



Adapted Aquatics Class Schedule – Spring 2024

*All programs require pre-registration through Parktakes. Times listed are not individual class times but a series of classes.
 Registration is required for each class session. If you are unsure what time your registered class is, please call 703-222-4664*

<p>Audrey Moore Friday Aqua Fit Phys. Disabilities – 11:00-11:45a Instructor: David</p> <p>Class 1 1-Mar Class 2 8-Mar Class 3 15-Mar Class 4 22-Mar No Class 29-Mar Class 5 5-Apr Class 6 12-Apr Class 7 19-Apr No Class 26-Apr Class 8 3-May Class 9 10-May Class 10 17-May No Class 24-May Class 11 31-May Class 12 7-Jun</p>	<p>Franconia Wednesday Swim Team Adv – 7:00-7:55p Instructor: Lucia</p> <p>Class 1 28-Feb Class 2 6-Mar Class 3 13-Mar Class 4 20-Mar No Class 27-Mar Class 5 3-Apr Class 6 10-Apr Class 7 17-Apr Class 8 24-Apr Class 9 1-May Class 10 18-May Class 11 15-May Class 12 22-May Class 13 29-May Class 14 5-Jun</p>	<p>Spring Hill Sunday Aqua Fit Phys. Disabilities – 3:30-4:15p Aqua Fit Phys. Disabilities – 4:15-5:00p Aqua Fit Phys. Disabilities – 5:00-5:45p Instructor: Bryna</p> <p>Class 1 3-Mar Class 2 10-Mar Class 3 17-Mar Class 4 24-Mar No Class 31-Mar Class 5 7-Apr Class 6 14-Apr Class 7 21-Apr Class 8 28-Apr Class 9 5-May Class 10 12-May Class 11 19-May No Class 26-May Class 12 2-Jun</p>
<p>Cub Run Saturday Basic Strokes – 2:00-2:45p Instructor: Jason</p> <p>Class 1 2-Mar Class 2 9-Mar Class 3 16-Mar Class 4 23-Mar No Class 30-Mar No Class 6-Apr Class 5 13-Apr Class 6 20-Apr No Class 27-Apr Class 7 4-May Class 8 11-May Class 9 18-May No Class 25-May Class 10 1-Jun</p>	<p>Spring Hill Saturday Basic Strokes – 12:00-12:45p Instructor: Judy & Deborah</p> <p>Class 1 2-Mar Class 2 9-Mar Class 3 16-Mar Class 4 23-Mar No Class 30-Mar No Class 6-Apr Class 5 13-Apr Class 6 20-Apr No Class 27-Apr Class 7 4-May Class 8 11-May Class 9 18-May No Class 25-May Class 10 1-Jun</p>	<p>Audrey Moore Saturday Basic Strokes – 12:00-12:45p Instructor: John & John</p> <p>Class 1 2-Mar Class 2 9-Mar Class 3 16-Mar Class 4 23-Mar No Class 30-Mar No Class 6-Apr Class 5 13-Apr Class 6 20-Apr No Class 27-Apr Class 7 4-May Class 8 11-May Class 9 18-May No Class 25-May Class 10 1-Jun</p>

Oakmont
Saturday
Preschoolers – 9:20-9:50a
Adapted 1 – 10:00-10:30a
Adapted 2 – 10:40-11:10a
Adapted 3 – 11:20-11:50a
Teens – 12:00-12:30p
Basic Strokes – 12:40p-1:25p
Instructor: Fred

Session 1

Class 1 2-Mar
Class 2 9-Mar
Class 3 16-Mar
Class 4 23-Mar
No Class 30-Mar
No Class 6-Apr
Class 5 13-Apr
Class 6 20-Apr

Session 2

Class 1 27-Apr
Class 2 4-May
Class 3 11-May
Class 4 18-May
No Class 25-May
Class 5 1-Jun
Class 6 8-Jun

South Run
Saturday
Adapted 1 – 9:05-9:35a
Adapted 2 – 9:45-10:15a
Adapted 3 – 10:25-10:55a
Teens – 11:05-11:35a
Preschoolers – 11:45-12:15p
Instructor: Jaclynn

Session 1

Class 1 2-Mar
Class 2 9-Mar
Class 3 16-Mar
Class 4 23-Mar
No Class 30-Mar
Class 5 6-Apr
No Class 13-Apr
Class 6 20-Apr

Session 2

Class 1 27-Apr
Class 2 4-May
Class 3 11-May
Class 4 18-May
No Class 25-May
Class 5 1-Jun
Class 6 8-Jun

George Washington
Saturday
Preschoolers – 11:40-12:10p
Adapted 1 – 12:20-12:50p
Adapted 2 – 1:00-1:30p
Adapted 3 – 1:40-2:10p
Instructor: Meghan

Session 1

Class 1 2-Mar
Class 2 9-Mar
Class 3 16-Mar
Class 4 23-Mar
No Class 30-Mar
Class 5 6-Apr
Class 6 13-Apr
Class 7 20-Apr

Session 2

Class 1 27-Apr
Class 2 4-May
Class 3 11-May
Class 4 18-May
No Class 25-May
Class 5 1-Jun
Class 6 8-Jun
Class 7 15-Jun

Providence
Sunday
Adapted 2 – 11:00-11:30a
Adapted 3 – 11:35-12:05p
Basic Strokes – 12:15-1:00p
Instructor: Holly

Session 1

Class 1 3-Mar
Class 2 10-Mar
Class 3 17-Mar
Class 4 24-Mar
No Class 31-Mar
Class 5 7-Apr
Class 6 14-Apr
Class 7 21-Apr

Session 2

Class 1 28-Apr
Class 2 5-May
Class 3 12-May
Class 4 19-May
No Class 26-May
Class 5 2-Jun
Class 6 9-Jun
Class 7 16-Jun

South Run
Sunday
Preschoolers – 12:15-12:45p
Adapted 1 – 12:55-1:25p
Adapted 2 – 1:35-2:05p
Instructor: Jason

Session 1

Class 1 3-Mar
Class 2 10-Mar
Class 3 17-Mar
Class 4 24-Mar
No Class 31-Mar
No Class 7-Apr
Class 5 14-Apr
Class 6 21-Apr

Session 2

Class 1 28-Apr
Class 2 5-May
Class 3 12-May
Class 4 19-May
No Class 26-May
Class 5 2-Jun
Class 6 9-Jun

Cub Run
Sunday
Adapted 1 – 2:00-2:30p
Adapted 2 – 2:35-3:05p
Deep Water – 3:15-4:00p
Instructor: Dana

Session 1

Class 1 3-Mar
Class 2 10-Mar
Class 3 17-Mar
Class 4 24-Mar
No Class 31-Mar
Class 5 7-Apr
Class 6 14-Apr
Class 7 21-Apr

Session 2

Class 1 28-Apr
Class 2 5-May
Class 3 12-May
Class 4 19-May
No Class 26-May
Class 5 2-Jun
Class 6 9-Jun
Class 7 16-Jun

Special Olympics Virginia Swim Meets: (For Swim Team Int and Adv)

- February 17, 2024 – Oakmont Rec Center
- April 7, 2024 – Claude Moore Rec
- April 28, 2024 – George Mason University
- June 7-9, 2024 – University of Richmond

Cub Run Saturday		Oakmont Sunday		Spring Hill Saturday	
Swim Team Int – 3:00-3:55p		Swim Team Int – 2:00-2:55p		Swim Team Int – 1:00-1:55p	
Swim Team Adv – 4:00-4:55p		Swim Team Adv – 3:00-3:55p		Swim Team Adv – 2:00-2:55p	
Instructor: Jason		Instructor: Lucia & Dan		Instructor: Judy & Deborah	
Class 1	13-Jan	Class 1	7-Jan	Class 1	6-Jan
Class 2	20-Jan	Class 2	14-Jan	Class 2	13-Jan
No Class	27-Jan	Class 3	21-Jan	Class 3	20-Jan
Class 3	3-Feb	Class 4	28-Jan	Class 4	27-Jan
Class 4	10-Feb	Class 5	4-Feb	No Class	3-Feb
Swim Meet	17-Feb	Class 6	11-Feb	Class 5	10-Feb
Class 6	24-Feb	Swim Meet	17-Feb	Swim Meet	17-Feb
Class 7	2-Mar	Class 8	25-Feb	Class 7	24-Feb
Class 8	9-Mar	Class 9	3-Mar	Class 8	2-Mar
Class 9	16-Mar	Class 10	10-Mar	Class 9	9-Mar
Class 10	23-Mar	Class 11	17-Mar	Class 10	16-Mar
No Class	30-Mar	Class 12	24-Mar	Class 11	23-Mar
Swim Meet	7-Apr	No Class	31-Mar	No Class	30-Mar
Class 12	13-Apr	Swim Meet	7-Apr	Swim Meet	7-Apr
Class 13	20-Apr	Class 13	14-Apr	Class 13	13-Apr
Swim Meet	28-Apr	Class 14	21-Apr	Class 14	20-Apr
Class 15	4-May	Swim Meet	28-Apr	Swim Meet	28-Apr
Class 16	11-May	Class 16	5-May	Class 16	4-May
Class 17	18-May	Class 17	12-May	Class 17	11-May
No Class	25-May	Class 18	19-May	Class 18	18-May
Class 18	1-Jun	No Class	26-May	No Class	25-May
Swim Meet	8-Jun	Class 19	2-Jun	Class 19	1-Jun
		Swim Meet	9-Jun	Swim Meet	8-Jun

Audrey Moore

Saturday

Swim Team Adv – 1:00-1:55p

Swim Team Int – 2:00-2:55p

Instructor: John & John

Class 1	6-Jan
Class 2	13-Jan
No Class	20-Jan
Class 3	27-Jan
Class 4	3-Feb
Class 5	10-Feb
Swim Meet	17-Feb
Class 7	24-Feb
Class 8	2-Mar
Class 9	9-Mar
Class 10	16-Mar
Class 11	23-Mar
No Class	30-Mar
Swim Meet	7-Apr
Class 13	13-Apr
Class 14	20-Apr
Swim Meet	28-Apr
Class 16	4-May
Class 17	11-May
Class 18	18-May
No Class	25-May
Class 19	1-Jun
Swim Meet	8-Jun

Franconia

Saturday

Swim Team Int – 2:00-2:55p

Swim Team Adv – 3:00-3:55p

Instructor: Elizabeth

Class 1	6-Jan
No Class	13-Jan
Class 2	20-Jan
Class 3	27-Jan
Class 4	3-Feb
Class 5	10-Feb
Swim Meet	17-Feb
Class 7	24-Feb
Class 8	2-Mar
Class 9	9-Mar
Class 10	16-Mar
Class 11	23-Mar
No Class	30-Mar
Swim Meet	7-Apr
Class 13	13-Apr
Class 14	20-Apr
Swim Meet	28-Apr
Class 16	4-May
Class 17	11-May
Class 18	18-May
No Class	25-May
Class 19	1-Jun
Swim Meet	8-Jun