


Great Neck Recreation Center - Swimming Pool

Subject to change. Updated: 9/28/21

Oct-21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:15am Laps (5) Exercise	6:00-8:30am Laps (5) Exercise	6:00-7:15am Laps (5) Exercise	6:00-8:30am Laps (5) Exercise	6:00-7:15am Laps (5) Exercise	9:00-11:00am HS Water Polo Laps (2-25yd Lanes)	11:00-1:00pm Laps (4) Exercise
7:15-8:15am Adult Swim Workout NO LAPS AVAILABLE	8:30-9:30am Adult Swim Workout Laps (2)	7:15-8:15am Adult Swim Workout NO LAPS AVAILABLE	8:30-9:00am Adult Swim Workout Laps (2)	7:15-8:15am Adult Swim Workout NO LAPS AVAILABLE	11:00am-1:00pm Laps (4) Exercise	1:00-4:45pm Laps (4) Open
8:15-9:00am Laps (3) Exercise	9:30am-1:00pm Laps (4) Exercise	8:15-9:00am Laps (3) Exercise	9:00-10:00am Laps (2-3) Fitness-shallow	8:15am-1:00pm Laps (4) Exercise	1:00-4:45pm Laps (4) Open	Notes:
9:00-10:00am Laps (3) Fitness	1:00-3:00pm Laps (4) Open	9:00-10:00am Laps (3) Fitness	10:00am-12:15pm Laps (3) Exercise-shallow	1:00-8:00pm Laps (4) Open	Notes:	October 23rd 1:00-3:00pm Pool Pumpkin Patch: Pick up a pumpkin from the pool and decorate it. Additional Cost: \$5.00, Register online. 
10:00am-1:00pm Laps (4) Exercise	3:00-4:30pm Laps(2-25yd Lanes) HS Water Polo Open-shallow only	10:00am-12:00pm Laps (4) Exercise	12:15-1:00pm Laps (4) Exercise		High School Water Polo: practices T/TH 3:00-4:30pm. Only 2 yd lap lanes and shallow end open for exercise and open swim. Matches on Sat-Oct 9th, 23rd & 30th: 9:00-11:00am Only 2 yd lap lanes available.	
1:00-4:00pm Laps (4) Open	4:30-5:00pm Laps (3) Open	1:00-4:00pm Laps (4) Open	1:00-3:00pm Laps (4) Open			
4:00-5:00pm Laps (2) HS Pre-Season Cond.	5:00-8:00pm Laps (2-3 lanes) Lessons	4:00-5:00pm Laps (2) HS Pre-Season Cond.	3:00-4:30pm Laps(2-25yd Lanes) HS Water Polo Open-shallow only			
5:00-6:30pm Laps (4) Open		5:00-6:30pm Laps (4) Open	4:30-5:00pm Laps (4) Open			
6:30-8:00pm Laps (2) SL Clinics Open		6:30-8:00pm Laps (2) SL Clinics Open	5:30-8:00pm Laps (2-3 lanes) Lessons		Maintenance Week Closure: September 19-October 3.	Water Safety Instructor Class: October 16-17, 23-24, 30-31. 12:00-4:00pm - Pool space may be limited.

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. The established lap pattern must be followed. First come, first serve.

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.

Open: Open Swim affords families time to enjoy swimming together. Children ages 8 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Speak with an Aquatic Team Member regarding exceptions for youth ages 10-11. Diving is limited to the deep end. 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.

Lessons: [Tuesday & Thursday evening lessons. Registration is required for participation. Click for more details.](#)

High School Water Polo: [High school students can get more information here: https://www.virginiabeachwaterpolo.com/](https://www.virginiabeachwaterpolo.com/)

Adult Swim Workout: Master the skills of swimming with an experienced, trained coach. Whether your goal is to get fit or train for a triathlon, these structured workouts will help you with stroke improvement and training techniques on a variety of strokes. This is for the avid lap swimmer who can swim 100m freestyle continuously.

Swim League Clinics & High School Pre-Season Conditioning: [Swim Clinics are for ages 6-17; These clinics are for participants who are interested in improving their stroke technique. Each clinic includes starts and turns elements for that stroke. High School Pre-Season Conditioning is for high school aged swimmers to prepare for the high school swim season. Emphasis will be on proper stroke technique, starts and turns. Click for details.](#)