

## Wellness Programs: Exercise Classes and Swim Lessons for Seniors

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact Email

debbie.kelo@swimrichmond.org

Intake Process

Call, visit the website or call for information.

Provider Refer

Yes

Report Problems

Other

Self Refer

Yes

SwimRVA

<http://www.swimrichmond.org/>

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

<https://twitter.com/SwimRVA>

Main

(804) 271-8271

5050 Ridgedale Parkway

23234 VA

United States

Monday: 6:00 am-8:30 pm

Tuesday: 6:00 am-8:30 pm

Wednesday: 6:00 am-8:30 pm

Thursday: 6:00 am-8:30 pm

Friday: 6:00 am-6:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Day and times vary. Call about the class or lesson you are interested in.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

SwimRVA at the Collegiate School Aquatics Center offers over 70 exercise classes per week both on land and in our fabulous heated pools. It's never too late to learn to swim. We offer a variety of swim lessons for all ages. Our instructors are trained to work with swimmers of all abilities to develop their skills in a fun, safe, and goal-driven environment. CPR and First Aid classes are offered for the community.

The facility has three year-round heated pools: a 50-meter competition pool, a 24-yard instructional pool, and a HydronWorx therapy pool with 2 underwater treadmills. We also have a fitness room, community room, and a 700 seat grandstand. SwimRVA's mission is health and wellness, sports tourism, competitive swimming, and water safety.

Service Area(s)

Chesterfield County

,

Hanover County

,

Henrico County

,

Richmond City

Email

[debbie.kelo@swimrichmond.org](mailto:debbie.kelo@swimrichmond.org)

Image

# SWIM FOR IT.

**swimRVA**

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