

VIGCC 2025 Pool Schedule through Thursday, September 11th, 2025

Revised 9/3/25

Time	Sunday	Monday	Tues	Wed	Thurs	Friday	Sat							
6:30 AM	Lap Swim & Adult Swim 17 & older Unguarded	Lap Swim & Adult Swim 17 & older Unguarded	Stingray Sr.'s 6:15-7:15am	Masters 5:30-6:30am	Stingray Sr.'s 6:15-7:15am	Masters 5:30-6:30am	Lap Swim & Adult Swim							
7:00 AM			Lap Swim & Adult Swim 17 & older Unguarded	Lap Swim & Adult Swim 17 & older Unguarded	Lap Swim & Adult Swim 17 & older Unguarded	Lap Swim & Adult Swim 17 & older Unguarded	Lap Swim & Adult Swim 17 & older Unguarded	17 & older						
7:30 AM								Unguarded						
8:00 AM								Masters 8:30-9:30am						
8:30 AM								Baby Ray & Li'l Ray Swim Lessons 9:30-12pm						
9:00 AM								Open Family Swim Guarded 12-5pm	Stingray Team Practice & Swim Lessons 3:30-5:30pm	Stingray Team Practice & Swim Lessons 3:30-5:30pm	Stingray Team Practice & Swim Lessons 3:30-5:30pm	Stingray Team Practice & Swim Lessons 3:30-5:30pm	Open Family Swim Guarded 3-6pm	
9:30 AM														
10:00 AM														
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM	Lap Swim & Adult Swim 17 & older Unguarded 5-8pm	Lap/Adult Swim 17+ Unguarded 6-8pm												
1:30 PM														
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM	Pool Closes at 8:00 pm													

Swim Lessons - not just for summer!

We have year-round swim lessons:

* Mon/Wed evenings 3:30-5:30pm

* Saturday mornings 9:30am-12pm



Lessons are ongoing - join in anytime!

Register online, or visit the office

(across the parking lot in the Pro Shop).

Welcome Members!

Please check in upon arrival (see binder inside).

You can use your full name or your member #.

Remember, there is a \$5 drop-in fee per guest.

Adult Swimming Programs:

Masters Swimming: For experienced swimmers
W/F 5:30-6:30am, Sa 8:30-9:30am

Free for members! (non-members pay \$10/class)
Sign up in the office (call or email) before 1st class.

Join the Stingrays Swim Team!

Swim Practices are M-Th 4-6pm.

Choose to swim 1-4x/week (flexible schedule).

Practices are ongoing - join anytime.

Questions? Call the office at (206) 463-9410x1 or email vgscmembership@gmail.com