

NAVAL STATION NORFOLK
Fleet Recreation Swimming Pools

FRP-12

INDOOR

POOL

HOURS OF OPERATION

Monday through Friday
5 a.m. - 6 p.m.

Lap lanes available.

Command swim (3 lanes) - 8 to 9 a.m.

Aquatic programming - 9 to 10 a.m.

Wednesday and Friday

Aqua Fit - 10 to 11 a.m.

Closed Sundays and holidays
(No admission fee)

FRP-12 is a lap swim pool only.

757-444-2134

1733 90th St., BLDG. FRP-12, NORFOLK



NAVAL STATION NORFOLK

FREE!

AQUAFIT

**Wednesdays and Fridays
10 a.m. at FRP-12 pool**

**This 45-minute class will use various
exercises to increase cardiovascular
and muscular tone.**



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NSN-MWR-1902-081-DT



**NAVYMWR
MIDLANT.COM**

