

Bayside Recreation Center - Swimming Pool March 2024

Subject to change. Updated: 3/4/2024

This schedule is to inform pool users what is available for Lap, Exercise and Open swim. Definitions are below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-10:45am Laps (6) <i>Exercise</i> <i>Open no board</i>	6:00am-11:15am Laps (6) <i>Exercise</i> <i>Open no board</i>	6:00am-10:45am Laps (6)* <i>Exercise*</i> <i>Open no board*</i>	6:00am-11:15am Laps (6) <i>Exercise</i> <i>Open no board</i>	6:00am-2:30pm Laps (6)* <i>Exercise*</i> <i>Open no board*</i>	9:00am-1:00pm Laps (6)* <i>Exercise*</i> <i>Open no board*</i>	11:00am-1:00pm Laps (6)* <i>Exercise*</i> <i>Open no board*</i>
10:45am-12:15pm Program-Shallow Laps (4) <i>Exercise-Deep</i> <i>Open-Deep</i>	11:15am-12:45pm Program-Shallow Laps (6) <i>Exercise-Limited</i> <i>Open-Limited</i>	10:45am-12:15pm Program-Shallow Laps (4) <i>Exercise-Deep</i> <i>Open-Deep</i>	11:15am-12:45pm Program-Shallow Laps (6)* <i>Exercise-Limited*</i> <i>Open-Limited*</i>	2:30pm-8:00pm Laps (4) <i>Exercise</i> <i>Open w/board</i>	1:00pm-5:00pm Laps (4)* <i>Exercise*</i> <i>Open w/board*</i>	1:00pm-2:30pm Check Announcements for 18+ Water Polo
12:15pm-4:00pm Laps (6) <i>Exercise</i> <i>Open no board</i>	12:45pm-2:30pm Laps (6) <i>Exercise</i> <i>Open no board</i>	12:15pm-4:00pm Laps (6) <i>Exercise</i> <i>Open no board</i>	12:45pm-2:30pm Laps (6)* <i>Exercise*</i> <i>Open no board*</i>			2:30pm-4:00pm Laps (2) Family Float Day!
4:00pm-7:00pm Programs Laps (3) No Exercise No Open Swim	2:30pm-5:45pm Laps (4) <i>Exercise</i> <i>Open w/board</i>	4:00pm-7:00pm Programs Laps (3) No Exercise No Open Swim	2:30pm-5:45pm Laps (4) <i>Exercise</i> <i>Open w/board</i>	Announcements		
7:00pm-9:00pm Laps (4) <i>Exercise</i> <i>Open w/board</i>	5:30pm-5:45pm Pool Change	7:00pm-9:00pm Laps (4) <i>Exercise</i> <i>Open w/board</i>	5:30pm-5:45pm Pool Change	3/6, 3/15, 3/22, 3/27 - 9:00am-11:00am Laps (4), Open-Shallow, Exercise-Shallow		
	5:45pm-8:45pm Program-Deep Laps (2 yards) <i>Exercise-Shallow</i> <i>Open-Shallow</i>		5:45pm-8:45pm Program-Deep Laps (2 yards) <i>Exercise-Shallow</i> <i>Open-Shallow</i>	3/28 - 12:00pm-2:00pm (4), Open-Shallow, Exercise-Shallow		
	8:45pm-9:00pm Pool Change		8:45pm-9:00pm Pool Change	3/3 - 1:00pm-2:30pm Laps (2 yards), Open-Shallow, Exercise-Shallow		
				3/16, 3/23 - Water Polo Matches 10:45am-3:45pm Laps (2 yards), Open-Shallow, Exercise-Shallow		
				3/9 - 9:00am-5:00pm Staff Training Laps (4), Open-Limited, Exercise-Limited		
				3/31 - Building Closed - Hoppy Easter		

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 is the established lap pattern. First come, first serve. **The number of lap lanes available is noted in the (#).** We will adjust number of lanes as programming attendance allows. 25 meters length of pool; 25 yards width of pool.

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. Exercise may also occur during Open time as well. Participants should be deep water safe. Exercise - Shallow: Deep end not available.

Fitness Classes: <https://www.vbgov.com/government/departments/parks-recreation/programs/Pages/fitness-finder.aspx>

Open: Open Swim = Space to do your own thing. Open Swim affords families time to enjoy swimming together. Children ages 9 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. 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. **Open-Shallow:** Deep end not available. **Open-Square** is shallow area not in main part of the pool.

Camp: Pool is being utilized by camp participants. Pool set up may vary during times noted.

Programs/Lessons: [Evening lessons, Water Polo, Lifeguard Training, Water Safety Instructor and Springboard Diving Programs available. Please click on the link for Aquatic programs at Bayside.](#)