

Mount Vernon RECenter Pool Calendar

May 2012

2017 Belle View Blvd
Alexandria, Virginia 22307
(703) 768-3224

Sun 9am-6pm	Mon 6am-9pm	Tue 6am-9pm	Wed 6am-9pm	Thu 6am-9pm	Fri 6am-7pm	Sat 8am-7pm
Britta Stratford, Aquatic Director Britta.stratford@fairfaxcounty.gov Sandy Kellogg, Aquatic Assistant Sandra.kellogg@fairfaxcounty.gov		1 Heavy Pool Use 4-8pm	2 Lessons 4-7pm Heavy Pool Use 4-8pm	3 Lessons 4-7p Heavy Pool Use 4-8pm	4	5 Last SL and lap swim 8:30am-12pm
6 Last SL and lap swim 9am-12pm AA Scuba 10am- 1pm	7 Lessons 4-7p Heavy Pool Use 4-8pm	8 Heavy Pool Use 4-8pm	9 Lessons 4-7p Heavy Pool Use 4-8pm	10 Lessons 4-7p Heavy Pool Use 4-8	11	12 First SL and lap swim 8:30am-12p
13 SL and lap swim 9a-12p	14 Lessons 4-7pm Heavy Pool Use 4-8pm	15 Heavy Pool Use 4-8pm	16 Lessons 4-7pm Heavy Pool Use 4-8pm	17 Lessons 4-7pm Heavy Pool Use 4-8pm	18	19 SL and lap swim 8:30am-12pm
20 SCUBA 10am- 1pm SL and lap swim 9am-12pm	21 Lessons 4-7pm Heavy Pool Use 4-8pm	22 Heavy Pool Use 4-8pm	23 Lessons 4-7p Heavy Pool Use 4-8pm	24 Lessons 4-7pm Heavy Pool Use 4-8pm	25	26 No classes
27 No Classes	28 Holiday Hours 6am-6pm No Classes	29 Heavy Pool Use 4-8pm	30 Lessons 4-7pm Heavy Pool Use 4-8pm	31 Lessons 4-7pm Heavy Pool Use 4-8pm	There is extremely limited space for public swimming Saturday and Sunday mornings.	

Keep an eye on your child! In-water supervision required for all children under 5. Those who cannot swim 25 yards without stopping must not go past their shoulders. Children under 10 years must have actively engaged supervision.

Pool space and calendar is subject to change without notice

Please shower yourselves and your children thoroughly before entering the pool!

Look inside or on the website for high use, special events and lane availability:

www.fairfaxcounty.gov/parks/rec/mvrec.htm
Open swim workouts Wednesdays 6:30p +/- 2400yds

.Beach Features & Diving Board:

Open at 1 p.m. on Sat., Sun. & holidays. They may be available Mon. – Fri. at the discretion of the lifeguards on duty.

Closed during swim lessons.



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

Open Swim Information

Lifejacket and flotation - Children must have a person 16 or older in the water within arms length. If the person 16 or older supervising is wearing a lifejacket, he or she may not go in water deeper than their shoulders.

Non-swimmers - Those who can not swim 25 yards without stopping must not go in the water past their shoulders. Children under 4 MUST have someone 16 or older within arms reach in the water. Children 5-10 must have someone 16 or older in the water or on the pool deck actively supervising.

Hot Tub use - Children 15 and under may not have any body part in the water. For those 16 and older, keep use to 15 minutes maximum at a time.

Equipment for public use – Adults are welcome to use the water exercise equipment. Please return it after use. Children are not allowed to play with exercise equipment but there is a box of toys available by the ramp area of the pool.

Locker rooms – Remain open for 15 minutes after the pool closes.

10 Minute Safety Break– We reserve the right to call a break at any time this would not apply to persons over the age of 12, class participants or rental groups.

Class Registration Tips

Park Authority Headquarters

Online: www.fairfaxcounty.gov/parks/
Operator: 703-222-4664 (Mon - Fri, 9 – 4 p.m.)
Fax: 703-631-2004

Mt Vernon RECenter

In-Person: During normal business hours
Phone 703-768-3224
Fax: 703-765-0467

*Pick up a catalog at any RECenter or download one online.

Low Enrollment - Please do not wait to sign-up for classes. If a class does not meet the minimum, we will need to cancel it about week before it starts. All too often, last minute registrants are disappointed when they can not sign-up for a class because we had to cancel it due to low enrollment.

Waitlist Registration – If the class you want is full, please put your name on the waitlist. This is a great tool the programmer uses to tell if there is additional interest in a class. If we are able to get an additional instructor, you will have the first opportunity for a space in the newly formed class.

Lap Lane Etiquette

- Please understand that circle swimming or splitting the lane in half may be necessary for others to swim in the lane also.
- Swimming, jogging and walking are not compatible aquatic activities. Swimmers share lanes with swimmers. Joggers with joggers, etc.
- Swim in a **circle** when there are three or more in a lane. Select a lane where others are swimming at about your speed.
- Tap a swimmer on the hand or foot at the wall to let them know you are joining their lane.
- A tap on the foot is the signal to pass. Allow faster swimmers to pass at the wall.
- Take care not to bump other swimmers and try to be aware of your surroundings.

Mt. Vernon Lane Usage

For Fall 2011/2012 Swim Team Season. September to June

This information is to help you decide the best time to come swim laps. Please remember lanes are subject to change. Please read the lap lane etiquette to help ensure safe, friendly experience for everyone. Please see the following pages for lane availability.



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