

# POOL INFORMATION & CLASSES – September THROUGH December

## Pool Hours

Monday, Wednesday – 6:30 a.m. – 08:00 p.m.

Tuesday, Thursday – 7:30 a.m. – 08:00 p.m.

Friday – 6:30 a.m. – 7:30 p.m.

Saturday – 9:00 a.m. – 2:30 p.m.

Sunday – CLOSED

## Restricted Hours

Class time Monday through Friday, 9:00 a.m. – 11:00 a.m. and 5:00 p.m. – 8:00 p.m.

***Pool is CLOSED from 9:00 a.m. – 10:00 a.m. on Mondays, Wednesdays, and Fridays.***

Pool is open from 5:00 p.m. – 8:00 p.m. unless classes are scheduled.

Lap lanes will remain open unless posted.

## Free Time

(Open only to Hopewell students who have membership to the Hopewell Community Center)

Monday, Wednesday and Friday, 3:00 p.m. – 4:00 p.m. 5:00 p.m. if no programs are scheduled.

Saturday free hours are 9:00 a.m. – 12:00 noon.

## Pool Rental

Call 541-2353 Monday through Friday, 6:30 am. – 2:30 p.m.

We welcome Scouts, Day Cares, Schools, etc. Birthday Parties available on Saturdays only between *September and May. There is \$10.00 fee plus \$1.00 for Hopewell students and \$2.00 for Non-Hopewell Students. No fee for adults unless they actually get in water.* Anyone interested in having programs at the pool may call and ask for Liz Clark.

## Pool Schedules

Available at the front desk of the Hopewell Community Center.

## Special Events

All events will be advertised and posted no less than one week ahead of the event.

## Scuba

Scuba classes consist of three basic parts: (1) Academic (classroom), (2) Confined water (skills developed in the pool), and (3) Open dives (four dives). For more information on prices, dates, times, etc., you can contact Kim Walker, PADI Instructor, at 796-DIVE.

## Swim Team

Virginia Association for Competitive Swimming (VACS) is a non-profit organization dedicated to the promotion of competitive swimming in Chesterfield County, the Tri-Cities and surrounding areas. VACS offers instruction, training and competition to young people of all ages and abilities.

The VACS program is divided into six practice groups: Novice I, Novice II, Junior, Open Group, Age Group and Senior. These groupings allow swimmers to train at their individual level of ability while striving to improve their physical conditioning and swimming techniques. Swimmers on VACS range from beginners to National competition levels.

For information call Jamie at 937-5571 or e-mail at [thadavvg@aol.com](mailto:thadavvg@aol.com) or go to the web site [www.swimvacs.org](http://www.swimvacs.org)

### **Home School**

Swim time is Monday thru Friday from 1:00 – 2:00 p.m. September through May. We are also doing lessons for Home School you may contact Kim through the Home School association. For more information please call Liz Clark 541-2304.

**Cost:** Resident - \$40.00, Non-Resident \$45.00

**Times:** 7:00 – 8:00 pm

**PLEASE BE AWARE THAT THE POOL IS USED BY MANY. WE WILL POST WEEKLY AND MONTHLY SCHEDULES.**

**FOR FURTHER INFORMATION ON THE POOL PLEASE CALL 541-2304 AND SPEAK WITH ANYONE FROM OUR AQUATIC STAFF.**

### **Classes**

**CCID Water Aerobics** – This class will provide exercises to increase flexibility, range of motion, and cardiovascular endurance. Classes are offered at different times to accommodate your scheduling needs. You do not have to be a swimmer to participate. Classes run Monday through Friday.

**9:00 a.m. - 10:00 a.m. (seniors only)** – Liz Clark, instructor; West Ford & Ashley Hundley, instructors.

**10:00 a.m. - 11:00 a.m. (All ages)** – Liz Clark, instructor; West Ford and Ashley Hundley, instructors.

**6:45 p.m. – 7:45 p.m. (All ages)** – Brad Flynn; David Russell instructors. **Cost:** Must have a Hopewell Community Center membership, plus \$1 per class. Non-members of the Community Center must pay \$2 per class.

### **Private Lessons**

**Dates:** Available during the months of September through April

**Cost:** \$70.00 - \$85.00 depending on Residency and Membership

### **Adult Classes**

**Dates:** September 14 - 24  
October 5 – 15  
November 2 – 12  
December 7 – 17