

NORTHSIDE SWIMMING POOL

Fall 2024

Monday	Tuesday	Thursday	Saturday	Indoor Pool Schedules: Pools close Daily 1-2pm for cleaning, disinfecting, and sanitizing.
7:00 AM – 1:00 PM LAP SWIM 9:00 AM - 10:00 AM FITNESS CLASS 11:00 AM - 1:00 PM SCHOOL SPLASH** 1:00 PM - 2:00 PM POOL CLOSED 2:00 PM - 8:00 PM LAP SWIM 2:00 PM - 4:00 PM OPEN SWIM 4:00 PM - 6:00 PM SWIM LESSONS 6:00 PM - 8:00 PM FAMILY SWIM	7:00 AM – 1:00 PM LAP SWIM 11:00 AM - 1:00 PM SCHOOL SPLASH** 1:00 PM - 2:00 PM POOL CLOSED 2:00 PM - 8:00 PM LAP SWIM 2:00 PM - 6:00 PM OPEN SWIM 6:00 PM - 8:00 PM FAMILY SWIM	7:00 AM – 1:00 PM LAP SWIM 9:00 AM - 10:00 AM FITNESS CLASS 11:00 AM-1:00 PM SCHOOL SPLASH** 1:00 -2:00 PM POOL CLOSED 2:00 PM - 8:00 PM LAP SWIM 2:00 PM - 4:00 PM OPEN SWIM 4:00PM - 6:00 PM SWIM LESSONS 6:00 PM - 8:00 PM FAMILY SWIM	10:00 AM – 1:00 PM LAP SWIM 1:00 PM - 2:00 PM POOL CLOSED 2:00 PM - 6:00 PM LAP SWIM 2:00 PM - 4:00 PM OPEN SWIM 5:00 PM - 6:00 PM FAMILY SWIM	SOUTHSIDE AQUATIC CENTER 1750 Campostella Road (757) 333-3281 Tuesday: 7:00 AM - 8:00 PM Wednesday: 7:00 AM - 8:00 PM Thursday: 7:00 AM - 8:00 PM Saturday: 10:00 AM - 6:00 PM
** Locker rooms will be unavailable while School Splash students change. Before entering the changing rooms, please check with the aquatic staff. During School Splash times, family locker rooms will be available.				
Pools close daily 1:00 PM - 2:00 PM for cleaning, disinfecting, and sanitizing.				
Depending on the day and hour, the number of lap swim lanes and open swim spaces vary. Inquire with the staff regarding lane numbers and available swimming space.				

Family Swim – Time for children and their families to enjoy swimming together. Parent must be in the water.
Group Swim – Scheduled time for recreation centers and outside groups to use the aquatic facility.
Open Swim – Time to do your own thing. Lap Swim, water exercise, and general aquatic activities.
Lap Swim – Lap swimming is a great way to stay fit and active by continuously swimming down and back.

Swim Lessons - Fee based swim lessons for children and adults. More information at norfolkfun.norfolk.gov
Southside Splash – Free swimming lessons and water safety. Recreation Pass required to participate.
Southside Senior Splash – Free water exercise for adults 50+. Recreation Pass required to participate.
School Splash - Norfolk Public Schools Water Safety Program

HUNTERSVILLE SWIMMING POOL

Fall 2024

Monday	Wednesday	Friday	Saturday	Indoor Pool Schedules: Pools close Daily 1-2pm for cleaning, disinfecting, and sanitizing.
7:00 AM – 1:00 PM LAP SWIM	7:00 AM – 1:00 PM LAP SWIM	7:00 AM – 1:00 PM LAP SWIM	10:00 AM – 1:00 PM LAP SWIM	SOUTHSIDE AQUATIC CENTER 1750 Campostella Road (757) 333-3281 Tuesday: 7:00 AM - 8:00 PM Wednesday: 7:00 AM - 8:00 PM Thursday: 7:00 AM - 8:00 PM Saturday: 10:00 AM - 6:00 PM
11:00 AM - 1:00 PM SCHOOL SPLASH**	11:00 AM - 1:00 PM SCHOOL SPLASH**	11:00 AM - 1:00 PM SCHOOL SPLASH**	1:00 PM - 2:00 PM POOL CLOSED	
1:00 PM - 2:00 PM POOL CLOSED	1:00 PM - 2:00 PM POOL CLOSED	1:00 PM - 2:00 PM POOL CLOSED	2:00 PM - 6:00 PM LAP SWIM	NORTHSIDE SWIMMING POOL 8401 Tidewater Drive (757) 441-1760 Monday: 7:00 AM - 8:00 PM Tuesday: 7:00 AM - 8:00 PM Thursday: 7:00 AM - 8:00 PM Saturday: 10:00 AM - 6:00 PM
2:00 PM - 8:00 PM LAP SWIM	2:00 PM - 8:00 PM LAP SWIM	2:00 PM - 8:00 PM LAP SWIM	2:00 PM - 4:00 PM OPEN SWIM	
2:00 PM - 5:00 PM OPEN SWIM	2:00 PM - 4:00 PM OPEN SWIM	2:00 PM - 4:00 PM OPEN SWIM	5:00 PM - 6:00 PM FAMILY SWIM	
6:00 PM - 8:00 PM FAMILY SWIM	4:00 PM - 6:00 PM SWIM LESSONS	4:00 PM - 6:00 PM SWIM LESSONS		
	6:00 PM - 8:00 PM FAMILY SWIM	6:00 PM - 8:00 PM FAMILY SWIM		
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Parks & Recreation Pass Information

Persons 65 years of age and older can obtain a Parks & Recreation Pass for free! All participants and their guardian are required to fill out an aquatic facility registration form.

Parks & Recreation Pass can be purchased at any
City of Norfolk Parks & Recreation Center.

Checks or Money Orders only - NO CASH.

City of Norfolk Swimming Pool Guidelines

- All pool patrons must register and check in before entering the pool area
- Lifeguards are on duty during all hours of operation
- Please visit pool management staff or pool office for information concerning programs or policies
- Parents, always watch your Children
- Splash area and slide will be open during scheduled open swim times and for designated activities
- Designated lap swim lanes are available during all hours of operation
- Scheduled programs take priority over all other activities
- A swim test is required for those intending to swim in the deep end or go down the slide. This test is required on each visit.
- Diving boards are used for instructional programs only
- Children wearing lifejackets must always remain within arm's reach of a parent. All flotation devices and lifejackets must be United States Coast Guard approved. No swim noodles allowed except for designated instructional classes.
- Children who are not toilet trained must wear a swim diaper
- Pools, decks, and locker room showers will be closed for thirty minutes after the last occurrence of thunder or lightning
- Always follow all rules and the instructions of lifeguards

City of Norfolk Parks & Recreation Pass Membership Fees

MEMBERSHIP TYPE	ANNUAL RESIDENT	ANNUAL NON-RESIDENT	POWER-UP
Family (Adult + 3 or more)	\$100	\$200	\$50
Child (under 5y)	Free (with a Adult or Senior Annual Membership)		
Youth (5-17)	\$20	\$100	\$10
Adult (18-64)	\$50	\$100	\$20
Senior (65+)	Free	\$100	

Deep End Swim Test

1. Jump in feet first into deep water without grabbing the wall.
2. Tread water for 30 seconds using arms and legs, with head fully above water surface.
3. Swim 25 yards/meters in a prone position (breaststroke or front crawl) using rotary breathing with face in the water between breaths.
4. Swim should be performed in deep water, reversing direction at halfway point.
5. Climb out of pool without the use of a ladder or assistance.