

Winter/ Spring 2025

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 lap swim Monday - Saturday or enjoy recreation swim times on Wednesday mornings and Saturdays.

Swim Lessons

Group lessons will be offered in the mornings on Wednesdays and Saturdays and afternoons Monday-Thursday.

Summer Job Opportunity Courses

We are excited to start building our team for Summer 2025. Spring is a great time to get certified. Sign-up for a lifeguarding or swim instructor certification with us for your chance to be part of the Friendly City.



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 November 25 | Non-Resident Registration December 9

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 2 - April 26

Wednesday | 9:00am - 12:00pm

Saturday | 12:00pm - 5:00pm

Pool Closures

Winter and Spring Holidays

Wednesday, January 1

Monday, January 20

Monday, February 17

Friday, April 18

Dome Closure

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

Begins Saturday, April 26

Lap Swim Hours

January 2 - April 26

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

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

**Programming and high school swim season may affect availability*

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.



POOL EVENTS

Shiver Me Timbers Pirate Plunge

Jump into the New Year! We will kick off 2025 with our 3rd Shiver Me Timbers Pirate Plunge! We've got your towels ready along with a new swag item so dress up, grab some friends, and start your new year off fresh with a quick dip in our seasonally cool Olympic Pool. Refreshments will be available after the plunge in the Dome!

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

#111130C1 | Wed | Jan 1 | 9:00am



Rock the River Challenge!

Our Rock the River Challenge continues through dome season!

Keep yourself moving during indoor season and move your marker to track your laps. Running September 30 through April 26th, 2025, you have roughly 150 days to hit your goal:

Easier: Roanoke River, 45 miles

Challenge: South Anna River, 102 miles

Extra Challenge: Both rivers for 147 miles!

Book your lane, get swimming and earn your Rock the River swag!

Lap Swim or Membership Fees Apply | All Ages

City Res \$2 | Non Res \$4

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-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 19 - Apr 23 | 7:30pm - 9:00pm

WESTOVER POOL: Certification Courses

Summer Employment

Get an early start to summer by taking steps to secure your 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 using the front crawl or breaststroke, 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. Enter the water in the shallow end and swim to the brick, surface dive to retrieve it and swim back on your back, both hands on the brick. Place the brick on deck and exit the water using the side.

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

Lifeguarding Course

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+

#131101B4 | Th - Su | Apr 3 - 6 | 4:00pm - 8:00pm and 9:00am - 5:30pm

#131101C4 | Th - Su | Apr 10 - 13 | 4:00pm - 8:00pm and 9:00am - 5:30pm

#131101D4 | Th - Su | Apr 24 - 27 | 4:00pm - 9:00pm and 9:00am - 5:30pm



Swim Instructor Course

Become a swim instructor in our American Red Cross Water Safety Instructor course. This course will provide the training and tools to teach swim lessons to a wide range of ages and abilities. Instructor candidates should be adept at all competitive swim strokes, but no prior teaching experience is required.

Course Fee \$175 | Ages 15+

#131104A1 | Mon - Sat | May 19 - 24 | 4:00pm - 8:30pm, 8:00 am - 2:00 pm



Lifeguarding Recertification

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

#131102B1 | Fri and Sat | Mar 28 - 29 | 4:00pm - 8:00pm and 8:30am - 6:30pm

#131102B1 | Fri and Sat | May 16 - 17 | 4:00pm - 8:00pm and 8:00am - 6:30pm



CPR Class

Celebrate Heart Month this February! In this professional level CPR course, you will learn the essential skills to assist someone experiencing a sudden illness or injury. Successful completion of this 5 hour blended learning course and in-person skills session with an instructor includes a two-year certification in American Red Cross CPR for the Professional Rescuer, recognized by agencies nation-wide.

City Res \$45 | Ages 14+

#131105A1 | Sat | Feb 15 | 12:30pm - 5:30pm



WESTOVER POOL: Beginner Group Swim Lessons

Hermit Crab: Parent/Tot Level 1

For parents and their tots, ages 6 months to 1.5 years, 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 4, 30-minute classes.

Open to City Residents Nov 25 | Non Res Dec 9

City Residents \$20 | Non Res \$40

#111100A1 | Wed | Mar 5 - Mar 26 | 9:00am - 9:30am

#111100A2 | Wed | Apr 2 - Apr 23 | 9:00am - 9:30am

Unicorn Fish: 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: basic personal water safety skills, floating, water comfort, and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111102A1 | Wed | Jan 8 - Feb 26 | 10:30am - 11:00am

#111102A2 | Wed | Mar 5 - Apr 23 | 9:45am - 10:15am

#111102A3 | Wed | Mar 5 - Apr 23 | 10:30am - 11:00am

#111102A4 | Wed | Mar 5 - Apr 23 | 11:15am - 11:45am

#111102B1 | Sat | Feb 1 - Mar 22 | 9:00am - 9:30am

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 Nov 25

City Residents \$25

#111105B1 | Sat | Feb 1 - Mar 22 | 9:45am - 10:15am

#111105B2 | Sat | Feb 1 - Mar 22 | 11:15am - 11:45am

#111105C1 | Mon-Thur | Mar 3 - Mar 13 | 4:15pm - 4:45pm

#111105C2 | Mon-Thur | Apr 14 - Apr 24 | 4:15pm - 4:45pm

Teen Swordfish: Teen Level 1

Non-swimming teens ages 11-15 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 Nov 25

City Residents \$25

#111105TB1 | Sat | Feb 1 - Mar 22 | 10:30am - 11:00am

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 8, 30-minute classes.

Open to City Residents Nov 25 | Non Res Dec 9

City Residents \$25 | Non Res \$50

#111101A1 | Wed | Jan 8 - Feb 26 | 9:45am - 10:15am

#111101A2 | Wed | Mar 5 - Apr 23 | 9:45am - 10:15am

#111101A3 | Wed | Mar 5 - Apr 23 | 10:30am - 11:00am

Ray: PreK 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.

Open to City Residents Nov 25

City Residents \$25

#111103B1 | Sat | Feb 1 - Mar 22 | 9:00am - 9:30am

#111103A1 | Wed | Mar 5 - Apr 23 | 11:15am - 11:45am

Whale: Youth Level 2

Students ages 6-10 with some group lesson experience, comfort in the water, and the ability to swim on their front and back will focus on building more 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 Nov 25

City Residents \$25

#111106B1 | Sat | Feb 1 - Mar 22 | 9:45am - 10:15am

#111106C1 | Mon - Thu | Mar 31 - Apr 10 | 4:15pm - 4:45pm

Teen Whale: Teen Level 1

Teens ages 11-15 with some group lesson or swimming experience, comfort in the water, and the ability to swim a short distance on their front or 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 Nov 25

City Residents \$25

#111106TC1 | Mon - Thu | Mar 17 - Mar 27 | 4:15pm - 4:45pm

WESTOVER POOL: Advanced and Adult Swim Lessons

Mako: Level 3

Mako is the best fit for kids ages 6-12 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. Additional skills taught will be based on participant abilities. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111107B1 | Sat | Feb 1 - Mar 22 | 10:30am - 11:00am



Seal: Level 4

Seal is great for swimmers ages 6-15 who are considering swim team or want to learn more about swimming for fitness. Seal participants should be able to swim the length of the pool and back and have knowledge of all four competitive strokes. Swimmers will learn more about the competitive strokes and others, as well as work on diving, flip turns and swim drills. Additional skills taught will be based on participant abilities. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111108B1 | Sat | Feb 1 - Mar 22 | 11:15am - 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. Instructors: Michelle Tucker and Raymond Trouve

Open to City Residents Nov 25

City Residents \$25

#121106A1 | Wed | Jan 8 - Feb 26 | 11:15am - 12:00pm

Water 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.

Coach: Patrick O'Neill

Indoor Masters Membership

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

#121107A1 | Tu, W, Th | 7:00am - 9:00am (Sept - end of April)

Aqua: Total Body Training

Total Body Training in the pool! This is a great cardio and strength interval training class designed to work your entire body and maximize calorie burn by using your own body weight or equipment. Focus on resistance, power, intervals, plyometrics, endurance, and determination to see a new you!

Instructor: Gina Pollard

City Res \$30 | Ages 18+

#121109A1 | Wed | Mar 5 - Apr 23 | 3:00pm - 4:00pm

Zero to Tri

Get prepped for an early spring sprint for the first time or as a tune-up for a bigger race later in the season! Meeting Saturdays 7:30-8:45 for weekly check-ins and activity or workout, this is a great way to get some accountability this season. Ideal for those just starting out or new to the sport. Registration includes guest facilitators and an 8-week workout plan to take some of the guesswork out of training.

Coach: Michelle Tucker

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

#121108A1 | Sat | Feb 22 - Apr 12 | 7:30am - 8:30am

