

# Kempsville Recreation Center - Competition Pool

800 Monmouth Lane Virginia Beach, VA 23464

757.385.5970



Parks & Recreation

Effective: March 1, 2024  
Schedule subject to change.  
Updated: February 29, 2024

Appropriate swim attire is required for users. Street clothes are not permitted on the pool deck. Observation area is available. Children under 9 years must be accompanied in the water by a participating adult 16 years or older. Inflatables are not permitted in the pools. For additional pool rules, please call or speak with an Aquatics Team Member.						
6:00-6:50am Laps (4) Exercise	6:00am-8:00am Laps (4) Exercise	6:00-6:50am Laps (4) Exercise	6:00am-8:00am Laps (4) Exercise	6:00-6:50am Laps (4) Exercise	9:00am-12:00pm Laps (2) TR Swim Lessons	11:00am-12:00pm Laps (3) Exercise Open- no diving
6:50-8:00am Laps (2) Exercise - Shallow Deep End Closed		6:50-8:00am Laps (2) Exercise - Shallow Deep End Closed		6:50-8:00am Laps (2) Exercise - Shallow Deep End Closed		
8:00am-4:50pm Laps (4) Exercise Open- no diving	8:00am-4:50pm Laps (4) Exercise Open- no diving	8:00am-5:50pm Laps (4) Exercise Open- no diving	8:00am-4:50pm Laps (4) Exercise Open- no diving	8:00-9:30am Laps (4) Exercise	<b>Climbing Wall/Diving Board:</b> Saturdays: 12:00-4:45PM Sundays: 12:00-4:45PM  <b>Calendar Notes:</b>  * Lifeguarding 3/1 Limited laps and pool space 3:30-7:30pm TR Swim Lessons (Laps 2): Mondays 5 - 7pm (starts 2/26) Saturdays 9am - noon (starts 3/2) Water Polo begins 3/4. No lap lanes available Mondays 6:50-9pm and Wednesdays from 5:50-9pm.  <b>Pool Closed for Maintenance</b> March 10- March 24	
				9:30am-12:00pm Laps (1) SOS Lessons - 3/1 only		
				*12:00-5:50pm Laps (4) Exercise		
4:50-6:50pm Laps (2) TR Swim Lessons	4:50pm-8:00pm Laps (1) Swim Lessons	5:50-9:00pm Water Polo No Laps Competition Pool Closed	4:50pm-8:00pm Laps (1) Swim Lessons	*5:50-7:00pm Laps (1-2) Open - shallow Deep End Closed		
6:50pm-9:00pm Water Polo No Laps Competition Pool Closed				8:00pm-9:00pm Laps (4) Open- no diving	* 7:00-8:00pm Laps (4) Open- no diving	
Program areas and recreation centers close at same time. Water features will turn off 15 minutes before closing. Please plan accordingly if using showers, changing areas or need a ride.						

**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 established lap pattern must be followed. First come, first serve. ( ) indicates number of available lanes. Subject to change.

**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 when exercising in deep end. Some programs, such as Lifeguard Training, may alter exercise space availability in pool.

**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. After 8:00pm, children 9-11 years old must have a guardian 16 years or older in the center. Diving is limited to the deep end. 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. Some programs, such as Lifeguard Training, may alter open space availability in pool.

**Climbing Wall:** The Climbing Wall is for experienced swimmers only and is available during scheduled times. Please see above for available times. May be closed on occasion due to staffing shortages.

# Kempsville Recreation Center - Leisure Pool

800 Monmouth Lane Virginia Beach, VA 23464

757.385.5970



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Updated: February 29, 2024

Appropriate swim attire is required for users. Street clothes are not permitted on the pool deck. Observation area is available.  
Children under 9 years must be accompanied in the water by a participating adult 16 years or older. Inflatables are not permitted in the pools.  
For additional pool rules, please call or speak with an Aquatics Team Member.

<u>Aqua Track</u>	<u>Multi-Use</u>	<u>Recreation River</u>	<u>Water Fort</u>
<i>Members may walk or jog against the current for water exercise. Users must be able to follow the exercise pattern. Water features on the river are turned off.</i>	<i>Members may walk or jog with or against the current for water exercise. Water features on the river are turned off.</i>	<i>Members must walk, jog, swim or float along with the current for recreational swim. All ages; children under 9 years must be accompanied in the water by an adult 16 years or older.</i>	<i>Play features and amenities are available. Open Swim guidelines still apply to youth. All ages; children under 9 years must be accompanied in the water by an adult 16 years or older.  *Note: During programs, play structure is off but accessible. See below for dates and times.</i>
<b>Mondays:</b> 6:00 - 11:00am, 7:00-9:00pm <b>Tuesdays:</b> 6:00 - 11:00am, 5:00-9:00pm <b>Wednesdays:</b> 6:00 - 11:00am, 7:00-9:00pm <b>Thursdays:</b> 6:00 - 11:00am, 5:00-9:00pm <b>Fridays:</b> 6:00 - 11:00am <b>Saturdays:</b> 9:00 - 11:00am <b>Sundays:</b> 11:00am - 12:00pm	<b>Mondays:</b> 11:00am-3:00pm, 5:00-7:00pm <b>Tuesdays:</b> 11:00am-3:00pm <b>Wednesdays:</b> 11:00am-3:00pm, 5:00-7:00pm <b>Thursdays:</b> 11:00am-3:00pm <b>Fridays:</b> 11:00am-3:00pm <b>Saturdays:</b> None <b>Sundays:</b> None	<b>Mondays:</b> 3:00pm - 5:00pm <b>Tuesdays:</b> 3:00pm - 5:00pm <b>Wednesdays:</b> 3:00pm - 5:00pm <b>Thursdays:</b> 3:00pm - 5:00pm <b>Fridays:</b> 3:00pm - 8:00pm <b>Saturdays:</b> 11:00am - 5:00pm <b>Sundays:</b> 12:00pm - 5:00pm	<b>Mondays:</b> 6:00am - 9:00pm <b>Tuesdays:</b> 6:00am - 9:00pm <b>Wednesdays:</b> 6:00am - 9:00pm <b>Thursdays:</b> 6:00am - 9:00pm <b>Fridays:</b> 6:00am - 8:00pm <b>Saturdays:</b> 9:00am - 4:45pm <b>Sundays:</b> 11:00am - 4:45pm

## Calendar Notes:

^SOS swim lessons on March 1

**BUILDING MAINTENANCE: POOL CLOSED MARCH 10 - MARCH 24**

**\*Leisure Pool may be limited or closed on the following days and times:**

Days	Times	Reason
Tu/Th	4:30-8:00pm	Lessons
F	9:30am-12pm	^SOS Lessons
M	5-7pm	Therapeutic Lessons

Program areas and recreation centers close at same time. Water features will turn off 15 minutes before closing.  
Please plan accordingly if using showers, changing areas or need a ride.