

| Monday | Tuesday | Wednesday | Thursday | Saturday | Indoor Pool Schedules: |
|--|--|--|---|---|--|
| 7:00 AM – 11:00 AM LAP SWIM 11:00 AM - 1:00 PM NORFOLK PUBLIC SCHOOL SPLASH 1:00 PM – 2:00PM POOL CLOSED 2:00 PM – 3:00 PM OPEN SWIM 3:00 PM – 6:00 PM NORFOLK PUBLIC HIGH SCHOOL SWIM TEAM PRACTICE 6:00 PM – 8:00 PM OPEN SWIM | 7:00 AM – 9:00 AM LAP SWIM 9:00 AM - 10:00 AM THERAPEUTIC CLASS 10:00 AM – 11:00 AM SOUTHSIDE SENIOR SPLASH 11:00 AM - 1:00 PM NORFOLK PUBLIC SCHOOL SPLASH 1:00 PM – 2:00PM POOL CLOSED 2:00 PM – 3:00 PM OPEN SWIM 3:00 PM – 6:00 PM NORFOLK PUBLIC HIGH SCHOOL SWIM TEAM PRACTICE 6:00 PM – 8:00 PM NORFOLK SILVER DOLPHINS | 7:00 AM – 11:00 AM LAP SWIM 11:00 AM - 1:00 PM NORFOLK PUBLIC SCHOOL SPLASH 1:00 PM – 2:00 PM POOL CLOSED 2:00 PM – 3:00 PM OPEN SWIM 3:00 PM – 6:00 PM NORFOLK PUBLIC HIGH SCHOOL SWIM TEAM PRACTICE 6:00 PM – 8:00 PM NORFOLK SILVER DOLPHINS | 7:00 AM – 11:00 AM LAP SWIM 11:00 AM - 1:00 PM NORFOLK PUBLIC SCHOOL SPLASH 1:00 PM – 2:00 PM POOL CLOSED 2:00 PM – 3:00 PM OPEN SWIM 3:00 PM – 6:00 PM NORFOLK PUBLIC HIGH SCHOOL SWIM TEAM PRACTICE 6:00 PM – 8:00 PM OPEN SWIM | 10:30 AM – 1:00 PM SWIM LESSONS 1:00 PM – 2:00 PM POOL CLOSED 2:00 PM – 6:00 PM OPEN SWIM | Indoor Pool Schedules: Indoor Pools close Daily 1-2pm for cleaning, disinfecting, and sanitizing. |
| HUNTERSVILLE SWIMMING POOL 830 GOFF ST. (757) 664-7431 CLOSED FOR MAINTENANCE | | | | | |
| NORTHSIDE SWIMMING POOL 8401 TIDEWATER DR. (757) 441-1760 MONDAY: 7:00 AM – 8:00 PM TUESDAY: 7:00 AM – 8:00 PM THURSDAY: 7:00 AM – 8:00 PM FRIDAY: 7:00 AM – 8:00 PM SATURDAY: 10:00 AM – 6:00 PM | | | | | |
| Pools close daily 1:00 PM – 2:00 PM for cleaning, disinfecting, and sanitizing. | | | | | |
| Two swim lanes will be available all day for lap swimming. Please check with the staff to see if an additional swim lanes can be made available. | | | | | |

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

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 30 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 5) | 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.