

## Exercise Classes, Senior Fitness Opportunities

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Picture ID

Intake Process

Call for information or to purchase a daily or monthly pass, or a 10-visit pass.

Provider Refer

No

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

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

## English

Located in Chesterfield County, SwimRVA serves the Greater Richmond area as a catalyst for regional aquatics and community-wide focus on water safety, health & fitness, sports tourism, and competitive swimming. We offer swimming lessons, water aerobics, aqua running, water polo, CPR & lifeguard certification courses, masters swimming, warm water therapy pool, land fitness classes, and youth triathlon training.

SwimRVA offers a variety of senior fitness opportunities, including over 70 weekly and land-based group wellness classes and a variety of fitness opportunities. Enjoy classes like Aquacise, Aqua Zumba, Line Dancing, Aqua Body Blast, Pilates, Yoga, Zumba Gold, Silver Splash, H2O Fit, and many more! Designed for the active older adult and an injured person in recovery.

### Service Area(s)

Chesterfield County

,

Hanover County

,

Henrico County

,

Richmond City

Email

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Image

# SWIM FOR IT.

**swimRVA**

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