

April 2024



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS
Aquatics

PROVIDENCE RECENTER POOL CALENDAR

7525 Marc Drive Falls Church, Virginia 703-698-1351

[Providence RECenter](#)

SUNDAY 9am-6pm	MONDAY 6:30am-9pm	TUESDAY 6:30am-9pm	WEDNESDAY 6:30am-9pm	THURSDAY 6:30am-9pm	FRIDAY 6:30a-9pm	SATURDAY 9am-6pm
	1 OPEN AND LAP SWIM 6:30AM – 3:30PM	2 OPEN AND LAP SWIM 6:30AM – 3:30PM	3 OPEN AND LAP SWIM 6:30AM – 3:30PM	4 OPEN AND LAP SWIM 6:30AM – 3:30PM	5 OPEN AND LAP SWIM 6:30AM – 3:30PM	6 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM
330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
7 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	8 OPEN AND LAP SWIM 6:30AM – 3:30PM	9 OPEN AND LAP SWIM 6:30AM – 3:30PM	10 OPEN AND LAP SWIM 6:30AM – 3:30PM	11 OPEN AND LAP SWIM 6:30AM – 3:30PM	12 OPEN AND LAP SWIM 6:30AM – 3:30PM	13 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM
330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
14 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	15 OPEN AND LAP SWIM 6:30AM – 3:30PM	16 OPEN AND LAP SWIM 6:30AM – 3:30PM	17 OPEN AND LAP SWIM 6:30AM – 3:30PM	18 OPEN AND LAP SWIM 6:30AM – 3:30PM	19 OPEN AND LAP SWIM 6:30AM – 3:30PM	20 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM POOL CLOSED 2PM FOR SWIM MEET
330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
21 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	22 OPEN AND LAP SWIM 6:30AM – 3:30PM	23 OPEN AND LAP SWIM 6:30AM – 3:30PM	24 OPEN AND LAP SWIM 6:30AM – 3:30PM	25 OPEN AND LAP SWIM 6:30AM – 3:30PM	26 OPEN AND LAP SWIM 6:30AM – 3:30PM	27 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM
330PM–9PM LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
28 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	29 OPEN AND LAP SWIM 6:30AM – 3:30PM	30 OPEN AND LAP SWIM 6:30AM – 3:30PM				
330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						

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.
- Please lock all valuables. FCPA is not responsible for lost or stolen items.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354

April 2024



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS
Aquatics

PROVIDENCE RECENTER POOL CALENDAR

7525 Marc Drive Falls Church, Virginia 703-698-1351 [Providence RECenter](#)
AQUATICS DIRECTOR: MEGAN BATES: MEGAN.BATES@FAIRFAXCOUNTY.GOV

BREAK TIMES! For all kids 12 years & under. Please encourage your child to use the restroom.

WEEKENDS: a 10minute break will be called at the top of the hour, starting at 2pm until 1 hour before closing.

WEEKDAYS: a 10 minute break will be called at the top of the hour, starting at 4pm until 1 hour before closing.

Diving Boards open 3:00pm-4pm, based on user request, rentals, Lifeguard staffing levels and availability.

Pool closed April 20th at 2pm for swim meet.

**Only lap swimming and classes on Saturday / Sunday mornings
until 1pm.**

**WE'RE
HIRING!**

Best Times for a Lap Lane

Saturday: 1pm—6pm

Sunday: 1pm—6pm

Mon-Fri: 6:30am-3:30pm

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PROVIDENCE RECENTER

Lap Lane Schedule

April 1st to 30th



Saturday

The chart below designates availability of pool spaces for lap lane as well as recreational pool users. Please use the legend below for assistance based on your recreational interest. For special event or holiday schedules, please refer to our pool calendar. A minimum of 3 lanes is available for lap swimmers and water walkers during open facility times.

Please note this information is **subject to change** and is only applicable to the day and date range provided.

LEGEND		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY						FCPA scheduled programs (Space is scheduled)					
Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed											6:00		
6:30		Pool Closed											6:30		
7:00		Pool Closed											7:00		
7:30		Pool Closed											7:30		
8:00	Swim Lessons only 8a-1p	Aerobic Exercise 8a-10a				FCPA Master 8a-9a							8:00		
8:30		Aerobic Exercise 8a-10a				FCPA Master 8a-9a							8:30		
9:00		Aerobic Exercise 8a-10a				Lap swim & Water walking Only 9a-1p		Swim Lessons 9a-1p					9:00		
9:30		Aerobic Exercise 8a-10a				Lap swim & Water walking Only 9a-1p		Swim Lessons 9a-1p					9:30		
10:00		Swim Lessons only 10a-1p				Lap swim & Water walking Only 9a-1p		Swim Lessons 9a-1p					10:00		
10:30		Swim Lessons only 10a-1p				Lap swim & Water walking Only 9a-1p		Swim Lessons 9a-1p					10:30		
11:00		Swim Lessons only 10a-1p				Lap swim & Water walking Only 9a-1p		Swim Lessons 9a-1p					11:00		
11:30		Swim Lessons only 10a-1p				Lap swim & Water walking Only 9a-1p		Swim Lessons 9a-1p					11:30		
NOON		Pool Closed											NOON		
12:30		Pool Closed											12:30		
1:00					Lessons 1p-6p							Diving Class 1p-3p		1:00	
1:30													Diving Class 1p-3p		1:30
2:00													Diving Class 1p-3p		2:00
2:30													Diving Class 1p-3p		2:30
3:00													Diving Class 1p-3p		3:00
3:30		Lifeguard class as needed: 4/6, 4/13, 4/20											Lifeguard class as needed: 4/6, 4/13, 4/20		3:30
4:00		Lifeguard class as needed: 4/6, 4/13, 4/20											Lifeguard class as needed: 4/6, 4/13, 4/20		4:00
4:30		Lifeguard class as needed: 4/6, 4/13, 4/20											Lifeguard class as needed: 4/6, 4/13, 4/20		4:30
5:00		Lifeguard class as needed: 4/6, 4/13, 4/20										Lifeguard class as needed: 4/6, 4/13, 4/20		5:00	
5:30		Lifeguard class as needed: 4/6, 4/13, 4/20										Lifeguard class as needed: 4/6, 4/13, 4/20		5:30	
6:00		Pool Closed											6:00		
6:30		Pool Closed											6:30		
7:00		Pool Closed											7:00		
7:30		Pool Closed											7:30		
8:00		Pool Closed											8:00		
8:30		Pool Closed											8:30		
9:00		Pool Closed											9:00		
Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		



PROVIDENCE RECENTER

Lap Lane Schedule

April 1st to 30th



Sunday

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LEGEND		Recreational Play/Swim/Dive			Lap Swim / Water Walking ONLY						FCPA scheduled programs (Space is scheduled)				
Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed												6:00	
6:30		Pool Closed												6:30	
7:00		Pool Closed												7:00	
7:30		Pool Closed												7:30	
8:00		Pool Closed												8:00	
8:30		Pool Closed												8:30	
9:00	Swim Lessons 9a-1p	Water Exercise Class 9a-10a			Lap Swim & Water Walking Only 9a-1p						Swim Lessons 9a-1p				9:00
9:30															9:30
10:00		Swim Lessons 9a-1p													10:00
10:30															10:30
11:00															11:00
11:30															11:30
NOON														NOON	
12:30														12:30	
1:00				Lessons 1p-6p							Lifeguard Class as needed: 4/7, 4/14, 4/21		1:00		
1:30					1:30										
2:00					2:00										
2:30		Lifeguard class as needed: 4/7, 4/14, 4/21			2:30										
3:00					3:00										
3:30					3:30										
4:00				4:00											
4:30				4:30											
5:00										Holmes Run Acres 5p-6p		5:00			
5:30										Holmes Run Acres 5p-6p		5:30			
6:00		After Hour Swim Teams, Closed to Public												6:00	
6:30		After Hour Swim Teams, Closed to Public												6:30	
7:00		After Hour Swim Teams, Closed to Public												7:00	
7:30		After Hour Swim Teams, Closed to Public												7:30	
8:00		After Hour Swim Teams, Closed to Public												8:00	
8:30		After Hour Swim Teams, Closed to Public												8:30	
9:00		After Hour Swim Teams, Closed to Public												9:00	
Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		



PROVIDENCE RECENTER

Lap Lane Schedule

April 1st to 30th



Monday

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Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed													6:00
6:30															6:30
7:00															7:00
7:30		Aerobic Exercise 7:30a-8:30a													7:30
8:00															8:00
8:30												Deep Water Exercise 8:30a - 9:30a		8:30	
9:00												Advance Deep Water Ex 9:30a - 10:30a		9:00	
9:30														9:30	
10:00														10:00	
10:30		Aerobic Exercise 10:30a-11:30a													10:30
11:00															11:00
11:30		Arthritis Exercise 11:30a-12:30p													11:30
NOON															NOON
12:30												Arthritis Deep Water Ex 12:30p-1:30p		12:30	
1:00												Deep Hydro Pilates 1:30p-2:30p		1:00	
1:30															1:30
2:00															2:00
2:30															2:30
3:00															3:00
3:30															3:30
4:00		Veritas 3:45p													4:00
4:30		4:45p							FISH 4p-5:30p						4:30
5:00															5:00
5:30															5:30
6:00	Swim Lessons														6:00
6:30	5:30p-8p													Swim lessons	6:30
7:00		Swim Lessons 7p-8:30p												6p-8p	7:00
7:30															7:30
8:00									Fairfax Foxes SC 8p-9p						8:00
8:30															8:30
9:00		Pool Closed													9:00
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		



PROVIDENCE RECENTER

Lap Lane Schedule April 1st to 30th



Tuesday

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Time	Beach/Ramp	Shallow end			Lap Lanes						Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												6:00
6:30									NCAP SC 6:30a-7:30a					6:30
7:00														7:00
7:30														7:30
8:00														8:00
8:30		Aerobic Water Exercise												8:30
9:00		8:30a-9:30a												9:00
9:30		Aerobic Water Exercise												9:30
10:00		9:30a-10:30a												10:00
10:30		Water Walking 10:30a-11:30a												10:30
11:00														11:00
11:30		Arthritis Water Ex 11:30a-12:30p												11:30
NOON														NOON
12:30														12:30
1:00														1:00
1:30														1:30
2:00														2:00
2:30														2:30
3:00														3:00
3:30														3:30
4:00									NCAP SC 4p-5:30p					4:00
4:30														4:30
5:00														5:00
5:30														5:30
6:00	Swim Lessons 5:30p-8:30p													6:00
6:30		Swim Lesson									Swim Lessons	Deep Water Ex 5:45p-7:45p		6:30
7:00		6:30p-8:30p												7:00
7:30														7:30
8:00									Fairfax Foxes SC 8p-9p			Swim Lesson 8p - 9p		8:00
8:30														8:30
9:00		Pool Closed												9:00
Time	Beach/Ramp	Shallow end			Lap Lanes						Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	



PROVIDENCE RECENTER

Lap Lane Schedule April 1st to 30th



Wednesday

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Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												6:00
6:30														6:30
7:00														7:00
7:30		Aerobic Exercise 7:30a-8:30a												7:30
8:00														8:00
8:30												Deep Water Exercise 8:30a-9:30a		8:30
9:00												Advance Deep Water EX 9:30a-10:30a		9:00
9:30														9:30
10:00														10:00
10:30		Aerobic Exercise 10:30a-11:30a												10:30
11:00														11:00
11:30		Arthritis Exercise 11:30a-12:30p												11:30
NOON														NOON
12:30														12:30
1:00														1:00
1:30														1:30
2:00														2:00
2:30														2:30
3:00														3:00
3:30														3:30
4:00		Veritas 3:45p												4:00
4:30		4:45p							FISH 4p-5:30p					4:30
5:00														5:00
5:30														5:30
6:00	Swim Lessons 5:30p-8:45p													6:00
6:30														6:30
7:00		Swim Lessons 7p-8:45p												7:00
7:30														7:30
8:00		Fairfax Foxes SC 8p-9p												8:00
8:30														8:30
9:00		Pool Closed												9:00
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	



PROVIDENCE RECENTER

Lap Lane Schedule April 1st to 30th



Thursday

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Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time				
		0.5	1	8	7	6	5	4	3	2	1	1	0.5			
6:00		Pool Closed												6:00		
6:30									NCAP SC 6:30a - 7:30a						6:30	
7:00															7:00	
7:30															7:30	
8:00															8:00	
8:30		Aerobic Water Exercise 8:30a-9:30a													8:30	
9:00		Aerobic Water Exercise 8:30a-9:30a													9:00	
9:30		Aerobic Water Exercise 9:30a-10:30a													9:30	
10:00		Aerobic Water Exercise 9:30a-10:30a													10:00	
10:30															10:30	
11:00															11:00	
11:30		Arthritis Water Exercise 11:30a-12:30p													11:30	
NOON		Arthritis Water Exercise 11:30a-12:30p													NOON	
12:30												Arthritis Deep Water Ex 12:30p-1:30p		12:30		
1:00												Arthritis Deep Water Ex 12:30p-1:30p		1:00		
1:30												Deep Hydro Pilates 1:30p-2:30p		1:30		
2:00												Deep Hydro Pilates 1:30p-2:30p		2:00		
2:30														2:30		
3:00														3:00		
3:30														3:30		
4:00														4:00		
4:30									NCAP SC 4p-5:30p					4:30		
5:00									NCAP SC 4p-5:30p					5:00		
5:30														5:30		
6:00	Swim Lessons 5:30p-8:30p	Swim Lessons 5:45p to 8:30p										Swim Lessons 5:45p- 8pm		Deep Water Ex 5:45p-7:45p		6:00
6:30		Swim Lessons 5:45p to 8:30p										Swim Lessons 5:45p- 8pm		Deep Water Ex 5:45p-7:45p		6:30
7:00		Swim Lessons 5:45p to 8:30p										Swim Lessons 5:45p- 8pm		Deep Water Ex 5:45p-7:45p		7:00
7:30		Swim Lessons 5:45p to 8:30p										Swim Lessons 5:45p- 8pm		Deep Water Ex 5:45p-7:45p		7:30
8:00								Fairfax Foxes SC 8p-9p				Swim Lesson 8p-9p		8:00		
8:30								Fairfax Foxes SC 8p-9p				Swim Lesson 8p-9p		8:30		
9:00		Pool Closed												9:00		
Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time				
		0.5	1	8	7	6	5	4	3	2	1	1	0.5			



PROVIDENCE RECENTER

Lap Lane Schedule

April 1st to 30th



Friday

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Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												6:00
6:30														6:30
7:00														7:00
7:30		Aerobic Exercise 7:30a-8:30a												7:30
8:00														8:00
8:30												Deep Water Exercise 8:30a-9:30a		8:30
9:00												Advance Deep Water Ex 9:30a-10:30a		9:00
9:30														9:30
10:00														10:00
10:30		Aerobic Exercise 10:30a-11:30a												10:30
11:00														11:00
11:30		Arthritis Exercise 11:30a-12:30p												11:30
NOON														NOON
12:30														12:30
1:00														1:00
1:30														1:30
2:00														2:00
2:30														2:30
3:00														3:00
3:30														3:30
4:00														4:00
4:30	Swim Lessons 4p-6:30p								FISH 4p - 5:30p					4:30
5:00														5:00
5:30		Swim Lessons 5:30p-7:30p												5:30
6:00												Swim Classes 6p-8pm		6:00
6:30														6:30
7:00														7:00
7:30														7:30
8:00														8:00
8:30														8:30
9:00		Pool Closed												9:00
Time	Beach/Ramp	Shallow end		Lap Lanes						Deep End		Time		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	