



May 2024

COMPETITION POOL CALENDAR

SUNDAY (9am-6pm)	MONDAY (6:30am-9pm)	TUESDAY (6:30am-9pm)	WEDNESDAY (6:30am-9pm)	THURSDAY (6:30am-9pm)	FRIDAY (6:30am-9pm)	SATURDAY (9am-6pm)
			1 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	2 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	3 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	4 SWIM CLASSES 9AM-2PM LIMITED LANES
5 SWIM CLASSES 9AM-1PM LIMITED LANES NO SHALLOW SPACE 2PM-3:15PM	6 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	7 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	8 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	9 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	10 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	11 SWIM CLASSES 9AM-2PM LIMITED LANES
12 SWIM CLASSES 9AM-1PM LIMITED LANES NO SHALLOW SPACE 2PM-3:15PM	13 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	14 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	15 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	16 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	17 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	18 SWIM CLASSES 9AM-2PM LIMITED LANES
19 SWIM CLASSES 9AM-1PM LIMITED LANES NO SHALLOW SPACE 2PM-3:15PM	20 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	21 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	22 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	23 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	24 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	25 No Classes POOL OPEN 9AM-6PM
26 No Classes POOL OPEN 9AM-6PM	27 No Classes POOL AND REC CENTER OPEN 6:30AM-6PM	28 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	29 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	30 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	31 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	

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 be under direct supervision of an 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

Cub Run Rec Center

MONDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs																																												
	Shallow Lanes			Lap Lanes				Dive Well																																								
	A	B	C	1	2	3	4	5	6	7	8																																					
6:30 AM						Centreville Swim Club (Until 7:15am)						6:30 AM																																				
7:00 AM												Centreville Swim Club (7:15-8:15am)						7:00 AM																														
7:30 AM						Centreville Swim Club (7:15-8:15am)												7:30 AM																														
8:00 AM												Centreville Swim Club (7:15-8:15am)						8:00 AM																														
8:30 AM						Centreville Swim Club (7:15-8:15am)												8:30 AM																														
9:00 AM												Centreville Swim Club (7:15-8:15am)						9:00 AM																														
9:30 AM						Centreville Swim Club (7:15-8:15am)												9:30 AM																														
10:00 AM												Centreville Swim Club (7:15-8:15am)						10:00 AM																														
10:30 AM						Centreville Swim Club (7:15-8:15am)												10:30 AM																														
11:00 AM												Centreville Swim Club (7:15-8:15am)						11:00 AM																														
11:30 AM						Centreville Swim Club (7:15-8:15am)												11:30 AM																														
12:00 PM												Centreville Swim Club (7:15-8:15am)						12:00 PM																														
12:30 PM						Centreville Swim Club (7:15-8:15am)												12:30 PM																														
1:00 PM												Centreville Swim Club (7:15-8:15am)						1:00 PM																														
1:30 PM						Centreville Swim Club (7:15-8:15am)												1:30 PM																														
2:00 PM												Centreville Swim Club (7:15-8:15am)						2:00 PM																														
2:30 PM						Centreville Swim Club (7:15-8:15am)												2:30 PM																														
3:00 PM												CSC 3-4pm						3:00 PM																														
3:30 PM						CSC 3-4pm												3:30 PM																														
4:00 PM												Marlins 4-5:30pm						4:00 PM																														
4:30 PM						Marlins 4-5:30pm												4:30 PM																														
5:00 PM	FCPA lessons 5-9pm											Marlins 5:30-9pm						5:00 PM																														
5:30 PM						Marlins 5:30-9pm												5:30 PM																														
6:00 PM																		Marlins 5:30-9pm						6:00 PM																								
6:30 PM																								Marlins 5:30-9pm						6:30 PM																		
7:00 PM																														Marlins 5:30-9pm						7:00 PM												
7:30 PM																																				Marlins 5:30-9pm						7:30 PM						
8:00 PM																																										Marlins 5:30-9pm						8:00 PM
8:30 PM																																																Marlins 5:30-9pm
9:00 PM	A	B	C	1	2							3	4	5	6	7	8																															
	Shallow Lanes			Lap Lanes				Dive Well																																								
Pool Closes at 9:00 PM																																																

Cub Run Rec Center

TUESDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs										
	Shallow Lanes			Lap Lanes				Dive Well						
	A	B	C	1	2	3	4	5	6	7	8			
6:30 AM						Centreville Swim Club (Until 7:15am)						6:30 AM		
7:00 AM						Centreville Swim Club (7:15-8:15am)						7:00 AM		
7:30 AM						Centreville Swim Club (7:15-8:15am)						7:30 AM		
8:00 AM						Centreville Swim Club (7:15-8:15am)						8:00 AM		
8:30 AM												8:30 AM		
9:00 AM	Arthritis Aerobics (9am-9:55am)											9:00 AM		
9:30 AM	Arthritis Aerobics (9am-9:55am)											9:30 AM		
10:00 AM									Deep Water Aerobics (10am-10:55am)			10:00 AM		
10:30 AM									Deep Water Aerobics (10am-10:55am)			10:30 AM		
11:00 AM												11:00 AM		
11:30 AM												11:30 AM		
12:00 PM									CSC Masters (12pm-1pm)			12:00 PM		
12:30 PM									CSC Masters (12pm-1pm)			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								CSC 3-4pm				3:00 PM		
3:30 PM								CSC 3-4pm				3:30 PM		
4:00 PM								Marlins 4-5:30pm				4:00 PM		
4:30 PM								Marlins 4-5:30pm				4:30 PM		
5:00 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				5:00 PM		
5:30 PM								Marlins 5:30-8pm				5:30 PM		
6:00 PM								Marlins 5:30-8pm				6:00 PM		
6:30 PM								Marlins 5:30-8pm				6:30 PM		
7:00 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				7:00 PM		
7:30 PM								Marlins 5:30-8pm				7:30 PM		
8:00 PM							FCPA lessons 8-9pm			Streamline (8-9:30)				8:00 PM
8:30 PM							FCPA lessons 8-9pm			Streamline (8-9:30)				8:30 PM
9:00 PM	A	B	C	1	2	3	4	5	6	7	8	9:00 PM		
	Shallow Lanes			Lap Lanes				Dive Well						
Pool Closes at 9:00 PM														

Cub Run Rec Center

WEDNESDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM						Centreville Swim Club (Until 7:15am)						6:30 AM
7:00 AM						Centreville Swim Club (7:15-8:15am)						7:00 AM
7:30 AM						Centreville Swim Club (7:15-8:15am)						7:30 AM
8:00 AM						Centreville Swim Club (7:15-8:15am)						8:00 AM
8:30 AM												8:30 AM
9:00 AM												9:00 AM
9:30 AM												9:30 AM
10:00 AM	water exercise 10am-10:55am											10:00 AM
10:30 AM	water exercise 10am-10:55am											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												2:00 PM
2:30 PM												2:30 PM
3:00 PM								CSC 3-4pm				3:00 PM
3:30 PM								CSC 3-4pm				3:30 PM
4:00 PM								Marlins 4-5:30pm				4:00 PM
4:30 PM								Marlins 4-5:30pm				4:30 PM
5:00 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				5:00 PM
5:30 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				5:30 PM
6:00 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				6:00 PM
6:30 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				6:30 PM
7:00 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				7:00 PM
7:30 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				7:30 PM
8:00 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				8:00 PM
8:30 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				8:30 PM
9:00 PM	A	B	C	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run Rec Center

THURSDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM						Centreville Swim Club (Until 7:15am)						6:30 AM
7:00 AM						Centreville Swim Club (7:15-8:15am)						7:00 AM
7:30 AM						Centreville Swim Club (7:15-8:15am)						7:30 AM
8:00 AM						Centreville Swim Club (7:15-8:15am)						8:00 AM
8:30 AM						Centreville Swim Club (7:15-8:15am)						8:30 AM
9:00 AM	Arthritis Aerobics (9am-9:55am)											9:00 AM
9:30 AM	Arthritis Aerobics (9am-9:55am)											9:30 AM
10:00 AM									Deep Water Aerobics (10am-10:55am)			10:00 AM
10:30 AM									Deep Water Aerobics (10am-10:55am)			10:30 AM
11:00 AM												11:00 AM
11:30 AM												11:30 AM
12:00 PM									CSC Masters (12pm-1pm)			12:00 PM
12:30 PM									CSC Masters (12pm-1pm)			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								Marlins 4-5:30pm				4:00 PM
4:30 PM								Marlins 4-5:30pm				4:30 PM
5:00 PM	FCPA lessons 5-9pm							Marlins 4-5:30pm				5:00 PM
5:30 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				5:30 PM
6:00 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				6:00 PM
6:30 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				6:30 PM
7:00 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				7:00 PM
7:30 PM	FCPA lessons 5-9pm							Marlins 5:30-8pm				7:30 PM
8:00 PM	FCPA lessons 5-9pm					FCPA lessons 8-9pm		Streamline (8-9:30)				8:00 PM
8:30 PM	FCPA lessons 5-9pm					FCPA lessons 8-9pm		Streamline (8-9:30)				8:30 PM
9:00 PM	A	B	C	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run Rec Center

FRIDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM						Centreville Swim Club (Until 7:15am)						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												9:30 AM
10:00 AM	FCPA swim lessons 10a-1pm											10:00 AM
10:30 AM	FCPA swim lessons 10a-1pm											10:30 AM
11:00 AM	FCPA swim lessons 10a-1pm											11:00 AM
11:30 AM	FCPA swim lessons 10a-1pm											11:30 AM
12:00 PM	FCPA swim lessons 10a-1pm											12:00 PM
12:30 PM	FCPA swim lessons 10a-1pm											12:30 PM
1:00 PM				FCPA swim lessons 1-2pm								1:00 PM
1:30 PM				FCPA swim lessons 1-2pm								1:30 PM
2:00 PM												2:00 PM
2:30 PM												2:30 PM
3:00 PM						Centreville Swim Club (3pm-4pm)						3:00 PM
3:30 PM						Centreville Swim Club (3pm-4pm)						3:30 PM
4:00 PM						Marlins (4pm-5:30pm)						4:00 PM
4:30 PM						Marlins (4pm-5:30pm)						4:30 PM
5:00 PM					FCPA swim lessons	FCPA swim lessons 6-8pm						5:00 PM
5:30 PM					FCPA swim lessons	FCPA swim lessons 6-8pm						5:30 PM
6:00 PM	FCPA swim lessons					FCPA swim lessons 6-8pm						6:00 PM
6:30 PM	FCPA swim lessons					FCPA swim lessons 6-8pm						6:30 PM
7:00 PM	FCPA swim lessons					FCPA swim lessons 6-8pm						7:00 PM
7:30 PM	FCPA swim lessons					FCPA swim lessons 6-8pm						7:30 PM
8:00 PM	FCPA swim lessons					FCPA swim lessons 6-8pm						8:00 PM
8:30 PM	FCPA swim lessons					FCPA swim lessons 6-8pm						8:30 PM
9:00 PM	A	B	C	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run Rec Center

SATURDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs									
	Shallow Lanes			Lap Lanes				Dive Well					
	A	B	C	1	2	3	4	5	6	7	8		
9:00 AM	FCPA swim lessons 9a-1:30p					FCPA swim lessons 9a-2:00pm						9:00 AM	
9:30 AM												9:30 AM	
10:00 AM												10:00 AM	
10:30 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		FCPA adapted 2-3pm										2:00 PM	
2:30 PM												2:30 PM	
3:00 PM				FCPA adapted 3-5pm								3:00 PM	
3:30 PM											scout troop 702 May 4 only	3:30 PM	
4:00 PM												4:00 PM	
4:30 PM												4:30 PM	
5:00 PM												5:00 PM	
5:30 PM												5:30 PM	
POOL CLOSES AT 6:00 PM													
6:00 PM	Foxfield (2 SC) 6-7pm		B & D swim (7 SC) 6-8pm						Streamline (2 SC) 6-8pm				6:00 PM
6:30 PM												6:30 PM	
7:00 PM												7:00 PM	
7:30 PM												7:30 PM	
8:00 PM	C	B	A	1	2	3	4	5	6	7	8	6:00 PM	
	Shallow Lanes			Lap Lanes				Dive Well					
Pool Closes at 6:00 PM													

Cub Run Rec Center

SUNDAY May 1-10 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
9:00 AM	FCPA swim lessons 9a-1:30pm							FCPA swim lessons 9a-2:00pm				9:00 AM
9:30 AM												9:30 AM
10:00 AM												10:00 AM
10:30 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	FCPA adapted swim 2-4pm							Virginia Run (4 SC) 5-6pm				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												5:00 PM
5:30 PM												5:30 PM
POOL CLOSES TO PUBLIC AT 6PM												
6:00 PM	Sully Station (3 SC) 6-7pm			Sequoia Farms 6-7pm (4 SC)				Greenbriar (4 SC) 6-7pm				6:00 PM
6:30 PM												6:30 PM
7:00 PM	Armfield Farms (3 SC) 7-8pm			Brookfield (4 SC) 7-8pm				Poplar Tree (4 SC) 7pm-8pm				7:00 PM
7:30 PM												7:30 PM
8:00 PM	C	B	A	1	2	3	4	5	6	7	8	6:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 6:00 PM												