

Drop-in Gym and Swim

Come to the VVRI and enjoy a swim in our heated salt water therapeutic pool, or play some court sports in our full-size gymnasium. Our drop-in programs offer a variety of options for the young and the young at heart. A calendar format of the drop-in schedule is available at reception. * Listed times are subject to change or cancellation without notice or visit our website at www.vvri.org. *

CHILDREN'S OPEN GYM

Play equipment including a mini-trampoline, crash pads, mats, balls and scooters will be set up. Equipment varies slightly from day to day. All children must be accompanied by an adult. Adults are not charged for this program.

Day(s)	Time(s)
Monday*	9:00 am-12:00 pm
Wednesday*	9:00 am-12:00 pm
Friday	9:00 am-1:00 pm

* half gym only

FAMILY SWIM

This swim is open to the general public for fun and games. We provide toys for the kids, and PFD's are available for a small fee. For reasons of safety, all children under 9 years of age must be accompanied by an adult.

ADULT SWIM

During adult swim from 12:00 until 1:00, the pool is divided into two sections; one section is divided into two lanes for exercise-oriented swimming and one section for relaxation in an adult environment. From 1:00 to 1:30 the lane divider is removed and the whole pool serves multi-purpose use.

Drop-in Swim Schedule

Fall and Winter Aquatics Schedule

DROP-IN SWIM SCHEDULE FOR SEPT 2008 TO FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult swim 7:30am-8:55am	Adult swim 6:30am-7:55am	Adult swim 6:30am-7:55am	Adult swim 6:30am-7:55am	Adult swim 6:30am-7:55am	Adult swim 6:30am-7:55am	Adult swim 7:30am-8:55am
	Family swim 11:00am-11:55am	Family swim 11:00am-11:55am	Family swim 11:00am-11:55am	Family swim 11:00am-11:55am	Family swim 11:00am-11:55am	
	Adult swim 12:00pm-1:25pm	Adult swim 12:00pm-1:25pm	Adult swim 12:00pm-1:25pm	Adult swim 1 12:00pm-1:25pm	Adult swim 12:00pm-1:25pm	
Family swim 2:00pm-5:25pm					Family swim 1:30pm-2:55pm	Family swim 2:00pm-5:25pm
Family swim 6:30pm-7:55pm	Family swim 6:30pm-7:55pm	Family swim 6:30pm-7:55pm	Family swim 6:30pm-7:55pm	Family swim 6:30pm-7:55pm	Family swim 6:30pm-7:55pm	Family swim 6:30pm-7:55pm
		Adult swim 8:00pm-9:00pm		Adult swim 8:00pm-9:00pm		

Fall & Winter 2008