

October 2020

Blacksburg Aquatic Center (540) 443-1120

Time	Hours of Operation: Monday - Friday 5:30am - 7pm, Saturday 9am - 12pm, Sunday 1pm - 5pm (pool closes 15 minutes before building)						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-9:00am	Lap Swimming and Water Aerobics are by Reservation. Please call 540-443-1120 to reserve your spot.	5:30 - 9:00 AM Lap Swim (6)	5:30 - 9:00 AM Lap Swim (6)	5:30 - 9:00 AM Lap Swim (6)	5:30 - 9:00 AM Lap Swim (6)	5:30 - 9:00 AM Lap Swim (6)	Please allow 10-feet between you and others on deck and in the pool.
9:00-11:00am		*9:00AM - 11:00 AM* **Therapy Swim** H2O Exercise 9-10am	*9:00AM - 11:00 AM* **Therapy Swim** H2O Exercise 9-10am	*9:00AM - 11:00 AM* **Therapy Swim** H2O Exercise 9-10AM	*9:00AM - 11:00 AM* **Therapy Swim** H2O Exercise 9-10am	*9:00AM - 11:00 AM* **Therapy Swim** H2O Exercise 9-10am	
11:00am to 5:00pm	OPEN 1:00 - 5:00 PM Lap Swim (3) Rec Swim (3) Limit 24 for Rec Swim	11:00 AM - 12:00 PM Lap Swim (6)	11:00 AM - 12:00 PM Lap Swim (6)	11:00 AM - 12:00 PM Lap Swim (6)	11:00 AM - 12:00 PM Lap Swim (6)	11:00 AM - 12:00 PM Lap Swim (6)	9:00 AM - 10:30 PM Lap Swim (6) 10:30 AM - 11:45 AM Lap Swim (3) H2O Exercise (3) (No Instructor)
5:00-8:00pm		12:00 PM - 3:30 PM Lap Swim (3) Rec Swim (3) Limit 24 for Rec Swim 3:30 PM - 5:00 PM Swim Team (5) Lap Swim (1)	12:00 - 3:30 PM Lap Swim (3) Rec Swim (3) Limit 24 for Rec Swim 3:30 PM - 5:00 PM Lap Swim (6)	12:00 PM - 3:30 PM Lap Swim (3) Rec Swim (3) Limit 24 for Rec Swim 3:30 PM - 5:00 PM Swim Team (5) Lap Swim (1)	12:00 PM - 3:30 PM Lap Swim (3) Rec Swim (3) Limit 24 for Rec Swim 3:30 PM - 5:00 PM Swim Team (4) Lap Swim (2)	12:00 PM - 3:30 PM Lap Swim (3) Rec Swim (3) Limit 24 for Rec Swim 3:30 PM - 5:00 PM Swim Team (4) Lap Swim (2)	
8:00-9:30	Please arrive in swim attire, wearing a mask and with a towel or any other swim equipment you may need. Locker Rooms are available to change as you EXIT!	5:00 PM - 6:00 PM Swim Team (5)	5:00 PM - 6:00 PM Swim Team (5) BAC Use (1)	5:00 PM - 6:00 PM Swim Team (5)	5:00 PM - 6:00 PM Swim Team (5) Lap Swim (1)	5:00 PM - 6:00 PM Lap Swim (3)	Aqua Yoga October 12 & 26 1:30pm FREE
		5:15 PM - 6:15 PM H2O Exercise (3) 6:00 PM - 6:45 PM CATT (3)	6:00 PM - 6:45 PM Swim Team (2) CATT (3) BAC Use (1)	5:15PM - 6:15 PM H2O Exercise (3)	6:00 PM - 6:45 PM Swim Team (2) CATT (4)	5:30 PM - 6:45 PM CATT (3) 6:00 PM - 6:45 PM Lap Swim (3)	

****Physical Therapy Swim 9am – 11am Monday-Friday:** Doctors or Therapists note + admission/pass required to swim during this time. (No lap swimming)**