

VIGCC 2026 Pool Schedule through June 19th, 2026

Revised 5/8/26

| 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 | Stingray Sr.'s 6:15-7:15am | Lap Swim & Adult Swim 17 & older Unguarded | Lap Swim & Adult Swim 17 & older Unguarded | | | | | |
| 7:00 AM | | | | | | | | | | | | |
| 7:30 AM | | | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | |
| 9:00 AM | | | | | | | | | | | Masters 8:30-9:30am | |
| 9:30 AM | | | | | | | | | | | Adult Lessons 9:30-10:15am | |
| 10:00 AM | | | | | | | | | | | Baby Ray/Li'l Ray Swim Lessons 9:30-12pm | |
| 10:30 AM | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | |
| 11:30 AM | Open Family Swim Guarded 12-6pm | | | | | | Open Family Swim Guarded 12-6pm | | | | | |
| 12:00 PM | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 6:00 PM | 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 6-8pm | Lap/Adult Swim 17+ Unguarded 6-8pm | | | | | |
| 6:30 PM | | | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | |
| 8:00 PM | Pool Closes at 8:00 pm | | | | | | | | | | | |

Welcome Members!

Please check in upon arrival (see binder inside). You can use your full name or your member #.
Members are responsible for their guests! **(Drop-in fee is \$5/guest for summer 2026.)**

Summer Swim Camp Registration:

Four 2-week camps (M-Th) 6/29-8/20.

(Members: \$112/camp, Non-members: \$128/camp)



Register online, or stop by the office (in the pro shop).

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)

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