CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 AQUATICS

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

OUR WINTER/SPRING OPPORTUNITIES

Lap Swim & Recreational Swim

Make your lap reservations each Monday to guarantee your lane. Recreational swim will be Wednesday mornings and Saturday aftrenoons during dome season.

Aquatic Programming

- Extended She Swims dates
- Cannonball Splash
- CPR, Babysitter, and Lifeguarding Classes
- Group swim lessons
- Water Aerobics with Ray







Aquatics Registration & Information

Registration must take place online at www.HarrisonburgVA.gov/Activities
or in-person at any recreation center. If you have questions please call 540-434-0571
City Resident Registration November 23 | Non-Resident Registration December 7

AQUATICS: HOURS AND EVENTS

SWIM HOURS

Recreation Swim

January 6 - April 28
Wednesday | 9:00am - 12:00pm
Saturday | 12:00pm - 5:00pm

Lap Swim Hours

January 4 - April 30
Monday, Friday| 6:00am - 5:00pm*
Tuesday - Thursday| 6:00am - 7:00am and 9:00am - 5:00pm*
Saturday | 12:00pm - 5:00pm
*High school swim season and programming may affect availability

Pool Closures

Winter and Spring Holidays
Friday, January 1, New Year's Day
Monday, January 18, Martin Luther King Jr. Day
Monday, February 15, President's Day
Friday, March 26, Spring Holiday
Saturday, April 17, Programming

Dome Closure

Each year, we take some time to get ready for our indoor season by focusing on our dome and maintenance projects.
Dome closure begins Saturday, May 1.

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
Individuals 3 and older | $5 City Resident | $10 Non-Resident
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.

Please check www.HarrisonburgVA.gov/Swimming for more pool hours information.

POOL EVENTS

Shiver Me Timbers Pirate Plunge

Calling all Captains, Quartermasters, and Crew! Join us for a New Year's cold plunge in the icy outdoor pool. We've got new swag and great refreshments! Participants 12 and up can enjoy a dip in the outdoor pool before heading indoors to cheer on the Cannonball Crew!
City Residents $20 | Non-Residents $40 | Adult (Age 12+)
#111130A1 | F | Jan 1 | 9:00am

Cannonball Splash

This is a call for our younger crewmates! Earn your own swag this year during our first official Cannonball Splash! Once the rest of your shipmates complete their dip in the icy deep outside, it will be your turn to walk the plank in the heated indoor pool.
City Residents $20 | Non-Residents $40 | Youth (Ages 3-11)
#111130A2 | F | Jan 1 | 9:30am

She Swims

Our women's only swim night is back with an extended season! She Swims, for women and girls 12 and older, will be on Fridays beginning in December and running through dome season. We will have three lanes available for lap swim, space for leisure and for programming. Registration for She Swims is not required, but is requested. Regular admission or membership rates apply.
*No She Swims on December 11 and April 16.
City Residents $5 | Non-Residents $10 | Adults (12+)
#111131A1 | F | Dec 4- Apr 23 | 7:15pm - 8:50pm

Dive In Movie

Join us for one final event before the dome comes down and we kick off summer. Have a seat on the pool deck or bring a float to lounge in while enjoying a family-friendly movie at the pool.
City Residents $10 | Non-Residents $20 | Ages 5+
#110951A1 | W | Apr 28 | 7:30pm

SWIM TRAINING & 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 program fee to Masters Swimming is required to participate.
City Res $100 | Non Res $200 | Ages 18+
#121107A1 | Tu, W, Th | 7:00am-9:00am (Sep - April)

Water Aerobics

Join us for this low impact workout that combines resistance training and cardio exercise. Train using your own body weight and resistance or add equipment to increase the challenge. Session is 8, 45 minutes classes except December classes.
City Residents $30 | Non-Residents $60 | Ages 18+
#121109P1 | W | Dec 5 | 11:00am - 11:45am
#121109P2 | W | Dec 12 | 11:00am - 11:45am
#121109P3 | W | Dec 19 | 11:00am - 11:45am
#121109A1 | W | Jan 6 - Feb 24 | 11:15am - 12:00pm
#121109A2 | W | Mar 3 - Apr 21| 11:15am - 12:00pm
#121109B1 | W | Mar 3 - Apr 21 | 7:45pm - 8:30pm

AQUATICS: SWIM LESSONS

HBURG SWIMS

Hermit Crab: Parent/Tot Level 1

Focusing on tots ages 0.5-1.5 years, with their parent or caregiver, this level will work on early fundamental aquatic safety skills to prepare participants for more family fun in and around water! Swim diapers are required. Lessons consist of 4, 30-minute classes.

City Residents $20 | Non-Residents $40

#111100A1 | W | Feb 24 - Mar 17 | 9:15am - 9:45am

#111100A2 | W | Mar 31 - Apr 21 | 9:15am - 9:45am

Barnacle: Parent/Tot Level 2

Focusing on tots ages 1.5 - 2 years, with their parent or caregiver, this level two class will introduce early swim skills to prepare your child for our preschool group lessons. Swim diapers may be required. Lessons consist of 8, 30-minute classes. *No class Wednesday, March 24.

City Residents $25 | Non-Residents $50

#111101A1 | W | Mar 3 - Apr 28 | 10:00am - 10:30am

Unicorn Fish: PreK Level 1

Ideal for beginner, non-swimmers ages 3 - 5 years. Unicorn Fish will focus on personal water safety and work to master the following skills with an instructor: floating, water comfort and basic swimming. Lessons consist of 8, 30-minute classes. *No class Wednesday, March 24 or Saturday, March 27.

City Residents $25 | Non-Residents $50

#111102A1 | W | Mar 3 - Apr 28 | 10:45am - 11:15am

#111102B1 | Sa | Feb 27 - Apr 24 | 9:00am - 9:30am

SWIM FOR SADIE

Our Swim for Sadie program provides free group swim lessons to Harrisonburg City Public School students in Kindergarten through second grade.

Level 1

Level 1 is for non-swimming participants who will work toward mastering essential personal water safety, floating, moving in chest-deep water and basic swimming. Lessons consist of 8, 30-minute classes. *No class Saturday, March 27.

Open to HCPS Students Only, Grades K - 2

#111111B1 | Sa | Feb 27 - Apr 24 | 9:45am - 10:15am

Level 2

Level 2 participants should be comfortable in chest deep water and the ability to swim unassisted on their front or back for a short distance. This level will focus on water safety, and continue to build confidence while working on endurance and technique. Lessons consist of 8, 30-minute classes. *No class Saturday, March 27.

Open to HCPS Students Only, Grades K - 2

#111112B1 | Sa | Feb 27 - Apr 24 | 10:30am - 11:00am

FLOUNDERS: WOMEN'S CLASS

This class takes place during She Swims and registration is required! Ideal for beginner or unsure women wanting to learn more about swimming, this group lesson is shaped by individual and group goals. A station-style set up will allow you to spend time working on skills you want to master while group work builds confidence and enhances your experience. 8, 45-minute lessons.

City Residents $25 | Non-Residents $50 | Adult Women (16+)

#121106A1 | F | Jan 8 - Feb 26 | 7:15pm - 8:00pm



AQUATICS: SAFETY CLASSES

SUMMER EMPLOYMENT

The best way to get a job with us is to take one of our lifeguarding classes! Reserve a lane to start practicing your pre-requisites and keep an eye on our job postings. The lifeguarding pre-requisites include:

- Jump into the deep end, surface and swim 150 yards, down and back 3 times, stop and tread for 2 minutes using only your legs, then finish by swimming 50 more yards, down and back, then get out of the pool using the side.
- Ask to borrow a training brick:
  - Drop or have us toss the brick in the deep end, at least 7 feet deep. Start in the shallow end and swim to the brick, surface dive to get it and swim back to the shallow end on your back. Place the brick on the deck and exit the pool using the side. You have one minute and forty seconds to retrieve the brick.

All of our full-time staff are happy to help and answer any questions!

Lifeguarding Classes

Our blended learning American Red Cross Lifeguarding classes are for new lifeguards or former lifeguards with an expired certification and are recognized by any pool in the area. Pre-requisites will take place one week before the start of the class. then, online content will be assigned. The online content needs to be completed prior to the first in-person skill session. In-person skill sessions will take place over four consecutive days.

Course Fee $175 | Ages 15+ (must be 15 by the last day of the class)

#131101A1 | Th - Su | Apr 29 - May 2 | 8:30am - 6:30pm

#131101A2 | Th - Su | May 13- 16| 8:30am - 6:30pm

Lifeguarding Recertification Classes

Lifeguarding recertification classes are for currently certified American Red Cross lifeguards and instructors or those with certifications expired no more than 30 days. Lifeguarding recertification in-person skill sessions are one evening session and one full day. There is an online learning component as well, to be completed prior to the beginning of the first in-person skill session.

Course Fee $75 | Ages 16+

#131102A1 | F - Sa | Apr 16 - 17 | 11:30pm - 7:30pm

#131102A2 | F - Sa | May 21 - 22 | 8:30am - 3:30pm

Instructor Level Courses

For questions about LGI/IT and WSI classes and recertifications, email Michelle.Tucker@HarrisonburgVA.gov.

COMMUNITY CLASSES

Basic CPR

In this American Red Cross Adult and Pediatric CPR/First Aid/AED training course, you will learn the essential skills to assist someone experiencing a sudden illness or injury. Successful completion of this course includes a 2-year certification and is most appropriate for education professionals, office staff, baby-sitters and individuals in non-emergency roles.

City Residents $45 | Non-Residents $90 | Ages 11 - 16

Discount when you register for BOTH Basic CPR and Babysitter's Training!

City Residents BOTH $75 | Non-Residents BOTH $165

#131105A1 | Sa | Jan 23| 8:30am - 1:30pm

#131105A2 | Sa | Feb 20 | 8:30am - 1:30pm

Babysitter's Training

Take steps to be the best babysitter in the game! Designed for aspiring sitters, this hands-on American Red Cross course will cover basic leadership topics, how to stay safe indoors and out, understand risk, and steps to take in an emergency. We will also cover diapering, feeding, holding infants and toddlers and basic child development.

City Residents $45 | Non-Residents $90 | Ages 11 - 16

Discount when you register for BOTH Basic CPR and Babysitter's Training!

City Residents BOTH $75 | Non-Residents BOTH $165

#131106A1 | Sa | Feb 20 | 2:00pm - 7:00pm

Safety Training for Swim Coaches

Developed in partnership with USA Swimming, the American Red Cross Safety Training for Swim Coaches program is designed to teach those involved in competitive swimming how to help maintain a safe and comfortable environment, prevent accidents and emergencies, and respond to injuries and illnesses in the water or on land.

- Register for the Safety Training for Swim Coaches online content at redcross.org
- Contact Michelle.Tucker@HarrisonburgVA.gov with questions and to set up a time for an in-water skill session
  - Individuals who are currently certified as an American Red Cross Lifeguard do not need to attend an in-water skill session
- Review and print the generic STSC In-Water Skills Checklist from the USA Swimming website, USAwimming.org