



# PROVIDENCE RECENTER

## Lap Lane Schedule

### January 1st to January 31st - 2016

## 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.

*Please note this information is **subject to change** and is only applicable to the day and date range provided.*

<b>LEGEND</b>		Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY								FCPA scheduled programs (Space is scheduled)				
Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed												6:00	
6:30														6:30	
7:00														7:00	
7:30														7:30	
8:00	Swim Lessons only 8a-1p	Aerobic Exercise 8a-10a				FCPA Master 8a-9a								Swim Lessons 9a-1p	8:00
8:30		8:30													
9:00		9:00													
9:30		9:30													
10:00		10:00													
10:30		10:30													
11:00		11:00													
11:30		11:30													
NOON		Pool Closed												NOON	
12:30														12:30	
1:00										Diving Class 1p-3p				1:00	
1:30		1:30													
2:00		2:00													
2:30		2:30													
3:00		3:00													
3:30		3:30													
4:00										Diving Board 3p-4p				4:00	
4:30		4:30													
5:00		5:00													
5:30		5:30													
6:00		6:00													
6:30		6:30													
7:00		Pool Closed												7:00	
7:30														7:30	
8:00														8:00	
8:30														8:30	
9:00		Pool Closed												9:00	
9:00														9:00	
Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		





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## Lap Lane Schedule

### January 1st to January 31st - 2016

## 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.

*Please note this information is **subject to change** and is only applicable to the day and date range provided.*

LEGEND		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY								FCPA scheduled programs (Space is scheduled)		Time	
		Shallow end		Lap Lanes								Deep End			
Time	Beach/Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	Time	
6:00		Pool Closed												6:00	
6:30														6:30	
7:00														7:00	
7:30		Aerobic Exercise 7:30a-8:30a												7:30	
8:00															8:00
8:30												Deep Water Exercise 8:30a- 930p		8:30	
9:00												Deep Water Boot Camp 9:30a - 10:30a		9:00	
9:30														9:30	
10:00	Swim Lessons 10a-12:05p													10:00	
10:30		Aerobic Exercise 10:30a-11:30a												10:30	
11:00															11:00
11:30		Arthritis Exercise 11:30a-12:30p												11:30	
NOON														NOON	
12:30												Deep Arthritis 12:30p-1:30p		12:30	
1:00														1:00	
1:30												Deep Hydro Pilates 1:30p - 2:30p		1:30	
2:00														2:00	
2:30														2:30	
3:00	Swim Lessons 3p-7:30p													3:00	
3:30		High School swim and Dive Practice 3:30p to 6p Starting Novemeber 7th. <b>NO LAP LANES AVAILABLE!</b> Spas and Beach Area will remain open												3:30	
4:00														4:00	
4:30														4:30	
5:00														5:00	
5:30													5:30		
6:00		Aerobic Exercise 6p-8p												6:00	
6:30															6:30
7:00															7:00
7:30												Swim Lessons 6:30p-9p		7:30	
8:00											8:00				
8:30												Fairfax Foxes SC 8p-9p		8:30	
9:00														9:00	
Pool Closed															
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		



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## Lap Lane Schedule

### January 1st to January 31st - 2016

## Tuesday

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** and is only applicable to the day and date range provided.*

<b>LEGEND</b>		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY						FCPA scheduled programs (Space is scheduled)										
Time	Beach/ Ramp	Shallow end		Lap Lanes						Deep End		Time								
		0.5	1	8	7	6	5	4	3	2	1		1	0.5						
6:00		Pool Closed												6:00						
6:30															6:30					
7:00															7:00					
7:30															7:30					
8:00															8:00					
8:30		Aerobic & Arthristis Exercise 8:30a-12:30p														8:30				
9:00																				9:00
9:30																				9:30
10:00																				10:00
10:30																				10:30
11:00																				11:00
11:30														11:30						
NOON														NOON						
12:30														12:30						
1:00														1:00						
1:30														1:30						
2:00														2:00						
2:30														2:30						
3:00	Swim Lessons 3p-8:30p													3:00						
3:30		High School swim and Dive Practice 3:30p to 6p Starting Novemeber 7th. <b>NO LAP LANES AVAILABLE!</b> Spas and Beach Area will remain open												3:30						
4:00																				
4:30																				
5:00																				
5:30																				
6:00														6:00						
6:30		Swim Lesson 6:30p-8:30p												6:30						
7:00				Swim Lesson											7:00					
7:30																7:30				
8:00														8:00						
8:30														8:30						
9:00		Pool Closed												9:00						
Time	Beach/ Ramp	Shallow end		Lap Lanes						Deep End		Time								
		0.5	1	8	7	6	5	4	3	2	1	1	0.5							



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## Lap Lane Schedule

### January 1st to January 31st - 2016

## Wednesday

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** and is only applicable to the day and date range provided.*

<b>LEGEND</b>		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY								FCPA scheduled programs (Space is scheduled)		
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												6:00
6:30														6:30
7:00														7:00
7:30		Aerobic Exercise 7:30a-8:30a												7:30
8:00														8:00
8:30												Deep Water Exercise 8:30a-9:30a		8:30
9:00												Deep Hydro Pilates 9:30a-10:30a		9:00
9:30														9:30
10:00														10:00
10:30		Aerobic Exercise 10:30a-11:30a												10:30
11:00														11:00
11:30		Arthritis Exercise 11:30a-12:30p												11:30
NOON														NOON
12:30														12:30
1:00														1:00
1:30		TABATA 1:30p-2:30p												1:30
2:00														2:00
2:30	Swim Lessons 2:30p-4:30p													2:30
3:00														3:00
3:30		High School swim and Dive Practice 3:30p to 6p Starting Novemeber 7th. <b>NO LAP LANES AVAILABLE!</b> Spas and Beach Area will remain open												3:30
4:00														4:00
4:30	4:30													
5:00														5:00
5:30	Swim Lessons 5:30p-8:45p													5:30
6:00		Aerobic Exercise 6p-8p								Para Olympics 6:30p-7:30p				6:00
6:30														6:30
7:00		Swim Lesson 7p-8p												7:00
7:30														7:30
8:00		Swim Lessons 8p-8:45p					Fairfax Foxes SC 8p-9p							8:00
8:30														8:30
9:00		Pool Closed												9:00
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	



# PROVIDENCE RECENTER

## Lap Lane Schedule

### January 1st to January 31st - 2016

## 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.

*Please note this information is **subject to change** and is only applicable to the day and date range provided.*

<b>LEGEND</b>		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY							FCPA scheduled programs (Space is scheduled)															
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time													
		0.5	1	8	7	6	5	4	3	2	1	1	0.5													
6:00		Pool Closed												6:00												
6:30														6:30												
7:00										NCAP SC 7a - 8a				7:00												
7:30														7:30												
8:00														8:00												
8:30		Aerobic & Arthristis Exercise 8:30a-12:30p									Swim Lessons 8:30a - 10:30a				8:30											
9:00																										
9:30																					9:30					
10:00																					10:00					
10:30																					10:30					
11:00																					11:00					
11:30														11:30												
NOON														NOON												
12:30												Deep Arthritis 12:30p-1:30p		12:30												
1:00												Deep Hydro Pilates 1:30p - 2:30p		1:00												
1:30														1:30												
2:00														2:00												
2:30														2:30												
3:00	Swim Lessons 3p-8:30p													3:00												
3:30		High School swim and Dive Practice 3:30p to 6p Starting Novemeber 7th. <b>NO LAP LANES AVAILABLE!</b> Spas and Beach Area will remain open												3:30												
4:00																										
4:30																										4:30
5:00																										5:00
5:30																										5:30
6:00														Swim Lessons 5:45p to 8:30p							Swim Lessons 5:45p- 8pm		Deep Water Excercise 5:45p - 7:45p			6:00
6:30																										
7:00												7:00														
7:30												7:30														
8:00													8:00													
8:30												8p-9p				8:30										
9:00		Pool Closed												9:00												
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time													
		0.5	1	8	7	6	5	4	3	2	1	1	0.5													



# PROVIDENCE RECENTER

## Lap Lane Schedule

### January 14th to January 31st - 2016

## 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.

*Please note this information is **subject to change** and is only applicable to the day and date range provided.*

<b>LEGEND</b>		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY								FCPA scheduled programs (Space is scheduled)			
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed												6:00	
6:30														6:30	
7:00														7:00	
7:30		Aerobic Exercise 7:30a-8:30a												7:30	
8:00		Aerobic Exercise 7:30a-8:30a												8:00	
8:30												Deep Water Exercise 8:30a-9:30a		8:30	
9:00												Deep Water Exercise 8:30a-9:30a		9:00	
9:30												Deep Water Boot Camp 9:30a-10:30a		9:30	
10:00												Deep Water Boot Camp 9:30a-10:30a		10:00	
10:30		Aerobic Exercise 10:30a-11:30a												10:30	
11:00		Aerobic Exercise 10:30a-11:30a												11:00	
11:30		Arthritis Exercise 11:30a-12:30p												11:30	
NOON		Arthritis Exercise 11:30a-12:30p												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		Swim Lessons 4p-7p										NCAP 4p-5:30p		4:00	
4:30		Swim Lessons 4p-7p										NCAP 4p-5:30p		4:30	
5:00	Swim Lessons 4p-7p	Swim Lessons 4p-7p										NCAP 4p-5:30p		5:00	
5:30	Swim Lessons 4p-7p	Swim Lessons 4p-7p										NCAP 4p-5:30p		5:30	
6:00	Swim Lessons 4p-7p	Swim Lessons 4p-7p										NCAP 4p-5:30p		6:00	
6:30														6:30	
7:00														7:00	
7:30												Swim Lessons 7p-9p		7:30	
8:00												Swim Lessons 7p-9p		8:00	
8:30												Swim Lessons 7p-9p		8:30	
9:00		Pool Closed												9:00	
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		