

GW RECenter Lap Lane Availability

March through June

MON	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane
6:30									Swim Team			
7:00												
7:30												
8:00		Aqua Fit & Tone		8:15 - 9:10am								
8:30		Aqua Fit & Tone		8:15 - 9:10am								
9:00												
9:30		Aqua Fit & Tone		9:20 - 10:15am								
10:00												
The Pool Is Closed from 10:30 a.m. to 3:00 p.m.												
3:00												
3:30												
4:00												
4:30												
5:00								Curl Burke 5:15 - 6:15pm				
5:30								9/19/11 - 5/23/12 Not 11/23, 12/26 - 28, 3/26-4/4				
6:00		Aerobic Water Exercise						Curl Burke 6:15 - 7pm				
6:30		Aerobic Water Exercise						9/19/11 - 5/23/12 Not 12/26, 3/25, 4/2				
7:00								Ft. Belvoir 7 - 8 pm				
7:30								9/19-5/23 Not 2/20				
8:00	POOL IS CLOSED											

TUE	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane
6:30												
7:00												
7:30												
8:00		Arthritis Water Aerobics		8 - 8:55am								
8:30		Arthritis Water Aerobics		8 - 8:55am						Deep Water Aerobics		
9:00		Fibromyalgia Water Aerobics		9 - 9:55am						8:30 - 9:25am		
9:30								FBST 9:30 - 10:30am				
10:00								Not 11/4; 12/27-29				
The Pool Is Closed from 10:30 a.m. to 3:00 p.m.												
3:00												
3:30												
4:00								Ft. Belvoir 4 - 5pm				
4:30		Swim Lessons						Through 11/3				
5:00		Swim Lessons						Ft. Belvoir 5 - 6pm		Deep/Shallow Water Aerobics		
5:30		Deep/Shallow Water Aerobics						9/20-6/12 Not 12/27, 4/3				
6:00								Ft. Belvoir 6 - 7:30pm				
6:30								9/20-6/12 Not 12/27, 4/3				
7:00												
7:30								Alexandria Masters 7:30 - 8:30pm				
8:00								9/13/11-5/22/12 Not 12/27				
8:00	POOL IS CLOSED											

WED	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane
6:30									Swim Team			
7:00												
7:30												
8:00		Aqua Fit & Tone		8:15 - 9:10am								
8:30		Aqua Fit & Tone		8:15 - 9:10am								
9:00												
9:30		Aqua Fit & Tone		9:20 - 10:15								
10:00	Lessons											
The Pool Is Closed from 10:30 a.m. to 3:00 p.m.												
3:00												
3:30												
4:00								Ft. Belvoir 4 - 5pm				
4:30								Through 11/3				
5:00								Curl Burke 5:15 - 6:15pm				
5:30								9/19/11 - 5/23/12 Not 11/23, 12/26 - 28, 3/26-4/4				
6:00		Aerobic Water Exercise						Curl Burke 6:15 - 7pm		Same		
6:30		Aerobic Water Exercise						dates as above.		Same		
7:00								Ft. Belvoir 7 - 8 pm				
7:30								9/13 - 5/25 Not 10/11; 1/17; 2/21				
8:00	POOL IS CLOSED											

THUR	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End			
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane			
6:30															
7:00															
7:30															
8:00		Arthritis Water Aerobics 8 - 8:55am									Deep Water Aerobics 8:30 - 9:25am				
8:30		Fibromyalgia Water Aerobics 9 - 9:55am													
9:00															
9:30									FBST 9:30 - 10:30am Not 11/4; 12/27-29						
10:00															
The Pool Is Closed from 10:30 a.m. to 3:00 p.m.															
3:00															
3:30															
4:00								Ft. Belvoir 4 - 5pm Through 11/3							
4:30		Programs: Learn to Swim 5pm -7:30 Deep/Shallow 5:30-6pm Aqua Zumba 6:30 - 7:30pm									Deep/Shallow Water Aerobics				
5:00															
5:30															
6:00									Ft. Belvoir 5 - 8pm 9/22-6/14 Not 11/26; 12/24 & 31						
6:30														class	
7:00															
7:30															
8:00															
POOL IS CLOSED															

FRI	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane
6:30												
7:00												
7:30												
8:00		Aqua Fit & Tone 8:15 - 9:10am										
8:30		Aqua Fit & Tone 9:20 - 10:15										
9:00												
9:30												
10:00												
The pool closes at 10:30am for the day												

SAT	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End		
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane		
9:00		Aerobic Water Exercise												
9:30		Aerobic Water Exercise												
10:00		Swim Lessons												
10:30														
11:00														
11:30														
NOON														
12:30														
1:00														
1:30														
2:00		Splash - SCUBA												
2:30		Approx. 2 - 4pm												
3:00		Same dates as the deep end												
3:30		Same dates as the deep end												
4:00										Splash - SCUBA Approx. 4 - 6pm NO DIVE DATES: 9/3,17;10/1,15,22;11/5,19;12/17,24, 8/7,21,31;1/14,28;2/11,25;3/3,17,31;4/7,21;5/ 12,26;6/9,23;7/7,21;8/4,18				
4:30										Splash - SCUBA Approx. 4 - 6pm NO DIVE DATES: 9/3,17;10/1,15,22;11/5,19;12/17,24, 8/7,21,31;1/14,28;2/11,25;3/3,17,31;4/7,21;5/ 12,26;6/9,23;7/7,21;8/4,18				
5:00										Splash - SCUBA Approx. 4 - 6pm NO DIVE DATES: 9/3,17;10/1,15,22;11/5,19;12/17,24, 8/7,21,31;1/14,28;2/11,25;3/3,17,31;4/7,21;5/ 12,26;6/9,23;7/7,21;8/4,18				
5:30										Splash - SCUBA Approx. 4 - 6pm NO DIVE DATES: 9/3,17;10/1,15,22;11/5,19;12/17,24, 8/7,21,31;1/14,28;2/11,25;3/3,17,31;4/7,21;5/ 12,26;6/9,23;7/7,21;8/4,18				
6:00														
POOL IS CLOSED														

SUN	Ramp Area	Shallow Area		Lap Lanes with Diving Blocks								Deep End	
		Partial Lane	Unofficial Lane	1	2	3	4	5	6	7	8	Partial Lane	
1:00													
1:30													
2:00													
2:30													
3:00													
3:30								Ft. Belvoir 3 - 5pm 9/25 - 6/17 Not 11/27					
4:00								Waywood 5pm-6pm					
4:30								Waywood 5pm-6pm					
5:00								Waywood 5pm-6pm					
5:30								Waywood 5pm-6pm					
6:00													
POOL IS CLOSED													