

Su	Mon	Tue	Wed	Thu	Fri	Sat
Aquatic Division Mission Statement Protect Lives Provide Opportunities Promote Health				<h1>September 2023</h1>		

NN Aquatic Division
Program & Event
Schedule
Aquatic Center
 Brittingham-Midtown
 Community Center

Hours of Operation
Mon—Fri: 6:00am-7:30pm
Closed: For cleaning/maintenance
M—Th 1:00-1:30pm
Fri 1:00-2:00pm
Saturday: 9:00am- 4:00pm
Sundays—Closed

Phone: 757-591-4573
Address: 570 McLawhorne Drive
Newport News , VA 23601
Website:
<https://nnparksandrec.org>

Next month....October...
Closed:
 Sat 14th, all day swim meet

Legend:
 CGBD=Coast Guard Blue Dolphins swim team
 FS=family swim
 MIRT=Marine Incident Response Team
 MM=Mariner's Museum
 Synchro=Midtown Mystiques Synchronized swim club
 T3i= Air Force training group
 UWH=Underwater Hockey Club
 WF Classes = fitness with instructor
 Walking/Fitness = lane(s) designated for anyone wanting to do exercise, no instructor

	28 Lap Swim 6:00a—1:00p WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	29 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	30 Lap Swim 6:00a—1:00p WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p Walking/Fitness 1:30-7:30p CGBD Tryouts 6:00-7:30p Closed 7:30pm	31 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	1 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p Walking/Fitness 2:00-7:30p Closed 7:30pm	2 Closed (holiday weekend)
3	4 Labor Day (Closed)	5 Lap Swim 6:00a—1:00p CNU Swim Club 7:00-8:00a WF Classes 8:30-10:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	6 Lap Swim 6:00a—1:00p CNU Swim Club 7:00-8:00a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	7 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p CNU Swim Club 6:00-7:15p Walking/Fitness 1:30-7:30p Closed 7:30pm	8 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p CGBD Team 4:15-7:15p Walking/Fitness 2:00-7:30p Dive RVA 5:30-7:15pm Closed 7:30pm	9 Lap Swim 9:00a--4:00p Swim Lessons 9:15a-12p UWHockey 9:30a-12:00p Family Swim 1:00-3:45pm Closed—4:00p
10	11 Lap Swim 6:00a—1:00p WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p CNU Swim Club 6:00-7:15p Closed 7:30pm	12 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	13 Lap Swim 6:00a—1:00p CNU Swim Club 7:00-8:00a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	14 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p CNU Swim Club 6:00-7:15p Walking/Fitness 1:30-7:30p Closed 7:30pm	15 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p CGBD Team 4:15-7:15p Walking/Fitness 2:00-7:30p Dive RVA 5:30-7:15pm Closed 7:30pm	16 Lap Swim 9:00a--4:00p Swim Lessons 9:15a-12p Synchro 9:00-11:30a UWHockey 9:30a-12:00p Family Swim 1:00-3:45pm MM Trianing 2:00-3:45p Closed—4:00p
17	18 Lap Swim 6:00a—1:00p WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p CNU Swim Club 6:00-7:15p Closed 7:30pm	19 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a T3i Training 10:45a-12:45p Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	20 Lap Swim 6:00a—1:00p CNU Swim Club 7:00-8:00a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	21 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p CNU Swim Club 6:00-7:15p Walking/Fitness 1:30-7:30p Closed 7:30pm	22 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p CGBD Team 4:15-7:15p Walking/Fitness 2:00-7:30p Dive RVA 5:30-7:15pm Closed 7:30pm	23 Lap Swim 9:00a--4:00p Swim Lessons 9:15a-12p Synchro 9:00-11:30a UWHockey 9:30a-12:00p Family Swim 1:00-3:45pm MM Trianing 2:00-3:45p Closed—4:00p
24	25 Lap Swim 6:00a—1:00p WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p CNU Swim Club 6:00-7:15p Closed 7:30pm	26 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p Walking/Fitness 1:30-7:30p Closed 7:30pm	27 Lap Swim 6:00a—1:00p CNU Swim Club 7:00-8:00a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	28 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p CNU Swim Club 6:00-7:15p Walking/Fitness 1:30-7:30p Closed 7:30pm	29 Lap Swim 6:00a—1:00p WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p CGBD Team 4:15-7:15p Walking/Fitness 2:00-7:30p Dive RVA 5:30-7:15pm Closed 7:30pm	30 Lap Swim 9:00a--4:00p Swim Lessons 9:15a-12p Synchro 9:00-11:30a UWHockey 9:30a-12:00p K2 Diving 12:15-2:00p Family Swim 1:00-3:45pm Closed—4:00p