



AQUATICS GUIDE

WINTER/SPRING 2022

SWIM LESSON SCHEDULE

CLASS NAME	DAY	DATES	TIME	COST
January				
Preschool	Tuesday/Thursday	1/4-1/27	5-5:30 p.m.	\$48
School Age	Tuesday/Thursday	1/4-1/27	5-5:45 p.m.	\$48
Preschool	Saturday	1/8-1/29	9-9:30 a.m.	\$30
Adult	Saturday	1/8-1/29	9-9:45 a.m.	\$30
School Age	Saturday	1/8-1/29	9-9:30 a.m.	\$30
February				
Preschool	Tuesday/Thursday	2/1-2/24	5-5:30 p.m.	\$48
School Age	Tuesday/Thursday	2/1-2/24	5-5:45 p.m.	\$48
Preschool	Saturday	2/5-2/26	9-9:30 a.m.	\$30
Adult	Saturday	2/5-2/26	9-9:45 a.m.	\$30
School Age	Saturday	2/5-2/26	10-10:45 a.m.	\$30
March				
Preschool	Tuesday/Thursday	3/1-3/24	5-5:30 p.m.	\$48
School Age	Tuesday/Thursday	3/1-3/24	5-5:45 p.m.	\$48
Preschool	Saturday	3/5-3/26	9-9:30 a.m.	\$48
Adult	Saturday	3/5-3/26	9-9:45 a.m.	\$30
School Age	Saturday	3/5-3/26	10-10:45 a.m.	\$30
April				
School Age	Tuesday/Thursday	4/5-4/28	5-5:45 p.m.	\$48
Preschool	Tuesday/Thursday	4/5-4/28	5-5:30 p.m.	\$48
May				
School Age	Tuesday/Thursday	5/3-5/26	5-5:45 p.m.	\$48
Preschool	Tuesday/Thursday	5/3-5/26	5-5:30 p.m.	\$48
June				
Preschool	Tuesday/Thursday	6/7-6/30	5-5:30 p.m.	\$48
School Age	Tuesday/Thursday	6/7-6/30	5-5:45 a.m.	\$48
Preschool	Saturday	6/4-6/25	9-9:30 a.m.	\$30
Adult	Saturday	6/4-6/25	9-9:45	\$30
School Age	Saturday	6/4-6/25	10-10:45	\$24



SPECIAL EVENTS

APRIL 9: Underwater easter egg hunt
10 a.m.-12 p.m. Pool reopens at 1 p.m.

MAY 7: STEM Project Evaluation pool
closed from 8 a.m.-1 p.m.
Pool will reopen at 2 p.m.

JUNE 11: Mary Helen Thomas Water
Safety Day. 10:30 a.m.-12:15 p.m.
Pool reopens at 1 p.m.

AQUATICS CENTER HOURS

DAY	TIME
Monday–Friday	6 A.M.–8 P.M.
Saturday	8 A.M.–5 P.M.
Sunday	1 P.M.–5 P.M.

Hours of operation at the pool may change daily. The slide or other pool features may be closed during operation. Check with the Welcome Desk or Aquatics Desk for most up-to-date information. Water features may have different and various operating hours, however, the safety of our members and guests is always our first concern.



KROC
HAMPTON ROADS

Aquatics Schedule

Monday Wednesday (Friday*)	Lap Lanes	Lazy River	Beachfront	Slide
6:00 - 7:00 a.m.	Laps	Open	Closed	
7:00 - 8:00 a.m.	Laps	Open		
8:00 - 9:00 a.m.	Laps	Open		
9:00 - 10:00 a.m.	Laps	Open		
10:00 a.m. - 12:00 p.m.	Open Swim			
12:00 - 1:00 p.m.	Open swim			Closed
1:00 - 4:00 p.m.	Closed			Closed
4:00 - 5:00 p.m.	Closed	Open	Open	
5:00 - 6:00 p.m.	Open			Closed
6:00 - 8:00 p.m.	Closed	Open	Open	
*Friday				
Lap Lanes	Lazy River	Beachfront	Slide	
4:00 - 6:00 p.m.	Open			Closed
Tuesday Thursday				
Lap Lanes	Lazy River	Beachfront	Slide	
6:00 - 7:00 a.m.	Laps	Open	Closed	
7:00 - 8:00 a.m.	Laps	Open		
8:00 - 9:00 a.m.	Laps	Open		
9:00 - 10:00 a.m.	Laps	Open		
10:00 a.m. - 12:00 p.m.	Open Swim			
12:00 - 1:00 p.m.	Open Swim			
1:00 - 4:00 p.m.	Closed			
4:00 - 5:00 p.m.	Closed			Closed
5:00 - 6:00 p.m.	Closed	Open	Open	Closed
6:00 - 8:00 p.m.	Closed	Open	Open	Closed
Saturday				
Lap Lanes	Lazy River	Beachfront	Slide	
8:00 - 9:00 a.m.	Laps	Open	Closed	
9:00 - 11:00 a.m.	Closed	Open		
11 a.m. - 1:00 p.m.	Open Swim			
1:00 - 3:00 p.m.	Open Swim			
3:00 - 5:00 p.m.	Open Swim			
5:00 - 6:00 p.m.	Laps	Open	Open	Closed
Sunday				
Lap Lanes	Lazy River	Beachfront	Slide	
1:00 - 3:00 p.m.	Open Swim			
3:00 - 5:00 p.m.	Open Swim			

POOL DRESS CODE AND GUIDELINES

Appropriate swimming attire is required. All members are required to wear a family-friendly swimsuit. All males are to wear swim trunks or triathlon shorts. No cotton, cut-offs, gym shorts, shorts with zip-pers, or exposed underwear are allowed.

AGE RESTRICTIONS

- One adult must be in the water within arm's reach for every 3 children under the age of 10 at all times unless the child can pass a swim test. *An adult must be a parent or an approved guardian, who is at least 16 years old.

- Ages 10-12 may be in the pool area without their parent or guardian so long as the parent or guardian is in the building.

- Ages 13+ have complete pool access.

* Swim test: 2 minute tread in the deep end and must stay verticle in the water. Your head must NOT go underneath the water at any time. Please see our "How-to" video on our website.

OTHER

- Children must be 48" tall and pass a swim test to be allowed in the Lazy River alone.

- Riders must be at least 48" tall to use the slide and must obey the instructions of the slide attendant at all times.

- No life vest or goggles allowed on the slide

- Please bring your own towel

- Inflatable floatation devices are NOT allowed

- Coast Guard-approved life vest ONLY

The last 15 minutes of every session we close for sanitation.