

# ***SUMMER PLUNGE 2009*** will be conducted at the following **City of Norfolk** **Aquatic Facilities:**

## **Northside Swimming Pool**

**Thursdays**

8401 Tidewater Drive  
Norfolk, Virginia 23518  
Phone: (757) 441-1760

## **Huntersville Swimming Pool**

**Tuesdays, Wednesdays and Thursdays**

830 Goff Street  
Norfolk, Virginia 23504  
Phone: (757) 664-7431

## **Chesterfield Swimming Pool**

**Mondays, Wednesdays and Thursdays**

2915 Westminster Ave.  
Norfolk, VA 23504  
Phone: (757) 441-5410

## **Berkley Swimming Pool**

**Mondays, Tuesdays and Wednesdays**

89 Liberty Street Norfolk, VA 23532  
Phone: 757-441-1969

## **Water Safety Tips**

- **Swim near a lifeguard** and obey posted rules.
- **Learn to swim.**
- Ask a lifeguard about American Red Cross Swimming & Water Safety Programs.
- **Never swim during electrical storms.** Clear the pool immediately at the first sound of thunder or flash of lightning.
- **Never dive head first** into shallow water.
- **Protect your skin** by using sunscreen and protective clothing.
- **Drink plenty of water** while enjoying the sun and watch for signs of heat exhaustion.
- **Extended breath-holding** activities are dangerous.
- **Carefully watch small children** in and around the water at all times.
- **Call 911 in an EMERGENCY.**

# ***SUMMER PLUNGE 2009***

**Swimming and Water Safety  
Program for Norfolk Citizens**

This is a **FREE** program with transportation provided to and from ten Norfolk communities.

**Swimming and Water Safety  
Instruction provided by  
City of Norfolk Aquatic  
Division Staff and Lifeguards**

***We are surrounded by  
open water.  
Let's learn to be safe.***





**SUMMER PLUNGE** is a **FREE** Swimming & Water Safety Program for Norfolk citizens Ages 6-18.

Participants are taught self-rescue skills, swimming skills and how to help others during a water-related emergency.

**SUMMER PLUNGE 2009**  
**PROGRAM DATES:**  
**July 6 - August 13**

**REGISTRATION BEGINS:**  
**June 22, 2009**

**PROGRAM FEES:**  
**FREE for Norfolk citizens**

***We are surrounded by  
open water.  
Let's learn to be safe.***

## **SUMMER PLUNGE 2009**

### **Registration Locations in your community:**

**Berkley Swimming Pool**  
(757) 441-1969

**Campostella Recreation Center**  
(757) 441-1974

**Chesterfield Swimming Pool**  
(757) 441-5410

**Huntersville Swimming Pool**  
(757) 664-7432

**Northside Swimming Pool**  
(757) 441-1760

**Merrimack Recreation Center**  
(757) 441-1783

**Park Place Recreation Center**  
(757) 664-7531

**Sherwood Recreation Center**  
(757) 441-5824

**Young Terrace Recreation Center**  
(757) 441-2692

Registration required to  
participate in SUMMER PLUNGE.

Parent or legal guardian must  
complete registration form in person.

## **SUMMER PLUNGE 2009**

### **Transportation pick up locations**

Park Place Community Center  
Young Terrace Community Center  
Jordan-Newby Branch Library  
Poplar Halls Elementary School  
Ballentine RE-ED School  
Campostella Recreation Center  
Coleman Place Elementary School  
Sherwood Recreation Center  
Merrimack Landing Rec. Center  
Denby Park

The Summer Plunge 2009  
Transportation Bus Route  
Schedules will be  
announced.

City of Norfolk Pool Rules  
are strictly enforced and  
appropriate conduct required  
during pick up and program  
transportation.

Proof of registration required  
each day at pick-up.

