



JUMP



INTO

SUMMER

FUN



AT POQUOSON PARKS & RECREATION

Summer 2026

- Swimming Lessons
- Summer Camps
- Summer Swim Team
- Summer Events
and More

poquosonrec.com

Poquoson Office of Parks & Recreation
774 Poquoson Ave 757-868-3580
New Location coming in late April 2026!!!!



Sports Camps

**2026 Summer Camps: Resident Registration Begins April 1.
Non-resident Registration Begins April 15.**



Sports Galore & More

Instructor: Heather Deaver

Ages: 6-11

Date: July 20-24 M-F

Time: 8:30am-11am (pending field trip adjustments).

Location: A mix of locations to include outside, and 2 field trips. Games, crazy fun, physical challenges and swimming will all be part of this one-of-a-kind camp week! If PE is your favorite subject at school this will be your favorite week of the summer. Two days will feature a field trip to go bowling and another secret location full of fun. Friday will be held at the Poquoson Pool for swimming.

Fee: \$150 residents

\$160 non-resident

Deadline: July 10

Volleyball Camp

Instructor: Tim Hatok

Date: June 15-18 M-Th

Ages: 8-10 Time: 8:30am-10:30am

Ages 11 and up

Time: 10:30am-1:30pm

Location: PHS Gym

Camp will focus on fundamental skills development from the beginner to the more experienced player. Focus on passing, setting, & serving. Bring plenty of water.

Fee: \$100 residents

\$120 non-residents

Deadline: June 8 or until full.

Field Hockey Camp

Instructor: Darcey Chiappazzi

Ages: 7-17

Date: July 27-30 M-TH

Time: 6pm-8pm

Location: Turf Field at

Poquoson Middle School

Increase your field hockey skills with instruction from area coaches & former college players. Players must come to camp with stick, shin guards, mouth guard & water.

Fee: \$95 for residents

\$105 non-residents

Deadline: July 18

Tennis Camp

Instructor: Joe Coccimiglio,

RSPA certified.

Ages 8-14

Date: June 8-11 M-TH

Time: 9:30-11:30am

Location: City Tennis Courts

Learn the game essentials including serve basics, developing hand and arm strength for passing, and precision hitting. Camp will divide children by skill and instruction is based on ability and age. Each camper should provide their own racket. Fee: \$83 residents; \$93 non-residents

Deadline: June 1

Basketball Camp 1

Instructor: Lindsay Jones &

Kevin Jones

Grades: 1st-5th

Date: July 13-17 M-F

Time: 9am-12noon

Location: PHS Gym

Grow your game with the PHS girls basketball staff as you focus on skills & drills to develop as a player. Camp includes fun competitions and refining your shooting techniques.

Fee: \$125 residents

\$135 non-resident

Deadline: July 1

Football Camp

Instructor: Elliott Duty & Staff

Ages: 8-18

Date: July 20-23 M-Th

Friday will serve as weather make-up day if needed.

Time: 5:30pm-7:30pm

Location: Turf Field at PMS

Learn fundamentals of the game & conditioning drills that aim to increase speed, coordination and basic technique. All participants must pre-register. No registration or money taken at the field.

Fee: \$75 residents

\$85 non-residents Registration after July 17 is additional \$15.00.

Running Camp

Instructor: Darcey Chiappazzi

Ages: 7-14

Date: July 27-30 M-Th

Time: 8am-9am

Location: Phillips Park near Kid's Island

This fun week of running will emphasize fitness, good technique, goal setting and self-improvement. All levels of fitness are welcome.

Participants should come dressed for running, with comfortable clothing, running shoes, and a towel to sit on. Bring plenty of water. Fee: \$58 residents

\$68 non-residents

Deadline: July 17

Basketball Camp 2

Instructor: Lindsay Jones & Kevin Jones

Grades: 6th-12th

Date: July 13-17 M-F

Time: 1-4pm

Location: PHS Gym

Shooting, defense, growing as an offensive player will all be part of the fundamental skills at this camp led by the PHS Girls Basketball Coach. Camp includes fun competitions and refining your shooting techniques.

Fee: \$125 residents

\$135 non-residents

Deadline: July 1





Sports Camps

Soccer Camp

Instructor: Heather Deaver
 Ages 4-8 (must be 4 by start of camp)
 Date: June 8-11 M-TH
 Fri. will serve as a make-up day only if needed.
 Time: 8:30-10am
 Location: South Lawson Park
 Camp will focus on basic soccer skills using drills for play and fundamental instruction. Camp will emphasize skill development with both feet, passing & dribbling.
 Fee: \$78 residents; \$88 non-residents
 Deadline: June 1

Multi-Sport Mini Camp

Instructor: Heather Deaver
 Ages: 5-8
 Date: June 8-11 M-TH
 Time: 1-3pm
 Location: Municipal Park Picnic Shelter
 It's all fun and games at this camp. Enjoy a variety of sports and introductory skills that will encourage coordination, running, jumping, team building, balance and more. Come play with us all week. Fee: \$80 residents \$90 non-residents
 Deadline: June 6

Pickleball Camp

Instructor: Joe Coccimiglio, RSPA certified.
 Ages 8-14
 Date: June 8-11 M-TH
 Time: 1-3pm
 Location: City Tennis Courts
 Learn the game essentials for pickleball. It is the most fun and easiest to learn of all the racket sports. Fun for all to play. Each camper should provide their own pickleball paddle. Fee: \$83 residents; \$93 non-residents
 Deadline: June 1

Youth Leadership



Poquoson 911 Leadership Camp 1

Instructor: Poquoson Police SRO Staff
 Ages 10-14
 Date: June 15-19 M-F or
 Date: June 22-26 M-F
 Choose which week at when registering.
 Time: 9am-1pm
 Location: Poquoson Public Safety Building (unless noted in pre-arrival information.)
 Step into the world of everyday heroes! In this exciting, hands-on camp, you'll explore the important roles of community helpers like police officers and firefighters. Get an up-close look at the tools and technology they use—including forensic science to solve crimes and specialized equipment for emergency response. Along the way, you'll build essential life skills like teamwork, leadership, decision-making, and self-confidence. This camp will challenge you to be a leader in your own community!
 Fee: \$75 residents only
 Deadline: 10 days in advance of camp or until full. Choose date of camp when registering.

REFUNDS & CANCELLATIONS FOR CAMPS

Camp Refunds/Cancellations Policy

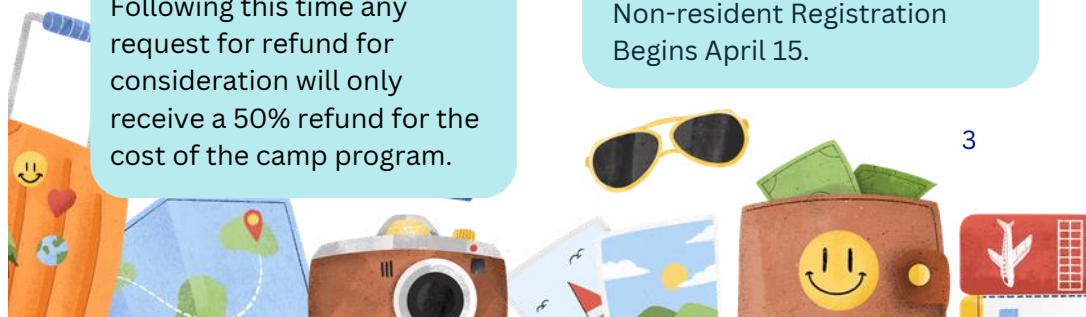
To receive a full refund your cancellation must be made 15 business days in advance of the start of camp. Following this time any request for refund for consideration will only receive a 50% refund for the cost of the camp program.

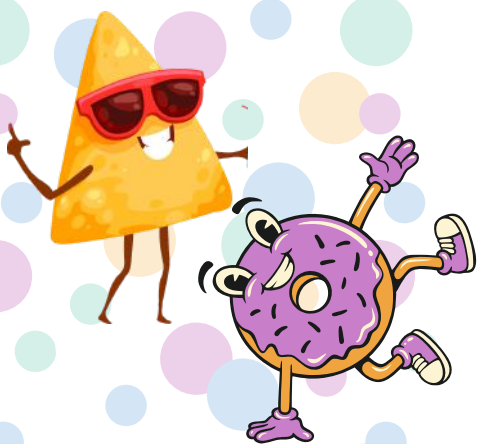
Poquoson 911 Leadership Camp 2

Staff: Poquoson Police SRO Staff
 Ages 10-14
 Date: July 13-17 M-F or
 Date: July 27-31 M-F
 Choose which week when registering.
 Time: 9am-3pm
 Location: Starting point Poquoson Public Safety Building each day.
 This unique program allows participants to spend a more advanced & in-depth look at the roles and professions that first responders and public safety personnel play in our world today. This program includes field trips to various locations including York County Courthouse, Emergency Dispatch Center and an experience at a Ropes Course. Each day will have a unique agenda that details the plans. Attendance at a prior Leadership Camp is highly recommended. Participants will need to pack a lunch & plenty of water for each day while at camp.
 Cost: \$185 includes all field trips residents only.
 Deadline: July 3 or until full

HOW TO REGISTER

Online registration is available at poquosonrec.com. If you prefer to register in person, please do so at the Parks and Recreation Office. The office accepts credit cards, cash and check payments. Please note all refund policies at the time of registration. If a class is free, you must still register to attend. Note: Resident Registration Begins April 1. Non-resident Registration Begins April 15.





Fun with Food

Candy Crush Candy Making Camp

Instructor: Maryann Boho
Ages 7-12
July 20-23 M-Th
Time: 1:30-4:30pm
Location: Odd Road Community Center

Enjoy making a variety of sweet treats! Create fudge, truffles, work with caramel, and dipped items to enhance your candy making skills. Please note any food allergies when registering. All participants should plan to bring an apron and water bottle for each afternoon.

Fee: \$135 residents
\$145 non-residents
Deadline: July 15

ENROLLING BY GRADE:

Your child's grade for summer camp selection is determined by what grade they will be entering in the fall of 2026.

The Cake Boss Camp

Instructor: Maryann Boho
Ages 10-14
Date: June 8-11 M-Th
Time: 1:30-4:30pm
Location: Odd Road Community Center.

Camp is packed with sweet fun and creative flair. Learn a variety of decorating techniques, including how to use icing tips and piping bags like a pro.

Projects include cake pops, and builds up to the grand finale—a beautifully decorated double-layer cake designed and iced by each camper. Come ready to gain cake decorating skills and unleash your inner cake boss! Please note any food allergies when registering. All participants should plan to bring an apron and water bottle for each afternoon.

Fee: \$135 residents
\$145 non-residents
Deadline: June 1

Cupcake Wars Baking Camp

Instructor: Maryann Boho
Ages 7-12
Date: June 15-18 M-Th
Time: 1:30-4:30PM
Location: Odd Rd. Community Center

Prepare for war... cupcake style! Each day we'll be creating, baking & decorating cupcakes to enjoy and share. Work with pastry bags & different tips & fondant tools.

Fee: \$135 residents
\$145 non-residents
Deadline: June 5 or until full.

Create Desserts from Around the World Baking Camp

Instructor: Maryann Boho
Ages 7-12
Date: July 27-30 M-TH
Time: 1:30-4:30PM
Location: Odd Rd. Community Center

Young bakers will learn to create delicious treats, that originated from around the world. Make gingerbread originating in Switzerland, crepes from France, black forest cake which is a German favorite and Italy's Tiramisu. Let your sweet tooth do the traveling. Please note any food allergies when registering. All participants should plan to bring an apron and water bottle for each afternoon.

Fee: \$135 residents
\$145 non-residents
Deadline: July 20 or until full.

Junior Master Chef

A Global Flavor Adventure International Cooking Camp

Instructors: Tim Winchester
Ages: 8-14
July 6-9 M-Th
Time: 1:30-4:30pm
Location: Odd Road Community Center.

Get ready to stamp your culinary passport! This hands-on cooking camp takes young chefs on a flavor-packed journey through Georgia, Nigeria, Peru, and Vietnam. Each day, campers will explore the culture, ingredients, techniques, and signature dishes that make these countries unique—while building real kitchen skills and confidence.

Campers should wear close toed shoes, & tie hair back for camp each day. Note if your child has any food allergies at registration. Fee: \$180 residents
\$190 non-residents
Deadline: July 1 or until full.



Jump Into Your Summer Adventure





Illumination- Glow Art Camp

Instructor: Kidcreate Studio Staff
Ages 7-12
June 22-25 M-TH
Time: 1-4pm
Location: 774 Poquoson Ave. Meeting Room
Get ready to light up the night with art! Our ultra-cool camp creations will shine, shimmer, and glow for their big debut in the dark. Join us as we use clay, paint and other luminescent materials to craft extraordinary pieces of art that really glows-in-the-dark. Please pack a nut free snack and drink for your child each day.
Fee: \$150 residents
\$160 non-residents
Deadline: June 5

Camp CREATE!

Instructor: Kidcreate Studio Staff
Ages 7-12
June 22-25 M-TH
Time: 9am-12pm
Location: 774 Poquoson Ave. Meeting Room
Do you love to get creative? Painting, drawing, sculpting—it's all amazing! Campers will explore a variety of techniques, materials, and styles as they sculpt a clay paintbrush, paint a "peek-a-boo" rainbow scene, "cook up" a mini cake, and create an adorable hedgehog out of clay.
Fee: \$150 residents
\$160 non-residents
Deadline: June 5

It's a Passport to Fun!

Register at poquosonrec.com

Drama-Theatre Camp 1

Instructor: Renee Baldwin, PHS Performing Arts Instructor
Grades 3-5
Date: July 13-17 M-F
Time: 9-11:30am
Location: PHS Forum
Step into the world of fairy tales and let your imagination shine! Campers will use familiar stories to create their own script, design costumes and sets, and practice their performance throughout the week. From Monday to Friday, they'll work together to bring their story to the stage, ending with a special performance on Friday. Parents Invited.
Fee: \$135 residents
\$145 non-residents
Deadline July 2 or until full

Artisan and Craft Camp- Many Materials

Instructor: Kidcreate Studio Staff
Ages 7-12
August 3-6 M-TH
Time: 1-4pm
Location: 774 Poquoson Ave. Meeting Room
Explore modern craft techniques as you learn to knit bracelets using a French knitting tool, create a stylish woven wall hanging on a loom, and experiment with additional trending craft projects. This class builds confidence, patience, and design skills. Enjoy the freedom to design using textiles, art and more.
Fee: \$150 residents
\$160 non-residents
Deadline: July 25

Drama-Theatre Camp 2

Instructor: Renee Baldwin, PHS Performing Arts Instructor
Grades 6-8
Date: July 13-17 M-F
Time: 1-4pm
Location: PHS Forum
Ever wonder what it takes to put on a play? Explore the exciting world of theater production, costumes, stage management, and performance. Spend the week to work together to prepare a short published play, then take the stage for a special performance on Friday! Parents invited.
Fee: \$150 residents
\$160 non-residents
Deadline: July 2 or until full.

Totally Art Vibes Design Camp

Instructor: Kidcreate Studio Staff
Ages 9-15
Date: June 29-July 2 M-Th
Time: 1-3pm
Location: 774 Poquoson Ave Meeting Room
This maker's art & craft mania will feature custom projects to include keyring construction for your backpacks using resin, and sneaker art for customized walking art and we will tie-dye. Campers need to provide 1 pair of white basic canvas shoes for the project for personalization.
Fee: \$150 residents
\$160 non-residents
Deadline: June 18

Sewing Stuffed Friends

Instructor: Holly Horton
Ages 8-12
Date: August 3-6 M-Th
Time: 1-4pm
Location: 774 Poquoson Ave.
Create your own stuffed furry friend using hand sewing techniques, pattern cutting, and other skills for sewing beginners. We'll provide a small materials list upon registration for you to bring to camp each day.
Fee: \$150 residents
\$160 non-residents
Deadline: July 25



3-D Art Make Your Creations POP!

Instructor: Kidcreate Studio Staff
Ages 7-12
Aug. 3-6 M-TH
Time: 9am-12pm
Location: 774 Poquoson Ave.
Meeting Room
Art that jumps off the page!
Campers will explore a variety of materials and techniques to create imaginative artworks with elements that pop up and stand out in 3D. Through folding, layering, and building, kids will transform flat projects into one-of-a-kind 3-D masterpiece that they will call their own. Work with a variety of materials and mediums.
Fee: \$150 residents
\$160 non-residents
Deadline: July 24

NASA Journey Into Outer Space Science Camp

Instructor: Mad Science
Date: Aug 3-7 M-F
Time: 9am-12pm
Grades: 1st-6th
Location: 774 Poq. Ave. Meeting Room.
As part of this camp we have teamed up with NASA to bring you the excitement and wonder of space! From the Earth's atmosphere to the outer reaches of our solar system, this hands-on program sends children on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Learn about the four forces of flight, the challenges of space travel, and participate in a rocket launch!
Fee: \$198 residents/\$208 non-residents
Deadline: July 20



Science & STEM



Secret Agent Science Camp

Instructor: Mad Science
Date: July 20-24 M-F
Time: 9am-12pm
Grades: 1st-6th
Location: 774 Poquoson Ave. Meeting Room. Focus on the science of forensics in this hands-on look at crime scenes. Identify and collect evidence, from fingerprints to tracks to trash! Recreate the scene of a crime using clues and detailed observations. Become a super sleuth and learn clever ways of performing tasks in the hands-on view of the science that spies use. Every day campers will bring home fun take-home projects including the Fingerprint Finder, Secret Code Breaker, and Spyglasses
Fee: \$198 Residents/\$208 non-residents
Deadline: July 10



WHY CHOOSE TO GO TO CAMP?

Learn a new skill

Make new friends

Find a new hobby

Prevent learning loss from over the summer

Gain Independence

Have Fun!

Register at
poquosonrec.com

Around the World Lego® Camp

Instructor: Chymaine Brown
Date: July 13-17 M-F
Grades: K-3rd
Time: 9am-11:30am



Grades: 4th-8th

Time: 1-4pm
Location: 774 Poquoson Ave Meeting Room.
Pack your imagination – we're building around the globe! Each day, campers explore a new destination through creative LEGO® challenges inspired by famous landmarks, wildlife, cities, and cultures. From pyramids to skylines, builders will enjoy hands-on projects, team challenges, and collect passport stamps as they "travel" the world. The week concludes with a Friday "Global Builders Expo" to showcase their creations. Perfect for young builders who love to design, create, and explore!
Fee: \$160 residents
\$170 non-residents
Deadline: July 2 or until full

STEAM-Sational Art Camp

Instructor: Kidcreate Studio Staff
Ages 7-12
June 29-July 2 M-TH
Time: 9am-12pm
Location: 774 Poquoson Ave. Meeting Room
Get ready to explore STEAM concepts in this totally rad and creative week of projects. Design your very own pinball machine, a creative Venus flytrap, a colorful kaleidoscope and use magic ink that will light up a cityscape, plus loads of experiential learning and messy fun along the way! Let's get our science on like never before with this one-of a kind S(Smart) T(Talented) E(Experimental) A(Awesome!) M(Magnificent) camp experience!
Fee: \$150 residents/
\$160 non-residents
Deadline: June 22



Poquoson's All American Picnic In the Park

LIVE MUSIC · MERCHANTS · FOOD VENDORS
FAMILY FUN · FIREWORKS AND MORE

Friday, June 26, 2026 5-10pm

Poquoson Municipal Park

830 Poquoson Ave, Poquoson, Virginia

FREE GENERAL PARKING AT POQ. HIGH SCHOOL COMPLEX, 51 ODD RD.

DISABLED PARKING WITH PLACARD AT 830 POQ. AVE.

Live Music

Free

BRING A BLANKET OR FOLDING CHAIR FOR FIREWORKS VIEWING

Food Vendors

Fun for Kids

VA
250

Volunteers are needed Saturday, May 2, 2026, as part of the Chesapeake Bay statewide Clean the Bay Day. Volunteer at Messick Point to preserve our city's coastline. Time: 9:00am. Location: Messick Point at the Shelter. Bring boots, gloves, and bug spray as we'll have lots to do to help protect and beautify our waterfront area. Your help is appreciated. To serve as a volunteer call Mel Insley at 757-868-3580 or email: Melvin.Insley@poquoson-va.gov with your name, contact info and number in your group attending.

CLEAN THE BAY DAY SAT. MAY 2





Offering
Preschool classes,
Levels 1-5,
& Parent/
Child programs

AGES
3 & Up

POQUOSON MUNICIPAL POOL

SWIMMING LESSONS

Summer 2026 Swim Lessons Registration is open for IN-PERSON REGISTRATION at the Poquoson Parks & Recreation Office. Resident Registration Opens April 1. Non-residents may begin April 15. Sessions fill quickly. Do not delay! No Call-in & No Online registration is available for swim lessons registration. In person registration is required.

You may only register for 1 session at a time. Halfway through your current session you may register again for the upcoming session. All classes are group lessons & class size is limited.

SESSION COSTS 1-4

Cost for Levels:

- \$85 Per Child Per Session-Residents
- \$95 Per Child Per Session-Non-Residents

Cost for Little People (Pre-school) & Parent-Child

- \$75 Per Child Per Session-Residents
- \$85 Per Child Per Session-Non-Residents

- Level classes are recommended for those ages 6 and up, or younger if swimmers have completed skills in Little People Lessons or previous classes.
- Little People/preschool classes are recommended for ages 3-5. Parent/Child 11mos. to 2.5 years with parent.
- Parent/Child classes only available during Session 2 & Session 3.
- All classes are taught by American Red Cross Certified WSI Instructors.
- All classes follow American Red Cross Learn to Swim Program.
- The last day to register for any session is the Friday before the next session, and only if space is available.



CLASS OPERATIONS:

Classes meet for 8 sessions unless noted in Session 5. Sessions 1-4 typically run Monday-Thursday for 2 weeks per session.

Fridays are held for make-up days in the event of inclement weather during regular scheduled times.

Level classes are 45 minutes in length unless noted in Session 5.

Little People and Parent/Child are 30 minutes in length unless noted in Session 5.

Please note: To make a switch to an alternate session or time, this must be done in person, and new paperwork must be created to track the changes. Only extenuating circumstances or sickness will be permitted for switches or charges may occur for switching. No switching will be permitted on Mondays at the start of sessions. And switches must be done at least two days in advance.

FOR ALL CLASSES: A swim diaper is required for any participant who is not potty trained. (Preschoolers & Parent/Child classes)

SWIMMING LESSONS 2026 SESSIONS AT POQUOSON MUNICIPAL POOL

SESSION 1 JUN 15-25

Session Runs Week 1 M-TH June 15-18

(Includes June 19)

Week 2 M-Th June 22-25

Friday reserved for weather make-up only.

9AM Level 1, 2, 3, 4

10AM Level 1, 2, 3, 5

11AM Little People

SESSION 2 JUN 29-JUL 9

Session Runs Week 1 M-TH June 29-July 2

Week 2 M-Th July 6-9

Friday reserved for weather make-up only.

9AM Level 1, 2, 3, 4

10AM Level 1, 2, 3, 5

10:30 Parent/Child

11AM Little People

SESSION 3 JUL 13-23

Session Runs Week 1 M-TH July 13-16

Week 2 M-TH July 20-23

Friday reserved for weather make-up only.

9AM Level 1, 2, 3, 5

10AM Level 1, 2, 3, 4

11AM Little People

11:30 Parent/Child

SESSION 4 JUL 27-AUG 6

Session Runs Week 1 M-TH July 27-July 30

Week 2 M-TH Aug 3-6

Friday reserved for weather make-up only.

10AM Levels 1, 2, 3, 4

11AM Little People

SESSION 5 AUG 3-8 EVENING TIMES & 1 SATURDAY MORNING AUG 8

Session meets as follows:

6PM-6:30 PM Little People AUG. 3, 5, 6, 7 &

Sat. AUG. 8 at 9:30AM-10AM *

6:30PM-7:30PM Level 1, 2, 3 Evening of

AUG. 3, 5, 6, 7 and Sat. AUG. 8 10am-11am.

Note no class August 4 Due to National Night Out

*There will only be one make-up provided if
weather is inclement and*

*that will be Sunday, Aug 10 -evening for this session
after 6pm.*

NOTE SESSION 5: Costs: \$75 residents

\$85 non-residents Level Classes.

Little People \$65 residents/ \$75 non-residents.

FOR INFORMATION:

www.poquosonrec.com

757-868-3580



Official Provider of
American Red Cross
Learn to Swim Program

All Lessons
are taught by
Certified
American
Red Cross
Instructors



**REGISTER
IN PERSON
INFO: 757-868-3580
You can only
register for 1
Session
at a time**



SWIMMING LESSONS

Descriptions of Classes



Descriptions of Levels: Use this Guide in Selecting the Appropriate Level for your child.

Classes will cover the following skills.

Parent & Child Classes Ages 11mos. up to 2.5 years with parent.

Child must be able to hold up head. Parent/Guardian must attend each class in the water. Objectives of this course are for the participant to gain confidence with water adjustment; have fun & enjoyment of the water; while learning cues, blowing bubbles, float with assistance on front and back, & coordinated arm, hand, & leg movements.

Little People (Preschool Aquatics) Ages 3-5*

(no parent*) Objectives of this course will be: To independently enter & exit the water; float on front & back with & without assistance; kicking while on front & back; blowing bubbles, bobbing. Jumping from the side & following directions. Submerge face & body; grab an object from the bottom. *If child is unable to attend without the aid of a parent, they will be moved to Parent/Child. Parents cannot stand over the pool edge with the child during this class. This class is designed for independent experiences. Children will not wear floatation aids in this class.

Level 1 Basic Water Skills Float, Submerge & More Objectives of this course will be: to enter & exit water ramps, side & steps; blow bubbles; bobbing; retrieve objects underwater; front glide to vertical position & back glide to a vertical position both with assistance; roll from front to back, arm & hand actions with assistance, treading actions; leg kicking; basic combining of simultaneous motion with assistance; fully submerge.

Level 2 Swimming with Stokes Front/Back Crawl, Breathing Objectives will be: to fully submerge, hold breath, object retrieval; front glide; jelly fish float; tread water; combined arm & leg swimming movement on front & back to begin back stroke & freestyle swimming. Rotary breathing & combining with arm movement on front; floating on back and simultaneous kicking and arm movement on back.

Level 3 Developing Strokes Objectives of this course will be to: teach head-first entry into deep water from both standing & kneeling position– diving. Diving from side, submerge & retrieve an object while swimming underwater; successfully swim with rhythmic breathing; perform front & back glide using two different kicks; perform back crawl; float on front and back in deep water; perform elementary back stroke change from horizontal to vertical position on front & back; tread water more efficiently; breaststroke kick.

LEVEL 4 Swim Strokes-Refining Skills Objectives of this course will be to: perform a dive from standing & stride position; swim under water; perform feet-first surface dive; perform open turns on front and back; tread water using sculling arm motions; perform; butterfly kick; perform the following: front and back crawl, breaststroke, butterfly, elementary backstroke; swim on side using scissors-like kick; distance of each stroke is 25m.

LEVEL 5 Stroke Endurance & For Distance Objectives of this course will be to: standing dive, shallow dive, glide two body lengths and begin any front stroke; perform tuck surface dive; perform with power and in the flow of swimming front flip turn, backstroke flip turn to front and back stroke; swim butterfly, swim breaststroke, elementary backstroke, sidestroke; tread water with two different kicks; survival swimming.

Remember each student progresses at a different pace learning aquatic skills, depending on several factors as it relates to coordination, endurance, learning abilities, and practice. Students often repeat a level several times before developing the endurance and skill for the proficiency necessary for advancement. Repeating a level does not constitute failure. Mastering skills takes time, practice and patience.

Instructional Staff reserve the right to move students to the appropriate level for their ability and consolidate classes based on enrollments.



SPLASH INTO SUMMER AT POQUOSON MUNICIPAL POOL

Pool Opens Memorial Day Weekend

Saturday May 23 12-7pm

Sunday May 24 1-7pm

Monday May 25 12-6pm

Operating Hours Until School is Out

Saturday May 30 12-7pm

Sunday May 31 1-6pm

Thursday June 4 12-6pm

Friday June 5 12-6pm

Saturday June 6 12-7pm

Sunday June 7 1-6pm

Everyday Operation Begins

Monday June 8

Monday-Friday 12-6pm*

Saturdays 12-7 pm Sundays 1-6pm

***Note Home Swim Meets or Special Events – See Master Calendar provided online. Pool will close at 4pm for Home Swim Meets**

Poquoson Pool Offers Season Pool Passes or Daily Rate Admission

2026 Season Pool Passes

Season Runs Memorial Day-Labor Day

Unlimited Visits & Best Deal of the Summer

Ages 6 and Up Residents \$90 Non-residents \$100

Ages 3-5 Residents \$70 Non-Residents \$80

Ages 2 and under Free

Pool Passes are available for purchase at the pool during open swim operating hours or at Parks & Recreation Office at 830 Poquoson Ave.

Daily Admission Rates

(Pay as you go option)

Daily Admission Ages 6 to adults \$7 Residents

Daily Admission Ages 6 to adults \$10 Non-residents

Ages 3-5 \$5 Residents Ages 3-5 \$7 Non-residents

2 and under free

Entry/Chaperone fee \$4 for anyone entering and not swimming.

Swimmers ages 12 and older may stay at the pool without an adult once they pass the swim test and have an adult contact form on file. All youth staying without an adult may do so only if they agree to follow rules and proper behavior.

No glass containers allowed. Alcohol is not permitted at the pool at any time. Coolers subject to search.

Pool Admission and Passes can be revoked for rule violations or failure to cooperate with staff at any time throughout the summer without refund.

Credit Card, Cash or Check available for payment accepted at both Poquoson Pool & the Parks & Recreation Office.

JOIN THE POQUOSON BARRACUDAS SWIM TEAM

SUMMER 2026
SEASON KICK-OFF
INFO & REGISTRATION
MEETING
SAVE THE DATE
APRIL 22 6pm
Municipal Park Shelter
16 Municipal Dr.



Fun Teamwork Relays Racing
Team Spirit Swimming Fitness
Competition Community Spirit

- Evening Practices
- Parent Volunteer Required
- Swim Skill Requirement: All swimmers must be evaluated prior to practice.

Lifeguard Training Recertification Course

May 20 2:30-7pm and May 21 2:30-7:30pm

Cost: \$95 Residents \$105 Non-residents

Must bring own CPR Mask.

Deadline to Register May 16. Class is both days.

WSI Class Water Safety Instructor Course

Monday Thru Thursday

June 8-11 8am -2pm

Cost: \$200

Must be age 16.



Register at Poquosonrec.com

TRAINED TO SAVE

ARE YOU WHISTLE WORTHY? AMERICAN RED CROSS LIFEGUARD TRAINING CLASS AT POQUOSON POOL



Training Information: Register for Class online at Poquosonrec.com

Participants must be at least 15 years of age at the start of the class. Be sure to review the Swimming requirements online at registration.

Course Cost: \$200/ Non-residents \$220.
Must attend all class dates.

If you are successfully hired and complete a season at the Poquoson we will reimburse you for the cost of the class. Those working at Poquoson Pool must be at least age 16 to apply.

Lifeguard Certification is current for 2 years.

Register at poquosonrec.com

**Dates: American Red Cross
Lifeguard Training Course
Pre-test Sun. May 31 at Pool**

6-7:30pm (swim test)

Class Times:

Must attend all Sessions

June 3 2:30- 7:30pm

June 4 12-7pm

June 6 8am-1pm

June 7 8am-1pm

Must attend all sessions + online self-study. Schedule is weather dependent & may be adjusted.

NOW HIRING LIFEGUARDS

SUMMER 2026 FOR POQUOSON
MUNICIPAL POOL



Requirements:

Must be age 16 to apply and must be currently Certified American Red Cross Lifeguard.

And it helps to have:

Good Communication Skills
Enjoy working in a team
Enjoy Helping Others
Serving Your Community.

Why Poquoson Pool?

Uniforms Provided; Great Team Environment;
Starting Payrate @ \$15.00 an hour.
Get trained to provide swimming lessons as part of your position.

Flexible Schedule. Gain leadership skills.
It's close to home.

Recreation jobs like this one can lead to future employment to support other fun recreational programs and activities.

Gain useful career experience. Work with a safety-focused and service-oriented team.

How to Apply:

Applications available at the Parks and Recreation Office or Visit the City Website: under the Employment Section & complete an application.

Get Trained: to be eligible to be considered for hire you must be trained. Get trained now. The season begins Memorial Day (May 2026) Applications and training need to be completed as soon as possible.

All applicants must pass a pre-employment drug screening.

Training

Poquoson Pool will offer a 2026 lifeguard training. See next page.

Lifeguard Recertification Course available for experienced staff.



America 250th Poster Contest

Kids grades K-12 Due June 1, 2026
at Parks & Recreation

**TELL US WHY YOU LOVE AMERICA
IN CELEBRATION OF AMERICA'S 250TH BIRTHDAY!**

Create posters 8.5"x 11" or larger that celebrate America. Poster themes should convey civic pride, patriotism, historical connection, and optimism for the next 250 years and include why you love America. Submission deadline is June 1. Winners will be displayed at Picnic in the Park on June 26th. Entries may also be shown at other city events, meetings or reproduced to promote the 250th Anniversary of America.

All artwork must be original, no AI generated graphics. Open to all Poquoson residents.



SAVE THE DATE

**44TH ANNUAL POQUOSON
SEAFOOD FESTIVAL**

OCTOBER 16, 17, & 18, 2026

POQUOSON MUNICIPAL PARK

**VENDOR APPLICATIONS FOR
THE 2026 FESTIVAL ARE NOW AT
POQUOSONSEAFOODFESTIVAL.COM**

DEADLINE JUNE 1, 2026



Free Community Event Promotion & Events on City Property

To promote community events for Civic, Community Groups, and Churches, on City Channels 47 (Cox) & 26 (Verizon), please email all requests for promotion with all details in writing to Melvin.Insley@poquoson-va.gov. All requests for community event to be promoted must be done in writing with the event details included. For events that may use City property, streets, require road closures, parades, etc. please contact Community Recreation for an Event Application prior to hosting your event. Advance approval is required.

DO YOU NEED TO HOST A PARTY OR AN EVENT?

PICNIC SHELTERS ARE A GREAT OPTION FOR RESIDENTS

- ▶ **ODD ROAD COMMUNITY CENTER
HOLDS UP TO 60 GUESTS
TABLE & CHAIRS INCLUDED
OPEN TO RESIDENTS FOR RENTAL FOR A FEE
FULL DAY RENTALS AVAILABLE**
- ▶ **PICNIC SHELTERS AT
MUNICIPAL PARK, SOUTH LAWSON
PARK, MESSICK POINT & TWO TREE PARK**
- ▶ **Contact Community Recreation for calendar
availability & reservations 757-868-3580**



FALL YOUTH SOCCER LEAGUE

REGISTRATION OPENS JULY 1, 2026
DEADLINE TO REGISTER AUGUST 7, 2026
\$90 Per Player Residents/\$100 Non-Residents

ENTERING FALL KINDERGARTEN THRU AGE 15

ALL AGE DIVISIONS ARE COED.

SEASON RUNS SEPT. THRU EARLY NOV.

VOLUNTEER COACHES NEEDED TO SUPPORT THE LEAGUE

AGE DETERMINED AS OF 12/31/26

U7 AGES 5 & 6 U9 AGES 7 & 8 U11 AGES 9 & 10

U13 AGES 11 & 12 U15 AGES 13 & 14, 15

TO PLAY UP AN AGE DIVISION YOU
MUST REGISTER IN PERSON & BY THE
DEADLINE (on-time).

No special requests for friends, carpools,
coaches or practice nights are accepted.

Siblings in the same age group will be
placed together unless noted.



REGISTER AT POQUOSONREC.COM

Late fee of \$15 will apply after August 7.
Waitlist only after August 7 and players will
be removed from the wait-list on a
space available basis.

If your child is age 4
an instructional
program called
Kickstart will register
in August '26.