

Yes, we have a **POOL...**
and a **WHOLE LOT MORE!**

SPRINGDALE

AT LUCY CORR VILLAGE



Springdale residents, at no charge to them, are entitled to utilize the Collegiate School Aquatics Center - Richmond's state-of-the-art indoor aquatics and fitness center.

Therapeutic Pool

The beautiful Hydroworx pool which provides warm water therapy stays at a relaxing 91 degrees. It is fully equipped with a handicap accessible lift, stabilizing sideboards, and two under water treadmills with a fully incorporated video system for development purposes. This pool is great for rehabilitation, arthritic joints, aching bones and more.

WorkOut Room

The fitness and exercise room located adjacent to the competition pool is the perfect place to stretch before your swim or get a good workout if you don't have the time for the gym. It is fully equipped with free weights, dumbbells, medicine balls, exercise balls, suspension training straps, and several upper body machines.

Community Room

A huge multi-purpose community room is used primarily for land fitness and active older adult classes including Zumba, line dancing, core training, yoga, Cario Burn, and Zumba Lite. It can also be transformed in the perfect room for meetings or birthday parties or used during swim meets as a common room, vendor area, or cafeteria.

Instruction & Group Exercise

SwimRVA offers a 25-yard, 6-lane multi-purpose pool. This instructional pool stays at a comfortable 84 degrees and is home to swim lessons, our Learn-to-Swim program, Aquacise, Aqua Zumba, Special Olympics practices, and Discover Scuba courses.



*For details and membership passes, contact Charlotte Wilson, Resident Services Coordinator.
Class Schedules are available online at swimrichmond.org.*