

KROC

AQUATICS PROGRAM GUIDE Winter/Spring 2024



KROC
HAMPTON ROADS

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AQUATICS GUIDE

WINTER/SPRING 2024

RECEIVE TEXT ALERTS FOR POOL CLOSURES
TEXT "SWIM" TO 757-622-5762

SWIM LESSON SCHEDULE

CLASS NAME	DAY	DATES	TIME	COST
March				
REGISTRATION OPENS (Mon/Wed Classes) - Members: Feb 5 Non-Members: Feb 12 (Sat Classes) - Members: Feb 10 Non-Members: Feb 17				
School Age	Monday/ Wednesday	Mar 4 - Mar 20	5 p.m. - 5:45 p.m.	\$48
School Age	Saturday	Mar 2 - Mar 16	10 a.m. - 10:45a.m. 11 a.m. - 11:45 a.m.	\$27
Pre-School Swim (4 years old)	Saturday	Mar 2 - Mar 16	9a.m. - 9:30 a.m.	\$27
Pre-School Swim (3 years old) <i>(Requires a parent in the water)</i>	Saturday	Mar 2 - Mar 16	9:30 a.m. - 10 a.m.	\$27
Adult	Saturday	Mar 2 - Mar 16	9 a.m. - 9:45 a.m.	\$27



CLASSES

AQUA FIT

TUES/WED/THURS

10:15 A.M.

Low-impact, high energy aquatic class that uses the water's natural resistance to help tone muscles!

MEMBERS: FREE

NON-MEMBERS: \$8

LIFEGUARDING CERTIFICATION

Do you love to swim and want to join a great team that offers flexible scheduling, competitive salaries, and benefits? Why not get your lifeguard certification for free with us?! (Ages 16+)

Contact Liz Lowery for more information at 757-622-5762 x 64360

MARY HELEN THOMAS DAY

JUNE 8

STARTS AT 10 A.M.

Free water safety swimming lesson for children ages 5-15.

NO SWIM LESSONS IN APRIL, MAY OR JUNE

Aquatics Schedule

THE POOL IS CLOSED MONDAY - FRIDAY FROM 1 P.M. - 4 P.M.



LAZY RIVER HOURS	
DAY	TIME
Mon - Fri	6am-1pm 4pm-8pm
Saturday	8am-9am 12pm-6pm
Sunday	1pm-5pm



BEACHFRONT HOURS	
DAY	TIME
Mon - Fri	10am-1pm 4pm-8pm
Saturday	12pm-6pm
Sunday	1pm-5pm

If beachfront is open, the play structure is on.



LAP POOL HOURS	
DAY	TIME
Mon - Fri	6am - 1pm 4pm-8pm
Saturday	8am-9am 12pm-6pm
Sunday	1pm-5pm

There will be various days where lanes are closed due to external rentals. Call ahead of time.



SLIDE OPEN HOURS	
DAY	TIME
Mon - Fri	CLOSED
Saturday	12pm-6pm
Sunday	1pm-5pm

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 zippers, 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 vertical 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 or 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 vests or goggles allowed on the slide.

- Please bring your own towel.

- Inflatable flotation devices are NOT allowed.

- Coast Guard-approved life vest ONLY.