

## FALL 2025 AQUATICS

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

### OUR FALL OPPORTUNITIES AQUATICS

#### Lap Swim & Recreational Swim

Reserve a lane for lap swim or just enjoy the water during our daily recreation swim hours until September 1 then Saturdays through the winter.

#### Swim Lessons

We will be offering multiple levels of swim lessons this fall. Don't wait until next summer to prepare you child to swim.



### Aquatics Registration & Information

Registration must take place online at [www.HarrisonburgVA.gov/Activities](http://www.HarrisonburgVA.gov/Activities) or in-person at any recreation center. If you have questions please call 540-433-0571

**City Resident Registration August 11 | Non Resident Registration August 25**

# AQUATICS

## SWIM HOURS

Open swim and lap swim hours are available 7 days a week now through September 2

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

### Recreation Swim

**August 16 - September 1\***

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

\*Staffing dependent

**September 2 - December 17**

Wednesday | 9:00am - 12:00pm

Saturday | 12:00pm - 5:00pm

### Dome Closure

Each fall, we take some time to get ready for our winter season by focusing on our dome and some maintenance projects.

**Saturday, September 20 - Sunday, October 5**

### Pool Closures

#### Fall and Winter Holidays

Monday, October 13

Tuesday, November 4

Tuesday, November 11

Half-day Wednesday, November 26 - Sunday, November 30

Sunday, December 21 - Thursday, January 1

### Lap Swim Hours

**August 11 - August 24**

Monday, Friday | 6:00am - 4:00pm

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 4:00pm

Wednesday | 6:00am - 7:00am and 12:00pm - 4:00pm

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

**August 25 - December 20**

Monday, Friday | 6:00am - 5:00pm\*

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 5:00pm\*

Wednesday | 6:00am - 7:00am and 12:00pm - 5:00pm\*

Saturday | 12:00pm - 5:00pm (one lane)

\*High School swim season begins 1st week of November, lap swim will end at 3:00pm.

## DAILY ADMISSION FEE

Residents living within 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.*

## POOL EVENTS

### Dive-In Movie

Join us for a family-friendly, not-so-spooky, dive-in movie night. Registration is required and space is limited. Kids 13 years and younger must have an adult present.

**City Residents 18+ \$3 | City Residents Under 18 \$2**

**Max Occupancy 30**

**#310951A1 | F | Oct 24 | 7:00pm-9:00pm**

### Shiver Me Timbers Pirate Plunge

Jump into the New Year! We will kick off 2026 with our 4th, and possibly last, Shiver Me Timbers Pirate Plunge at the pool! Dress up, grab some friends, join the fun, and start your new year off fresh with a quick dip in our seasonally cool Olympic Pool. Refreshments will be available after the plunge!

**City Residents \$20 | Non Residents \$40 | Adult (Age 14+)**

**#111130A1 | Th | Jan 1 | 9:00am**

## SUMMER WRAP-UP

What a great summer! Joining us for the opening of the new Ralph Sampson Park Spraygrounds, visiting daily at Westover Pool and crushing enrollment in swim lessons made summer 2025 one to remember!

Don't wait until next summer to get in on the action! We still offer swim lessons during our dome season on Wednesdays and Saturdays and we will be bringing the heat Wednesday afternoons with water aerobics.

Check out this guide and the upcoming Winter/Spring activity guide for all the classes we have coming up!

# AQUATICS

## 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 Aug 11 | Non Res Aug 25**

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

**#311101A1 | W | Oct 15 - Dec 10 | 9:45am - 10:15am**

## UNICORN FISH: PRE K 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 Aug 11**

**City Residents \$25**

**#311102A1 | W | Oct 15 - Dec 10 | 10:30am - 11:00am**

**#311102A2 | W | Oct 15 - Dec 10 | 11:15am - 11:45am**

## RAY: PRE K 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 Aug 11**

**City Residents \$25**

**#311107B1 | Sa | Oct 18 - Dec 13 | 11:15am - 11:45am**

## 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 Aug 11**

**City Residents \$25**

**#311105B1 | Sa | Oct 18 - Dec 13 | 10:30am - 11:00am**

## 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 Aug 11**

**City Residents \$25**

**#311106B1 | Sa | Oct 18 - Dec 13 | 9:45am - 10:15am**

## 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 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. Lessons consist of 8, 30-minute classes.

**Open to City Residents Aug 11**

**City Residents \$25**

**#311107B1 | Sa | Oct 18 - Dec 13 | 9:00am - 9:30am**

## 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 membership to Masters Swimming is required, no additional pool membership necessary.

**Indoor Membership**

**City Res \$150 | Non Res \$300 | Ages 18+**

**#121107A1 | Tu, W, Th | 7:00am-9:00am (Sep - May)**

### Rock the River

Keep your swimming on track this dome season. After each swim, move your marker to record your laps.

Easier: Maury River, 43 miles

Challenge: Mattaponi River, 103 miles

Extra Challenge: Both Rivers, 146 miles!

One mile=35 laps

**Lap Swim or Membership Fees Apply | All Ages**

**City Res \$2 | Non Res \$4 | (Sep - May)**

### 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.

**Open to City Residents Aug 11**

**City Res \$30 | Non Res \$60 | Ages 18+**

**#321109A1 | W | Oct 22 - Dec 17 | 2:00pm - 2:45pm**

## ADULT SWIM LESSONS

### Flounders: Adult

Ideal for beginner or unsure adults, this group lesson is station based, allowing you to hone the skills you want. Take control of your time in the water, so you can meet your goals and build confidence. Lessons consist of 8, 45-minute lessons.

**Open to City Residents Aug 11**

**City Res \$25 | Non Res \$50 | Ages 18+**

**#321106A1 | Sa | Oct 18 - Dec 13 | 8:00am-8:45am**