# May 2024



#### PROVIDENCE RECENTER POOL CALENDAR

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

-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	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 CLASSES & LAP SWIM ONLY LIMITED LAP LANES
	;	330P-9P LIMITED SPA	CE AVAILABLE DUE T	O RENTALS AND CLA	SSES	9AM-1PM OPEN SWIM 1PM - 6PM
5 CLASSES & LAP SWIM ONLY LIMITED LAP LANES	6 Open and lap swim 6:30am – 3:30pm	7 Open and lap swim 6:30am – 3:30pm	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 CLASSES & LAP SWIM ONLY LIMITED LAP LANES
9AM—1PM Open Swim 1PM - 6PM		330P-9P LIMITED SPA	CE AVAILABLE DUE T	O RENTALS AND CLA	SSES	9AM-1PM OPEN SWIM 1PM - 6PM
12 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM	13 Open and lap swim 6:30am – 3:30pm	14 Open and lap swim 6:30am – 3:30pm	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 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM
OPEN SWIM 1PM - 6PM	3	30P-9P LIMITED SPAC	CE AVAILABLE DUE TO	O RENTALS AND CLAS	SSES	OPEN SWIM 1PM - 6PM
19 CLASSES & LAP SWIM ONLY	20 Open and lap swim 6:30am – 3:30pm	21 Open and lap swim 6:30am – 3:30pm	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 NO SWIM CLASSES
LIMITED LAP LANES 9am-1pm Open Swim 1pm - 6pm	33	OPM-9PM LIMITED SI	PACE AVAILABLE DUI	E TO RENTALS AND C	LASSES	OPEN SWIM 9AM - 6PM
26 NO SWIM CLASSES	27 Memorial Day No Swim Classes	28 Open and lap swim 6:30am – 3:30pm	29 Open and lap swim 6:30am – 3:30pm	30 Open and lap swim 6:30am – 3:30pm	31 Open and lap swim 6:30am – 3:30pm	
OPEN SWIM 9AM - 6PM	POOL HOURS 6:30AMTO 6PM	330P-9P LIMI	TED SPACE AVAILABL	E DUE TO RENTALS A	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

# May 2024



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

**Providence RECenter** 

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.

Summer Swim League: 1st practice Tuesday, 5/28
 No Aqua Classes 5/25—5/27: Memorial Day Weekend
 5/27: Memorial Day—pool closes at 6pm
 Open House May 22nd 4pm-7pm



Best Times for a Lap Lane Saturday: 1pm—6pm Sunday: 1pm—6pm Mon-Fri: 6:30am-3:30pm

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- 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.
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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

(VANCES COUNTY) F/	AIRFAX COU	NTY PARK A	AUTHORITY		PRC	<b>VIDE</b>	NCE R	ECEN	TER					
	REC	CEN	TERS		Ι	Lap La	ne Scl	hedul	e					
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							turd							
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Time	Beach/ Ramp	Shallov 0.5	v end	8	7	6	Lap	Lanes 4	3	2	1	Dee 1	p End 0.5	Time
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11:00	Lessons only 8a-1p Swim Lessons only 10a-1p Swim Lessons 9a-1p 0nly 9a-1p													11:00
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8:00							our croser	4						8:00
8:30														8:30
9:00	Decel (	Ohall						1					- End	9:00
Time	Beach/ Ramp	Shallov 0.5	w end	8	7	6	Lap 5	Lanes 4	3	2	1	Dee 1	p End 0.5	Time



# PROVIDENCE RECENTER Lap Lane Schedule

## Saturday May 25th

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.

6:00 6:30	Beach/ Ramp	Pla Shallov	y/Swim/D	live		viiii / vvalu	er Walking	UNLY	FCF	'A schedu	ulea progra	ams (Space	is schedul	ed
6:00 6:30		Shallov				,,					F8			
6:30	Ramp					-		Lanes			-		o End	Time
6:30		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
														6:00
						F	ool Closed	1						6:30
7:00						•	001 010000	•						7:00
7:30					-	-					-			7:30
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7:00														7:00
7:30						F	Pool Closed	ł						7:30
8:00								-						8:00
8:30														8:30
9:00														9:00
	Beach/	Shallov	v end				Lan	Lanes				Deer	End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	



# PROVIDENCE RECENTER Lap Lane Schedule May 1st to 19th



# Sunday

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.

LEG	END	Pla	ecreation y/Swim/D		Lap Sv	vim / Wat	er Walking	g ONLY	FC	CPA schedu	iled progra	<b>ams</b> (Space	e is schedul	
Time	Beach/	Shallov						Lanes					o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00														6:00
6:30														6:30
7:00							Pool Close	Ч						7:00
7:30							001 01036	u						7:30
8:00														8:00
8:30														8:30
9:00		Wat	ter Exercis	e Class 9a-	.10a									9:00
9:30					Tu									9:30
10:00	Swim													10:00
10:30	Lessons							m & Water			Swim Les	sons 9a-1p		10:30
11:00	9a-1p		Swin	n Lessons S	9a-1n			Only 9a-1p			CWIIII LCS	30113 0d-1p		11:00
11:30	ou-ip		0		ou ip									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				Lesson	s 1p-6p									3:00
3:30				Lessen	S IP-op									3:30
4:00														4:00
4:30														4:30
5:00										н	lolmes Run	Acres 5n-	6p	5:00
5:30													~~	5:30
6:00														6:00
6:30														6:30
7:00														7:00
7:30					After	· Hour Swii	m Teams, C	closed to P	ublic					7:30
8:00														8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallov	v end				Lap	Lanes				Deep	o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	

## PROVIDENCE RECENTER Lap Lane Schedule

# Sunday May 26th

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.

	END	Pla	Recreation ay/Swim/I		Lap Sv	wim / Wat	er Walking	g ONLY	FC	PA schedu	ıled progra			
Time	Beach/	Shallo	w end				Lap	Lanes				Deep		Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00														6:00
6:30							Pool Closed	4						6:30
7:00							FUOI CIUSEC	4						7:00
7:30					-						-			7:30
8:00														8:00
8:30														8:30
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7:00														7:00
7:30							Pool Close	d						7:30
8:00														8:00
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9:00	_			-										9:00
Time	Beach/	Shallo						Lanes				Deep		Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	



# PROVIDENCE RECENTER Lap Lane Schedule May 1st to 20th



## Monday

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.

LEG	END		ecreation y/Swim/I		Lap Sv	wim / Wat	er Walkinş	g ONLY	FC	PA schedu	iled progra	ams (Space	e is schedul	ed)
Time	Beach/	Shallov	• •				Lap	Lanes				Deer	o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00				•			Pool Close	d						6:00
6:30														6:30
7:00														7:00
7:30		Aor	obic Exore	ise 7:30a-8	8.30a									7:30
8:00		Aer		15e / .30a-0	5.50a									8:00
8:30											Deep	Water Exe	ercise	8:30
9:00												<mark>:30a - 9:30</mark>		9:00
9:30												ce Deep W		9:30
10:00											9:	:30a - 10:3	Da	10:00
10:30		Δero	hic Exercis	se 10:30a-1	11:30a									10:30
11:00		7010												11:00
11:30		Arthr	itis Exercia	se 11:30a-1	12:30p									11:30
NOON		,			.=									NOON
12:30												is Deep W		12:30
1:00											1	2:30p-1:30	р	1:00
1:30														1:30
2:00														2:00
2:30														2:30
3:00														3:00
3:30			Veritas											3:30
4:00		3	:45p - 4:45	5p										4:00
4:30									FISH 4p	o-5:30p				4:30
5:00														5:00
5:30	Swim													5:30
6:00	Lessons												Swim	6:00
6:30	5:30p-8p												lessons	6:30
7:00	oloop op		essons										6p-8p	7:00
7:30		7p-8	:30p											7:30
8:00								Fairfa	x Foxes SC	8p-9p				8:00
8:30														8:30
9:00						F	Pool Close							9:00
Time	Beach/	Shallov	r					Lanes					o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	

	FAIRFAX COL						ENCE F						Fairfax Count Park Authority	Þ
	REC	CEN	TERS		]	Lap La	ane Sc	hedu	le					
•			quatics			Ī	lay 27	'th						
							Monda							
The ch	art below	<i>i</i> designa	tes availa	ability of	nool spac	res for lar	) lane as v	vell as rec	creationa	l pool us	ers Pleas	e use the	legend h	elow for
	ance base													
4551544	nice buse					•	ers and w		· .			•	indui . I i in	liiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii
	مار									•			dad	
	Ple	ase note	this infor	mation is	subject	to chang	e and is o	niy appilo	cable to t	ne aay an	a aate ra	nge provi	aea.	
IFC	END		ecreation		Lan St	wim / Wat	er Walkin		FC	PA schedu	iled progr	ams (Snac	e is schedu	led)
			y/Swim/I	Dive	Lapor	viiii / viat	er wannig	SOUT	10	in in Scheut	neu progre			
Time	Beach/	Shallov	v end					Lanes				Dee	<u>o End</u>	Time
0.00	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00 6:30							Pool Close	a						6:00 6:30
7:00														7:00
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8:00			-											8:00
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7:30 8:00						100101	Used Werne	Jilai Day						8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallov	v end				Lap	Lanes				Dee	o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	



# PROVIDENCE RECENTER Lap Lane Schedule May 1st to 31st



#### Tuesday

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.

Time         Beach/ Ramp           6:00         6:30           7:00         7:30           8:00         8:30           9:00         9:30           10:00         10:30           11:30         NOON           12:30         11:00           130         2:00           2:30         3:30           4:00         4:30           5:00         5:30           6:00         Swim			1 erobic Wa 8:30a	8 ter Exercis	7	6 F	Lap 5 Pool Close	Lanes 4 d	3	2	1	Deep 1	o End 0.5	Time
6:00         6:30         7:00         7:30         8:00         8:00         9:00         9:30         10:00         10:30         11:30         NOON         12:30         1:00         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00	amp	A	erobic Wa 8:30a		7	-	•	-	3	2	1	1	0.5	
6:30         7:00         7:30         8:00         8:30         9:00         9:30         10:00         11:30         NOON         12:30         1:00         130         2:00         3:30         4:00         4:30         5:00         5:30         6:00			8:30a	ter Exercis		F	Pool Close	d		_				
7:00         7:30         8:00         8:30         9:00         9:30         10:00         10:30         11:00         11:30         NOON         12:30         1:00         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim			8:30a	ter Exercis										6:00
7:30         8:00         8:30         9:00         9:30         10:00         10:30         11:30         NOON         12:30         1:00         2:00         2:30         3:00         3:30         4:00         5:00         5:30         6:00			8:30a	ter Exercis										6:30
8:00         8:30         9:00         9:30         10:00         10:30         11:30         NOON         12:30         1:00         2:00         2:30         3:00         3:30         4:00         5:00         5:30         6:00			8:30a	ter Exercis										7:00
8:30         9:00         9:30         10:00         10:30         11:30         11:30         12:30         1:00         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00			8:30a	ter Exercis										7:30
9:00         9:30         10:00         10:30         11:00         11:30         NOON         12:30         1:00         1:30         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00			8:30a	ter Exercis										8:00
9:30         10:00         10:30         11:00         11:30         NOON         12:30         1:00         1:30         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim		A			6e									8:30
10:00           10:30           11:00           11:30           NOON           12:30           1:00           1:30           2:00           2:30           3:00           3:30           4:00           4:30           5:00           5:30           6:00		Α												9:00
10:30         11:00         11:30         NOON         12:30         1:00         1:30         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim				ter Exercis	6e									9:30
11:00           11:30           NOON           12:30           1:00           1:30           2:00           2:30           3:00           3:30           4:00           4:30           5:00           5:30           6:00         Swim			9:30a-	10:30a										10:00
11:30         NOON         12:30         1:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00         Swim		Mat	or Walking	10:30a-11	.202									10:30
NOON           12:30           1:00           1:30           2:00           2:30           3:00           3:30           4:00           4:30           5:00           5:30           6:00         Swim		vval	er waiking	j 10.30a-11	.30a									11:00
12:30         1:00         1:30         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim		Arthir	ite Wator F	Ex 11:30a-1	12.200									11:30
1:00         1:30         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim		Arum	its water c	=X 11.30d-1	12.300									NOON
1:30         2:00         2:30         3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim														12:30
2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 Swim														1:00
2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 Swim														1:30
3:00         3:30         4:00         4:30         5:00         5:30         6:00       Swim														2:00
3:30         4:00         4:30         5:00         5:30         6:00       Swim														2:30
4:00 4:30 5:00 5:30 6:00 Swim														3:00
4:30 5:00 5:30 6:00 Swim														3:30
5:00 5:30 6:00 Swim														4:00
5:30 6:00 Swim								NCA	AP SC 4p-5	:30p Ends {	5/23			4:30
6:00 Swim														5:00
														5:30
	wim													6:00
6:30 Lessons	ssons						Summer	Swim leagu	ue, Starts	Swim	<b>D</b>			6:30
7:00 5:30p-	30p-	Swim L	esson					5/28		Lessons	Deep wa	ater Ex 5:4	5p-7:45p	7:00
7:30 8:30p		6:30p-												7:30
8:00												Swim Les	son 8p - 9p	8:00
8:30							F	airfax Fox	es SC 8p-9	p Ends 5/23	5			8:30
9:00						P	Pool Close	d						9:00
Time Beach/		Shallow	/ end					Lanes				Deer	o End	Time
Ramp	each/	0.5	1	8	7	6	5	4	3	2	1	1	0.5	



# PROVIDENCE RECENTER Lap Lane Schedule May 1st to 31st



#### Wednesday

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.

LEG	END		ecreation y/Swim/D		Lap Sv	vim / Wate	er Walkin	g ONLY	FC	PA schedu		ams (Spac	e is schedu	led)
Time	Beach/	Shallov	v end				Lap	Lanes				Dee	p End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00							Pool Close	d						6:00
6:30														6:30
7:00														7:00
7:30		Aor	obic Exerc	ico 7:30a-9	.302									7:30
8:00		Aci		156 1.30a-0	.50a									8:00
8:30												o Water Ex		8:30
9:00												8:30a-9:30	а	9:00
9:30												ce Deep W		9:30
10:00											ę	9:30a-10:30	Da	10:00
10:30		Aoro	bic Exercis	co 10:30a 1	11.202									10:30
11:00		Aero		se 10.30a-1	11.30a									11:00
11:30		Arth	ritis Exerci	co 11:20a /	12.200									11:30
NOON		Arth		Se 11.30a-	12.300									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			Veritas											3:30
4:00			8:45p - 4:45	in										4:00
4:30			5.45p - 4.45	h					FISH 4	p-5:30p				4:30
5:00														5:00
5:30														5:30
6:00	Swim													6:00
6:30	Lessons										Swim	Lesson 6	0-8·05p	6:30
7:00	5:30p-										300111	Lesson 0	-0.05p	7:00
7:30	8:45p	Swim L	essons											7:30
8:00	0.45p	7p-8	8:45p					Eairfax Eax	es SC 8p-9	n Ende El	22			8:00
8:30									es ac op-a	p, cnus 5/2				8:30
9:00						F	Pool Close	d						9:00
Time	Beach/	Shallov	w end					Lanes				Dee	p End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	



## PROVIDENCE RECENTER Lap Lane Schedule May 1st to 31st



## Thursday

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.

LEG	END		Recreation y/Swim/D		Lap Sv	wim / Wate	er Walkinş	g ONLY	FC	PA schedu	iled progra		e is schedul	ed)
Time	Beach/	Shallov	w end				Lap	Lanes				Dee	o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00							Pool Close	d				_		6:00
6:30														6:30
7:00														7:00
7:30														7:30
8:00														8:00
8:30		4	Aerobic Wa		e									8:30
9:00				-9:30a										9:00
9:30		4	Aerobic Wa		e									9:30
10:00			9:30a-	-10:30a										10:00
10:30														10:30
11:00														11:00
11:30		A	Arthritis Wa		se									11:30
NOON			11:30a	-12:30p										NOON
12:30												tis Deep W		12:30
1:00											1	<mark> 2:30p-1:30</mark>	)p	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								NC	CAP 4p-5:3	30p, Ends 5	5/23			4:30
5:00														5:00
5:30	Swim													5:30
6:00	Lessons													6:00
6:30	5:30p-	Swim I	essons							essons	Deen W	ater Ex 5:4	5n-7:45n	6:30
7:00	8:30p		o 8:30p						<b>5:45</b> p	o- 8pm	2000		opop	7:00
7:30	0.00p	0.4001	o oloop											7:30
8:00							F	airfax Foxe	es SC 8p-9	p. Ends 5/2	22	Swim Les	son 8p-9p	8:00
8:30										p, <b>1</b> 100 01				8:30
9:00							Pool Close	d						9:00
Time	Beach/	Shallov	w end					Lanes					o End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	

autig the states			ARK AUTHO NTEI Aquat	RS		Lap La		RECEN hedul 31st				Pairfax Coun Park Authority	
The al				- ]- :] : C -	]		Friday					use the legend bel	6
	ce based c	on your r	ecreation lanes is	al interes available	st. For sp for lap sv	ecial ever wimmers	nt or holic and wate	lay sched r walkers	ules, plea during o	se refer to pen facili	o our pool ty times.	calendar. A minin <i>ce provided.</i>	
LEG	END	Pla	Recreation y/Swim/I		Lap S	wim / Wat	er Walkinş	g ONLY	FC	PA schedu	iled progra	<b>ms</b> (Space is schedul	ed)
Time	Beach/	Shallov			-			Lanes	-			Deep End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1 0.5	
6:00					_		Pool Close	d					6:00
6:30													6:30
7:00													7:00
7:30 8:00		Aer	obic Exerc	ise 7:30a-8	:30a		-	-					7:30
			1		-						Deer		8:00
8:30				-			-	-				Water Exercise	8:30
9:00												:30a-9:30a	9:00
9:30												e Deep Water Ex	9:30
10:00											9:	:30a-10:30a	10:00
10:30		Aero	bic Exercis	se 10:30a-1	1:30a		-	-					10:30
11:00							-	-					11:00
11:30 NOON		Arthr	itis Exercis	se 11:30a-1	2:30p								11:30 NOON
12:30			1	-									12:30
12:30													12:30
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												4:30
5:00	Lessons												5:00
5:30	4p-6:30p												5:30
6:00		Swim L	essons										6:00
6:30		5:30p	-7:30p								Swim	Classes 6p-8pm	6:30
7:00											Swill	olasses op-oplit	7:00
7:30													7:30
8:00													8:00
8:30													8:30
9:00							Pool Close	-					9:00
Time	Beach/	Shallov						Lanes				Deep End	Time