

## Summer 2024 Aquatics

Harrisonburg Parks and Recreation is offering various aquatics opportunities this season at Westover Pool!

### Our Summer Opportunities

#### Lap Swim & Recreational Swim

Reserve a lane for lap swim or water workout, available Monday-Friday, 6am-7pm. If lounging is more your speed, enjoy the water during our daily recreation swim hours, 12:00pm-7:00pm beginning June 8th.

#### Swim Lessons

Group lessons offered on Monday-Thursday mornings. Groups lessons start as young as six months. Check out our youth swim guide to make placement easier! Private and semi-private lessons for kids, teens and adults are back!

#### WSI and LGI Courses

Check out our upcoming American Red Cross instructor level courses!



### Aquatics Registration & Information:

Registration must take place online at [www.harrisonburgva.gov/program-registration](http://www.harrisonburgva.gov/program-registration) or in-person at any recreation center. If you have questions please call 540-434-0571.

**City Resident Registration April 29th | Non-Resident Registration June 10th**

# WESTOVER POOL: Hours and Events

## SWIM HOURS

Please check [www.HarrisonburgVA.gov/Swimming-Pool](http://www.HarrisonburgVA.gov/Swimming-Pool) for more pool hours information.

### Recreation Swim

**May 25th-May 27th**

Saturday - Monday | 12:00pm - 7:00pm

**June 1st - 2nd**

Saturday - Sunday | 12:00pm - 7:00pm

**Beginning June 8th, 12:00pm - 7:00pm daily**

### Lap Swim Hours

**May 25th-May 27th**

Saturday - Monday | 12:00pm - 7:00pm

**June 1st - 2nd**

Saturday - Sunday | 12:00pm - 7:00pm

**June 3rd - 7th**

Saturday - Sunday | 12:00pm - 7:00pm

**Beginning June 8th, 6:00am - 7:00pm, Monday - Friday, 12:00pm-7:00pm weekends**

### Daily Admission Fee

Residents living inside the City limits will need to show proof of residency at time of entry.

**Infant (Age 2 and Under) | Free**

**Children (Age 17 and Under) | City Res \$2 | Non Res \$4**

**Adult (Age 18+) | City Res \$3 | Non Res \$6**

*Capacity restrictions may be in place at management's discretion during Recreation Swim hours. Refunds will not be issued for weather related closures or other unexpected closures.*

### Summer Family Pool Pass

Summer pool passes are available for purchase starting Saturday, May 25th. A family pass covers two adults and up to four children residing in the same residence. Additional children can be added for \$15.00 each. Hours reduce on 8/20 but your pass is good through September 2nd, 2024.

**City Res \$75 | Non Res \$150**



## POOL EVENTS

### Memorial Day Weekend

Kick off the unofficial start of summer when both our outdoor pools open on Saturday, May 25th! Pool admission discounts for Veterans applied Saturday, May 25th through Monday, May 27th from 12:00pm-7:00pm.

### School's Out Summer Kick-Off!

Join us Saturday, June 8th as we officially kick off summer 2024! Enjoy a great day with our lifeguards as we host activities, give-aways and a great time from 12:00pm-7:00pm. We are looking forward to another great summer with you!



### Free Pool Days to Celebrate Parks and Rec Month!

Each Thursday in July, City residents will get free entry to Westover Pool during the dates and times listed below. ID with City address is required for free entry.

**Location: Westover Pool**

**Th | Jul 11 | 12:00pm - 7:00pm**

**Th | Jul 18 | 12:00pm - 7:00pm**

**Th | Jul 25 | 12:00pm - 7:00pm**

### Swim Meet Closures

We anticipate closing at 4:30pm on the following Tuesdays for Westover Waves home swim meets:

Tuesday, June 11th

Tuesday, June 25th

Tuesday, July 2nd

Tuesday, July 9th

Checkout <https://www.facebook.com/WestoverWavesSwimTeam> or email [westoverwavesteam@gmail.com](mailto:westoverwavesteam@gmail.com) for more information on summer swim team!

# WESTOVER POOL: Summer Safety

## WATER WATCHERS AND GUARDIANS

Our lifeguards are well trained, but the safety of your child depends on you!

Lifeguards are the last defense when it comes to water safety. While our attention is focused on everyone, your attention can be focused on your child and those you came with to the pool. Help us by becoming a Water Watcher or Guardian again this summer!

To earn your free adult admission, present your Safe Kids Water Watcher card or your Water Guardian certificate from Colin's Hope anytime during the summer.

Learn more at <https://www.safekids.org/other-resource/water-watcher-card> or dive deeper and take the quiz at [www.colinshope.org](http://www.colinshope.org). Having you around helps us keep everyone safer.



## 10 TIPS FOR A BETTER POOL VISIT

At Westover, we want you to have the best pool experience! Here are our 10 tips to a great visit!

1. Watch your kids around water. Weak swimmers or swimmers in flotation devices should be kept within arms reach of an adult! [www.safekids.org](http://www.safekids.org)
2. Don't just pack it, wear your jacket! We recommend USCG approved flotation devices.
3. Enroll kids in swim lessons or learn to swim yourself! [harrisonburgva.gov/parks-recreation](http://harrisonburgva.gov/parks-recreation)
4. Make sure you and your kids know the limits; i.e. how deep before the water is up to the chest, eyes, etc. and set those boundaries.
5. Before going off the diving board or climbing the rock wall, feel free to request a swim test. Most of our saves are weak swimmers in the diving well.
6. Wear your sunscreen and sun protection clothing.
7. Clean up your space. Snacks and non-alcoholic beverages are allowed as long as you throw away your trash and ensure no glass containers are brought in.
8. Respect other guests by considering the language you use and the behaviors you display. We reserve the right to ask any guest using foul language or rude behavior to leave the facility.
9. Check the weather. In the event of weather or other unexpected closures, refunds will not be offered.
10. Finally, choose swimsuits in bright colors: yellows, oranges, greens and reds. Avoid white, black, grey and blue hue. [alivesolutions.com](http://alivesolutions.com)

## SWIM TRAINING AND FITNESS

### Masters Swimming

Swim team practice for adults 18+. Join to improve your swimming, technique, get in shape, or take your current workouts to the next level. Participants can come to as many practices as they choose per month. Practice will be held Tuesday - Thursday, 7am - 9am. Seasonal membership to Masters Swimming is required, no additional pool membership necessary.

#### Summer Membership

City Res \$75 Non-Res \$125 | Ages 18+

#221107A1 | Tu, W, Th | 7:00am-9:00am (June - September)

### Rock the Rivanna!

In the fall, we challenged you to swim the Shenandoah and track your miles for bragging rights! This summer, we renew the challenge and want to see you rock the Rivanna! In the roughly 75 days of summer, see if you can swim enough miles to cover the 31 miles of the Rivanna. The Rivanna runs through Fluvanna and Albemarle counties before meeting up at the confluence of the James. Book your lane and get swimming!

Lap Swim or Membership Fees Apply | All Ages

Report lap counts to [Michelle.Tucker@HarrisonburgVA.gov](mailto:Michelle.Tucker@HarrisonburgVA.gov).

Challenge begins Saturday, June 8th and ends on Monday, September, 2nd.

### Youth Try Prep

Get ready for the Youth Tryathlon with us! This two week class will meet Monday-Thursday and focus on all aspects of triathlon prep. The first week will be pool focused while the second week will focus on putting it all together and transitions. Bikes should be brought during the second week.

Open to City Residents Apr 29 | Non-Residents June 10

City Res \$25 Non-Res \$50 | Ages 10

#221108C1 | Mon - Thur | Jul 15 - Jul 25 | 9:00am - 9:30am

#221108D1 | Mon - Thur | Jul 29 - Aug 8 | 9:00am - 9:30am

### Water Safety Instructor Course

Get certified as a swim instructor in this American Red Cross course offering. The Water Safety Instructor course is designed to give you the tools to teach swim lessons to various ages and abilities. Contact [Michelle.Tucker@HarrisonburgVA.gov](mailto:Michelle.Tucker@HarrisonburgVA.gov) for more details.

Course Fee \$175 | Ages 16+

#231104A1 | Aug 12 - 16 | 12:00pm - 6:00pm

### Lifeguarding Instructor Course

Learn how to teach lifeguarding courses and train currently certified lifeguards in this American Red Cross instructor level course. Course candidates must have a current American Red Cross lifeguarding certification and meet the standard of skills in the course. Contact [Michelle.Tucker@HarrisonburgVA.gov](mailto:Michelle.Tucker@HarrisonburgVA.gov) for more details.

Course Fee \$175 | Ages 17+

#231103A1 | Aug 19 - 22 | 12:00pm - 4:30pm

# WESTOVER POOL: Parent/Tot & PreK Group Lessons

## Hermit Crab: Parent/Tot Level 1

For parents and their tots ages 6 months to 1.5 years, these classes introduce you both to basic water safety and give you the tips you need to create your own water fun. Swim diapers are required. Lessons consist of 4, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$20 | Non-Residents \$40**

#211100B1 | Mon - Thurs | Jul 1 - 4 | 10:30am - 11:00am

#211100B2 | Mon - Thurs | Jul 1 - 4 | 11:15am - 11:45am

## Barnacle: Parent/Tot Level 2

Focusing on tots ages 1.5 - 3 years, with their parents, this level will work on early fundamental aquatic skills to prepare your child to venture into our group lessons. Swim diapers may be required. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211101C1 | Mon - Thurs | Jul 15 - Jul 25 | 10:30am - 11:00am

#211101C2 | Mon - Thurs | Jul 15 - Jul 25 | 11:15am - 11:45am

#211101D1 | Mon - Thurs | Jul 29 - Aug 8 | 10:30am - 11:00am

## UNICORN FISH: PREK LEVEL 1

Ideal for beginner, non-swimmers ages 3-5, Unicorn Fish will work to master the following skills with assistance from an instructor: fundamental personal water safety skills, floating, water comfort and basic swimming. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211102A1 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211102A2 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211102B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211102B2 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211102B3 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211102B4 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211102B5 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211102C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211102C2 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211102C3 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211102D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

#211102D2 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

#211102D3 | Mon - Thur | Jul 29 - Aug 8 | 10:30am - 11:00am

#211102D4 | Mon - Thur | Jul 29 - Aug 8 | 10:30am - 11:00am

#211102D5 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am

#211102D6 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am

## RAY: PREK LEVEL 2

Students ages 3-5 with some group lesson or swimming experience will focus on confidence, water safety, breath control and rhythmic, coordinated movement in the water to develop basic front and back crawl for short distances. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211103A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211103A2 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211103B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211103B2 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211103B3 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211103C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211103C2 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211103C3 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211103C4 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

## GROUPER: PREK LEVEL 3

Grouper students are comfortable in the water and have mastered some basic swimming skills. Participants ages 3-6 will focus on coordinated breathing techniques with front and back crawl and begin basic skills for additional strokes while building endurance. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211104A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211104A2 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

#211104B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211104C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211104C2 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211104D1 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am



# WESTOVER POOL: Group Swim Lesson Placement

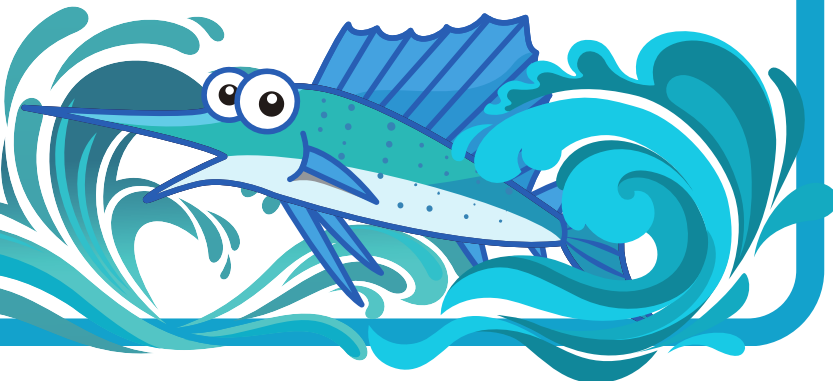
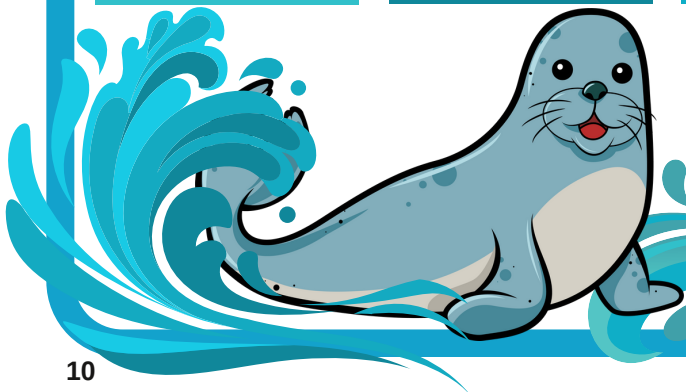
## HOW DO I KNOW WHICH YOUTH LESSON MY CHILD SHOULD BE IN?

Choosing which group swim lesson to register your child for can lead to a lot of questions. We have put together a quick reference chart to help you make the best decision on registration day! This chart is for children ages 6-11



# SWIM SKILLS

|   | Swordfish<br>Level 1 | Whale<br>Level 2                | Mako<br>Level 3 | Seal<br>Level 4 |
|---|----------------------|---------------------------------|-----------------|-----------------|
| Comfortable putting face in the water     |                      | YES                             | YES             | YES             |
| Able to float on back                     |                      | YES, with or without assistance | YES             | YES             |
| Can "doggy paddle" at least 10 feet       |                      | YES                             | YES             | YES             |
| Roll front to back to float or swim       |                      | YES, with or without assistance | YES             | YES             |
| Swim on front and back short distance     |                      | YES                             | YES             | YES             |
| Swim length of pool                       |                      |                                 | YES, any style  | YES             |
| Swim front crawl, back crawl, breakstroke |                      |                                 |                 | YES             |



# WESTOVER POOL: Youth Group Lessons

## SWORDFISH: YOUTH LEVEL 1

Non-swimming kids ages 6-10 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water and basic swimming. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211105A1 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

#211105A2 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211105B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211105B2 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211105B3 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211105C1 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211105C2 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211105D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am



## WHALE: YOUTH LEVEL 2

Students ages 6-10 with some group lesson experience, comfort in the water and the ability to swim on their front and back will focus on building more confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211106A1 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

#211106B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211106B2 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211106B3 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211106C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211106C2 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211106C3 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211106D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

#211106D2 | Mon - Thur | Jul 29 - Aug 8 | 10:30am - 11:00am

## MAKO: YOUTH LEVEL 3

Mako is the best fit for kids ages 6-11 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work to master front and back crawl, build endurance and technique in breaststroke, treading and personal safety. Additional skills taught will be based on participant abilities.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

#211107A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211107B1 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

## SEAL: LEVEL 4

Seal is the best fit for advanced swimming kids ages 6-12 who are considering swim team or want to learn more about swimming for fitness or competition. Seal participants should have knowledge of all four competitive strokes and the strength to swim the length of the pool with front crawl, back crawl or breaststroke. Seals will learn more about diving, flip turns and swim drills.

**Open to City Residents Apr 29 | Non-Residents June 10**

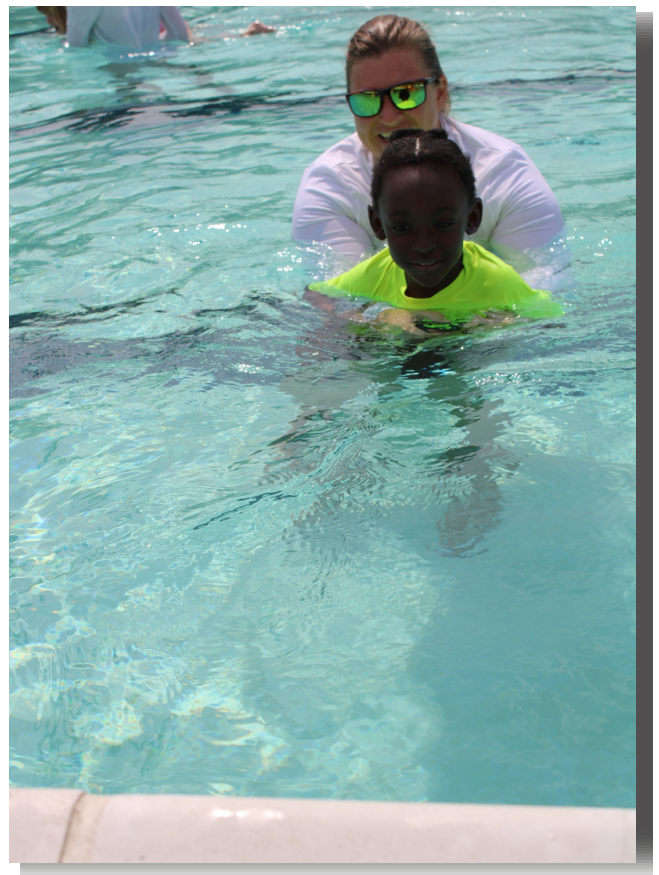
**City Residents \$25 | Non-Residents \$50**

#211108A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211108C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211108C2 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211108D1 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am



# WESTOVER POOL: Teen Group Lessons

## SWORDFISH: TEEN LEVEL 1

Non-swimming teens ages 11-15 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water and basic swimming. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

**#211105TA1 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am**

## WHALE: TEEN LEVEL 2

Students ages 11-15 with some group lesson experience, comfort in the water and the ability to swim on their front and back will focus on building more confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$25 | Non-Residents \$50**

**#211106TA1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am**

# WESTOVER POOL: Private and Semi-Private Lessons

## PRIVATE LESSONS: AGES 3 AND UP

Private swim lessons are great for individuals of any ability, ages 3 and up, who want to get the benefit of learning to swim or work on specific skills without the group setting or those who don't quite fit the group schedule. Participants are paired with one of our great instructors and lessons are tailored to the needs of the participant. Lessons are 30 minutes and offered in packages of 5.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$65 | Non-Residents \$130**

**#211109 | Varies | Jun - Sept**



## SEMI-PRIVATE LESSONS

Semi-private lessons are ideal for siblings or friends who are close in swimming ability and age. Both participants will work with one of our instructors to master their goals together! Lessons are 30 minutes and offered in packages of 5.

**Open to City Residents Apr 29 | Non-Residents June 10**

**City Residents \$100 | Non-Residents \$200**

**#211110 | Varies | Jun - Sept**