



Audrey Moore RECenter

SATURDAY

Winter: January 1 - January 31

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)				
	Dive Well						Lap Lanes										Shallow End				
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM	NVN Synchronized Swimming						Swim Lessons										Swim Lessons				9:00 AM
9:30 AM	7:30am - 10:00am						Swim Lessons										Swim Lessons				9:30 AM
10:00 AM	Springboard Diving Classes						Swim Lessons										Swim Lessons				10:00 AM
10:30 AM	Springboard Diving Classes						Swim Lessons										Swim Lessons				10:30 AM
11:00 AM	Springboard Diving Classes						Swim Lessons										Swim Lessons				11:00 AM
11:30 AM	Springboard Diving Classes						Swim Lessons										Swim Lessons				11:30 AM
12:00 PM	Diving Boards Open 1:00pm - 4:00pm						Adapted Aquatics										Swim Lessons				12:00 PM
12:30 PM	Diving Boards Open 1:00pm - 4:00pm						Adapted Aquatics										Swim Lessons				12:30 PM
1:00 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive										Swim Lessons				1:00 PM
1:30 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive										Swim Lessons				1:30 PM
2:00 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive										Swim Lessons				2:00 PM
2:30 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive										Swim Lessons				2:30 PM
3:00 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive		Glen Cove		Rutherford Swim						Swim Lessons				3:00 PM
3:30 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive		Glen Cove		Rutherford Swim						Swim Lessons				3:30 PM
4:00 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive		Ravensworth		Rutherford Swim		forest hollow				Swim Lessons				4:00 PM
4:30 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive		Ravensworth		Rutherford Swim		forest hollow				Swim Lessons				4:30 PM
5:00 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive		Canterbury Woods		Camelot		Springfield				Swim Lessons				5:00 PM
5:30 PM	Diving Boards Open 1:00pm - 4:00pm						Special Needs Competitive		Canterbury Woods		Camelot		Springfield				Swim Lessons				5:30 PM
6:00 PM	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	6:00 PM
	Dive Well						Lap Lanes										Shallow End				



Audrey Moore RECenter

Sunday

Winter: January 1 - January 31

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)					
		Dive Well					Lap Lanes										Shallow End					
		D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
10:00 AM																		Swim Lessons				10:00 AM
10:30 AM	Deep Water Aerobics																	10:00am - 1:00pm				10:30 AM
11:00 AM	10:35am - 11:30am																					11:00 AM
11:30 AM																						11:30 AM
12:00 PM	Dominnion Dive																	swim lessons				12:00 PM
12:30 PM																						12:30 PM
1:00 PM	Diving Boards Open 1:00pm - 4:00pm																					1:00 PM
1:30 PM	Once per month this space must																					1:30 PM
2:00 PM	be shared with our lifeguard staff.																					2:00 PM
2:30 PM	We use the deep water to train																					2:30 PM
3:00 PM	and stay rescue ready for our																					3:00 PM
3:30 PM	customers. Training time is 1p - 4p																					3:30 PM
4:00 PM																						4:00 PM
4:30 PM																		Swimming Lessons				4:30 PM
5:00 PM																		3:00pm - 6:00pm				5:00 PM
5:30 PM																						5:30 PM
6:00 PM		D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	6:00 PM
		Dive Well					Lap Lanes										Shallow End					



Audrey Moore RECenter

Monday

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LEGEND		Recreational Play/Swim/Dive					Lap Swim / Water Walking ONLY										FCPA scheduled programs (Space is scheduled)																								
		Dive Well					Lap Lanes										Shallow End																								
		D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4																				
6:30 AM	Machine																	Masters								6:30 AM															
7:00 AM	6:30am - 8:00am																	6:30am - 7:30am								7:00 AM															
7:30 AM																										7:30 AM															
8:00 AM	Deep Water Exercise																	Aerobic Water Exercise								8:00 AM															
8:30 AM	8:00 - 8:55a																	8:50am - 9:45am								8:30 AM															
9:00 AM																										9:00 AM															
9:30 AM																										9:30 AM															
10:00 AM	Deep Water Exercise																Water Walking								10:00 AM																
10:30 AM	10:05am - 11:00am																10:00am - 10:55am								10:30 AM																
11:00 AM																		Arthritis Water Exercise								11:00 AM															
11:30 AM																		11:10am - 12:05pm								11:30 AM															
12:00 PM																										12:00 PM															
12:30 PM																										12:30 PM															
1:00 PM								F.B. Swim																		1:00 PM															
1:30 PM								1:00p - 2:00p																		1:30 PM															
2:00 PM																										2:00 PM															
2:30 PM																										2:30 PM															
3:00 PM	Pool Closed 3:15-5:45pm for FCPS HS Swim & Dive Practice (open on November 8)																								Fish (4p - 5:30p)												3:00 PM				
3:30 PM																																									3:30 PM
4:00 PM																																									4:00 PM
4:30 PM																																									4:30 PM
5:00 PM																																									5:00 PM
5:30 PM																									5:30 PM																
6:00 PM								Marlins										swim lessons								6:00 PM															
6:30 PM								5:30p - 8:00p																		6:30 PM															
7:00 PM	NVN Synchronized Swimming																								7:00 PM																
7:30 PM	6:30pm - 9:00pm																								7:30 PM																
8:00 PM								Streamline																		8:00 PM															
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9:00 PM																										9:00 PM															
9:30 PM		D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4					9:30 PM															
		Dive Well					Lap Lanes										Shallow End																								



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Tuesday

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		Dive Well					Lap Lanes										Shallow End								
		D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4				
6:30 AM	Machine																Masters								6:30 AM
7:00 AM	6:30am - 7:45am																6:30am - 7:30am								7:00 AM
7:30 AM																									7:30 AM
8:00 AM	Deep Water Aerobics																								8:00 AM
8:30 AM	8:00am - 8:55am																								8:30 AM
9:00 AM																	Aerobic Water Exercise								9:00 AM
9:30 AM																	9:05am - 11:05am								9:30 AM
10:00 AM																	Water Walking								10:00 AM
10:30 AM																	10:05am - 11:00am								10:30 AM
11:00 AM																	Arthritis Water Exercise								11:00 AM
11:30 AM																	11:05am - 12:00pm								11:30 AM
12:00 PM																									12:00 PM
12:30 PM																									12:30 PM
1:00 PM																									1:00 PM
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4:30 PM																					4:30 PM				
5:00 PM																					5:00 PM				
5:30 PM																									5:30 PM
6:00 PM		Fish 5:30p - 6:30p					5:30p - 8:30p										Swim Lessons								6:00 PM
6:30 PM	NVN Synchronized Swimming 6:30p - 9:00p										Marlins													6:30 PM	
7:00 PM																								7:00 PM	
7:30 PM																								7:30 PM	
8:00 PM																								8:00 PM	
8:30 PM											Masters 8:00pm - 9:00pm													8:30 PM	
9:00 PM																								9:00 PM	
9:30 PM	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	9:30 PM				
		Dive Well					Lap Lanes										Shallow End								



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6:30 AM	Machine																Masters				6:30 AM
7:00 AM	6:30am - 8:00am																6:30am - 7:30am				7:00 AM
7:30 AM																					7:30 AM
8:00 AM	Deep Water Exercise																				8:00 AM
8:30 AM	8:00 - 8:55a						Fort Belvoir										Aerobic Water Exercise				8:30 AM
9:00 AM							8:45am - 9:45am										8:50am - 9:45am				9:00 AM
9:30 AM																					9:30 AM
10:00 AM	Deep Water Exercise																Water Walking				10:00 AM
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12:00 PM																					12:00 PM
12:30 PM																					12:30 PM
1:00 PM							F.B. Swim														1:00 PM
1:30 PM							1:00p - 2:00p														1:30 PM
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2:30 PM																					2:30 PM
3:00 PM	<i>Paul VI (3:30pm - 4:30pm) Fish (4:30pm - 5:30pm) Pool Closed 3:15-5:45pm for FCPS HS Swim & Dive Practice (open on November 8) Machine (4:15pm - 5:30pm)</i>																				3:00 PM
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5:00 PM																					5:00 PM
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		Dive Well					Lap Lanes										Shallow End				



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1:00 PM																								
1:30 PM																								
2:00 PM																								
2:30 PM																								
3:00 PM	<div style="display: flex; justify-content: space-between;"> Pool Closed 3:15-5:45pm for FCPS HS Swim & Dive Practice (open on November 8) Machine (3:30pm - 4:30pm) </div>																							
3:30 PM																								
4:00 PM																								
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5:00 PM																								
5:30 PM																	Swim Lessons							
6:00 PM		Fish 5:30p - 6:30p					5:30p - 8:30p																	
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9:30 PM		D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4			
		Dive Well					Lap Lanes										Shallow End							



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Friday

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10:30 AM																									10:30 AM
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11:30 AM																									11:30 AM
12:00 PM																									12:00 PM
12:30 PM																									12:30 PM
1:00 PM							F.B. Swim 1:00p - 2:00p																		1:00 PM
1:30 PM																									1:30 PM
2:00 PM																									2:00 PM
2:30 PM																									2:30 PM
3:00 PM																									3:00 PM
3:30 PM																									3:30 PM
4:00 PM	Pool closed at 4pm for HS swim meets (Friday Meets End January 13) 4 lanes of lap swim and open swim will resume January 20 and 27!						Marlins 4:00pm - 5:30pm														4:00 PM				
4:30 PM																					4:30 PM				
5:00 PM																					5:00 PM				
5:30 PM																					5:30 PM				
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9:30 PM	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	9:30 PM				
	Dive Well						Lap Lanes										Shallow End								