

Pool Locations:

Berkley Swimming Pool

89 Liberty Street
Norfolk, VA 23532
Phone: (757) 441-1969
Mondays, Wednesdays and Thursdays

Chesterfield Swimming Pool

2915 Westminster Ave.
Norfolk, VA 23504
Phone: (757) 441-5410
Mondays, Tuesdays and Wednesdays

Southside Aquatic Center

1750 Campostella Road
Norfolk, Virginia 23523
Phone: (757) 333-3281
Mondays, Tuesdays and Wednesdays

Listed recreation centers report to the pool only; participants are not permitted to switch pools. List of pools can be found at

www.norfolk.gov/pools

Water Safety Tips

- Swim near a lifeguard and obey posted rules.
- Learn to swim.
- Ask a lifeguard about American Red Cross Swimming and Water Safety Programs.
- **Never swim during electrical storms.** Clear the pool immediately at the first sound of thunder or flash of lightening.
- **Never dive head first** into shallow water.
- **Protect your skin** by using sunscreen and protective clothing.
- **Drink plenty of water** while enjoying the sun and watch for signs of heat exhaustion.
- **Extended breath holding** activities are dangerous.
- **Carefully watch small children** in and around the water at all times.
- **Call 911 in an EMERGENCY.**



SUMMER PLUNGE 2016

*Free Swimming and
Water Safety Program*



THE CITY OF
NORFOLK
RECREATION, PARKS & OPEN SPACE

The **Summer Plunge** program transports young Norfolk residents, ages six to 18, from various Norfolk recreation centers to City of Norfolk swimming pools. The program offers the opportunity to learn basic swimming skills and water safety.

Program Dates:

July 5 - August 11, 2016

Ages:

6 to 18 years

Registration:

June 1, 2016 - July 4, 2014

Registration is required to participate in the Summer Plunge program. A parent or legal guardian must complete a Summer Plunge registration form in person at one of the participating recreation centers.

Attire: All participants must wear **proper swim suit** and bring their own **towel**. Goggles are not required but are allowed. Please do not eat within two hours prior to swimming sessions.

Individuals with a disability are entitled to participate in programs offered by the City of Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, please call the Southside Aquatic Center at (757) 333-3281, at least seven days prior to the event.

Registration Sites

Berkley Community Center
(757) 441-1912

Campostella Recreation Center
(757) 441-1974

Fairlawn Recreation Center
(757) 441-5670

Ingleside Recreation Center
(757) 441-5675

Lambert's Point Community Ctr.
(757) 423-1088

Merrimac Recreation Center
(757) 441-1783

Park Place Community Center
(757) 664-7531

Sherwood Recreation Center
(757) 441-5824

Tarrallton Community Center
(757) 441-1765

Titustown Recreation Center
(757) 441-1259

Young Terrace Recreation Center
(757) 441-2692

For more information, please contact:

Southside Aquatic Center
(757) 333-3281

Huntersville Swimming Pool
(757) 664-7431

Transportation

Daily transportation is provided from participating recreation centers or designated sites to the coordinated pool site. Parent/legal guardians are responsible for providing transportation to and from recreation centers.

**Student Pick-Up:
9:00 a.m.**

**Program Time:
10:00 a.m.-12:00 p.m.**

**Student Drop-Off:
1:30 p.m.**

Proof of registration required at pick up each day. Appropriate conduct required during program transportation.

CITY OF NORFOLK



AQUATICS