

VIGCC 2026 Pool Schedule through May 17th, 2026

Revised 1/6/26

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

<p>Swim Lessons - not just for summer! We have <u>year-round swim lessons</u>: * Mon/Wed evenings 3:30-5:30pm * Saturday mornings 9:30am-12pm</p>	<p>Welcome Members! Please check in upon arrival (see binder inside). You can use your full name <u>or</u> your member #. 2026: Drop-in fee is \$10 per guest.</p>
<p>Join the Stingrays Swim Team! Swim Practices are M-Th 3:30-5:30pm. Choose to swim 1-4x/week.</p>	<p>Adult Swimming Programs: Masters Swimming: For experienced swimmers W/F 5:30-6:30am, Sa 8:30-9:30am Premasters Swimming: T/Th 5:30-6:15am Free for members! (non-members pay \$10/class)</p>
 <p>Register for all swim programs online, or stop by the office (in the pro shop).</p>	<p>Learn to Swim *Better* for adults: 3 week sessions, contact office for dates/times Cost: \$60 members/\$75 non-members</p>
<p>Questions? Call the office at (206) 463-9410x1 or email vgscmembership@gmail.com</p>	