

February 2017



PROVIDENCE RECENTER POOL CALENDAR

7525 Marc Drive Falls Church, Virginia 703-698-1351 [Providence RECenter](http://www.providence-recenter.com)
 AQUATICS DIRECTOR: BORIS AREVALO (BORIS.AREVALO@FAIRFAXCOUNTY.GOV)

SUNDAY 9am-6pm	MONDAY 6:30am-10pm	TUESDAY 6:30am-10pm	WEDNESDAY 6:30am-10pm	THURSDAY 6:30am-10pm	FRIDAY 6:30a-9pm	SATURDAY 9am-6:30pm
			1 OPEN AND LAP SWIM 6:30AM - 9PM	2 OPEN AND LAP SWIM 6:30AM - 9PM	3 OPEN AND LAP SWIM 6:30AM - 4:30PM	4 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6:30PM LG CLASS 1P-6P
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
5 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM LG CLASS 1P-6P	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	10 OPEN AND LAP SWIM 6:30AM - 4:30PM	11 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6:30PM
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
12 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM	13 OPEN AND LAP SWIM 6:30AM - 9PM	14 OPEN AND LAP SWIM 6:30AM - 9PM	15 OPEN AND LAP SWIM 6:30AM - 9PM	16 OPEN AND LAP SWIM 6:30AM - 9PM	17 OPEN AND LAP SWIM 6:30AM - 9PM	18 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6:30PM LG CLASS 1P-6P
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
19 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM LG CLASS 1P-6P	20 OPEN AND LAP SWIM 6:30AM - 9PM	21 OPEN AND LAP SWIM 6:30AM - 9PM	22 OPEN AND LAP SWIM 6:30AM - 9PM	23 OPEN AND LAP SWIM 6:30AM - 9PM	24 OPEN AND LAP SWIM 6:30AM - 9PM	25 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6:30PM LG CLASS 1P-6P
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES						
26 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM LG CLASS 1P-6P	27 OPEN AND LAP SWIM 6:30AM - 9PM	28 OPEN AND LAP SWIM 6:30AM - 9PM	<div style="border: 2px solid red; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Best Times for a Lap Lane Saturday: 1pm-6:30pm Sunday: 1pm-6pm Mon-Fri: 6:30am-3:30pm & 9pm- 10pm</p> </div>			

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.



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

February 2017



PROVIDENCE RECENTER POOL CALENDAR

7525 Marc Drive Falls Church, Virginia 703-698-1351 [Providence RECenter](http://www.providence-recenter.com)
AQUATICS DIRECTOR: BORIS AREVALO (BORIS.AREVALO@FAIRFAXCOUNTY.GOV)

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

WEEKENDS: a 15 minute break 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 5pm until 1 hour before closing.

Diving Boards open 3:00pm-4pm, based on user request, rentals, Lifeguard staffing levels and availability.

Lifeguards Classes will be held on February 4th 5th, 18th, 19th, 25th and 26th.

Diving boards will not be available on this times, and limited space on Deep end.

2017 Early Spring Registration will start on January 31st—Online or Call in.

Spring Classes will start March 4th –10th

**WE'RE
HIRING!**

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.



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



PROVIDENCE RECENTER

Lap Lane Schedule

February 1st to 16th

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.

LEGEND		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		Lap swim & Water walking Only 9a-1p						Swim Lessons 9a-1p		9:00				
9:30										9:30				
10:00										Swim Lessons only 10a-1p				10:00
10:30														10:30
11:00														11:00
11:30														
NOON														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												Diving Board 3p-4p		3:00
3:30											3:30			
4:00														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														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

February 1st to 16th

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.

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	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														8:30
9:00	Swim Lessons 9a-1p	Swim Lessons 9a-10a				Lap Swim & Water Walking Only 9a-1p				Deep Water Exercise 9a-10a				9:00
9:30		Aerobic Exercise 10a-11a								9:30				
10:00		Swim Lessons 11a-1:15p								Swim Lessons 10a-1p				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												Diving Board 3p-4p		3:00
3:30														3:30
4:00														4:00
4:30														4:30
5:00												Vienna SC 5p-6p		5:00
5:30														5:30
6:00		After Hour Swim Teams, Closed to Public												6:00
6:30														6:30
7:00														7:00
7:30														7:30
8:00														8:00
8:30														8:30
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	



PROVIDENCE RECENTER

Lap Lane Schedule

February 1st to 16th

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	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- 930p		8:30	
9:00												Deep Water Boot Camp 9:30a - 10:30a		9:00	
9:30												Deep Water Boot Camp 9:30a - 10:30a		9:30	
10:00	Swim Lessons 10a-12:05p													10:00	
10:30		Aerobic Exercise 10:30a-11:30a												10:30	
11:00		Arthritis Exercise 11:30a-12:30p												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												Deep Arthritis 12:30p-1:30p		1:00	
1:30												Deep Hydro Pilates 1:30p - 2:30p		1:30	
2:00												Deep Hydro Pilates 1:30p - 2:30p		2:00	
2:30														2:30	
3:00	Swim Lessons 3p-7:30p													3:00	
3:30								High School Practice 3:30p-5:30p					3:30		
4:00								High School Practice 3:30p-5:30p					4:00		
4:30								High School Practice 3:30p-5:30p					4:30		
5:00								High School Practice 3:30p-5:30p					5:00		
5:30														5:30	
6:00		Aerobic Exercise 6p-8p												6:00	
6:30		Aerobic Exercise 6p-8p												6:30	
7:00		Aerobic Exercise 6p-8p												7:00	
7:30		Aerobic Exercise 6p-8p											Swim Lessons 6:30p-9p		7:30
8:00												Swim Lessons 6:30p-9p		8:00	
8:30									Fairfax Foxes SC 8p-9p				Swim Lessons 6:30p-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

February 1st to 16th

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.

LEGEND		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														3:30					
4:00														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														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						



PROVIDENCE RECENTER

Lap Lane Schedule

February 1st to 16th

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.*

LEGEND		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 Practice 3:30p-5:30p												3:30
4:00														4:00
4:30														4:30
5:00														5:00
5:30														5:30
6:00	Swim Lessons 5:30p-8:45p	Aerobic Exercise 6p-8p												6:00
6:30		Para Olympics 6:30p-7:30p												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

February 1st to 16th

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.*

LEGEND		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																							9:00
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									NCAP Swim Club 4p-5:30p					3:30									
4:00				NCAP Swim Club 4p-5:30p													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																			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

February 1st to 16th

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.*

LEGEND		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 Water Boot Camp 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															1:30
2:00															2:00
2:30															2:30
3:00															3:00
3:30															3:30
4:00	Swim Lessons 4p-7p														4:00
4:30															4:30
5:00		Swim Lessons 5p- 9p													5:00
5:30															5:30
6:00															6:00
6:30												Swim Lessons 6p-8:30p		6:30	
7:00												Swim Lessons 6p-8:30p		7:00	
7:30												Swim Lessons 6p-8:30p		7:30	
8:00												Swim Lessons 6p-8:30p		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		