

Seatack Recreation Center - Pool Calendar

Subject to change. Updated: 10/27/2021

November 2021

Eff 11/8/21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am-2:30pm Laps (4) Exercise Open	6:30am-2:30pm Laps (4) Exercise Open	8:30am-2:30pm Laps (4) Exercise Open	6:30am-2:30pm Laps (4) Exercise Open	8:30am-2:30pm Laps (4) Exercise Open	9:00am-10:00am Laps (3) Exercise - Deep End Lessons	11:00am-4:45pm Laps (4) Exercise Open
2:30pm-5:15pm Laps (1-2) High School Swim	2:30pm-5:30pm Laps (1-2) High School Swim	2:30pm-5:15pm Laps (1-2) High School Swim	2:30pm-5:30pm Laps (1-2) High School Swim	2:30pm-5:30pm Laps (1-2) High School Swim	10:00am-12:00pm Laps (3) Lessons	
5:15pm-5:30pm High School Swim Lessons No Lap Swim	5:30pm-8:00pm Closed to Public Swim League Practice	5:15pm-5:30pm High School Swim Lessons No Lap Swim	5:30pm-8:00pm Closed to Public Swim League Practice	5:30-6:15pm Laps (4) Exercise Open	12:00pm-4:45pm Laps (4) Exercise Open	
5:30-6:45pm Laps (3) Lessons		5:30-6:45pm Laps (3) Lessons		6:15pm-8:00pm Laps (3) Exercise - Deep End Lessons	Holiday Hours: Thurs Nov 11th 9:00am-4:45pm Laps (4) Open Fri Nov 26th 9:00am-4:45pm Laps (4) Open	
6:45-8:00pm Laps (4) Exercise Open		6:45-8:00pm Laps (4) Exercise Open				

Leagues and Clinics:

Competitive Swim Season begins Monday, November 8th, 2021!

11/8/2021-2/24/2021: Monday-Friday High School Swim Practice 2:30pm-5:30pm; 11/9/21-2/10/22 Tuesday/Thursday Rec League Swim Team 5:30p-Closing

Swim Lessons:

11/1-11/29 Monday/Wednesday Lessons 5:15pm-6:45pm; 11/5-11/19 Friday Lessons 6:15pm-7:45pm; 11/6-11/20 Saturday Lessons 9:30am-11:45am;

Rentals:

11/8-2/24/22: Cape Henry Swim Team 4 Lanes reserved Monday-Friday 4-5:30pm 11/10: Virginia Beach Police 3 Lanes reserved 8-2pm

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.

() 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.

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.

Lessons: [Click here for Lesson Information](#)

Seatack Recreation Center - Pool Calendar

Subject to change. Updated: 11/21/2021

December 2021
11/21/2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am-2:30pm Laps (4) Exercise Open	6:30am-2:30pm Laps (4) Exercise Open	8:30am-2:30pm Laps (4) Exercise Open	6:30am-2:30pm Laps (4) Exercise Open	8:30am-2:30pm Laps (4) Exercise Open	9:00am-10:00am Laps (3) Exercise - Deep End Lessons	11:00am-4:45pm Laps (4) Exercise Open
2:30pm-5:00pm Laps (1-2) High School Swim	2:30pm-5:30pm Laps (1-2) High School Swim	2:30pm-5:00pm Laps (1-2) High School Swim	2:30pm-5:30pm Laps (1-2) High School Swim	2:30pm-5:30pm Laps (1-2) High School Swim	10:00am-12:00pm Laps (3) Lessons	
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5:30-6:45pm Laps (3) Lessons		5:30-6:45pm Laps (3) Lessons	Holiday Hours:			
6:45-8:00pm Laps (4) Exercise Open		6:45-8:00pm Laps (4) Exercise Open				
			Friday Dec 24th 8:30-12:00pm Laps (4) Open	Saturday Dec 25th Recreation Centers Closed	Friday Dec 31st 8:30-5:00pm Laps (4) Open	Saturday Jan 1st 9:00-5:00pm Laps (4) Open

Leagues and Clinics:

Competitive Swim Season began Monday, November 8th, 2021 and will run through Friday, February 25th, 2021!

11/8/2021-2/24/2021: Monday-Friday High School Swim Practice 2:30pm-5:30pm; 11/9/21-2/10/22 Tuesday/Thursday Rec League Swim Team 5:30p-Closing
12/28/2021: Breaststroke Swim Clinic 6:00pm-7:00pm; 12/30/2021: Butterfly Swim Clinic 6:00pm-7:00pm

Swim Lessons:

11/15-12/15 Monday/Wednesday Lessons 5:15pm-6:45pm

Rentals:

11/8-2/24/22: Cape Henry Swim Team 4 Lanes reserved Monday-Friday 4-5:30pm; 12/1/2021: Virginia Beach Fire Dept 3 lanes reserved 9:00-12:00pm

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.

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

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Lessons: [Click here for Lesson Information](#)