



#### GEORGE WASHINGTON REC CENTER POOL CALENDAR

## 8426 Old Mt. Vernon Road Alexandria, VA 22309 703-780-8894

SUNDAY 9AM-6PM	<b>MONDAY</b> 6:30AM-9:00PM	<b>TUESDAY</b> 6:30AM-9:00PM	WEDNESDAY 6:30AM-9:00PM	THURSDAY 6:30AM-9:00PM	<b>FRIDAY</b> 6:30AM-9:00PM	SATURDAY 9AM-6PM
			OPEN AND LAP SWIM 6:30AM –4:00PM	OPEN AND LAP SWIM 6:30AM -4:00PM	OPEN AND LAP SWIM 6:30AM –4:00PM	4 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM  OPEN SWIM 12P-6P
5 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM  OPEN SWIM 12P-6P	OPEN AND LAP SWIM 6:30AM –4:00PM	7 OPEN AND LAP SWIM 6:30AM -4:00PM  ::00P-8:00PM LIMITED SWIM (	8 OPEN AND LAP SWIM 6:30AM –4:00PM  LANES AVAILABLE CLASSES AND RENT.		OPEN AND LAP SWIM 6:30AM –4:00PM	11 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM  OPEN SWIM 12P-6P
12 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM	OPEN AND LAP SWIM 6:30AM—4:00PM	14 OPEN AND LAP SWIM 6:30AM —4:00PM	OPEN AND LAP SWIM 6:30AM –4:00PM	16 Open and lap swim 6:30am –4:00pm	OPEN AND LAP SWIM 6:30AM –4:00PM	18 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM
<u>OPEN SWIM</u> <u>12P-6P</u>	4	<del>::00P-8:00PM</del> LIMITED SWIM (	LANES AVAILABLE CLASSES AND RENT.			<u>OPEN SWIM</u> <u>12P-6P</u>
19 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM	20 Open and lap swim 6:30am—4:00pm	21 Open and lap swim 6:30am –4:00pm	22 OPEN AND LAP SWIM 6:30AM –4:00PM OPEN HOUSE 4-7P	23 Open and lap swim 6:30am –4:00pm	24 Open and lap swim 6:30am –4:00pm	25 NO SWIM CLASSES
<u>OPEN SWIM</u> 12P-6P	4	::00P-8:00PM_LIMITED SWIM (	LANES AVAILABLE CLASSES AND RENT.			OPEN SWIM  9AM-6PM
26 NO SWIM CLASSES OPEN SWIM 9AM -6PM	MEMORIAL DAY POOL HOURS 6:30AM-6:00PM OPEN AND LAP SWIM	28 OPEN AND LAP SWIM 6:30AM –4:00PM	29 OPEN AND LAP SWIM 6:30AM -4:00PM	30 Open and lap swim 6:30am –4:00pm	31 OPEN AND LAP SWIM 6:30AM –4:00PM	
MINI OI M	6:30ам —6:00рм	4:00P-8:00P	M LIMITED LANES A	AVAILABLE LANES (	OPEN DUE	

#### **Know Before You Go!**

- Pool space and calendar is subject to change without notice.
- Avoid the wait and peak times, our lap lane availability information is available at the Front Desk or on the website.
- The pool may be open during class, rental and camp swim times. When the pool is open AT LEAST 3 lanes are available to the public while the pool is open. Please be aware of the open space during swim lessons. Please note class and lap swimming only times on weekdays and weekends noted on the calendar.
- Any person not in classes must pay the admission fee to use the pool. Non-swimmers or those using lifejackets must under direct supervision of a supervising adult.
- Keep an eye on your child! In-water supervision required for all children under 5. Those who can not swim 25 yards without stopping must not go in to water past their shoulders. Children under 10 years must have actively engaged supervision.



## Lap Lane Calendar May 1st to May 17th



#### **SATURDAY**

LEG	END	Recreation	onal Play/Sv	vim/Dive	Lap S	Swim / Wate	er Walking C	ONLY	I	FCPA schedu	led program	s	
	Damn	S	hallow En	ıd		Lap I	anes			Lap Lanes	/Dive We	ll	
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
9:00 AM													9:00 AM
9:30 AM													9:30 AM
10:00 AM		Swim L	ecconc										10:00 AM
10:30 AM		9am-							S	wim Lesso	ns		10:30 AM
11:00 AM		Jaiii-	12pm						9	am-12:45p	m		11:00 AM
11:30 AM													11:30 AM
12:00 PM													12:00 PM
12:30 PM													12:30 PM
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3:00 PM													3:00 PM
3:30 PM													3:30 PM
4:00 PM													4:00 PM
4:30 PM										Highland	Park Dive		4:30 PM
5:00 PM											5:00 PM		
5:30 PM											5:30 PM		
6:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	6:00 PM
	Namp	S	hallow En	ıd		Lap I	anes			Lap Lanes	/Dive We	ll	

# George Washington Rec Center Lap Lane Calendar May 1st to May 17th



## **SUNDAY**

LEG	END		ecreation y/Swim/I		Lap Sw	im / Wate	er Walkin	g ONLY	FCF	A schedu	led progra	ams	
	Damn	Sh	allow E	nd		Lap I	anes		La	p Lanes	/Dive W	<sup>7</sup> ell	
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
9:00 AM													9:00 AM
9:30 AM													9:30 AM
10:00 AM													10:00 AM
10:30 AM	Swim Lo	essons ar	nd Scuba	Rental					SCI	IRA 9:45	am-12:4	ānm	10:30 AM
11:00 AM		9am-12	:45pm						300	DA 7.43	am-12.7.	)piii	11:00 AM
11:30 AM													11:30 AM
12:00 PM													12:00 PM
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3:00 PM													3:00 PM
3:30 PM													3:30 PM
4:00 PM									,	Riverside	,		4:00 PM
4:30 PM									,	MIVEI SIUC			4:30 PM
5:00 PM									Mount	Vernon			5:00 PM
5:30 PM													5:30 PM
6:00 PM	HOURS		Hollin Mo		<b>4.5 lanes</b> )				aynewoo		6:00 PM		
7:00 PM		MVP		Mansion	n House (	5 lanes)		M	ount Ver	es)	7:00 PM		
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
	Namp	Sh	allow E	nd		Lap I	anes		La	p Lanes	/Dive W	ell	

## Lap Lane Calendar May 1st to May 17th



#### **MONDAY**

LEG:	END	Recreation	onal Play/Sv	wim/Dive	Lap	Swim / Wate	er Walking (	ONLY	I	FCPA schedu	iled progran	18		
	Ramp	S	hallow Er	nd		Lap I	Lanes		]	CPA scheduled programs Lap Lanes/Dive Well  7 8 0  cs) 4:55 - 6:25 am  Deep Water Ex  Deep Water Ex		11		
	Kamp	0.5	Full	1	2	3	4	5	6	7	8	0.5		
Before Hours			NCAP (4.5	5 lanes) 5:0	0-6:00 am			Marli	ns (5.5 lan	es) 4:55 - 6:	:25 am		Before Hours	
6:30 AM													6:30 AM	
7:00 AM							Trio	dont					7:00 AM	
7:30 AM							1110	ient		D	oon Water	Cv	7:30 AM	
8:00 AM										D	eep water	EX	8:00 AM	
8:30 AM		She	allow Wate	r Ev									8:30 AM	
9:00 AM		3116	anow wate	I EX									9:00 AM	
9:30 AM													9:30 AM	
10:00 AM	Swim	Shared Sn	aco with cu	vim classes						Doon V	Vator Ev		10:00 AM	
10:30 AM	Lessons	Shareu Sp	ace with sv	viiii ciasses						реер у		10:30 AM		
11:00 AM												11:00 AM		
11:30 AM		Art	hritis Wate	r Fv										
12:00 PM		Ait	in itis wate	I LX									12:00 PM	
12:30 PM													12:30 PM	
1:00 PM													1:00 PM	
1:30 PM													1:30 PM	
2:00 PM													2:00 PM	
2:30 PM													2:30 PM	
3:00 PM								Marlins 3	R·00-4·00				3:00 PM	
3:30 PM								Mai IIII S	7.00 4.00				3:30 PM	
4:00 PM									Marline 4	4:15 - 5:15			4:00 PM	
4:30 PM									Marinis	1.13 3.13			4:30 PM	
5:00 PM									N	CAP 5:15-6	.15		5:00 PM	
5:30 PM						Trident 5	5:15 - 7:00		14	C/11 3.13 0	.13		5:30 PM	
6:00 PM	Swim L	acconc				11 Ident 3	7.00		NCAD 6.15 7.00					
6:30 PM	SWIII L	C330113							NCAP 6:15-7:00					
7:00 PM						Tri 7-715								
7:30 PM								Mar	Marlins 7:00 - 8:30				7:30 PM	
8:00 PM													8:00 PM	
8:30 PM													8:30 PM	
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM	
	Namp	S	hallow Er	ıd		Lap I	Lanes			Lap Lanes	/Dive We	11		

#### Lap Lane Calendar May 1st to May 17th



#### **TUESDAY**

LEG	END	Recreati	onal Play/S	wim/Dive	Lap	Swim / Wate	er Walking	ONLY	I	FCPA sched	uled program	ıs		
	Ramp	S	hallow Eı	ıd		Lap I	anes			Lap Lane	s/Dive We	ll		
	Kallip	0.5	Full	1	2	3	4	5	6	7	8	0.5		
Before Hours			Masters	s (3 lanes) !	5am-6am		Mar	lins (6 lane	s) 4:55 - 6:2	25 am			Before Hour	
6:30 AM													6:30 AM	
7:00 AM													7:00 AM	
7:30 AM													7:30 AM	
8:00 AM													8:00 AM	
8:30 AM													8:30 AM	
9:00 AM													9:00 AM	
9:30 AM	SL		Motor	Ex Class									9:30 AM	
10:00 AM			water	EX Class									10:00 AM	
10:30 AM														
11:00 AM													11:00 AM	
11:30 AM													11:30 AM	
12:00 PM													12:00 PM	
12:30 PM													12:30 PM	
1:00 PM													1:00 PM	
1:30 PM													1:30 PM	
2:00 PM	Swim I	Lessons											2:00 PM	
2:30 PM											Consists I		2:30 PM	
3:00 PM											Swimi	Lessons	3:00 PM	
3:30 PM													3:30 PM	
4:00 PM													4:00 PM	
4:30 PM													4:30 PM	
5:00 PM										T T	Water Exerci	se	5:00 PM	
5:30 PM							Maulina	1:30 - 7:30					5:30 PM	
6:00 PM	Swi	m Lessons	and				Mariins 4	1:30 - 7:30		6:00 PM				
6:30 PM	W	ater Exerci	se						NCAP 6-7:30					
7:00 PM										7:00 PM				
7:30 PM									N.I.	7:30 PM				
8:00 PM									NCAP 7:30 - 8:30					
8:30 PM													8:30 PM	
9:00 PM	Dames	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM	
	Ramp	S	hallow Ei	ıd		Lap I	anes			Lap Lane	s/Dive We	11		

### Lap Lane Calendar May 1st to May 17th



#### **WEDNESDAY**

LEG	END	Recreati	onal Play/S	wim/Dive	Lap	Swim / Wate	er Walking C	ONLY	I	CPA sched	uled progran	ns	
	Ramp	S	hallow Er	ıd		Lap I	Lanes		]	Lap Lanes	s/Dive We	ell	
	Kaliip	0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours			NCAP (4.	5 lanes) 5:0	0-6:00 am			Marli	ns (5.5 lane	es) 4:55 - 6	:25 am	-	Before Hours
6:30 AM													6:30 AM
7:00 AM							m ·						7:00 AM
7:30 AM							Tric	dent			N	-	7:30 AM
8:00 AM										1	Deep Water	EX	8:00 AM
8:30 AM		Cl	. II XA7	. Г.,									8:30 AM
9:00 AM		Sna	allow Wate	r ex									9:00 AM
9:30 AM													9:30 AM
10:00 AM	SL	Chanad Cu	aga vyith av	vim alagasa						Doon I	Matan En		10:00 AM
10:30 AM		Shareu Sp	ace with sv	vim classes						реер	Water Ex		10:30 AM
11:00 AM													11:00 AM
11:30 AM		Ant	hritis Wate	m Evr									11:30 AM
12:00 PM		AIL	iii ius wate	I EX									12:00 PM
12:30 PM													12:30 PM
1:00 PM													1:00 PM
1:30 PM													1:30 PM
2:00 PM	Swim I	essons											2:00 PM
2:30 PM											Crazim	Lessons	2:30 PM
3:00 PM								Marlins 3	2.00-4.00		SWIII	Lessons	3:00 PM
3:30 PM								Mai iiiis .	3.00-4.00				3:30 PM
4:00 PM									Marline /	4:15 - 5:15			4:00 PM
4:30 PM									Marinis	1.13 - 3.13			4:30 PM
5:00 PM									N	CAP 5:15-6	.15		5:00 PM
5:30 PM						Trident 5	.15 - 7:00		IV	CAI 3.13-0	.13		5:30 PM
6:00 PM						Triuent 5	.13-7.00			NCAD 4	5:15-7:00		6:00 PM
6:30 PM										NCAF (	7.13-7.00		6:30 PM
7:00 PM						Tri 7-715							7:00 PM
7:30 PM								Mai	Marlins 7:00 - 8:30			7:30 PM	
8:00 PM												8:00 PM	
8:30 PM													8:30 PM
9:00 PM	Dame	0.5	Full	1	2	3	4	5	6 7 8 0.5			9:00 PM	
	Ramp	S	hallow Er	ıd		Lap I	anes	· · · · · · · · · · · · · · · · · · ·	1	Lap Lanes	s/Dive We	ell	

## Lap Lane Calendar May 1st to May 17th



#### **THURSDAY**

LEG	END	Recreati	onal Play/Sv		Subject to ch	_	er Walking (	-			lled program	ıs	
	Ramp	S	hallow Er	ıd		Lap l	Lanes		]	Lap Lanes	/Dive We	11	
	Kallip	0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours			Masters	(3 lanes) 5	am-6am		Mar	lins (6 lane:	s) 4:55 - 6:2	25 am			Before Hours
6:30 AM													6:30 AM
7:00 AM													7:00 AM
7:30 AM													7:30 AM
8:00 AM													8:00 AM
8:30 AM													8:30 AM
9:00 AM													9:00 AM
9:30 AM	Swim		Water	Ex Class									9:30 AM
10:00 AM	Lessons		Water	LA Class						р	ower Finni	nα	10:00 AM
10:30 AM	Lessons										ower Fillin	iig	10:30 AM
11:00 AM													11:00 AM
11:30 AM													11:30 AM
12:00 PM													12:00 PM
12:30 PM													12:30 PM
1:00 PM													1:00 PM
1:30 PM													1:30 PM
2:00 PM	Swim I	essons											2:00 PM
2:30 PM													2:30 PM
3:00 PM													3:00 PM
3:30 PM													3:30 PM
4:00 PM													4:00 PM
4:30 PM													4:30 PM
5:00 PM										W	Vater Exerci	ise	5:00 PM
5:30 PM		Water l	Exercise				Marlins 4	.30 - 7.30					5:30 PM
6:00 PM							1-101 11113 T	100 /100					6:00 PM
6:30 PM											NCAP	6-7:30	6:30 PM
7:00 PM											7:00 PM		
7:30 PM		Swim I	Lessons						NIC	CAP 7:30 - 8	7:30 PM		
8:00 PM		SWIIII	16330113							UIII 7130 - 0	8:00 PM		
8:30 PM											8:30 PM		
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM
	Manip	S	hallow Er	ıd		Lap l	Lanes		]	Lap Lanes	Dive We	11	

### Lap Lane Calendar May 1st to May 17th



#### **FRIDAY**

LEG	END	Recreati	onal Play/S	wim/Dive	Lap	Swim / Wate	er Walking (	ONLY	I	FCPA schedu	iled program	ıs			
	Ramp	S	hallow Er	nd		Lap l	Lanes		I	Lap Lanes	/Dive We	ll			
	Kallip	0.5	Full	1	2	3	4	5	6	7	8	0.5			
Before			NCAP (4.5	5 lanes) 5:0	0-6:00 am			Marlins (	5.5 lanes) 4	:55 - 6:25 a	m No 3/29		Before Hours		
Hours															
6:30 AM													6:30 AM		
7:00 AM													7:00 AM		
7:30 AM										D	eep Water	Ex	7:30 AM		
8:00 AM											- F		8:00 AM		
8:30 AM		Sha	allow Wate	r Ex									8:30 AM		
9:00 AM													<b>9:00 AM</b> 9:30 AM		
9:30 AM															
10:00 AM		Shared Sp	ace with sv	vim classes						D	eep Water	Ex	10:00 AM		
10:30 AM		· ·									10:30 AM				
11:00 AM											11:00 AM				
11:30 AM		Art	hritis Wate	er Ex							11:30 AM				
12:00 PM													12:00 PM		
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2:00 PM													2:00 PM		
2:30 PM								Manling	2.00.4.00				2:30 PM		
3:00 PM 3:30 PM								Mariins .	3:00-4:00				3:00 PM 3:30 PM		
4:00 PM									ı				4:00 PM		
4:00 PM 4:30 PM													4:00 PM 4:30 PM		
									Maulius 4 0	00 6-00					
5:00 PM									Marlins 4:3	op-6:00pn	1		5:00 PM		
5:30 PM													5:30 PM		
6:00 PM													6:00 PM		
6:30 PM													6:30 PM		
7:00 PM													7:00 PM		
7:30 PM													7:30 PM		
8:00 PM													8:00 PM		
8:30 PM		0.5	P 11	1	2	2		-		-	0	0.5	8:30 PM		
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8 /Dive We	0.5	9:00 PM		
		5	hallow Er	าน		Lар I	Lanes		l l	Lap Lanes	/Dive We	11			

## Lap Lane Calendar May 18 - 31



#### **SATURDAY**

LEG	END	Recreation	onal Play/S	wim/Dive	Lap :	Swim / Wate	er Walking (	ONLY	]	FCPA schedu	iled program	ıs	_
	Damn	S	hallow E	nd		Lap I	anes		]	Lap Lanes	/Dive We	ll	
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
9:00 AM													9:00 AM
9:30 AM													9:30 AM
10:00 AM		Swim I	Lessons										10:00 AM
10:30 AM			12pm							Swim Lesso			10:30 AM
11:00 AM		Juni	12pm						9	am-12:45p	m		11:00 AM
11:30 AM													11:30 AM
12:00 PM													12:00 PM
12:30 PM													12:30 PM
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4:00 PM													4:00 PM
4:30 PM													4:30 PM
5:00 PM													5:00 PM
5:30 PM													5:30 PM
6:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	6:00 PM
	Kamp	S	hallow E	nd		Lap I	anes			Lap Lanes	/Dive We	ll	

# Lap Lane Calendar May 18 - 31



## **SUNDAY**

LEG	END		ecreation y/Swim/I		Lap Sw	im / Wate	er Walkin	g ONLY	FCI	A schedu	led progra	ams	
	Ramp	Sh	allow E	nd		Lap I	anes		La	p Lanes	/Dive W	/ell	
	Kallip	0.5	Full	1	2	3	4	5	6	7	8	0.5	
9:00 AM													9:00 AM
9:30 AM													9:30 AM
10:00 AM													10:00 AM
10:30 AM	Swim Lo		nd Scuba	Rental					SCI	IRA 9:45	am-12:4!	5nm	10:30 AM
11:00 AM		9am-12	:45pm						500	<b>D</b> 11 7.13	um 12.1.	Эрш	11:00 AM
11:30 AM													11:30 AM
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2:30 PM													2:30 PM
3:00 PM													3:00 PM
3:30 PM													3:30 PM
4:00 PM									Riversid	e (No Sw	im 5/26)		4:00 PM
4:30 PM									111101010	(110 511	III 5, <b>2</b> 0)		4:30 PM
5:00 PM								Mount	Vernon	(No Swin	n 5/26)		5:00 PM
5:30 PM													5:30 PM
6:00 PM	HOURS		Hollin Me		4.5 lanes)				ynewoo		6:00 PM		
7:00 PM		MVP			n House (				Mount Vernon Park (4.5 lanes)				7:00 PM
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
	- Turnp	Sh	allow E	nd		Lap I	anes		La	p Lanes	/Dive W	/ell	

Lap Lane Calendar May 18 - 31



#### **TUESDAY**

LEGI	END	Recreati	onal Play/Sv	wim/Dive	Lap	Swim / Wate	er Walking (	ONLY		FCPA sched	uled program	ıs	
	D	S	hallow Er	ıd		Lap I	Lanes			Lap Lane:	s/Dive We	11	
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours			NCAP (4.5	5 lanes) 5:0	0-6:00 am			Marli	ns (5.5 lan	es) 4:55 - 6	5:25 am		Before Hours
6:30 AM													6:30 AM
7:00 AM													7:00 AM
7:30 AM										Г	Deep Water l	Fv	7:30 AM
8:00 AM										1	ocep water i	LA.	8:00 AM
8:30 AM		Sh	allow Wate	r Fv									8:30 AM
9:00 AM		Jii	mow wate	I LX									9:00 AM
9:30 AM													9:30 AM
10:00 AM	Swim	Shared Sn	ace with sw	vim classes						Deen I	Water Ex		10:00 AM
10:30 AM	Lessons	onar cu op	acc with 50	viiii ciasses						Всер		10:30 AM	
11:00 AM												11:00 AM	
11:30 AM		Art	hritis Wate	or Ex								11:30 AM	
12:00 PM		7110	III ICIS WALC	I DA								12:00 PM	
12:30 PM													12:30 PM
1:00 PM													1:00 PM
1:30 PM													1:30 PM
2:00 PM													2:00 PM
2:30 PM													2:30 PM
3:00 PM									3:00-4:00				3:00 PM
3:30 PM								(No swi	m 5/27)				3:30 PM
4:00 PM								Marlin	s 4·15 - 5·	15 (No swi	m 5/27)		4:00 PM
4:30 PM								1-1411111	.5 1110 01	10 (110 0111	0/ <b>=</b> //		4:30 PM
5:00 PM									NCAP 5:15	5-6:15 (No	swim 5/27)		5:00 PM
5:30 PM										0.120 (0	· · · · · · · · · · · · · · · · · · ·		5:30 PM
6:00 PM	Swim L	essons							NC.	AP 6:15-7:0	6:00 PM		
6:30 PM											6:30 PM		
7:00 PM											7:00 PM		
7:30 PM								Marlins 7:0	0 - 8:30 (No	o swim 5/2	7:30 PM		
8:00 PM											8:00 PM 8:30 PM		
8:30 PM										6 7 8 0.5			
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	0.5	9:00 PM	
	Manip	S	hallow Er	ıd		Lap I	Lanes			Lap Lane:	s/Dive We	<u>ll</u>	

Lap Lane Calendar May 18 - 31



#### TUESDAY

LEG	END	Recreati	onal Play/S	wim/Dive	Lap	Swim / Wate	er Walking	ONLY	I	FCPA sched	uled program	ıs			
	Ramp	S	hallow Eı	ıd		Lap I	anes			Lap Lane	s/Dive We	11			
	Kallip	0.5	Full	1	2	3	4	5	6	7	8	0.5			
Before Hours			Masters	s (3 lanes) 5	Sam-6am		Mar	lins (6 lane:	s) 4:55 - 6:2	25 am			Before Hour		
6:30 AM													6:30 AM		
7:00 AM													7:00 AM		
7:30 AM													7:30 AM		
8:00 AM													8:00 AM		
8:30 AM													8:30 AM		
9:00 AM													9:00 AM		
9:30 AM	SL		Motor	Ex Class									9:30 AM		
10:00 AM			water	EX Class									10:00 AM		
10:30 AM															
11:00 AM													11:00 AM		
11:30 AM													11:30 AM		
12:00 PM													12:00 PM		
12:30 PM													12:30 PM		
1:00 PM													1:00 PM		
1:30 PM													1:30 PM		
2:00 PM	Swim I	Lessons											2:00 PM		
2:30 PM											Consists I	Lessons	2:30 PM		
3:00 PM											Swimi	Lessons	3:00 PM		
3:30 PM													3:30 PM		
4:00 PM													4:00 PM		
4:30 PM													4:30 PM		
5:00 PM										7	Water Exerci	ise	5:00 PM		
5:30 PM						Moulin - 4	.20 7.20 CF	/20 2 lanes	l., 6 7,202				5:30 PM		
6:00 PM	Swi	im Lessons	and			Mariins 4	:30 - 7:30 (5)	/28 3 lanes on	ny 0-7:30)				6:00 PM		
6:30 PM	W	ater Exerci	se							6:30 PM					
7:00 PM															
7:30 PM									NCAD 7 20	0.20 (3)	7:30 PM				
8:00 PM									NCAP 7:30	- 8:30 (No	8:00 PM				
8:30 PM													8:30 PM		
9:00 PM	D	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM		
	Ramp	S	hallow Ei	ıd		Lap I	anes			Lap Lane	s/Dive We	11			

Lap Lane Calendar May 18 - 31



#### **WEDNESDAY**

LEGEND		Recreati	onal Play/Sv	wim/Dive	Lap	Swim / Wate	er Walking (	ONLY	FCPA scheduled programs					
	Ramp	S	Shallow End			Lap I	Lanes		]					
	кашр	0.5	Full	1	2	3	4	5	6	7	8	0.5		
Before			NCAP (4.	- 5 lanes) 5:0	0-6:00 am			Marli	ns (5.5 lane	es) 4:55 - 6:		=	Before Hours	
Hours			1	,	T								6 20 414	
6:30 AM													6:30 AM	
7:00 AM													<b>7:00 AM</b> 7:30 AM	
7:30 AM										Deep Water Ex				
8:00 AM 8:30 AM													8:00 AM 8:30 AM	
9:00 AM		Sha	allow Wate	r Ex									9:00 AM	
9:00 AM 9:30 AM													9:00 AM 9:30 AM	
10:00 AM	SL									10:00 AM				
10:30 AM	<u> </u>	Shared Sp	pace with sw	im classes						10:30 AM				
11:00 AM											11:00 AM			
11:30 AM													11:30 AM	
12:00 PM		Art	hritis Wate	er Ex									12:00 PM	
12:30 PM													12:30 PM	
1:00 PM													1:00 PM	
1:30 PM													1:30 PM	
2:00 PM	Swim I	essons											2:00 PM	
2:30 PM											Cravina 1	Loccomo	2:30 PM	
3:00 PM								Marlins 3	3:00-4:00 Swim Lessons				3:00 PM	
3:30 PM								(No swi	m 5/29)				3:30 PM	
4:00 PM								Marlin	c 4:15 - 5:1	CNo cwir	n E /20)		4:00 PM	
4:30 PM								Mai IIII	Marlins 4:15 - 5:15 (No swim 5/29)					
5:00 PM									NCAP 5:15-6:15 (No swim 5/29)					
5:30 PM														
6:00 PM									NC/	AP 6:15-7:00	(No swim 5	/29)	6:00 PM	
6:30 PM									1467	3110 7100	(	7-73	6:30 PM	
7:00 PM													<b>7:00 PM</b> 7:30 PM	
7:30 PM							I	Marlins 7:00 - 8:30 (No swim 5/29)						
8:00 PM													8:00 PM	
8:30 PM		^ =	- 11										8:30 PM	
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8 Dive We	0.5	9:00 PM	
	тр	S	hallow Er	1d		Lap I	Lanes							

## Lap Lane Calendar May 18 - 31



#### **THURSDAY**

LEG	END	Recreation	onal Play/Sv	wim/Dive	Lap Swim / Water Walking ONLY					FCPA scheduled programs				
	Ramp		Shallow End			Lap I	Lanes		Lap Lanes/Dive Well					
	кашр	0.5	Full	1	2	3	4	5	6	7	8	0.5		
Before Hours			Masters	(3 lanes) 5	am-6am		Mar	ins (6 lanes	s) 4:55 - 6:2	25 am	Before Hours			
6:30 AM													6:30 AM	
7:00 AM													7:00 AM	
7:30 AM													7:30 AM	
8:00 AM													8:00 AM	
8:30 AM													8:30 AM	
9:00 AM				l									9:00 AM	
9:30 AM				T 61									9:30 AM	
10:00 AM	Swim		Water Ex Clas	Ex Class									10:00 AM	
10:30 AM	Lessons									P	Power Finni		10:30 AM	
11:00 AM													11:00 AM	
11:30 AM													11:30 AM	
12:00 PM													12:00 PM	
12:30 PM													12:30 PM	
1:00 PM													1:00 PM	
1:30 PM													1:30 PM	
2:00 PM	Swim I	essons											2:00 PM	
2:30 PM													2:30 PM	
3:00 PM													3:00 PM	
3:30 PM													3:30 PM	
4:00 PM													4:00 PM	
4:30 PM													4:30 PM	
5:00 PM										V	Vater Exerc	se	5:00 PM	
5:30 PM		Water I	Exercise			Marline 4	.30 - 7.30 (5)	30 3 lanes on	dy 6-7-30)				5:30 PM	
6:00 PM						Mai IIIIS T	.30 - 7.30 (3/	JO J lanes on	пу 0-7.30)				6:00 PM	
6:30 PM											NCAP 6-7:30 (	No swim 5/30)	6:30 PM	
7:00 PM													7:00 PM	
7:30 PM		Swim I	essons			NCAP 7				- 8·30 (No	7:30 PM			
8:00 PM		Swim Lessons					NCAP 7:30		- 8:30 (No swim 5/30)			8:00 PM		
8:30 PM													8:30 PM	
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8 s/Dive We	0.5	9:00 PM	
	Manip	S	hallow Er	ıd		Lap I	Lanes							

Lap Lane Calendar May 18 - 31



#### **FRIDAY**

LEG	END	Recreati	onal Play/Sv	wim/Dive	Lap	Swim / Wate	er Walking (	ONLY	FCPA scheduled programs				
	Damn	S	Shallow End			Lap l	Lanes		Lap Lanes/Dive Well				
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours			NCAP (4.5	5 lanes) 5:0	)-6:00 am					Before Hours			
6:30 AM													6:30 AM
7:00 AM													7:00 AM
7:30 AM										D	eep Water	Day	7:30 AM
8:00 AM										П	beep water	EX	8:00 AM
8:30 AM		Ch	allow Wate	n Ev									8:30 AM
9:00 AM		3116	anow wate	I EX									9:00 AM
9:30 AM													9:30 AM
10:00 AM		Sharad Sn	aca with cu	vim classes							10:00 AM		
10:30 AM		Silai eu Sp	ace with sv	viiii ciasses						п	Ex	10:30 AM	
11:00 AM													11:00 AM
11:30 AM		Ant	hritis Wate	n Ev									11:30 AM
12:00 PM		AIt	iii ius wate	I EX									12:00 PM
12:30 PM													12:30 PM
1:00 PM													1:00 PM
1:30 PM													1:30 PM
2:00 PM													2:00 PM
2:30 PM													2:30 PM
3:00 PM													3:00 PM
3:30 PM													3:30 PM
4:00 PM													4:00 PM
4:30 PM													4:30 PM
5:00 PM								Marlins	4:30p-6:00	)pm (Last d	lay 5/24)		5:00 PM
5:30 PM													5:30 PM
6:00 PM													6:00 PM
6:30 PM													6:30 PM
7:00 PM													7:00 PM
7:30 PM													7:30 PM
8:00 PM													8:00 PM
8:30 PM													8:30 PM
9:00 PM	Dame	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM
	Ramp	S	hallow Er	ıd		Lap l	Lanes		]				