

NOVA Swimming

12207 Gayton Road

Richmond, VA 23238

804-750-1183

<https://www.teamunify.com/team/vsnva/page/home>

Poseidon Swimming

Woodlake Aquatic & Fitness Center

14710 Village Square Place

Midlothian, VA 23112

833-796-3278

<https://www.teamunify.com/team/vsps/page/home>

Quest Swimming

6800 Deer Run Drive

Midlothian, VA 23112

<https://www.teamunify.com/team/vaqs/page/home>

Contact:

SwimRVA Rapids

5050 Ridgedale Parkway

Richmond, VA 23234

804-409-9728

<https://www.teamunify.com/Home.jsp? tabid =0&team=usavasrva>

YMCA Year-round Swimming

Multiple locations

<https://www.ymcarichmond.org/swimming-aquatics/>