety. Lessons consist of 8, 30-minute classes. (No class on April 4)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111107B1 | Sa | Feb 21 - Apr 18 | 10:30am - 11:00am

SUMMER EMPLOYMENT

Get an early start to summer by taking steps to secure a summer job as a lifeguard at Westover! Reserve a lane to practice the following lifeguarding pre-requisites:

- Jump in the deep end, surface and swim 150 yards, stop and tread for 2 minutes using only your legs, finish by swimming 50 more yards and getting out of the pool using the side.
- Ask to borrow our brick!
 - Drop the brick in the deep end. Start in the shallow end and swim to the brick, surface dive to retrieve it and swim back on your back. Place the brick on deck and exit the water using the side.

All of our full-time staff are happy to help!

LIFEGUARD TRAINING

Lifeguarding Classes

This American Red Cross Lifeguarding course is for new lifeguards or former lifeguards with an expired certification. Pre-requisites will take place one week before the start of class. With successful pre-requisites, online content will be assigned and payment taken. Online content will need to be completed by the first in-person skills session. In-person skill sessions will take place over four consecutive days.

Course Fee \$175 | Ages 15+

#131101A1 | Thu - Su | Feb 19 - 22 | 4:00pm - 9:00pm and 11:30am - 8:00pm | 8:00am - 6:00pm

#131101A2 | Thu - Su | Apr 23 - 26 | 4:00pm - 9:00pm and 11:30am - 8:00pm | 8:00am - 6:00pm

Lifeguarding Recertification Classes

Designed for currently certified American Red Cross lifeguards and instructors or those with ARC certifications expired for no more than 30 days, Lifeguarding Review courses are two, half-day classes. Email Michelle.Tucker@HarrisonburgVA.gov for information regarding LGI/IT recertifications.

Course Fee \$75

#131102A1 | Fri and Sat | Mar 6 - 7 | 5:00pm - 9:00pm and 11:30am - 8:00pm

#131102A2 | Fri and Sat | May 15 - 16 | 5:00pm - 9:00pm and 11:30am - 8:00pm