

January 2024



Aquatic Division Mission Statement

Protect Lives Provide Opportunities Promote Health



Su	Mon	Tue	Wed	Thu	Fri	Sat	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/training) 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 Looking ahead....February Closed: Thr 8th , 6:00a-4:00p swim meet Fri 9th, 6:00a-4:00p swim meet Sat 10th HS Swim Championships Fri 16th-Sun 18th AG Championships Canceled: Water Fitness classes Thr 8th and Fri 9th Legend: CGBD=Coast Guard Blue Dolphins team ODAC=Old Dominion Aquatic Club team HVAC=Hampton VA Current 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 in- structor
	1 New Year's Day 	2 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 Walking/Fitness 5:00-7:30p Closed 7:30pm	3 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	4 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p Closed 7:30pm	5 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Closed 1:00-4:00p (meet set-up) Lap Swim 4:00-7:30p Walking/Fitness 4:00-7:30p CGBD Team 4:15-7:15p Closed 7:30pm	Closed ODAC Swim Meet (all day)	
Closed	8 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-6:00p NNPS Teams 2:30-5:00p CGBD Team 4:15-6:00p Closed 6:00pm HS Swim Meet 6:00-9:00p	9 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p Walking/Fitness 5:00-7:30p Closed 7:30pm	10 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	11 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p CGBD Team 4:30-6:00p Closed 7:30pm	12 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 CGBD Team 4:15-7:15p HVAC Team 5:30-7:30p Closed 7:30pm	13 Lap Swim 9:00a—4:00p HVAC Team 9:00-11:00a Synchro 9:30-11:30a UWHockey 9:30a-1:00p Family Swim 11a-3:45pm Closed—4:00p	
Closed	15 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 Closed 7:30pm	16 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a CNU Swim Club 7:00-8:00a 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 NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p Walking/Fitness 5:00-7:30p Closed 7:30pm	17 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a CNU Swim Club 7:00-8:00a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	18 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 1:30-6:00p NNPS Teams 2:30-5:00p CGBD Team 4:30-6:00p Closed 6:00pm HS Swim Meet 6:00-9:00p	19 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 CGBD Team 4:15-7:15p Closed 7:30pm	20 Lap Swim 9:00a—4:00p Synchro 9:30-11:30a UWHockey 9:30-11:30a Dive Meet 11:00a-3:00p Family Swim 11a-3:45pm Closed—4:00p	
Closed	22 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p CGBD Team 4:30-7:30p CNU Swim Club 6:00-7:15p Closed 7:30pm	23 Lap Swim 6:00a-1:00p HRA Team 6:15-7:30a CNU Swim Club 7:00-8:00a 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 HS Dive Meet 4:30-7:00p Closed 7:30pm	24 Lap Swim 6:00a—1:00p WF Classes 8:30-11:30a CNU Swim Club 7:00-8:00a Closed 1:00-1:30p Lap Swim 1:30-6:00p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-6:00p Closed 6:00pm HS Swim Meet 6:00-9:00p	25 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 1:30-6:00p NNPS Teams 2:30-5:00p CGBD Team 4:30-6:00p Closed 6:00pm HS Swim Meet 6:00-9:00p	26 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p Walking/Fitness 2:00-7:30p CGBD Team 4:15-7:15p WJCC Diving 4:45-5:45pm Closed 7:30pm	27 Lap Swim 9:00a—4:00p Synchro 9:30-11:30a UWHockey 9:30-11:30a Family Swim 11a-3:45pm K2 Diving 12:15-2:00p Closed—4:00p	
Closed	29 Lap Swim 6:00a-1:00p HRA Team 6:15-7:30a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-6:00p NNPS Teams 2:30-5:00p CGBD Team 4:15-6:00p Closed 6:00pm HS Swim Meet 6:00-9:00p	30 Lap Swim 6:00a-1:00p HRA Team 6:15-7:30a CNU Swim Club 7:00-8:00a WF Classes 8:30-10:30a Float Fit Class 11:00-11:45a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p Walking/Fitness 5:00-7:30p Closed 7:30pm	31 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a CNU Swim Club 7:00-8:00a WF Classes 8:30-11:30a Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p H.S. Diving 4:45-5:45pm CGBD Team 4:30-7:30p WF Classes 6:00-6:50p Closed 7:30pm	Feb 1 Lap Swim 6:00a-1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Float Fit Class 11:00-11:45 Closed 1:00-1:30p Lap Swim 1:30-7:30p NNPS Teams 2:30-5:00p CGBD Team 4:30-7:15p CNU Swim Club 6:00-7:15p Closed 7:30pm	2 Lap Swim 6:00a—1:00p HRA Team 6:15-7:30a WF Classes 8:30-10:30a Closed 1:00-2:00p Lap Swim 2:00-7:30p Walking/Fitness 2:00-7:30p CGBD Team 4:15-7:15p Closed 7:30pm	3 Lap Swim 9:00a—4:00p Synchro 9:30-11:30a UWHockey 9:30-11:30a Family Swim 11a-3:45pm Closed—4:00p	