

Williams Farm Recreation Center Pool Calendar

March 2024



Subject to change. Updated: 2/27/24

Monday	Tuesday	Wednesday	Thursday	Friday*	Saturday	Sunday
6:00-9:00am AquaTrack Lap Swim Exercise	6:00-9:00am AquaTrack Lap Swim Exercise	6:00-9:00am AquaTrack Lap Swim Exercise	6:00-9:00am AquaTrack Lap Swim Exercise	6:00-9:00am AquaTrack Lap Swim Exercise	9:00am-1:00pm AquaTrack Lap Swim/Exerise Open	11:00am-1:00pm AquaTrack Lap Swim/Exercise Open
9:00-11:30am AquaTrack Lap Swim Exercise Open	9:00-11:30am AquaTrack Lap Swim Exercise Open	9:00-11:30am AquaTrack Lap Swim Exercise Open	9:00-10:30am AquaTrack Lap Swim Exercise Open	9:00-10:30am AquaTrack Lap Swim Exercise Open	1:00-5:00pm Lazy River Rock Wall/Basketball Open	1:00-5:00pm Lazy River Rock Wall/Basketball Open
Students on the Swim 3/11-3/22 10:00-11:30AM Lap/Aqua Track Only. 3 or less lap lanes may be available at this time.					Calendar Notes	
					Features offered during Open Swim are Water Fort and Slide, unless noted otherwise.	
11:30am-5:00pm Lazy River Lap Swim Open	11:30am-5:00pm Lazy River Lap Swim Open	11:30am-5:00pm Lazy River Lap Swim Open	10:30am-1:30pm AquaTrack BHS Passion Project Open - No features	10:30am-1:30pm AquaTrack BHS Passion Project Open - No features	Features are not available during scheduled programs or if a staffing shortage occurs. Basketball is offered in conjunction with rock wall.	
5:00-7:30pm AquaTrack Lap Swim (1) Open - No features Swim Lessons 5:00-7:30p	5:00-8:15pm AquaTrack Lap Swim (1) Open - No features Swim Lessons 5:00-8:15p	5:00-7:30pm AquaTrack Lap Swim (1) Open - No features Swim Lessons 5:00-7:30p	1:30-5:00pm Lazy River Lap Swim Open	1:30-4:00pm Lazy River Lap Swim Open	Announcements/Reminders	
					BHS Passion Project is held on Thursday and Friday at 10:30am-1:30pm	
					Swim Lessons are held Monday-Thursday. M/W lessons are held 5:00-7:30PM and Tu/Th lessons are held 5:00-8:15PM.	
7:30-9:00pm Lazy River Lap Swim Open	8:15-9:00pm Lazy River Lap Swim Open	7:30-9:00pm Lazy River Lap Swim Open	5:00-9:00pm AquaTrack Lap Swim (1) Open - No features Swim Lessons 5:00-8:15p	4:00-8:00pm Lazy River Basketball Open/Deep End	Students on the Swim is held Monday-Friday. The remaining sessions are 3/11-3/22 and 4/16-4/26 at 10:00-11:30AM.	
Features close 15 minutes prior to pool closing						
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.					
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. (#) Denotes number of lanes when less than three (3) during open swim.					
AquaTrack:	Members may walk or jog against the current for water exercise. Users should be able to follow the exercise pattern.					
Lazy River:	Members may walk, jog, 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.					
Open:	Open Swim affords families time to enjoy swimming together. <i>Children under the age of nine (9) must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity.</i> Speak with an Aquatic Team Member regarding exceptions. Williams Farm is a No Diving facility. Patrons must be able to swim without assistance or use of flotation devices when using deep water. Water Fort and slide are open, please see rules for each below.					
Water Fort:	Play features and amenities are available at Bow Creek, Kempsville and Williams Farm. Open Swim guidelines still apply to youth. Williams Farm fort is for children 10 and under. Must slide one at a time on each slide and slide feet first.					
Slide FAQ's:	Water depth is 4 feet (48") in the catch pool. Riders must be a minimum of 48" tall to ride. The maximum rider weight is 300 lbs. Only one person is allowed down the slide at a time. No catching children at the bottom of slide. Eyeglasses and goggles are not allowed. No tubes, mats, or life jackets are permitted on the water slide. Pregnant women and those with a history of heart problems or back trouble should not ride the Tidal Surge.					
Deep Water Test:	If an individual's swimming ability is in doubt, the individual will be asked to perform and satisfactorily complete the following swim test: 1 - Jump into deep water from end of the pool. 2 - Surface and tread water for 20 seconds and then level off on front. 3 - Perform non-stop, controlled swim on front to the lifeline, while using a rhythmic breathing pattern.					
Rockwall:	Climbing wall. No lap swim space available. If demand is not there or staff is not available for the rock wall, area will be open for open swim.					

Rockwall FAQ's:	Mount Williams is for experienced swimmers only. Water depth is 7 feet. Patrons must be able to swim without assistance or use of flotation devices when using Mt. Williams or deep water. A lifeguard must be supervising this attraction to climb. Climbers must start from in the water. Climbing is limited to two climbers at a time. During busy times, climbers get one attempt to climb. Once you fall, you must go to the end of the line. No head first dives, flips, splash dives, twists, or backward entries are allowed from the side of the pool or climbing wall. Feet first entries only. Drop zone must remain clear of swimmers at all times. Eyeglasses and goggles are not allowed when climbing. Pregnant women and those with a history of heart problems or back trouble should not climb Mt. Williams.
Programs:	For more information regarding our programs including swim lessons and advanced water safety classes: Virginia Beach Parks & Recreation Online Registration (activecommunities.com)