

March Pool Schedule

Sign up to receive text message notifications
with pool updates at the front desk.

BLUEFIELD FITNESS & RECREATION CENTER

MONDAY

Open Swim
6:00 AM - 12:00 PM

Silver Sneakers Splash
10:00 AM - 11:00 AM

Open Swim
4:00 PM - 7:30 PM

Deep Water Resistance
Core & Balance
5:30 PM - 6:30 PM

TUESDAY

Open Swim
7:00 AM - 12:00 PM

Open Swim
4:45 PM - 7:30 PM

Water Resistance
Core & Balance
5:30 PM - 6:30 PM

WEDNESDAY

Open Swim
6:00 AM - 12:00 PM

Silver Sneakers Splash
10:00 AM - 11:00 AM

Open Swim
4:00 PM - 7:30 PM

THURSDAY

Open Swim
7:00 AM - 12:00 PM

Open Swim
4:45 PM - 7:30 PM

Aqua Aerobics
5:30 PM - 6:30 PM

FRIDAY

Open Swim
6:00 AM - 12:00 PM

Silver Sneakers Splash
10:00 AM - 11:00 AM

Open Swim
4:00 PM - 7:30 PM

SATURDAY

Open Swim
7:00 AM - 2:00 PM

SUNDAY

Open Swim
1:00 PM - 5:30 PM



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BLUEFIELD
FITNESS &
RECREATION
CENTER

PlayBluefieldWV
Parks and Recreation

BLUEFIELD FITNESS & RECREATION CENTER

Pool Guidelines

Members must shower before entering the pool.

Breaking the rules, such as vandalism, bullying, cursing, smoking, vaping, fighting, or horseplaying, will result in being suspended or banned.

Ages 6 & Under: Access with supervision **7-11 Years Old:** Must pass swim test & have adult in facility **Ages 12 & Up:** Full access without supervision

Aquatic Fitness Classes

Silver Sneakers Splash:

Monday, Wednesday, & Friday | 10:00 AM - 11:00 AM

A water aerobics and strength class for all skill levels – even non-swimmers. This aqua exercise class offers a full-body workout that reduces impact on your knees and back.

Deep Water/Water Resistance Core & Balance:

Monday & Tuesday | 5:30 PM - 6:30 PM

Circuit interval, Tabata cardio combo-style water workout that includes cardio, strength, and stretching. Optional deeper water usage.

Aqua Aerobics:

Thursday | 5:30 PM - 6:30 PM

A shallow water cardio combo-style water workout that includes cardio, strength, and stretching with dance flow.

Fitness classes are included with FitRec memberships, or you can purchase a 10-class punch card (\$50) at the front desk.

Sign up to receive text message notifications with fitness class updates and/or pool updates at the front desk.