

Bayside Recreation Center - Swimming Pool


November 2021

Subject to change. Updated: 11/8/21

Schedule begins November 8th

Schedule begins November 8th, Competitive Season begins, check changes!

This schedule is to inform pool users what is available for Lap, Exercise and Open swim. Definitions are below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-9:30am Laps (6) <i>Open</i>	6:00-7:15am Laps (6) <i>Open</i>	6:00am -8:30am Laps (6) <i>Open</i>	6:00-7:15am Laps (6) <i>Open</i>	6:00-7:15am Laps (6) <i>Open</i>	POOL CLOSED SWIM MEETS Nov 20th	Want a copy? 
	7:30-8:30am Laps (3) <i>Open - Shallow</i> Program		7:30-8:30am Laps (3) <i>Open - Shallow</i> Program	7:30-8:30am Laps (4) <i>Open - Shallow</i> Program	SPECIAL EVENT WATER POLO Nov 27th 9:00-2:30pm Laps (2) yds <i>Open - Shallow</i>	
9:30-2:30pm Laps (4) <i>Open</i>	8:30am-2:30pm Laps (4) <i>Open</i>	8:30am-2:30pm Laps (4) <i>Open</i>	8:30am-2:30pm Laps (4) <i>Open</i>	8:30am-2:30pm Laps (4) <i>Open</i>	9-12:00pm Laps (6) <i>Open</i>	11:00am-12:45pm Laps (6) <i>Open</i>
					12:00-4:45pm Laps (4) <i>Open</i>	1:00-3:00pm Laps (2 Yards) <i>Open - Shallow</i> Program - Deep
2:30-5:30pm Laps (2) HS Swim Practice <i>Open - Square</i>	2:30-5:30pm Laps (2) HS Swim Practice <i>Open - Square</i>	2:30-5:30pm Laps (2) HS Swim Practice <i>Open - Square</i>	2:30-5:30pm Laps (2) HS Swim Practice <i>Open - Square</i>	2:30-5:30pm Laps (2) HS Swim Practice <i>Open - Square</i>		3:15-4:45pm Laps (4) <i>Open</i>
					Holiday Hours:	
5:30-8:00pm Laps (3) Program HS DIVE Practice	5:30-8pm NO LAP SWIM Programs (8) <i>Open - Square</i>	5:30-8:00pm Laps (3) Program HS DIVE Practice	5:30-8pm NO LAP SWIM Programs (8) <i>Open - Square</i>	5:30-8:00pm Laps (4) Program	Thurs Nov 11th 9-12:00pm Laps (6) <i>Open</i>	Fri Nov 26th 9-12:00pm Laps (6) <i>Open</i>
					12:00-4:45pm Laps (4) <i>Open</i>	12:00-4:45pm Laps (4) <i>Open</i>

Laps: Members must be deep water safe and able to swim at least two lengths to participate. Lanes are categorized according to speed; please swim in the lane best suited to your ability and the ability of others. Circle swim is the established lap pattern. First come, first serve.
The number of lap lanes available is noted in the (#). We will adjust number of lanes as programming attendance allows. **25 meters length of pool; 25 yards width of pool.**

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. Exercise may also occur during Open time as well. Participants should be deep water safe. Exercise - Shallow: Deep end not available.

If you are interested in taking a water fitness class click on the link:

<https://www.vbgov.com/government/departments/parks-recreation/programs/Pages/fitness-finder.aspx>

Open: Open Swim = Space to do your own thing. Open Swim affords families time to enjoy swimming together. Children ages 9 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Patrons must be able to swim without 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. **Open-Shallow**: Deep end not available.

Programs/Lessons: [Morning Lessons](#), [Evening lessons](#), [Water Polo](#), and [Springboard Diving Programs](#) available. Please click on the link for [Aquatic programs at Bayside](#). Term also used for Fitness Class and Rental placeholder.