

SATURDAY

Beach & Buckets	Shallow Area		Lap Lanes with Diving Blocks								Deep End		
	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
6:30													
7:00													
7:30													
8:00	Swim Lessons NO OPEN SWIM											Area could be used for swim lessons	
8:30													
9:00													
9:30													
10:00													
10:30													
11:00													
11:30	Only Lap Swimming & Swim Lessons are allowed in the swimming pool before noon on Saturdays.												
NOON													
12:30													
1:00													
1:30													
2:00													
2:30													
3:00	Beach Features Are On 1 - 7pm										Diving Board is normally open 1-6pm		
3:30													
4:00													
4:30													
5:00													
5:30													
6:00													
6:30	POOL IS CLOSED AT 7PM											Stratford Dive 6-7p	
7:00													

SUNDAY

Beach & Buckets	Shallow Area		Lap Lanes with Diving Blocks								Deep End		
	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
9:00													
9:30	Portions of the pool will be closed for swim lessons. If you want to use the Beach and/or Shallow Area, it is highly recommended that you come after 12 p.m.												
10:00													
10:30													
11:00													
11:30													
NOON	Please note that on Sundays, the Beach & Shallow Areas as well as some lap lanes will be closed for swim lessons from 9 - 12 p.m.												
12:30													
1:00													
1:30													
2:00													
2:30	Beach Features Are On 1 - 6pm										Diving Board Is Normally Open 1 - 6pm		
3:00													
3:30													
4:00													
4:30													
5:00													
5:30	POOL IS CLOSED												
6:00													
6:30													
7:00													
7:30													

MONDAY

Beach & Buckets	Shallow Area		Lap Lanes with Diving Blocks								Deep End		
	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
5:00			Curl			Masters			Marlins				
5:30													
6:00													
6:30						Masters				Lap Swim Class			
7:00													
7:30													
8:00										Deep Water Exercise			
8:30			Aqua Fit & Tone										
9:00													
9:30										Deep Water Exercise			
10:00													
10:30			Arthritis Water Exercise										
11:00													
11:30													
NOON													
12:30													
1:00													
1:30													
2:00						Ft Bel				Ft Bel			
2:30													
3:00										High School Swim until 2/9			
3:30													
4:00													
4:30			Swim Lessons- Areas of the pool will be closed at this time								Swim Lessons		
5:00													
5:30													
6:00													
6:30													
7:00			Aqua Fit and Tone										
7:30													
8:00													
8:30													
9:00	POOL IS CLOSED AT 9PM												

Wednesday

Beach & Buckets	Shallow Area		Lap Lanes with Diving Blocks								Deep End				
	0.5	1	1	2	3	4	5	6	7	8	1	0.5			
5:00															
5:30			Curl			Masters			Marlins						
6:00															
6:30				Masters					Lap Swim Class						
7:00															
7:30															
8:00										Deep Water Exercise					
8:30		Aqua Fit & Tone													
9:00															
9:30										Deep Water Exercise					
10:00															
10:30		Arthritis Water Exercise													
11:00															
11:30															
NOON															
12:30															
1:00															
1:30															
2:00															
2:30															
3:00										High School Swim until 2/9					
3:30															
4:00															
4:30		Swim Lessons- Areas of the pool will be closed at this time													
5:00															
5:30													Ft Belvoir		Swim Lessons
6:00															
6:30															
7:00		Power Water Walking Exercise													
7:30															
8:00															
8:30															
9:00		POOL IS CLOSED AT 9PM													

Tue/Thur

Beach & Buckets	Shallow Area		Lap Lanes with Diving Blocks								Deep End				
	0.5	1	1	2	3	4	5	6	7	8	1	0.5			
6:00															
6:30									Swimming for Fitness Class						
7:00															
7:30															
8:00									Power Finning						
8:30		Aqua Fit & Tone													
9:00															
9:30		Arthritis Water Exercise													
10:00															
10:30															
11:00															
11:30															
NOON															
12:30															
1:00									Masters						
1:30															
2:00															
2:30															
3:00										High School Swim until 2/9					
3:30															
4:00		Thursdays only: Swim lessons- areas of the pool will be closed at this time													
4:30															
5:00													Ft Belvoir		
5:30															
6:00															
6:30									Curl						
7:00															
7:30										Deep Water Ex					
8:00															
8:30										Swimming for Fitness Class					
9:00		POOL IS CLOSED AT 9PM													

Friday

Beach & Buckets	Shallow Area		Lap Lanes with Diving Blocks								Deep End		
	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
5:00													
5:30			Curl			Masters			Marlins				
6:00													
6:30				Masters				Swimming for Fitness Class					
7:00													
7:30													
8:00										Deep Water Exercise			
8:30		Aqua Fit & Tone											
9:00													
9:30										Deep Water Exercise			
10:00													
10:30		Arthritis Water Exercise											
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										Curl Burke			
6:00													
6:30													
7:00		Pool closes at 7pm											