

Seatack Recreation Center

141 S. Birdneck Road Virginia Beach, VA 23451
757.385.5920

Effective: March 1 - March 31, 2024

Updated: February 28, 2024

Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am-5:30pm Laps (4) Exercise Open* limited	6:30am-9:30am Laps (5) Exercise Open* limited	8:30am-5:30pm Laps (4) Exercise Open* limited	6:30am-9:30am Laps (5) Exercise Open* limited	8:30am-5:30pm Laps (4) Exercise Open* limited	9:00am-5:00pm Laps (3) Exercise Open	11:00am-5:00pm Laps (4) Exercise Open
5:30pm-9:00pm Laps (3) Lessons Exercise	9:30am-9:00pm Laps (4) Exercise Open	5:30pm-9:00pm Laps (3) Lessons Exercise	9:30am-9:00pm Laps (4) Exercise Open	5:30pm-8:00pm Laps (2) Exercise Open	Please note: Facility closed March 31	

Swim Lessons:

February 26th - March 27th: Monday/Wednesday swim lessons from 5:30pm to 8:45pm

Special Events:

For additional rental groups and pool restrictions, please view the Rental posting at Seatack Recreation Center Front Desk

Laps: Members must be deep water safe and able to swim at least two lengths (50m/y) 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. 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.

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. Use of the diving board takes precedence over open swim or water exercise in the deep end.

Diving Board: Members must be deep water safe to use the diving board. Those using the diving board may not be aided by flotation devices or be assisted or caught by parents or other patrons. The use of goggles on the diving board is not permitted.