



GEORGE WASHINGTON REC CENTER POOL CALENDAR

8426 Old Mt. Vernon Road Alexandria, VA 22309 703-780-8894

| SUNDAY 9AM-6PM | MONDAY 6:30AM-9:00PM | TUESDAY 6:30AM-9:00PM | WEDNESDAY 6:30AM-9:00PM | THURSDAY 6:30AM-9:00PM | FRIDAY 6:30AM-9:00PM | SATURDAY 9AM-6PM |
|---|---|---|--|--|--|---|
| | | | 1 Open and lap swim 6:30am –4:00pm | 2 OPEN AND LAP SWIM 6:30AM –4:00PM | 3 OPEN AND LAP SWIM 6:30AM –4:00PM | 4 CLASSES & LAP SWIM ONLY <u>9:00AM-12:00PM</u> <u>OPEN SWIM</u> <u>12P-6P</u> |
| 5 CLASSES & LAP SWIM ONLY <u>9:00AM-12:00PM</u> <u>OPEN SWIM</u> <u>12P-6P</u> | 6 Open and Lap swim 6:30am – 4:00pm | 7 Open and lap swim 6:30am – 4:00pm 1:00p-8:00pm LIMITED | | | 10 Open and lap swim 6:30am –4:00pm | 11 CLASSES & LAP SWIM ONLY <u>9:00AM-12:00PM</u> <u>OPEN SWIM</u> <u>12P-6P</u> |
| | | SWING | CLASSES AND RENT. | ALS | | |
| 12 CLASSES & LAP SWIM ONLY 9:00AM-12:00PM | 13 Open and lap swim 6:30am –4:00pm | 14 Open and lap swim 6:30am –4:00pm | 15 Open and lap swim 6:30am –4:00pm | 16 Open and lap swim 6:30am –4:00pm | 17 Open and lap swim 6:30am –4:00pm | 18 CLASSES & LAP SWIM ONLY <u>9:00AM-12:00PM</u> |
| OPEN SWIM 12P-6P | 4 | <mark>:00P-8:00PM</mark> LIMITED SWIM (| LANES AVAILABLE CLASSES AND RENT. | | | OPEN SWIM 12P-6P |
| 19 CLASSES & LAP SWIM ONLY <u>9:00AM-12:00PM</u> | 20 OPEN AND LAP SWIM 6:30AM –4:00PM | 21 Open and lap swim 6:30am –4:00pm | 22OPEN AND LAP SWIM 6:30AM –4:00PM OPEN HOUSE 4-7P | 23 Open and lap swim 6:30am –4:00pm | 24 OPEN AND LAP SWIM 6:30AM –4:00PM | 25 NO SWIM CLASSES |
| OPEN SWIM <u>12P-6P</u> | 4 | 1:00P-8:00PM LIMITED SWIM (| LANES AVAILABLE CLASSES AND RENT. | | | <u>OPEN SWIM</u> <u>9AM-6PM</u> |
| 26 NO SWIM CLASSES <u>OPEN SWIM</u> | 27 MEMORIAL DAY POOL HOURS 6:30AM-6:00PM | 28 Open and lap swim 6:30am –4:00pm | 29 Open and lap swim 6:30am –4:00pm | 30 OPEN AND LAP SWIM 6:30AM –4:00PM | 31 Open and lap swim 6:30am –4:00pm | |
| <u>9AM -6PM</u> | Open and lap swim 6:30am –6:00pm | <u>4:00P-8:00P</u> | 1 P <u>M</u> LIMITED LANES 2 | AVAILABLE LANES C | DPEN DUE | |

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.





SATURDAY

| LEG | END | Recreation | onal Play/Sv | vim/Dive | Lap | Swim / Wate | er Walking C | ONLY | | FCPA schedu | lled program | IS | | |
|----------|------|------------|--------------|----------|-----|-------------|--------------|------|---|-------------|--------------|-----|----------|--|
| | Ramp | S | hallow En | ıd | | Lap L | anes | | | Lap Lanes | /Dive We | 11 | | |
| | катр | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | | |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM | |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM | |
| 10:00 AM | | Swim I | essons | | | | | | | | | | 10:00 AM | |
| 10:30 AM | | | 12pm | | | | | | | Swim Lesso | | | 10:30 AM | |
| 11:00 AM | | Jum | 12011 | | | | | | Ģ | 9am-12:45p | m | | 11:00 AM | |
| 11:30 AM | | | | | | | | | | | | | 11:30 AM | |
| 12:00 PM | | | | | | | | | | | | | 12:00 PM | |
| 12:30 PM | | | | | | | | | _ | _ | | | 12:30 PM | |
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| 4:00 PM | | | | | | | | | | | | | 4:00 PM | |
| 4:30 PM | | | | | | | | | | Highland | Park Dive | | 4:30 PM | |
| 5:00 PM | | | | | | | | | | <u> </u> | 15pm-6pm | | 5:00 PM | |
| 5:30 PM | | | | | | | | | | | | | | |
| 6:00 PM | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 6:00 PM | |
| | капр | S | hallow En | ıd | | Lap L | anes | | | Lap Lanes | /Dive We | 11 | | |

George Washington Rec Center

Fairfax Cou Park

Lap Lane Calendar



SUNDAY

| LEG | END | | ecreation y/Swim/I | | Lap Sw | <u> </u> | er Walkin | g ONLY | FCF | PA schedu | led progra | ams | |
|----------|--------|-----------|-----------------------|--------|------------|----------|-----------|--------|--------|-----------|------------|------|----------|
| | Domn | Sh | allow E | nd | | Lap I | Lanes | | La | p Lanes | /Dive W | /ell | |
| | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | | | | | | | | | | | | | 10:00 AM |
| 10:30 AM | Swim L | essons ar | nd Scuba | Rental | | | | | SCI | IBA 0.45 | am-12:4 | 5nm | 10:30 AM |
| 11:00 AM | | 9am-12 | :45pm | | | | | | 300 | JDA 7.43 | alli-12.4 | Shin | 11:00 AM |
| 11:30 AM | | | | | | | | | | | | | 11:30 AM |
| 12:00 PM | | | | | | | | | | | | | 12:00 PM |
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| 3:30 PM | | | | | | | | | | | | | 3:30 PM |
| 4:00 PM | | | | | | | | | | Riverside | <u>د</u> | | 4:00 PM |
| 4:30 PM | | | | | | | | | | | | | 4:30 PM |
| 5:00 PM | | | | | | | | | Mount | Vernon | | | 5:00 PM |
| 5:30 PM | | | | | | | | | | | | | 5:30 PM |
| 6:00 PM | HOURS | | Hollin Me | | 4.5 lanes) | | | | ynewoo | - | - | | 6:00 PM |
| 7:00 PM | | MVP | | Mansio | n House (| | | | | | (4.5 lane | | 7:00 PM |
| | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | . |
| | Mamp | Sh | allow E | nd | | Lap I | Lanes | | La | p Lanes | /Dive W | /ell | |



MONDAY

| LEG | END | Recreati | onal Play/Sv | wim/Dive | Lap | Swim / Wate | er Walking (| DNLY | F | FCPA schedu | lled program | 15 | |
|---------------------------|---------|-------------|--------------|--------------|-----------|-------------|--------------|-----------|---------------|--------------|--------------------|----------|--------------------|
| | Damm | S | Shallow Er | ıd | | Lap l | Lanes | | J | Lap Lanes | s/Dive We | 11 | |
| | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before | | | NCAP (4. | 5 lanes) 5:0 | 0-6:00 am | | | Marli | ns (5.5 lane | es) 4:55 - 6 | :25 am | | Before |
| Hours | | | | | | 1 | | | | | | | Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | Trie | dent | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | D | eep Water | Ex | 7:30 AM |
| 8:00 AM | | | | | | | | | | | P | | 8:00 AM |
| 8:30 AM | | Sh | allow Wate | r Ex | | | | | | | | | 8:30 AM |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | Swim | Shared Sp | ace with sv | vim classes | | | | | | Deep V | Vater Ex | | 10:00 AM |
| 10:30 AM | Lessons | - · · · · · | | | | | | | | | | | 10:30 AM |
| 11:00 AM | | | | | | | | | | | - | 11:00 AM | |
| 11:30 AM | | Art | hritis Wate | er Ex | | | | | | | | 11:30 AM | |
| 12:00 PM | | | | | | | | | | | 12:00 PM | | |
| 12:30 PM | | | | | | | | | | | | | 12:30 PM |
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| 2:00 PM | | | | | | | | | | | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | | | | 2:30 PM |
| 3:00 PM | | | - | | | - | | Marlins 3 | 3:00-4:00 | | | | 3:00 PM |
| 3:30 PM | | | - | | | - | | | | | | | 3:30 PM |
| 4:00 PM | | | | | | | - | | Marlins 4 | 4:15 - 5:15 | | | 4:00 PM |
| 4:30 PM | | | | | | | | | | | | | 4:30 PM |
| 5:00 PM | | | | | | - | | | N | CAP 5:15-6 | :15 | | 5:00 PM |
| 5:30 PM | - | | | | | Trident 5 | :15 - 7:00 | | | | | | 5:30 PM |
| 6:00 PM | Swim I | Lessons | | | | - | | | | NCAP 6 | 6:00 PM | | |
| 6:30 PM 7:00 PM | | | | | | Tri 7-715 | | | | | 6:30 PM 7:00 PM | | |
| 7:00 PM 7:30 PM | | | | | | ITT /-/15 | | Mar | lins 7:00 - 3 | 0.20 | 7:00 PM 7:30 PM | | |
| 7:30 PM 8:00 PM | | | | | | | | Mar | mis 7:00 - | 0:30 | | | 7:30 PM 8:00 PM |
| 8:00 PM 8:30 PM | | | | | | | | | | | | | 8:00 PM 8:30 PM |
| | | 05 | Full | 1 | 2 | 2 | 4 | - | - | 7 | 0 | 05 | |
| 9:00 PM | Ramp | 0.5 | | 1 | 2 | 3 | | 5 | 6 | - | 8 | 0.5 | 9:00 PM |
| | | 5 | Shallow Er | iu | | Lap I | Lanes | | ļ | Lap Lanes | s/Dive We | 11 | |



TUESDAY

| LEG | END | Recreati | onal Play/S | wim/Dive | Lap S | Swim / Wat | er Walking (| ONLY | l | FCPA sched | uled progran | 15 | |
|-----------------|----------|-------------|-------------|---------------|---------|------------|--------------|--------------|------------------|------------|--------------|---------|--------------|
| | Ramp | S | hallow Ei | nd | | Lap l | Lanes | | | Lap Lane: | s/Dive We | 11 | |
| | Kamp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before Hours | | | Master | s (3 lanes) S | 5am-6am | | Mar | lins (6 lane | s) 4:55 - 6:2 | 25 am | | | Before Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | | | | 7:30 AM |
| 8:00 AM | | | | | | | | | | | | | 8:00 AM |
| 8:30 AM | | | | | | | | | | | | | 8:30 AM |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM |
| 9:30 AM | SL | | Water | Ex Class | | | | | | | | | 9:30 AM |
| 10:00 AM | | | water | EX CIASS | | | | | | | | | 10:00 AM |
| 10:30 AM | | | | | | | | | | | | | 10:30 AM |
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| 1:00 PM | | | | | | | | | | | | | 1:00 PM |
| 1:30 PM | | | | | | | | | | | | | 1:30 PM |
| 2:00 PM | Swim I | Lessons | | | | | | | | | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | | Courier 1 | Lessons | 2:30 PM |
| 3:00 PM | | | | | | | | | | | Swim | Lessons | 3:00 PM |
| 3:30 PM | | | | | | | | | | | | | 3:30 PM |
| 4:00 PM | | | | | | | | | | | | | 4:00 PM |
| 4:30 PM | | | | | | | | | | | | | 4:30 PM |
| 5:00 PM | | | | | | | | | | 1 | Water Exerc | ise | 5:00 PM |
| 5:30 PM | | | | | | | Maulina | l:30 - 7:30 | | | | | 5:30 PM |
| 6:00 PM | Swi | m Lessons | and | | | | Mariins 4 | 1:30 - 7:30 | | | | | 6:00 PM |
| 6:30 PM | W | ater Exerci | ise | | | | | | | | 6:30 PM | | |
| 7:00 PM | | | | | | | | | | | | | 7:00 PM |
| 7:30 PM | | | | | | | | | NI | CAD 7.20 | 0.20 | | 7:30 PM |
| 8:00 PM | | | | | | | | | NCAP 7:30 - 8:30 | | | | 8:00 PM |
| 8:30 PM | | | | | | | | | | | | | |
| 9:00 PM | D | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM |
| | Ramp | S | hallow E | nd | | Lap l | Lanes | | | Lap Lane | s/Dive We | | |



WEDNESDAY

| LEG | END | Recreati | onal Play/Sv | wim/Dive | Lap | Swim / Wate | er Walking (| FCPA scheduled programsLap Lanes/Dive Well56780.5Marlins 3:00-4:00A and a | IS | | | | |
|-----------------|--------|-----------|--------------|-------------------|-----------|-------------|--------------|---|---------------|---------------|------------|----------|--------------|
| | Ramp | S | hallow Er | ıd | | Lap I | Lanes | | I | Lap Lanes | s/Dive We | 11 | |
| | катр | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before Hours | | | NCAP (4. | - 5 lanes) 5:0 | 0-6:00 am | | | Marli | ns (5.5 lane | es) 4:55 - 6: | 25 am | | Before Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | Tai | dont | | | | | 7:00 AM |
| 7:30 AM | | | | | | | 111 | lent | | D | loon Waton | Exr | 7:30 AM |
| 8:00 AM | | | | | | | | | | | beep water | БХ | 8:00 AM |
| 8:30 AM | | She | allow Wate | n Fw | | | | | | | | | 8:30 AM |
| 9:00 AM | | 5116 | mow water | | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | SL | Sharad Sn | aco with cu | vim classes | | | | | | Doon V | Nator Ex | | 10:00 AM |
| 10:30 AM | | shareu sp | ale with sv | VIIII Classes | | | | | | Deep v | valer Ex | | 10:30 AM |
| 11:00 AM | | | | | | | | | | | | | 11:00 AM |
| 11:30 AM | | Art | hritis Wate | or Ev | | | | | | | | 11:30 AM | |
| 12:00 PM | | AIT | mins wate | I LX | | | | | | | | 12:00 PM | |
| 12:30 PM | | | | | | | | | | | | 12:30 PM | |
| 1:00 PM | | | | | | | | | | | | | 1:00 PM |
| 1:30 PM | | | | | | | | | | | | | 1:30 PM |
| 2:00 PM | Swim I | Lessons | | | | | | | | | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | | Swim I | accone | 2:30 PM |
| 3:00 PM | | | | | | | | Marline | 2.00-4.00 | | Swiin | 26330113 | 3:00 PM |
| 3:30 PM | | | | | | | | Mai IIIIS . | 5.00-4.00 | | | | 3:30 PM |
| 4:00 PM | | | | | | | | | Marling A | 1.15.5.15 | | | 4:00 PM |
| 4:30 PM | | | | | | | | | | F.15 - 5.15 | | | 4:30 PM |
| 5:00 PM | | | | | | | | | NO | CAP 5:15-6 | .15 | | 5:00 PM |
| 5:30 PM | | | | | | Trident 5 | 15 - 7.00 | | INC | LAI 3.13-0 | .15 | | 5:30 PM |
| 6:00 PM | | | | | | Thuent 5 | .13-7.00 | | | NCAD 6 | .15-7.00 | | 6:00 PM |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM |
| 7:00 PM | | | | | | Tri 7-715 | | | | | | | 7:00 PM |
| 7:30 PM | | | | | | | | Mar | lins 7:00 - 8 | 8:30 | 7:30 PM | | |
| 8:00 PM | | | | | | | | | | | | | 8:00 PM |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM |
| 9:00 PM | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM |
| | латр | S | hallow Er | nd | | Lap I | Lanes | | I | Lap Lanes | 5/Dive We | 11 | |



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 **FCPA scheduled programs Recreational Play/Swim/Dive** Lap Swim / Water Walking ONLY **Shallow End** Lap Lanes Lap Lanes/Dive Well Ramp 0.5 Full 2 3 0.5 1 4 5 6 7 8 Before Masters (3 lanes) 5am-6am Marlins (6 lanes) 4:55 - 6:25 am Before Hours Hours 6:30 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 7:30 AM 8:00 AM 8:00 AM 8:30 AM 8:30 AM 9:00 AM 9:00 AM 9:30 AM 9:30 AM Swim Water Ex Class 10:00 AM 10:00 AM Lessons **Power Finning** 10:30 AM 10:30 AM 11:00 AM 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 **Swim Lessons** 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 **Water Exercise** 5:00 PM 5:30 PM Water Exercise 5:30 PM Marlins 4:30 - 7:30 6:00 PM 6:00 PM 6:30 PM NCAP 6-7:30 6:30 PM 7:00 PM 7:00 PM 7:30 PM 7:30 PM Swim Lessons NCAP 7:30 - 8:30 8:00 PM 8:00 PM 8:30 PM 8:30 PM 9:00 PM Full 2 9:00 PM 0.5 1 3 4 5 6 7 8 0.5

Lap Lanes

Lap Lanes/Dive Well

Ramp

Shallow End



FRIDAY

| LEG | END | Recreati | Recreational Play/Swim/Diversion Shallow End 0.5 Full 1 0.5 Full 1 NCAP (4.5 lanes) 1 Image: Straight of the strai | | | Swim / Wate | er Walking (| ONLY |] | FCPA schedu | iled program | S | |
|-----------------|------|-----------|--|---------------|-----------|-------------|--------------|------------|--------------|--------------|--------------|-----|--------------|
| | Ramp | S | hallow Ei | nd | | Lap I | Lanes | |] | Lap Lanes | /Dive Wel | 1 | |
| | катр | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before Hours | | | NCAP (4. | 5 lanes) 5:0 | 0-6:00 am | | | Marlins (S | 5.5 lanes) 4 | :55 - 6:25 a | m No 3/29 | | Before Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | П | eep Water I | 7.v | 7:30 AM |
| 8:00 AM | | | | | | | | | | | veep water i | 27 | 8:00 AM |
| 8:30 AM | | Sh | allow Wate | r Fy | | | | | | | | | 8:30 AM |
| 9:00 AM | | 511 | | I LX | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | | Sharad Sn | aco with su | wim classos | | | | | | Г | eep Water I | ī. | 10:00 AM |
| 10:30 AM | | Shareu Sp | ale with sv | viiii Classes | | | | | | | veep water i | 28 | 10:30 AM |
| 11:00 AM | | | | | | | | | | | | | 11:00 AM |
| 11:30 AM | | Ant | huitic Wate | n Ev | | | | | | | | | 11:30 AM |
| 12:00 PM | | AIL | III ILIS WALE | ET EX | | | | | | | | | 12:00 PM |
| 12:30 PM | | | | | | | | | | | | | 12:30 PM |
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| 2:00 PM | | | | | | | | | | | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | | | | 2:30 PM |
| 3:00 PM | | | | | | | | Marlins 3 | 3:00-4:00 | | | | 3:00 PM |
| 3:30 PM | | | | | | | | | | | | | 3:30 PM |
| 4:00 PM | | | | | | | | | | | | | 4:00 PM |
| 4:30 PM | | | | | | | | | | | | | 4:30 PM |
| 5:00 PM | | | | | | | | | Marlins 4:3 | 30p-6:00pn | n | | 5:00 PM |
| 5:30 PM | | | | | | | | | | | | | 5:30 PM |
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| 8:00 PM | | | | | | | | | | | | | 8:00 PM |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM |
| 9:00 PM | n | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM |
| | Ramp | | hallow Er | nd | | Lan I | Lanes | | | Lap Lanes | /Dive Wel | | 1 |

George Washington Rec Center Lap Lane Calendar May 18 - 31



| LEG | END | Recreation | onal Play/Sw | vim/Dive | Lap | Swim / Wate | er Walking C | ONLY | I | FCPA schedu | led program | IS | |
|----------|------|------------|--------------|----------|-----|-------------|--------------|------|---|-------------|-------------|-----|----------|
| | Ramp | S | hallow En | d | | Lap I | anes | | | Lap Lanes | /Dive We | 11 | |
| | катр | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | | Swim I | essons | | | | | | | | | | 10:00 AM |
| 10:30 AM | | | 12pm | | | | | | | wim Lesso | | | 10:30 AM |
| 11:00 AM | | Jum | p | | | | | | 9 | am-12:45p | m | | 11:00 AM |
| 11:30 AM | | | | | | | | | | | | | 11:30 AM |
| 12:00 PM | | | | | | | | | | | | | 12:00 PM |
| 12:30 PM | | | | | | | | | - | 1 | | | 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 | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 6:00 PM |
| | Namp | S | hallow En | d | | Lap L | anes | | | Lap Lanes | /Dive We | 11 | |



George Washington Rec Center Fairfax Cou Lap Lane Calendar May 18 - 31 **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. Recreational **LEGEND** Lap Swim / Water Walking ONLY **FCPA scheduled programs** Play/Swim/Dive **Shallow End** Lap Lanes/Dive Well Lap Lanes Ramp Full 0.5 1 2 3 4 5 6 7 8 0.5 9:00 AM 9:00 AM 9:30 AM 9:30 AM 10:00 AM 10:00 AM 10:30 AM Swim Lessons and Scuba Rental 10:30 AM SCUBA 9:45 am-12:45pm 9am-12:45pm 11:00 AM 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 3:30 PM 4:00 PM 4:00 PM **Riverside (No Swim 5/26)** 4:30 PM 4:30 PM 5:00 PM 5:00 PM Mount Vernon (No Swim 5/26) 5:30 PM 5:30 PM HOURS Hollin Meadows (4.5 lanes) Waynewood (5.5 lanes) 6:00 PM 6:00 PM MVP Mansion House (5 lanes) Mount Vernon Park (4.5 lanes) 7:00 PM 7:00 PM 3 0.5 0.5 Full 2 5 6 7 8 1 4 Ramp **Shallow End** Lap Lanes Lap Lanes/Dive Well

George Washington Rec Center Lap Lane Calendar May 18 - 31

TUESDAY

| LEG | END | Recreation | onal Play/Sv | wim/Dive | Lap | Swim / Wate | er Walking (| ONLY | l | FCPA schedu | led progran | ns | |
|-----------------|------------|------------|--------------|---------------|-----------|-------------|--------------|--------------|---------------------------|---------------|---|----------|-----------------|
| | Damn | S | hallow Er | nd | | Lap l | Lanes | |] | Lap Lanes | CPA scheduled programs ap Lanes/Dive Well 7 8 7 8 3) 4:55 - 6:25 am ap Lanes/Dive Water Sam ap Lanes/Dive Water Ex ap Lanes/Dive E | | |
| | Ramp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before Hours | | | NCAP (4.5 | 5 lanes) 5:0 | 0-6:00 am | | | Marli | ns (5.5 lan | es) 4:55 - 6: | 25 am | | Before Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | D | oon Watan | E | 7:30 AM |
| 8:00 AM | | | | | | | | | | ם ן | eep water | EX | 8:00 AM |
| 8:30 AM | | Ch | allow Wate | n Ev | | | | | | | | | 8:30 AM |
| 9:00 AM | | 502 | anow wate | Γ EX | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | Swim | Charad Cr | a ao with av | vim classes | | | | | | Doon V | Voton Ex | | 10:00 AM |
| 10:30 AM | Lessons | shared sp | ace with sv | viiii classes | | | | | | Deep v | valerEx | | 10:30 AM |
| 11:00 AM | | | | | | | | | | | | | 11:00 AM |
| 11:30 AM | | A | hritis Wate | - E- | | | | | | | | 11:30 AM | |
| 12:00 PM | | Art | nritis wate | er ex | | | | | | | | 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 | | | | | | | | Marlins 3 | 3:00-4:00 | | | | 3:00 PM |
| 3:30 PM | | | | | | | | (No swi | m 5/27) | | | | 3:30 PM |
| 4:00 PM | | | | | | | | Marlin | a 4.15 5.1 | | - F (27) | | 4:00 PM |
| 4:30 PM | | | | | | | | Mariin | \$ 4:15 - 5:1 | L5 (NO SWII | n 5/2/J | | 4:30 PM |
| 5:00 PM | | | | | | | | | NCAD F.1 | | | | 5:00 PM |
| 5:30 PM | | | | | | | | | NCAP 5:15 | 0-0:12 (NO S | swim 5/2/j | | 5:30 PM |
| 6:00 PM | Couriero I | essons | | | | | | | NC | AD C.15 7-00 | | (27) | 6:00 PM |
| 6:30 PM | Swim | 2550115 | | | | | | | NC/ | ar 0:15-7:00 | 6:30 PM | | |
| 7:00 PM | | | | | | | | | | | 7:00 PM | | |
| 7:30 PM | | | | | | | Ι | Marlins 7:00 | 0 - 8:30 <mark>(No</mark> | swim 5/27 | 7:30 PM | | |
| 8:00 PM | | | | | | | | | | | 8:00 PM | | |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM |
| 9:00 PM | Damn | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM |
| | Ramp | S | hallow Er | nd | | Lap l | Lanes | |] | Lap Lanes | /Dive We | | |



George Washington Rec Center Lap Lane Calendar



May 18 - 31

TUESDAY

| LEG | END | Recreation Play/Swim/Dive Lap Swim / Water Walking ONLY FCPA scheduled programs Shallow End Lap Lanes Lap Lanes/Dive Well Lap Lanes/Dive Well 0.5 Full 1 2 3 4 5 6 7 8 0.5 0.5 Full 1 2 3 4 5 6 7 8 0.5 Masters (3 lanes) 5am-6am Martins (6 lanes) 4:55-6:25 am Masters (3 lanes) Masters (6 lanes) 4:55-6:25 am Masters (3 lanes) 1 0 <td< th=""><th></th></td<> | | | | | | | | | | | | |
|-----------------|--------|--|-----------|---------------|---------|-----------|-----------------|---------------|-------------------|------------|-------------|---------|--------------|--|
| | Ramp | S | hallow Er | nd | | Lap I | Lanes | |] | Lap Lane: | s/Dive We | ell | | |
| | Kamp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | | |
| Before Hours | | | Masters | s (3 lanes) 5 | 5am-6am | | Mar | lins (6 lane | s) 4:55 - 6:2 | 25 am | | | Before Hours | |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM | |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM | |
| 7:30 AM | | | | | | | | | | | | | 7:30 AM | |
| 8:00 AM | | | | | | | | | | | | | 8:00 AM | |
| 8:30 AM | | | | | | | | | | | | | 8:30 AM | |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM | |
| 9:30 AM | SL | | Wator | Ex Close | | | | | | | | | 9:30 AM | |
| 10:00 AM | | | water | EX CIASS | | | | | | | | | 10:00 AM | |
| 10:30 AM | | | | | | | | | | | | | 10:30 AM | |
| 11:00 AM | | | | | | | | | | | | | 11:00 AM | |
| 11:30 AM | | | | | | | | | | | | | 11:30 AM | |
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| 12:30 PM | | | | | | | | | | | | | 12:30 PM | |
| 1:00 PM | | | | | | | | | | | | | 1:00 PM | |
| 1:30 PM | | | | | | | | | | | | | 1:30 PM | |
| 2:00 PM | Swim I | Lessons | | | | | | | | | | | 2:00 PM | |
| 2:30 PM | | | | | | | | | | | Courier 1 | Lessons | 2:30 PM | |
| 3:00 PM | | | | | | | | | | | Swim | Lessons | 3:00 PM | |
| 3:30 PM | | | | | | | | | | | | | 3:30 PM | |
| 4:00 PM | | | | | | | | | | | | | 4:00 PM | |
| 4:30 PM | | | | | | | | | | | | | 4:30 PM | |
| 5:00 PM | | | | | | | | | | 1 | Water Exerc | ise | 5:00 PM | |
| 5:30 PM | | | • | | | Maulius | | (20.2.1 | 1- (7 20) | | | | 5:30 PM | |
| 6:00 PM | Swi | m Lessons | and | | | Mariins 4 | 1:30 - 7:30 (5) | 28 3 lanes on | lly 6-7:30J | | | | 6:00 PM | |
| 6:30 PM | W | ater Exerci | se | | | | | | | | 6:30 PM | | | |
| 7:00 PM | | | | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | NCAD 7.20 | 0.20 (N | 7:30 PM | | | |
| 8:00 PM | | | | | | | | | NCAP 7:30 | - 8:30 (NO | 8:00 PM | | | |
| 8:30 PM | | | | | | | | | | | | | | |
| 9:00 PM | Dame | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM | |
| | Ramp | S | hallow Er | nd | | Lap | Lanes | | | Lap Lane | s/Dive We | ell | | |

George Washington Rec Center

Lap Lane Calendar

May 18 - 31

Fairfax County Authority

WEDNESDAY

| LEG | END | Recreati | onal Play/Sv | wim/Dive | Lap | Swim / Wate | $ \begin{array}{ c c c c c } \hline \\ \hline $ | | | | | | | |
|-----------------|--------|-----------|--------------|--------------|-----------|-------------|---|-------------|---------------------------|--------------------|---|---------|--------------|--|
| | Ramp | S | hallow Er | nd | | Lap l | Lanes | | J | Lap Lanes | ap Lanes/Dive Well 7 8 0.5 3 4:55 - 6:25 am | | | |
| | Kamp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | | |
| Before Hours | | | NCAP (4. | 5 lanes) 5:0 | 0-6:00 am | | | Marli | - ns (5.5 lane | - es) 4:55 - 6: | 25 am | - | Before Hours | |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM | |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM | |
| 7:30 AM | | | | | | | | | | г | loon Waton | Ex | 7:30 AM | |
| 8:00 AM | | | | | | | | | | ן י | beep water | EX | 8:00 AM | |
| 8:30 AM | | Ch | allow Wate | n Fw | | | | | | | | | 8:30 AM | |
| 9:00 AM | | 5116 | anow water | | | | | | | | | | 9:00 AM | |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM | |
| 10:00 AM | SL | Sharad S | pace with sw | im classos | | | | | | Doon | Notor Ex | | 10:00 AM | |
| 10:30 AM | | Shareu Sj | pace with sw | IIII Classes | | | | | | Deep | valer Ex | | 10:30 AM | |
| 11:00 AM | | | | | | | | | | | | | | |
| 11:30 AM | | A ret | hritis Wate | n Ev | | | | | | | 11:30 AM | | | |
| 12:00 PM | | AIL | in itis wate | ILX | | | | | | | 12:00 PM | | | |
| 12:30 PM | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | 1:00 PM | |
| 1:30 PM | | | | | | | | | | | | | 1:30 PM | |
| 2:00 PM | Swim I | Lessons | | | | | | | | | | | 2:00 PM | |
| 2:30 PM | | | | | | | | | | | Swim | acconc | 2:30 PM | |
| 3:00 PM | | | | | | | | Marlins 3 | 3:00-4:00 | | Swiii | Lessons | 3:00 PM | |
| 3:30 PM | | | | | | | | (No swi | m 5/29) | | | | 3:30 PM | |
| 4:00 PM | | | | | | | | Morlin | a 4.15 5.1 | | m E /20) | | 4:00 PM | |
| 4:30 PM | | | | | | | | Maim | 8 4:15 - 5:1 | | iii 5/29J | | 4:30 PM | |
| 5:00 PM | | | | | | | | | NCAD 5.1 | 5-6-15 (No. | swim 5 /20) | | 5:00 PM | |
| 5:30 PM | | | | | | | | | NCAF 5.1. | 5-0.13 (NU | swiii 5/29j | | 5:30 PM | |
| 6:00 PM | | | | | | | | | NC | AD 6.15 7.00 |) (No swim 5 | /20) | 6:00 PM | |
| 6:30 PM | | | | | | | | | NC/ | AF 0:15-7:00 | 6:30 PM | | | |
| 7:00 PM | | | | | | | | | | | 7:00 PM | | | |
| 7:30 PM | | | | | | |] | Marlins 7:0 | 0 - 8:30 <mark>(No</mark> | swim 5/2 | 7:30 PM | | | |
| 8:00 PM | | | | | | | | | | | 8:00 PM | | | |
| 8:30 PM | | | | | | | | | | | 8:30 PM | | | |
| 9:00 PM | Domn | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM | |
| | Ramp | S | hallow Er | nd | | Lap l | Lanes | |] | Lap Lanes | s/Dive We | 11 | | |

George Washington Rec Center Lap Lane Calendar May 18 - 31



THURSDAY

| LEG | END | Recreation | onal Play/Sv | - | - | - | er Walking (| - | | | lled program | S | |
|-----------------|---------|--|--------------|-------------|--------|-------------|--------------|-----------------|---------------|----------------------------|---|-----|--------------|
| | Ramp | S | hallow Er | nd | | Lap l | Lanes | | Ι | Lap Lanes | Image: Section of the section of th | | |
| _ | Kamp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before Hours | | | Masters | (3 lanes) 5 | am-6am | | Marl | ins (6 lanes | s) 4:55 - 6:2 | 25 am | | | Before Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | | | | 7:30 AM |
| 8:00 AM | | | | | | | | | | | | | 8:00 AM |
| 8:30 AM | | | | | | | | | | | | | 8:30 AM |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM |
| 9:30 AM | Carlan | | TAZ - A | | | | | | | | | | 9:30 AM |
| 10:00 AM | Swim | | water | Ex Class | | | | | | | | | 10:00 AM |
| 10:30 AM | Lessons | | | | | | | | | P | ower Finni | ng | 10:30 AM |
| 11:00 AM | | | | | | | | | | | | | 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 | Swim L | essons | | | | | | | | | | | 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 | | | | | | | | | | И | Vater Exerci | se | 5:00 PM |
| 5:30 PM | | Water I | Exercise | | | Marlins 4 | | /30 3 lanes on | dv 6-7·30) | | | | 5:30 PM |
| 6:00 PM | | | | | | Mai IIII3 4 | | 55 5 Julies Oli | | | | | 6:00 PM |
| 6:30 PM | | | | | | | | | | NCAP 6-7:30 (No swim 5/30) | | | 6:30 PM |
| 7:00 PM | | | | | | | | | | | | | 7:00 PM |
| 7:30 PM | | Swim I | essons | | | | | | NCAP 7.30 | - 8·30 (No | 7:30 PM | | |
| 8:00 PM | | 5will I | 10330113 | | | | | | 1011 7.50 | 0.50 (10) | 8:00 PM | | |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM |
| 9:00 PM | Damp | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM |
| | Ramp | Swim Lessons Image: Constraint of the second s | | | | | | | | | | | |

George Washington Rec Center Lap Lane Calendar

May 18 - 31

Fairfax County Authority

FRIDAY

| LEGEND | | Recreational Play/Swim/Dive | | | Lap Swim / Water Walking ONLY | | | | FCPA scheduled programs | | | | |
|-----------------|------|-------------------------------|-------------|---------------|-------------------------------|---|--------------------------------------|---|-------------------------|---------------|----------|-----|--------------|
| | Ramp | Shallow End | | | Lap Lanes | | | | Lap Lanes/Dive Well | | | | |
| | | 0.5 | Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | |
| Before Hours | | NCAP (4.5 lanes) 5:00-6:00 am | | | | | | | | | | | Before Hours |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | Deep Water Ex | | | 7:30 AM |
| 8:00 AM | | | | | | | | | | Deep water Ex | | | 8:00 AM |
| 8:30 AM | | Sh | allow Wate | r Fy | | | | | | | | | 8:30 AM |
| 9:00 AM | | 511 | | | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | Deep Water Ex | | | 9:30 AM |
| 10:00 AM | | Shared Sn | ace with su | wim classes | | | | | | | | | 10:00 AM |
| 10:30 AM | | Sharcu Sp | | viiii classes | | | | | | | | | 10:30 AM |
| 11:00 AM | | | | | | | | | | | 11:00 AM | | |
| 11:30 AM | | Art | hritis Wate | or Fy | | | | | | | | | 11:30 AM |
| 12:00 PM | | AI UII ILIS WALEI EX | | | | | | | | | | | 12:00 PM |
| 12:30 PM | | | | | | | | | | | | | 12:30 PM |
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| 3:00 PM | | | | | | | | | | | | | 3:00 PM |
| 3:30 PM | | | | | | | | | | | | | 3:30 PM |
| 4:00 PM | | | | | | | | | | | | | 4:00 PM |
| 4:30 PM | | | | | | | Marlins 4:30p-6:00pm (Last day 5/24) | | | | | | 4:30 PM |
| 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 | | | | | | | | | | | | | 7:00 PM |
| 7:30 PM | | | | | | | | | | | | | 7:30 PM |
| 8:00 PM | | | | | | | | | | | | | 8:00 PM |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM |
| 9:00 PM | Ramp | 0.5 Full 1 | | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 0.5 | 9:00 PM |
| | nump | S | Shallow Er | nd | Lap Lanes | | | | Lap Lanes/Dive Well | | | | |