



Subject to change / Updated: 1/20/2024





January 22 -
January 28, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-8:25am Laps & Exercise		
9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	8:30-9:15am Fitness Class-Shallow Exercise-Deep(Dive Well)		
2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	9:15am-5:15pm Laps Exercise Open		
5:15-8:00pm Lessons Exercise -Deep	5:20-8:30pm SL Exercise - Deep(Dive Well)	5:15-8:00pm Lessons Exercise -Deep	5:20-8:30pm SL Exercise - Deep(Dive Well)	5:15-8:00pm Lessons Exercise -Deep		
8:00-9:00pm Laps Open Swim	8:30-9:00pm Laps Open Swim	8:00-9:00pm Laps Open Swim	8:30-9:00pm Laps Open Swim		9:00am-12:00pm TR Lessons (Lap Pool Closed) Exercise - Deep (Dive Well)	11:00am-12:15pm Laps Fitness Class-Dive Well
					12:00pm-2:00pm Laps Exercise Open	12:15-1:00pm Laps Exercise Open
					2:00-5:00pm Open Swim	1:00-5:00pm Open Swim
					Shoreline Schedule Mon-Thur: 9:30am-8:45pm Friday: 9:30am-7:45pm Saturday & Sunday: 11:00am-4:45pm Spray features unavailable during youth & preschool programs	
 Attention: Avalanche Slide and Diving Board are Closed and undergoing refurbishment. Will re-open in March 2024. 					Important Dates Closed beginning Sunday, February 25 for Maintenance. Pool Closed 2/25-3/10/24.	
Open: Open Swim affords families time to enjoy swimming together. Children ages 8 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Diving is limited to the deep end. Patrons must be able to swim without assistance or use of flotation devices when using deep water.						
Fitness Classes: https://parks.virginiabeach.gov/programs-classes/drop-in-group-fitness						
Programs: Swim League=SL, High School Practice=HS, Lessons No Open Swim or Laps available during these times.						
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. The circle swim lap pattern must be followed. First come, first serve. () indicates number of available lanes. Subject to change. Bow Creek has two lap lanes available unless otherwise noted. * Denotes lap space may be limited.						
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. Participants should be deep water safe.						

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January 29 -
February 4, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-8:25am Laps & Exercise		
9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	8:30-9:15am Fitness Class-Shallow Exercise-Deep(Dive Well)		
2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	9:15am-8:00pm Laps Exercise Open		
5:15-8:00pm Lessons Exercise -Deep	5:20-8:30pm SL Exercise - Deep(Dive Well)	5:15-8:00pm Lessons Exercise -Deep	5:20-8:30pm SL Exercise - Deep(Dive Well)			
8:00-9:00pm Laps Open Swim	8:30-9:00pm Laps Open Swim	8:00-9:00pm Laps Open Swim	8:30-9:00pm Laps Open Swim			
<div>  Attention: Avalanche Slide and Diving Board are Closed and undergoing refurbishment. Will re-open in March 2024.  </div>					9:00am-12:00pm TR Lessons (Lap Pool Closed) Exercise - Deep (Dive Well)	11:00am-12:15pm Laps Fitness Class-Dive Well
					12:00pm-2:00pm Laps Exercise Open	12:15-1:00pm Laps Exercise Open
					2:00-5:00pm Open Swim	1:00-5:00pm Open Swim
					Shoreline Schedule Mon-Thur: 9:30am-8:45pm Friday: 9:30am-7:45pm Saturday & Sunday: 11:00am-4:45pm Spray features unavailable during youth & preschool programs	
					Important Dates Closed beginning Sunday, February 25 for Maintenance. Pool Closed 2/25-3/10/24.	
Open: Open Swim affords families time to enjoy swimming together. Children ages 8 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Diving is limited to the deep end. Patrons must be able to swim without assistance or use of flotation devices when using deep water.						
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Programs: Swim League=SL, High School Practice=HS, Lessons No Open Swim or Laps available during these times.						
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. The circle swim lap pattern must be followed. First come, first serve. () indicates number of available lanes. Subject to change. Bow Creek has two lap lanes available unless otherwise noted. * Denotes lap space may be limited.						
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. Participants should be deep water safe.						

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February 5 - February 18, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-8:25am Laps & Exercise			
9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	8:30-9:15am Fitness Class-Shallow Exercise-Deep(Dive Well)			
2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	2:45-5:15pm HS Swim Exercise - Deep(Dive Well)	9:15am-8:00pm Laps Exercise Open			
5:15-8:00pm Lessons Exercise -Deep	5:20-9:00pm Laps Open Swim	5:15-8:00pm Lessons Exercise -Deep	5:20-9:00pm Laps Open Swim	9:00am-12:00pm TR Lessons (Lap Pool Closed) Exercise - Deep (Dive Well)			11:00am-12:15pm Laps Fitness Class-Dive Well
8:00-9:00pm Laps Open Swim		8:00-9:00pm Laps Open Swim		12:00pm-2:00pm Laps Exercise Open			12:15-1:00pm Laps Exercise Open
<div> Attention: Avalanche Slide and Diving Board are Closed and undergoing refurbishment. Will re-open in March 2024. </div>					2:00-5:00pm Open Swim	1:00-5:00pm Open Swim	
					<u>Shoreline Schedule</u> Mon-Thur: 9:30am-8:45pm Friday: 9:30am-7:45pm Saturday & Sunday: 11:00am-4:45pm Spray features unavailable during youth & preschool programs		
					<u>Important Dates</u> Closed beginning Sunday, February 25 for Maintenance. Pool Closed 2/25-3/10/24.		
<div>Open: Open Swim affords families time to enjoy swimming together. Children ages 8 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Diving is limited to the deep end. Patrons must be able to swim without assistance or use of flotation devices when using deep water.</div>							
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Programs: Swim League=SL, High School Practice=HS, Lessons No Open Swim or Laps available during these times.							
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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. Participants should be deep water safe.							

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**February 19 -
February 25, 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-9:30am Laps & Exercise	6:00-8:25am Laps & Exercise		
9:30am-5:15pm Laps Exercise Open	9:30am-9:00pm Laps Exercise Open	9:30am-2:40pm Laps Exercise Open	9:30am-9:00pm Laps Exercise Open	8:30-9:15am Fitness Class-Shallow Exercise-Deep(Dive Well)		
5:15-8:00pm Lessons Exercise -Deep		5:15-8:00pm Lessons Exercise -Deep		9:15am-8:00pm Laps Exercise Open		
8:00-9:00pm Laps Open Swim		8:00-9:00pm Laps Open Swim				
<div>  Attention: Avalanche Slide and Diving Board are Closed and undergoing refurbishment. Will re-open in March 2024.  </div>					9:00am-12:00pm TR Lessons (Lap Pool Closed) Exercise - Deep (Dive Well)	11:00am-5:00pm Pool Closed
					12:00pm-2:00pm Laps Exercise Open	
					2:00-5:00pm Open Swim	
					Shoreline Schedule Mon-Thur: 9:30am-8:45pm Friday: 9:30am-7:45pm Saturday & Sunday: 11:00am-4:45pm Spray features unavailable during youth & preschool programs	
					Important Dates Closed beginning Sunday, February 25 for Maintenance. Pool Closed 2/25-3/10/24.	
Open: Open Swim affords families time to enjoy swimming together. Children ages 8 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Diving is limited to the deep end. Patrons must be able to swim without assistance or use of flotation devices when using deep water.						
Fitness Classes: https://parks.virginiabeach.gov/programs-classes/drop-in-group-fitness						
Programs: Swim League=SL, High School Practice=HS, Lessons No Open Swim or Laps available during these times.						
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. The circle swim lap pattern must be followed. First come, first serve. () indicates number of available lanes. Subject to change. Bow Creek has two lap lanes available unless otherwise noted. * Denotes lap space may be limited.						
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. Participants should be deep water safe.						