

# Saturday

## Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End								
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P					
8:30 AM	Pool closed to the public. Swim team rentals and FCPA classes only.																				8:30 AM				
9:00 AM	NVN Synchronized Swimming				Swim Lessons										Swim Lessons		Swim Lessons				9:00 AM				
9:30 AM	6:30am - 10:00am																				9:30 AM				
10:00 AM	Springboard Diving Classes				Swim Lessons										Swim Lessons		Swim Lessons				10:00 AM				
10:30 AM																					10:30 AM				
11:00 AM																					11:00 AM				
11:30 AM																					11:30 AM				
12:00 PM	Diving boards Open 12-4p				Swim test lane												Adapted Aquatics				12:00 PM				
12:30 PM																	12:10p - 12:55p				12:30 PM				
1:00 PM							Special Olympics 1:00p - 3:00p																		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																			4:00 PM						
4:30 PM																					4:30 PM				
5:00 PM					Lake Braddock swim team		Dream Sharks						Swim Lessons						5:00 PM						
5:30 PM					5:00p - 6:00p		5:00p - 6:00p												5:30 PM						
6:00 PM	Pool closed to the public. Swim team rentals and FCPA classes only.																				6:00 PM				
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P					
	Dive Well				Deep Lanes		Lap Lanes										Shallow End								

### Legend

FCPA classes

Pool Rentals

Reserved for adult lap swim and water walking

Other activities

White blocks indicate open space

# Sunday

# Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End				
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P	
9:30 AM	Pool closed to the public. Swim team rentals and FCPA classes only.																				9:30 AM
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						Swim Lessons										Swim Lessons				11:00 AM
11:30 AM							11:00am - 1:00pm										11:00p - 1:00p				11:30 AM
12:00 PM	Dominnion Dive																				12:00 PM
12:30 PM																					12:30 PM
1:00 PM	Diving Boards Open 1:00p - 4:00p				Swim Test Lane												Aerobic Water Exercise				1:00 PM
1:30 PM																	1:00pm - 1:55pm (1/2 shallow used)				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																	SWIM LESSONS				4:00 PM
4:30 PM																	3:30pm - 6:00pm				4:30 PM
5:00 PM							Burke Penguins										Hunt Valley				5:00 PM
5:30 PM																					5:30 PM
6:00 PM	Pool closed to the public. Swim team rentals and FCPA classes only.																				6:00 PM
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P	
	Dive Well				Deep Lanes		Lap Lanes										Shallow End				

## Legend

FCPA classes

Pool Rentals

Reserved for adult lap swim and water walking

Other activities

White blocks indicate open space

# Monday

# Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End					
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P		
6:00 AM	Pool Closed																			6:00 AM		
6:30 AM																	Curl Burk Masters 6:30a - 7:30a					6:30 AM
7:00 AM																						7:00 AM
7:30 AM																						7:30 AM
8:00 AM	Deep Water Exercise 8:00 - 8:55a																					8:00 AM
8:30 AM																						8:30 AM
9:00 AM																						9:00 AM
9:30 AM																	Water Walking 9:00a - 9:55p					9:30 AM
10:00 AM	Deep Water Exercise 10:05am - 11:00am						Reserved for adult lap swim And water walking															10:00 AM
10:30 AM																						10:30 AM
11:00 AM																	Water Walking 11a - 11:55a					11:00 AM
11:30 AM																						11:30 AM
12:00 PM																						12:00 PM
12:30 PM																						12:30 PM
1:00 PM																						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																	Swim Lessons 3:00p - 4:00p					3:30 PM
4:00 PM							The Fish 3:30 - 5:30p not here on: 3/20, 3/26															4:00 PM
4:30 PM																						4:30 PM
5:00 PM																						5:00 PM
5:30 PM	Deep Water Exercise 5:35p - 6:30p						Marlins 5:30p - 8:00p															5:30 PM
6:00 PM																						6:00 PM
6:30 PM	NVN Synchronized Swimming 6:30p - 9:00p																Swim lessons					6:30 PM
7:00 PM																						7:00 PM
7:30 PM																						7:30 PM
8:00 PM							Streamline 8:00p - 9:30p															8:00 PM
8:30 PM																						8:30 PM
9:00 PM																						9:00 PM
9:30 PM	Pool Closed																			9:30 PM		
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P		
	Dive Well				Deep Lanes		Lap Lanes										Shallow End					

### Legend

FCPA classes

Pool Rentals

Reserved for adult lap swim  
and water walking

Other activities

White blocks indicate  
open space

# Tuesday

# Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End				
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P	
6:00 AM	Pool Closed																			6:00 AM	
6:30 AM																					6:30 AM
7:00 AM																					7:00 AM
7:30 AM																					7:30 AM
8:00 AM	Deep Water Aerobics																				8:00 AM
8:30 AM	8:00am - 9:55am																				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																	Swim Lessons				12:00 PM
12:30 PM																	12:05pm - 1:10pm				12:30 PM
1:00 PM																					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					Machine																4:00 PM
4:30 PM					3:30p - 5:30p																4:30 PM
5:00 PM																					5:00 PM
5:30 PM					The Fish												Swim Lessons				5:30 PM
6:00 PM					5:30p - 6:30p												5:30pm - 7:10pm				6:00 PM
6:30 PM																	Aerobic Water Exercise				6:30 PM
7:00 PM	NVN Synchronized Swimming																6:00pm - 8:00pm				7:00 PM
7:30 PM	6:30p - 9:00p																				7:30 PM
8:00 PM																					8:00 PM
8:30 PM							Fairfax Masters														8:30 PM
9:00 PM							8:00p - 9:00p														9:00 PM
9:30 PM	Pool Closed																			9:30 PM	
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P	
	Dive Well				Deep Lanes		Lap Lanes										Shallow End				

### Legend

FCPA classes

Pool Rentals

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Other activities

White blocks indicate open space

# Wednesday Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End					
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P		
6:00 AM	Pool Closed																			6:00 AM		
6:30 AM																	Curl Burk Masters					6:30 AM
7:00 AM																	6:30a - 7:30a					7:00 AM
7:30 AM																		Aerobic Water Exercise				7:30 AM
8:00 AM	Deep Water Exercise																	7:35am - 11:10am				8:00 AM
8:30 AM	8:00 - 8:55a																					8:30 AM
9:00 AM																		Water Walking				9:00 AM
9:30 AM																		9:00a - 9:55p				9:30 AM
10:00 AM	Deep Water Exercise																					10:00 AM
10:30 AM	10:05am - 11:00am																					10:30 AM
11:00 AM																		Water Walking				11:00 AM
11:30 AM																		11a - 11:55a				11:30 AM
12:00 PM																		Arthritis Water Exercise				12:00 PM
12:30 PM																		11:10am - 12:05pm				12:30 PM
1:00 PM																						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																						4:00 PM
4:30 PM					Machine		The Fish															4:30 PM
5:00 PM																						5:00 PM
5:30 PM	Dominion Dive						Marlins											Aerobic Water Exercise				5:30 PM
6:00 PM							5:30p - 8:00p											6:00p - 8:00p (half the pool used)				6:00 PM
6:30 PM																		Swim Lessons				6:30 PM
7:00 PM																		6:05p - 8:35p (1/4 of shallow end is available)				7:00 PM
7:30 PM																						7:30 PM
8:00 PM					Streamline																	8:00 PM
8:30 PM																						8:30 PM
9:00 PM																						9:00 PM
9:30 PM	Pool Closed																			9:30 PM		
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P		
	Dive Well				Deep Lanes		Lap Lanes										Shallow End					

## Legend

FCPA classes

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Other activities

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# Thursday

# Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End					
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P		
6:00 AM	Pool Closed																			6:00 AM		
6:30 AM																	Curl Burk Masters 6:30a - 7:30a					6:30 AM
7:00 AM																						7:00 AM
7:30 AM																						7:30 AM
8:00 AM	Deep Water Aerobics																					8:00 AM
8:30 AM	8:00am - 9:55am																					8:30 AM
9:00 AM																						9:00 AM
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5:00 PM																						5:00 PM
5:30 PM																						5:30 PM
6:00 PM																						6:00 PM
6:30 PM																						6:30 PM
7:00 PM	NVN Synchronized Swimming 6:30p - 9:00p																					7:00 PM
7:30 PM																						7:30 PM
8:00 PM																						8:00 PM
8:30 PM																						8:30 PM
9:00 PM																						9:00 PM
9:30 PM	Pool Closed																			9:30 PM		
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P		
	Dive Well				Deep Lanes		Lap Lanes										Shallow End					

### Legend

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# Friday

# Pool Lane Availability

	Dive Well				Deep Lanes		Lap Lanes										Shallow End				
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P	
6:00 AM	Pool Closed																			6:00 AM	
6:30 AM																					6:30 AM
7:00 AM																					7:00 AM
7:30 AM	Deep Water Exercise																				7:30 AM
8:00 AM	7:35am - 8:30am																				8:00 AM
8:30 AM																	Aerobic Water Exercise				8:30 AM
9:00 AM																	8:50am - 10:50am				9:00 AM
9:30 AM																					9:30 AM
10:00 AM																	Swim Lessons				10:00 AM
10:30 AM																	10:00am - 11:05am				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																	M.S. Water Exercise				12:00 PM
12:30 PM																	12:10pm - 1:05pm				12:30 PM
1:00 PM																					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							Marlins														4:00 PM
4:30 PM							3:30p - 5:30p														4:30 PM
5:00 PM							not here: 3/11, 3/18, 3/25, 4/1										Swim Lessons				5:00 PM
5:30 PM																	4:45pm - 8:30pm				5:30 PM
6:00 PM																	1/2 of shallow end for public use				6:00 PM
6:30 PM	SWIM LESSONS																6:15pm - 8:30pm				6:30 PM
7:00 PM																					7:00 PM
7:30 PM																					7:30 PM
8:00 PM																					8:00 PM
8:30 PM																					8:30 PM
9:00 PM																					9:00 PM
9:30 PM	Pool Closed																			9:30 PM	
	F	G	H	I	J	K	1	2	3	4	5	6	7	8	9	10	M	N	O	P	
	Dive Well				Deep Lanes		Lap Lanes										Shallow End				

### Legend

FCPA classes

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