

## **Swimming, Water Aerobics**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Senior adults 55 and older

Family

Yes

Intake Process

Visit the website for information. Call for more information, register

Intake Contact Telephone

(804) 646-5733

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

City of Richmond Department of Parks, Recreation and Community Facilities

<https://www.rva.gov/parks-recreation>

<https://www.rva.gov/parks-recreation/recreation>

<https://www.facebook.com/rvaparksandrec/>

<https://twitter.com/rvaparksandrec>

Main

(804) 646-5733

TTY/TTD

(804) 780-8687

Administration Office

1209 Admiral Street

23220-1701 VA

United States

Monday: 8:00 am-12:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Hours vary according to location

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

The Richmond Department of Parks, Recreation and Community Facilities maintains seven outdoor pools and two indoor pools for Richmonders of all ages. American Red Cross offers Learn to Swim lessons at all levels, from beginning to advanced, child to adult. Also available are lifeguard training, CPR training, and first aid.

Water aerobics classes for senior adults can be found at the Swansboro Pool (an indoor pool) at 3160 Midlothian Turnpike. Water aerobics is good for the heart, weight loss, arthritis, and other ailments common to senior citizens.

Service Area(s)

Richmond City

Email

[AskParkRec@richmondgov.com](mailto:AskParkRec@richmondgov.com)