



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
	OPEN AND LAP SWIM 6:30AM – 3:30PM	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	OPEN AND LAP SWIM 6:30AM – 3:30PM	4 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM—1PM
	3	30P-9P LIMITED SPA	CE AVAILABLE DUE T	O RENTALS AND CLA	SSES	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	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	33	80P-9P LIMITED SPAC	E AVAILABLE DUE TO	RENTALS AND CLAS	SES	OPEN SWIM 1PM - 6PM
19 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM	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	NO SWIM CLASSES OPEN SWIM
OPEN SWIM 1PM - 6PM	330	DPM-9PM LIMITED SF	ACE AVAILABLE DUE	E TO RENTALS AND CI	LASSES	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 LIMIT	TED SPACE AVAILABL	E DUE TO RENTALS A	ND 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.



May 2024



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

WEEKENDS: a <u>10minute break</u> 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.

<u>Diving Boards open 3:00pm-4pm</u>, 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.
- Please lock all valuables. FCPA is not responsible for lost or stolen items.





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.

LEG	END	Pla	Recreation y/Swim/D		Lap Sv	wim / Wat	er Walking	g ONLY	FC	PA schedu	ıled progr	ams (Space		ed)
Time	Beach/	Shallov	w end				Lap	Lanes				Deep	End	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						ľ	rooi Gioset	4						7:00
7:30												_		7:30
8:00								FCPA Ma	stor 8a-9a					8:00
8:30								1 Of A Ma	3161 04-54					8:30
9:00														9:00
9:30	Swim													9:30
10:00	Lessons													10:00
10:30	only							m & Water			Swim Les	sons 9a-1p		10:30
11:00	8a-1p		Swim Lo	essons onl	v 10a-1p			Only 9a-1p	1					11:00
11:30		Swim Lessons only 10a-1p										11:30		
NOON											NOON			
12:30												12:30		
1:00														1:00
1:30											Diving cla	sses 1p-3p		1:30 2:00
2:00														
2:30 3:00				Lessons							T T	1		2:30 3:00
3:30														3:30
4:00				1p-6p										4:00
4:30														4:30
5:00														5:00
5:30														5:30
6:00														6:00
6:30														6:30
7:00														7:00
7:30							Pool Close	d						7:30
8:00														8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallov	w end	Lap Lanes Deep End										Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	



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.

LEG	END		Recreation ny/Swim/E		Lap Sv	wim / Wat	er Walking	g ONLY	FC	PA sched	uled progra	ams (Space	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														6:00
6:30							Pool Close	4						6:30
7:00							-ooi Ciosei	u						7:00
7:30														7:30
8:00														8:00
8:30														8:30
9:00														9:00
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6:30														6:30
7:00														7:00
7:30						1	Pool Close	d						7:30
8:00														8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallov	w end				Lap	Lanes				Deep	End End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





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		ecreationary/Swim/D		Lap S	wim / Wate	er Walking	gONLY	FC	PA sched	uled progra	ams (Space	is schedul	ed)
Time	Beach/	Shallov	• • • •				Lap	Lanes				Deer	End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00 6:30 7:00 7:30 8:00 8:30						F	Pool Close	d						6:00 6:30 7:00 7:30 8:00 8:30
9:00 9:30		Wat	ter Exercis	e Class 9a-	-10a									9:00 9:30
10:00 10:30 11:00 11:30 NOON 12:30	Swim Lessons 9a-1p	Swim Lessons 9a-1p Lap Swim & Water Walking Only 9a-1p										sons 9a-1p		10:00 10:30 11:00 11:30 NOON 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				20000	о .р ор									3:30
4:00														4:00
4:30														4:30
5:00										H	Holmes Run	Acres 5p-	6p	5:00
5:30														5:30
6:00														6:00
6:30 7:00														6:30 7:00
7:00					A.Sto	r Hour Swir	n Tooma	Placed to D	ublic					7:00 7:30
8:00		After Hour Swim Teams, Closed to Public												8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallow end Lap Lanes Deep End										Time		
Tille		0.5	v ena 1	8	7	6	<u> </u>	Lanes 4	3	2	1 1	1	0.5	Tillle
	Ramp	0.5		U		U	J	-	J				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.

LEG	END	Pla	Recreation ly/Swim/I		Lap S	wim / Wat	er Walkinį	g ONLY	FC	PA schedu	ıled progra			ed)
Time	Beach/	Shallov	w end				Lap	Lanes				Deep	End End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00														6:00
6:30							Pool Close	d						6:30
7:00							OUI CIUSE	ч						7:00
7:30														7:30
8:00														8:00
8:30														8:30
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6:00														6:00
6:30														6:30
7:00														7:00
7:30							Pool Close	d						7:30
8:00														8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallov						Lanes					End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





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		decreationary Swim/D		Lap S	wim / Wat	er Walkin	g ONLY	FC	CPA schedu	led progra	ams (Space	e is schedul	ed)
Time	Beach/	Shallov						Lanes					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		Aer	obic Exerci	ise 7:30a-8	8:30a									7:30
8:00		Aor	ODIO EXCITO	100 1 1000 0	7.00u									8:00
8:30												Water Exe		8:30
9:00												3:30a - 9:30		9:00
9:30												ce Deep W		9:30
10:00											9	:30a - 10:30	0a	10:00
10:30		Aoro	bic Exercis	o 10·20a 1	11:202									10:30
11:00		Aero	DIC EXECTS	5e 10.50a-1	11.50a									11:00
11:30		Authu	itis Exercis	oo 11:20o <i>(</i>	12:20n									11:30
NOON		Arun	itis Exercis	se 11.30a-	12.30p									NOON
12:30											Arthrit	is Deep Wa	ater Ex	12:30
1:00											1	2:30p-1:30	р	1:00
1:30														1:30
2:00														2:00
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3:00														3:00
3:30			Veritas											3:30
4:00		,		·_										4:00
4:30		•	8:45p - 4:45	o b					FISH 4	p-5:30p				4:30
5:00														5:00
5:30	Occion													5:30
6:00	Swim												Ourier	6:00
6:30	Lessons												Swim	6:30
7:00	5:30p-8p	Swim L	essons										lessons	7:00
7:30			:30p										6p-8p	7:30
8:00														8:00
8:30								Fairfa	x Foxes SC	8p-9p				8:30
9:00							Pool Close	d						9:00
Time	Beach/	Shallov	v end					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 27th



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		Recreation y/Swim/E		Lap Sv	vim / Wat	er Walkin	g ONLY	FCI	PA schedu	ıled progra	ams (Space	e 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														7:30
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5:00														5:00
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6:00														6:00
6:30														6:30
7:00														7:00
7:30						Pool Cl	osed Memo	orial Dav						7:30
8:00								•						8:00
8:30														8:30
9:00														9:00
Time	Beach/	Shallov											Time	
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





Tuesday

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LEC			Recreation					, , ,				ige provid		15
LEG	END		y/Swim/E		Lap Sv	wim / Wate	er Walking	g ONLY	FC	PA schedu	led progr	ams (Space	e is schedul	ed)
Time	Beach/	Shallov	w end		_		Lap	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														7:30
8:00														8:00
8:30		P	Aerobic Wa	ter Exercis	e									8:30
9:00				-9:30a										9:00
9:30		P	Aerobic Wa		e									9:30
10:00			9:30a-	·10:30a										10:00
10:30		Wat	ter Walking	10.302.11	·30a									10:30
11:00		vva	ter warking	j 10.30a-11	.50a									11:00
11:30		Δrthi	rits Water I	Ex 11:30a-1	2:30n									11:30
NOON		Aitiii	into water i	_X 11.00u-1	2.00p									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								NC	AP SC 4p-5	:30p Ends	5/23			4:30
5:00														5:00
5:30														5:30
6:00	Swim													6:00
6:30	Lessons						Summer	Swim leag	ue, Starts	Swim	Deen W	ater Ex 5:4	5n-7:45n	6:30
7:00	5:30p-		Lesson					5/28		Lessons	Deep W	utor Ex 3.4	op-rtop	7:00
7:30	8:30p	6:30p	-8:30p											7:30
8:00								Fairfax Fox	00 SC 90 0	n Ende F/2	2	Swim Less	on 8p - 9p	8:00
8:30								raillax PUX	es 30 op-8	p Elius 3/2	<u> </u>			8:30
9:00							Pool Close	d						9:00
Time	Beach/	Shallov	w end				Lap	Lanes				Deep	End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





Wednesday

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LEG	END	R	ecreation	al		vim / Wate						ams (Space		ed)
Time	Beach/	Shallov	y/Swim/I	Jive			Lan	Lance				Deep	End	Time
Time	Ramp	0.5	1	8	7	6	<u> Бар</u>	Lanes 4	3	2	1 1	1	0.5	Tille
6:00	rtamp						Pool Close	d						6:00
6:30														6:30
7:00														7:00
7:30		A	- India (France)	: 7.00- 0	-00-									7:30
8:00		Aer	obic Exerc	ise 7:30a-8	:30a									8:00
8:30											Deep	Water Exe	rcise	8:30
9:00												8:30a-9:30a	ı	9:00
9:30											Advan	ce Deep Wa	ater EX	9:30
10:00											Ş	9:30a-10:30	a	10:00
10:30		Aoro	bio Everei	se 10:30a-1	1,200									10:30
11:00		Aero	DIC Exercis	Se 10.30a-1	1.30a									11:00
11:30		Arthr	itic Everci	se 11:30a-1	12:20n									11:30
NOON		Alun	ILIS EXCICI	Se 11.30a-1	12.30p									NOON
12:30														12:30
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4:30		·	л-тор - т.то	γ					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 6p	-8:05n	6:30
7:00	5:30p-										3,,,,,,,	_0000 ор	J.00p	7:00
7:30	8:45p		.essons											7:30
8:00	J. 10p	7p-8	:45p				F	airfax Fox	es SC 8p-9	p. Ends 5/2	22			8:00
8:30										p, = 0/2				8:30
9:00						F	Pool Closed							9:00
Time	Beach/	Shallov						Lanes				Deep		Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





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/E		Lap Sv	wim / Wate	er Walkin	g ONLY	FC	PA schedu	ıled progr	ams (Spac	e is schedul	ed)
Time	Beach/	Shallov					Lap	Lanes				Dee	p End	Time
111110	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		Į.	Aerobic Wa		se se									8:30
9:00				-9:30a										9:00
9:30		Į.	Aerobic Wa		se									9:30
10:00			9:30a-	10:30a										10:00
10:30														10:30
11:00														11:00
11:30		P	Arthritis Wa	iter Exercis	se									11:30
NOON			11:30a	-12:30p										NOON
12:30											Arthrit	tis Deep W	ater Ex	12:30
1:00											1	12:30p-1:30)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 L	essons							essons	Deep W	ater Ex 5:4	5p-7:45p	6:30
7:00	8:30p		o 8:30p						5:45p	o- 8pm	2006			7:00
7:30	J.50p	J. 10p												7:30
8:00							-	Fairfax Fox	es SC 8p-9	p, Ends 5/2	22	Swim Les	sson 8p-9p	8:00
8:30										.,				8:30
9:00							Pool Close							9:00
Time	Beach/	Shallov						Lanes					p End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





Friday

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/I		Lap S	wim / Wat	er Walking	g ONLY	FCI	PA schedu	ıled progra	ams (Space	is schedul	ed)
Time	Beach/	Shallov					Lap	Lanes				Deer	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		Λ	abia Evava	in a 7:20 n 0	.20-									7:30
8:00		Aer	obic Exerc	ise 7:30a-8	:30a									8:00
8:30											Deep	Water Exe	rcise	8:30
9:00												8:30a-9:30a	3	9:00
9:30											Advan	ce Deep W	ater Ex	9:30
10:00											9	9:30a-10:30	а	10:00
10:30		Aoro	hio Evereio	se 10:30a-1	4,200									10:30
11:00		Aero	DIC Exercis	se 10:30a-1	1:30a									11:00
11:30		A utla u	itia Evansi	44-20- 4	2.20									11:30
NOON		Arthr	itis Exercis	se 11:30a-1	2:30p									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													4:30
5:00	Lessons													5:00
5:30	4p-6:30p													5:30
6:00			essons											6:00
6:30		5:30p	-7:30p								Swim	Classes 6	n-8nm	6:30
7:00											J.,,,,,,	J.40000 0	, .p	7:00
7:30														7:30
8:00														8:00
8:30														8:30
9:00							Pool Close							9:00
Time	Beach/	Shallov						Lanes					End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	