

April 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

Water Aerobics
9:45 AM - 10:45 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

Water Aerobics
9:45 AM - 10:45 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

Water Aerobics
9:45 AM - 10:45 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



Please Note

The pool will be **closed** on Saturday, April 12, for the Pool Easter Egg Hunt.

703 COLLEGE AVE, BLUEFIELD, WV | 304-325-5707 EXT. 1 | PLAYBLUEFIELDWV.COM



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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

Water Aerobics:

Monday, Wednesday, & Friday | 9:45 AM - 10:45 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.

