

Princess Anne Recreation Center - Swimming

January 2022
Effective: January 1

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

Subject to change. Updated: 12/8/21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-2:30pm Laps (4-5) Exercise Open	6:00am-8:30am Laps (4-5) Exercise Open <hr/> 8:30am-9:30am Laps (4) Open - Deep <hr/> 9:30am-2:30pm Laps (4-5) Exercise Open	6:00am-2:30pm Laps (4-5) Exercise Open	6:00am-2:30pm Laps (4-5) Exercise Open	6:00am-9:00am Laps (4-5) Exercise Open <hr/> 9:00am-10:00am Laps (4) Open - Shallow <hr/> 10:00am-4:00pm Laps (4-5) Exercise Open	POOL CLOSED ALL DAY SWIM MEETS January 8 & 22 January 29 <hr/> 9:00am-4:45pm January 1 & 15 only Laps (4) Exercise Open <hr/> 11:00am-4:45pm Laps (4) Exercise Open	
2:30pm-5:30pm Laps (2) HS Swim Practice Open - Square	2:30pm-5:30pm Laps (2) HS Swim Practice Open - Square	2:30pm-5:30pm Laps (2) HS Swim Practice Open - Square	2:30pm-5:30pm Laps (2) HS Swim Practice Open - Square	4:00-8:00pm POOL CLOSED SWIM MEETS January 7 January 14 January 21 January 28	Recreation Center closed on Monday, January 17. <hr/> <u>Upcoming February Closures</u> Sat. Feb 5 (all day)- Districts Fri. Feb 11 (close @ 10am) - Regionals Sat. Feb 12 (all day) - Regionals <hr/> Water Temp will begin dropping on Monday, February 7	
5:30pm-8pm NO LAP SWIM Programs (8)	5:30pm-8:00pm Laps (2) Programs HS DIVE Practice	5:30pm-8pm NO LAP SWIM Programs (8)	5:30pm-8:00pm Laps (2) Programs HS DIVE Practice			

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 only. First come, first serve. **The number of lap lanes available is noted in the (#).** Number of lanes accessible may be adjusted as programming attendance allows.

Exercise: Members are encouraged to perform self-directed exercise. Water Exercise may occur in the shallow or deep end of the pool unless otherwise noted. Participants must be deep water safe.
Exercise - Shallow: Deep end not available. **Exercise Deep:** Shallow end not available.

Open: 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. **Open-Deep:** Shallow end not available.

Programs/Lessons: For more information regarding our programs including swim lessons and advanced water safety classes, please click here. [Virginia Beach Parks & Recreation Online Registration \(activecommunities.com\)](http://www.virginiaparks.com/activecommunities.com)