

Princess Anne Recreation Center - Swimming Pool

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

March 2024

Effective: March 1, 2024

Subject to change. Updated: 3/15/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-2:00pm Laps (5) Exercise Open <u>Aqua - Deep</u> 11:00am-11:45am No Class 3/11, 3/18	6:00am-2:00pm Laps (5) Exercise Open	6:00am-2:00pm Laps (5) Exercise Open <u>Aqua Zumba</u> 8:30am-9:15am No Class 3/13, 3/20	6:00am-2:00pm Laps (5) Exercise Open	6:00am-2:00pm Laps (5) Exercise Open	9:00am-5:00pm Laps (4) Exercise Open <u>EMS Rental</u> 9-11a Saturdays <u>Laps (2)</u>	11:00am-5:00pm Laps (4) Exercise Open <u>WSI Class 8a-5p</u> 3/10, 3/17, 3/24 Limited Space
2:00pm-5:30pm Laps (4) Exercise Open	2:00pm-4:30pm Laps (4) Exercise Open	2:00pm-5:30pm Laps (4) Exercise Open	2:00pm-4:30pm Laps (4) Exercise Open	2:00pm-8:00pm Laps (4) Exercise Open	<u>Water Polo Match</u> 1030a-3:30p 3/23 Laps (2) Yds	<u>EMS Rental</u> 11a-1p 3/10 <u>Laps (2)</u>
5:30pm-9:00pm <u>Water Polo</u> Laps (2) Yds Open - Shallow	4:30pm-9:00pm Laps (2) Programs	5:30pm-9:00pm <u>Water Polo</u> Laps (2) Yds Open - Shallow	4:30pm-9:00pm Laps (2) Programs			
3/11-3/22 - 9:30a-11:30a SOS 2nd Grade Swim Program - LAPS ONLY (3) 3/31 - Easter - Rec Center Closed						

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 only. **The number of lap lanes available is noted in the (#).** Number of lanes accessible may be adjusted as programming attendance allows.

Exercise: Members are encouraged to perform self-directed exercise. Water Exercise may occur in the shallow or deep end of the pool unless otherwise noted. Participants must be deep water safe.

Exercise - Shallow : Deep end not available. **Exercise Deep**: Shallow end not available.

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. 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-Deep**: Shallow end not available.

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

Programs/Lessons: For more information regarding our programs including swim lessons and advanced water safety classes, please click here.

[Activity search](#) | [Virginia Beach Parks & Recreation Online Registration](#) (activecommunities.com)