

Bow Creek Recreation Center

November

Subject to change / Updated: 11/12/21

www.vbgov.com/swim

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:00am Laps & Exercise	6:00-9:00am Laps & Exercise	6:00-8:25am Laps & Exercise	6:00-9:00am Laps & Exercise	6:00-8:00am Laps & Exercise		
9:00am-2:40pm Laps Exercise Open	9:00am-2:40pm Laps Exercise Open Lessons 9:30-10:45 shallow end	8:30-9:30am Aqua Shallow Fitness Class Exercise - Deep 9:30am-2:40pm Laps Exercise Open	9:00am-2:40pm Laps Exercise Open	8:00-8:45am Aqua Shallow Fitness Class Exercise - Deep 8:45am-2:40pm Laps Exercise Open	9:00-11:00am Laps Exercise 11:00am-1:00pm Laps Exercise Open 1:00-4:45pm Open + Slide	11:00am-12:00pm Laps Exercise 12:00-1:00pm Laps Exercise Open 1:00-4:45pm Open + Slide
2:45pm-5:15pm HS Swim Exercise - Deep	2:45-5:15pm HS Swim Exercise - Deep	2:45pm-5:15pm HS Swim Exercise - Deep	2:45-5:15pm HS Swim Exercise - Deep	2:45pm-5:15pm HS Swim Exercise - Deep	11/11 (Thu) and 11/26 (Fri) Holiday Schedule 9-4:45 pm 9:00am-11:00am: Laps and Exercise 11:00am-4:45pm: Laps, Open & Slide 11/25 (Thu) - Closed for Thanksgiving	
5:20pm-5:55pm Laps Exercise Open + Slide	5:20pm-8:00pm SL Exercise - Deep	5:20pm-5:55pm Laps Exercise Open + Slide	5:20pm-8:00pm SL Exercise - Deep	5:20pm-5:55pm Laps Exercise Open + Slide		
6:00pm-7:30pm Lessons Exercise - Deep		6:00pm-7:30pm Lessons Exercise - Deep		6:00pm-7:30pm Lessons Exercise - Deep		
7:30pm-8:00pm Laps Open + Slide		7:30pm-8:00pm Laps Open + Slide		7:30pm-8:00pm Laps Open + Slide	Shoreline Schedule Mon-Fri: 8:30am-8:00pm Saturday: 9:00am-4:45pm Sunday: 11:00am-4:45pm	

Open Swim affords families time to enjoy swimming together. Children ages 9 and under must be accompanied in the water by a parent or Open & guardian 16 years or older who remains in close proximity. Diving is limited to the deep end. Patrons must be able to swim without Open + Slide: assistance or use of flotation devices when using deep water. Use of the diving board takes precedence over open swim or water exercise in the deep end. + Slide will be noted when Avalanche Drop Slide is available.

Members must be deep water safe and able to swim at least two lengths to participate. Lanes are categorized according to speed; please Laps: swim in the lane best suited to your ability and the ability of others. The established lap pattern must be followed. First come, first serve. Subject to change. Bow Creek has two lap lanes available unless otherwise noted. *Denotes lap space may be limited.

Exercise: Members are encouraged to perform self-directed exercises. Water Exercise may occur in the shallow or deep end of the pool unless otherwise noted. Participants should be deep water safe.

Lessons: Swimming Lessons are being held at this time. No Open Swim available.

SL: Swim League. No Open Swim available.

HS: High School Swimming. No Open Swim available.