



CITY OF HARRISONBURG
**PARKS
& REC**

FALL 2026 AQUATICS

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

OUR FALL OPPORTUNITIES

Lap Swim & Recreational Swim

Reserve a lane for lap swim or water workout or just enjoy the water during our outdoor recreation swim hours until September 7.

Aquatic Classes

Now offering two sessions of water aerobics! Check out our line-up of safety classes!



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 540-434-0571

City Resident Registration August 10 | Non Resident Registration August 24

AQUATICS: HOURS AND EVENTS

SWIM HOURS

Recreation Swim

August 15 - September 5*

Saturday - Sunday | 12:00pm - 7:00pm

*Staffing Dependent

September 7 - December 19

Wednesday | 9:00am - 12:00pm

Saturday | 12:00pm - 5:00pm

Lap Swim Hours

August 17 - September 7

Monday, Friday | 6:00am - 4:00pm

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

Saturday - Sunday | 12:00pm - 7:00pm

September 8 - December 19

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

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

Wednesday | 6:00am - 7:00am, 12:00pm - 5:00pm*

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

*High School swim season begins in November, lap swim will end at 3:00pm.

Dome Closure

Each year, we take some time to get ready for our indoor season by focusing on our dome and maintenance projects.

Saturday, October 17 - Sunday, November 15*

*Pending arrival and installation of our new dome. Check our website and social media for updated schedules.

Pool Closures

Fall and Winter Holidays

Monday, October 12

Tuesday, November 3

Wednesday, November 11

Half-day Wednesday, November 25 - Sunday, November 29

Sunday, December 20-Friday, January 1

Ralph Sampson Park Spray Grounds

Open Daily 10:00am - 8:00pm (Memorial Day - Labor Day)

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

Please check www.HarrisonburgVA.gov/Swimming for more pool hours information.

POOL EVENTS

Shiver Me Timbers Pirate Plunge

Calling all Captains, Quartermasters, and Crew! We've got new swag and great refreshments! Participants 12 and up can enjoy a dip in the outdoor pool before heading indoors to cheer on the Cannonball Crew!

City Residents \$20 | Non Residents \$40 | Adult (Age 12+)

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

Cannonball Splash

This is a call for our younger crewmates! Earn your own swag this year during our first official Cannonball Splash! Once the rest of your shipmates complete their dip in the icy deep outside, it will be your turn to walk the plank in the heated indoor pool.

City Residents \$20 | Non Residents \$40 | Youth (Ages 3-11)

#111130A2 | F | Jan 1 | 9:30am

SUMMER WRAP-UP

We had a great summer! Thanks for helping us kick off our Swim for Sadie free swim lesson program! We had free admission for City Residents during high heat days and on Thursdays in July and swim lesson enrollment was our highest ever!

Swim lessons and water aerobics will be offered during dome season and recreation swim will be available twice a week.

Check out this guide and the upcoming Winter/Spring activity guide for everything we have coming up!

Thanks for a great 2026 summer and see you in the dome!

AQUATICS

SWIM FOR SADIE LEVEL 1

Level 1 is for non-swimming kindergarten through 2nd graders who will work toward mastering essential water safety, floating, moving in chest-deep water and basic swimming.

Harrisonburg City Public School Students Only

#311111E1 | M, W | Aug 24 - Sep 16 | 5:00pm - 5:30pm

#311111E2 | M, W | Aug 24 - Sep 16 | 5:45pm - 6:15pm

#311111E3 | M, W | Aug 24 - Sep 16 | 6:30pm - 7:00pm

#311111F1 | Tu, Th | Aug 25 - Sep 17 | 5:00pm - 5:30pm

#311111F2 | Tu, Th | Aug 25 - Sep 17 | 5:45pm - 6:15pm

#311111F3 | Tu, Th | Aug 25 - Sep 17 | 6:30pm - 7:00pm

SWIM TRAINING AND FITNESS

Masters Swimming

Swim team practice for adults 18+. Join to improve your endurance and technique 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, 7:00am - 9:00am. Seasonal memberships to Masters Swimming is required, no additional pool membership is necessary.

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

#121107A1 | Tu, W, Th | 7:00am - 9:00am (Sep - Apr)

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. No additional pool membership is necessary.

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

City Residents Registration Jul 20 | Non Residents Aug 3

#321109A1 | M, W | Aug 10 - Sep 2 | 9:00am - 9:45am

#321109A2 | Tu, Th | Aug 11 - Sep 3 | 9:00am - 9:45am

FLOUNDERS: ADULTS

Ideal for beginner or unsure adults wanting to learn more about swimming this group lesson is shaped by individual and group goals. A station-style set up will allow you to spend time working on skills you want to master while group work builds confidence and enhances your experience. 8, 45-minute lessons.

City Residents \$25 | Non Residents \$50 | Adults (16+)

City Resident Registration Jul 20 | Non Resident Aug 3

#321106A1 | Tu, Th | Aug 11 - Sep 3 | 11:00am - 11:45am

SAFETY TRAINING CLASSES

Lifeguarding

Take advantage of your time off of school! This blended learning American Red Cross Lifeguarding course is for perfect for students ages 15 and up that will be new lifeguards or former lifeguards with an expired certification. Pre-requisites include a swim and tread event as well as a timed retrieval of a 10 pound brick from deep water. Online content will be assigned two weeks before the first in-person skills session.

City Residents \$75 | Non Residents \$150 | Ages 18+

#331101A1 | M - Th | Dec 28 - Dec 30 | 8:30am - 4:30pm

Basic CPR Training

In this American Red Cross Adult and Pediatric CPR/First Aid/AED training course, you will learn the essential skills to assist someone experiencing a sudden illness or injury. Successful completion of this course includes a 2-year certification and is most appropriate for education professionals, office staff, baby-sitters and individuals in non-emergency roles.

City Residents \$45 | Non Residents \$90 | Ages 14+

City Residents Registration Jul 20 | Non Residents Aug 3

331105A1 | Sa | Aug 29 | 8:30am - 1:30pm

City Residents Registration Aug 10 | Non Residents Aug 24

#331105B1 | Sa | Sep 26 | 8:30am - 1:30pm

#331105C1 | Sa | Oct 24 | 8:30am - 1:30pm

Wilderness and Remote First Aid

If you are an outdoor enthusiast, this American Red Cross Wilderness and Remote First Aid class is for you! Be prepared for fall hiking, leaf peeping and other outdoor activities after this 16-hour, hands-on course. Get a foundation of first aid principles and skills to be able to respond to emergencies and give care when help is not close by. A CPR certification is required prior to the completion of this course. Course will be held on four consecutive Thursdays.

Location: Hillandale Park, Shelter 12

City Residents \$75 | Non Residents \$150 | Ages 18+

#331106A1 | Th | Sep 24 - Oct 15 | 4:30pm - 8:30pm