

Kempsville Recreation Center - Leisure Pool

800 Monmouth Lane Virginia Beach, VA 23464
757.385.5970

Effective: Oct 1, 2021

Schedule subject to change.

Updated: Oct 07, 2021

<u>Aqua Track</u>	<u>Recreation River</u>	<u>Water Fort</u>
<i>Members may walk or jog against the current for water exercise. Users should be able to follow the exercise pattern.</i>	<i>Members may walk, jog, swim or float along with the current for recreational swim. All ages; children under 9 years must be accompanied in the water by an adult 16 years or older.</i>	<i>Play features and amenities are available. Open Swim guidelines still apply to youth. All ages; children under 9 years must be accompanied in the water by an adult 16 years or older.</i>
Mondays: 6:00 - 3:00pm and 5:00 - 8:00pm Tuesdays: 6:00 - 3:00pm and 4:45 - 8:00pm Wednesdays: 6:00 - 3:00pm and 5:00 - 8:00pm Thursdays: 6:00 - 3:00pm and 4:45 - 8:00pm Fridays: 6:00 - 3:00pm Saturdays: 9:00 - 12:00pm Sundays: 11:00 - 12:00pm	Mondays: 3:00 - 5:00pm Tuesdays: 3:00 - 4:15pm Wednesdays: 3:00 - 5:00pm Thursdays: 3:00 - 4:15pm Fridays: 3:00 - 8:00pm Saturdays: 12:00 - 4:45pm Sundays: 12:00 - 4:45pm	Mondays: 8:00am - 5:00pm, 6:00pm- 8:00pm Tuesdays: 8:00am-10:30am, 12:00pm- 4:15pm Wednesdays: 8:00am - 8:00pm Thursdays: 8:00am-10:30am, 12:00pm- 4:15pm Fridays: 8:00am - 8:00pm Saturdays: 12:00pm - 4:45pm Sundays: 11:00am - 4:45pm



*Leisure Pool is CLOSED on the following dates and times:		
Dates	Times	Reason
Tuesdays and Thursdays 10/5, 10/7, 10/12, 10/14, 10/19, 10/21, 10/26, 10/28	10:30-12:00pm (Water fort)	Early Childhood
	4:30-8:00PM	Lessons

Please [click here](#) for information regarding swim lessons.

For related information, please visit:
www.vbgov.com/swim

Kempsville Recreation Center - Competition Pool

800 Monmouth Lane Virginia Beach, VA 23464
757.385.5970

Effective: Oct 1, 2021

Schedule subject to change.

Updated: Sept 27, 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00-7:00am Laps (4) Exercise	6:00-8:00am Laps (4) Exercise	6:00-7:00am Laps (4) Exercise	6:00-8:00am Laps (4) Exercise	6:00-7:00am Laps (4) Exercise	9:00am-12:00pm Closed - Programs	11:00am-12:00pm Laps (4) Exercise Open		
7:00-8:00am Laps (2) Exercise - Shallow Fitness Class - Deep		7:00-8:00am Laps (2) Exercise - Shallow Fitness Class - Deep		7:00-8:00am Laps (2) Exercise - Shallow Fitness Class - Deep	Laps (2) 12:00-4:45pm Laps (2) Open - CW	12:00-4:45pm Laps (2) Open - CW		
8:00am-5:00pm Laps (4) Exercise Open	8:00am-4:45pm Laps (4) Exercise Open	8:00am-6:00pm Laps (3) Exercise Open	8:00am-4:45pm Laps (4) Exercise Open	8:00am-3:00pm Laps (3) Exercise Open	Climbing Wall: Fridays: 3:00-6:00PM Saturdays: 12:00-4:45PM Sundays: 12:00-4:45PM			
*5:00-7:00pm Closed - Programs Laps (2)	4:45-8:00pm Closed - Programs		4:45-8:00pm Closed - Programs	3:00-6:00pm Laps (2) Open - CW			Calendar Notes: *10/25- NO LAPS from 6:00-7:00PM and 2 Laps from 7:00-8:00PM	
*7:00-8:00pm Laps (4) Exercise		6:00-8:00pm Programs (2 lanes) Laps (2) Exercise		6:00-7:00pm Fitness Class - Deep Laps (2)				
				7:00-8:00pm Laps (4) Exercise				

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. () indicates number of available lanes. Subject to change.

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 when exercising in deep end.

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. 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.

Climbing Wall: The Climbing Wall is for experienced swimmers only and is available during scheduled times. Please see above for available times.

Programs: [Registration is required for participation. Click for more details. Pool subject to close during registered programs.](#)