



## Summer 2025 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, 6:00am-7:00pm. If lounging is more your speed, enjoy the water during our daily recreation swim hours, 12:00pm-7:00pm beginning June 7.

#### 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! Each child cannot be registered for more than two classes at the same level.



### Aquatics Registration & Information:

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

**City Resident Registration April 28 | Non-Resident Registration June 2**

# 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 24 - May 26**

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

**May 31 - June 1**

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

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

### Lap Swim Hours

**May 24 - May 26**

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

**May 31 - June 1**

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

**June 2 - 6**

Monday - Friday | 6:00am - 5:00pm

**Beginning June 7, 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 24. A family pass covers two adults and up to four children residing in the same residence. Additional children can be added for \$15 each. Hours reduce on August 20 but your pass is good through September 1, 2025.

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



**WESTOVER WAVES SWIM TEAM**

## Summer Swim Team

### Sign Up Now!

Are you ready to make a splash this summer? The Westover Waves are looking for swimmers of all skill levels to join our team for a fun, exciting, and active summer season! Whether you're a beginner or a seasoned swimmer, the Waves is a place for you to grow, have fun, and meet new friends!

🌊 Why Join the Westover Waves? 🌊

- Swim and compete in a fun, team-oriented environment
- Improve your swimming skills with expert coaching
- Build lasting friendships and create unforgettable memories
- All skill levels are welcome—everyone is part of the team!
- Learn life skills like teamwork, discipline, and goal-setting

**SCAN HERE**

*Scholarships Available*

## POOL EVENTS

### Memorial Day Weekend

Kick off the unofficial start of summer when both our outdoor pools open on Saturday, May 24! Pool admission discounts for Veterans applied Saturday, May 24 through Monday, May 26 from 12:00pm-7:00pm.

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

Join us Saturday, June 7 as we officially kick off summer 2025! Enjoy a great day with our lifeguards as we host activities, giveaways, 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!

On select Thursdays 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 10 | 12:00pm - 7:00pm**

**Th | Jul 17 | 12:00pm - 7:00pm**

**Th | Jul 24 | 12:00pm - 7:00pm**

**Th | Jul 31 | 12:00pm - 7:00pm**

### Swim Meet Closures

We anticipate closing at 4:00pm on the following Tuesdays for Westover Waves home swim meets:

Tuesday, June 10

Tuesday, July 8

Tuesday, July 15

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

## WHO IS WATCHING THE WATER?

Do you know what it takes to become a lifeguard?

Each lifeguard candidate must pass a series of prerequisites before being able to take a lifeguarding course. Once in the course, they learn the necessary steps to take to prevent drownings, how to rescue in the water, what to do when there is an emergency on land, and participate in simulated rescue scenarios. Once completed, they will have the knowledge, skills and abilities to help provide a safe environment for you to enjoy.

Our lifeguards will continue to go through regular training throughout the summer months, but they are the last, best defense against drowning. You can help us keep you safe during your visit by making sure there is always someone responsible for the young or weak swimmers in your group. Being engaged with your group means your phone is away and you are actively participating in the fun. Helping us means you enforce rules within your group such as staying in places where weak or non-swimmers are comfortable, keeping stairs clear of toys and trip hazards, taking breaks to use the restroom and cleaning your space before you leave to prevent pest issues.



## 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! [www.harrisonburgva.gov/parks-recreation](http://www.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 happen 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 hues. [www.alive-solutions.com](http://www.alive-solutions.com)

## 5 POOL SAFETY FACTS

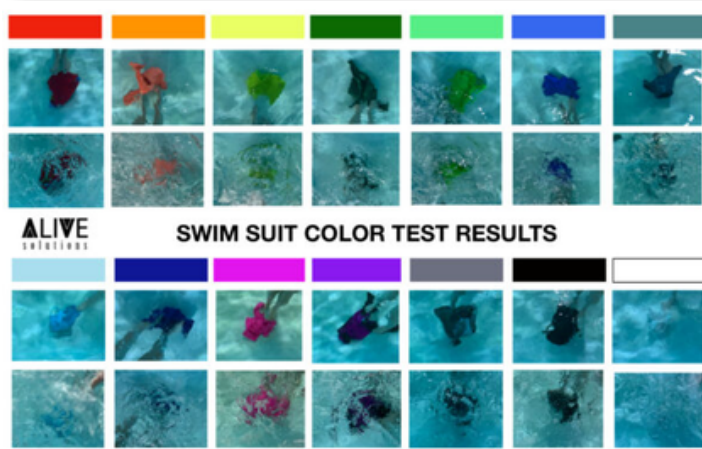
1. Lifejackets should have a snug fit and not come up to the ears when tightened properly.
2. Walking on the pool deck is always a safe bet.
3. Take breaks from the fun! Taking breaks gives everyone time to have a snack, reapply sunscreen and use the restroom.
4. Catch is great but leave the leather balls at home, and opt for softer throwables.
5. Don't fake it. Long breath holding is dangerous and pretending that you need help is no fun.

## BE OUR GUEST!

There are two ways you can enjoy a visit on us!

1. We will occasionally ask you to help us with training. We want to know how well we are doing and how we can do better. We may ask you to evaluate our team based on a questionnaire or activity. When the questionnaire or activity is completed, we will give you a pool pass good for one free visit through September 1!
2. Wear a brightly colored swimsuit! On Mondays, we will have a random swimsuit color selected. If your swimsuit matches our color and you are among the first 10 guests wearing that color, you will win a pass good for one free admission through September 1! Pro tip: we like bright colors and contrasting patterns!

\*The top images show swimsuits submerged. The second row of images shows them about 18 inches below the surface with water agitation.\*



# 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 28 | Non-Residents June 2**

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

#211100B1 | M - Th | Jun 30 - Jul 3 | 10:30am - 11:00am

#211100B2 | M - Th | Jun 30 - Jul 3 | 11:15am - 11:45am

## Barnacle: Parent/Tot Level 2

Focusing on tots ages 1.5 - 2 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 28 | Non-Residents June 2**

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

#211101C1 | M - Th | Jul 14 - Jul 24 | 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 28 | Non-Residents June 2**

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

#211102A1 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211102A2 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211102B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211102B2 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211102B3 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211102B4 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211102C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211102C2 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

#211102C3 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211102D1 | M - Th | Jul 28 - Aug 7 | 9:45am - 10:15am

**Please note that each child cannot be registered for more than two classes of the same level.**

## 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 28 | Non-Residents June 2**

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

#211103A1 | M - Th | Jun 16 - Jun 26 | 9:45am - 10:15am

#211103A2 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211103A3 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211103B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211103B2 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211103C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211103C2 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211103C3 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

#211103C4 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211103D1 | M - Th | Jul 28 - Aug 7 | 9:45am - 10:15am

## GROUPEE: 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 28 | Non-Residents June 2**

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

#211104B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211104C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211104C2 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am



# WESTOVER POOL: Group Swim Lesson Placement

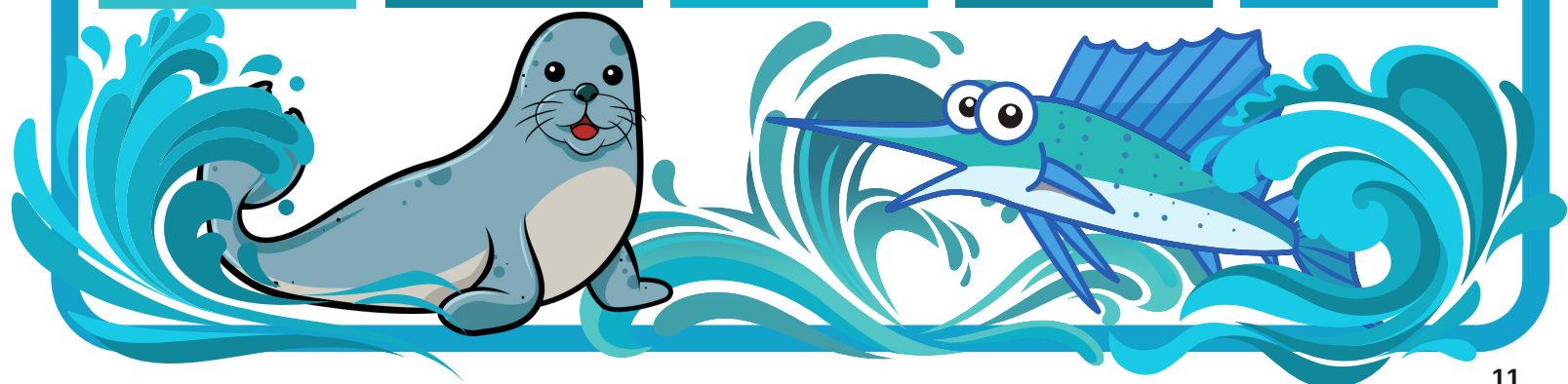
## HOW DO I KNOW WHICH YOUTH LESSON MY CHILD SHOULD BE IN?

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 Level 1	Whale Level 2	Mako Level 3	Seal 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 28 | Non-Residents June 2**

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

#211105A1 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211105A2 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211105B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211105B2 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211105B3 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211105C1 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

#211105C2 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am



## 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 28 | Non-Residents June 2**

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

#211106A1 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211106B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211106B2 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211106B3 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211106B4 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211106C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211106C2 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211106D1 | M - Th | Jul 28 - Aug 7 | 10:30am - 11:00am

**Please note that each child cannot be registered for more than two classes of the same level.**

## MAKO: LEVEL 3

Mako is the best fit for kids ages 6-12 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work on technique for front and back crawl, build endurance and get introduced to breaststroke, treading, and personal safety. Additional skills taught will be based on participant abilities.

**Open to City Residents Apr 28 | Non-Residents June 2**

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

#211107A1 | M - Th | Jun 16 - Jun 26 | 9:45am - 10:15am

#211107C1 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211107D1 | M - Th | Jul 28 - Aug 7 | 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 28 | Non-Residents June 2**

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

#211108A1 | M - Th | Jun 16 - Jun 26 | 9:45am - 10:15am

#211108D1 | M - Th | Jul 28 - Aug 7 | 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 28 | Non-Residents June 2**

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

**#211105TA1 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am**

**#211105TB1 | M - Th | Jun 30- Jul 10 | 11:15am - 11:45am**

## 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 28 | Non-Residents June 2**

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

**#211106TD1 | M - Th | Jul 28 - Aug 7 | 11:15am - 11:45am**

# WESTOVER POOL: Private and Adult 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 May 19 | Non-Residents June 9**

**City Residents \$85 | Non-Residents \$170**

**#211109 | Varies | Jun - Sep**



## FLOUNDERS: ADULT

Ideal for beginner or unsure adults, this group lesson is station based, allowing you more freedom to hone the skills you want. Take control of your time in the water so you can enjoy your time in the water. Lessons consist of 8, 30-minute classes.

**Open to City Residents April 28 | Non-Residents June 2**

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

**#221106 | T - Th | Jun 17 - Jun 26 | 9:00am - 10:00am**

**Please note that each child can be registered for either group or private/semi-private swim lessons, not both.**

## 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 \$150 | Ages 18+**

**#221107D1 | Tu, W, Th | 7:00am-9:00am (June - September)**

