



# May 2024

### COMPETITION POOL CALENDAR

SUNDAY (9am-6pm)	MONDAY (6:30am-9pm)	TUESDAY (6:30am-9pm)	WEDNESDAY (6:30am-9pm)	THURSDAY (6:30am-9pm)	FRIDAY (6:30am-9pm)	SATURDAY (9am-6pm)
			1 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	2 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	3 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	4 SWIM CLASSES 9AM-2PM LIMITED LANES
5 SWIM CLASSES 9AM-1PM LIMITED LANES  NO SHALLOW SPACE 2PM-3:15PM	6 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	7 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	8 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	9 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	10 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	11 SWIM CLASSES 9AM-2PM LIMITED LANES
12 SWIM CLASSES 9AM-1PM LIMITED LANES  NO SHALLOW SPACE 2PM-3:15PM	13 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	14 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	15 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	16 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	17 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	18 SWIM CLASSES 9AM-2PM LIMITED LANES
19 SWIM CLASSES 9AM-1PM LIMITED LANES  NO SHALLOW SPACE 2PM-3:15PM	20 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	21 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	22 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	23 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	24 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	25 No Classes POOL OPEN 9AM-6PM
26 No Classes POOL OPEN 9AM-6PM	27 No Classes POOL AND REC CENTER OPEN 6:30AM-6PM	28 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	29 NO SHALLOW SPACE 10AM-11AM 5PM-8:30PM LIMITED LANES 4PM-9PM	30 NO SHALLOW SPACE 9AM-10AM 5PM-8:30PM LIMITED LANES 4PM-9PM	31 NO SHALLOW SPACE 5PM-8:30PM LIMITED LANES 5:30PM-9PM	

### 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 be under direct supervision of an 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

# Cub Run Rec Center

MONDAY May 11-24 2024

**No swim lessons May 27 Special hours May 27 6:30am-6:00pm**

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>				
	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
6:30 AM												6:30 AM
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3:30 PM												3:30 PM
4:00 PM								Marlins 4-5:30pm				4:00 PM
4:30 PM												4:30 PM
5:00 PM	FCPA lessons 5-9pm							Marlins 5:30-9pm				5:00 PM
5:30 PM												5:30 PM
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9:00 PM	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9:00 PM
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>				
<b>Pool Closes at 9:00 PM</b>												

# Cub Run Rec Center

## TUESDAY May 11-24 2024 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs																
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>												
	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>									
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8:30 AM												8:30 AM								
9:00 AM	<b>Arthritis Aerobics (9am-9:55am)</b>											9:00 AM								
9:30 AM												9:30 AM								
10:00 AM									<b>Deep Water Aerobics (10am-10:55am)</b>			10:00 AM								
10:30 AM												10:30 AM								
11:00 AM												11:00 AM								
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3:30 PM												3:30 PM								
4:00 PM								<b>Marlins 4-5:30pm</b>				4:00 PM								
4:30 PM												4:30 PM								
5:00 PM	<b>FCPA lessons 5-9pm</b>							<b>Marlins 5:30-8pm</b>				5:00 PM								
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6:00 PM																				6:00 PM
6:30 PM																				
7:00 PM																7:00 PM				
7:30 PM																7:30 PM				
8:00 PM					<b>FCPA lessons 8-9pm</b>			<b>Streamline (8-9:30)</b>								8:00 PM				
8:30 PM																		8:30 PM		
9:00 PM	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9:00 PM								
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>												
<b>Pool Closes at 9:00 PM</b>																				

# Cub Run Rec Center

## WEDNESDAY May 11-24 2024 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs														
		<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>									
		<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>						
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10:00 AM		water exercise 10am-10:55am											10:00 AM					
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4:00 PM									Marlins 4-5:30pm				4:00 PM					
4:30 PM									Marlins 4-5:30pm				4:30 PM					
5:00 PM		FCPA lessons 5-9pm							Marlins 5:30-9pm				5:00 PM					
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9:00 PM		<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9:00 PM					
		<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>									
<b>Pool Closes at 9:00 PM</b>																		

# Cub Run Rec Center

## THURSDAY May 11-24 2024 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs														
		<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>									
		<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>						
6:30 AM													6:30 AM					
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8:30 AM													8:30 AM					
9:00 AM		<b>Arthritis Aerobics (9am-9:55am)</b>											9:00 AM					
9:30 AM															9:30 AM			
10:00 AM										<b>Deep Water Aerobics (10am-10:55am)</b>			10:00 AM					
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3:30 PM													3:30 PM					
4:00 PM									<b>Marlins 4-5:30pm</b>				4:00 PM					
4:30 PM																4:30 PM		
5:00 PM		<b>FCPA lessons 5-9pm</b>							<b>Marlins 5:30-8pm</b>				5:00 PM					
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7:00 PM																		7:00 PM
7:30 PM												7:30 PM						
8:00 PM								<b>FCPA lessons 8-9pm</b>		<b>Streamline (8-9:30)</b>			8:00 PM					
8:30 PM																8:30 PM		
9:00 PM		<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9:00 PM					
		<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>									
<b>Pool Closes at 9:00 PM</b>																		

# Cub Run Rec Center

## FRIDAY May 11-24 2024 2024

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs															
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>											
	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>								
6:30 AM												6:30 AM							
7:00 AM												7:00 AM							
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8:30 AM												8:30 AM							
9:00 AM												9:00 AM							
9:30 AM												9:30 AM							
10:00 AM	<b>FCPA swim lessons 10a-1pm</b>											10:00 AM							
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				<b>FCPA swim lessons 1-2pm</b>								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						<b>Marlins (4pm-5:30pm)</b>					4:00 PM								
4:30 PM																4:30 PM			
5:00 PM					<b>FCPA swim lessons</b>							5:00 PM							
5:30 PM													5:30 PM						
6:00 PM	<b>FCPA swim lessons</b>					<b>FCPA swim lessons</b>		<b>FCPA swim lessons 6-8pm</b>				6:00 PM							
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8:00 PM												8:00 PM							
8:30 PM												8:30 PM							
9:00 PM	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9:00 PM							
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>											
<b>Pool Closes at 9:00 PM</b>																			

# Cub Run Rec Center

**SATURDAY May 11-24 2024 (no swim lessons May 25)**

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs										
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>						
	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>			
9:00 AM	FCPA swim lessons 9a-1:30p					FCPA swim lessons 9a-2:00pm						9:00 AM		
9:30 AM												9:30 AM		
10:00 AM												10:00 AM		
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		FCPA adapted 2-3pm										2:00 PM		
2:30 PM												2:30 PM		
3:00 PM					FCPA adapted 3-5pm							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		
POOL CLOSES AT 6:00 PM														
6:00 PM	Foxfield (2 SC) 6-7pm		B & D swim (7 SC) 6-8pm							Streamline (2 SC) 6-8pm				6:00 PM
6:30 PM														6:30 PM
7:00 PM	7:00 PM													
7:30 PM	7:30 PM													
8:00 PM	<b>C</b>	<b>B</b>	<b>A</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	6:00 PM		
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>						
<b>Pool Closes at 6:00 PM</b>														

# Cub Run Rec Center

SUNDAY May 11-24 2024

(no swim lessons May 26)

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>				
	<b>A</b>	<b>B</b>	<b>C</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
9:00 AM	FCPA swim lessons 9a-1:30pm					FCPA swim lessons 9a-2:00pm						9:00 AM
9:30 AM				9:30 AM								
10:00 AM				10:00 AM								
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	FCPA adapted swim 2-4pm											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								Virginia Run (4 SC) 5-6pm				5:00 PM
5:30 PM												5:30 PM
POOL CLOSES TO PUBLIC AT 6PM												
6:00 PM	Sully Station (3 SC) 6-7pm			Sequoia Farms 6-7pm (4 SC)				Greenbriar (4 SC) 6-7pm				6:00 PM
6:30 PM												6:30 PM
7:00 PM	Armfield Farms (3 SC) 7-8pm			Brookfield (4 SC) 7-8pm				Poplar Tree (4 SC) 7pm-8pm				7:00 PM
7:30 PM												7:30 PM
8:00 PM	<b>C</b>	<b>B</b>	<b>A</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	6:00 PM
	<b>Shallow Lanes</b>			<b>Lap Lanes</b>				<b>Dive Well</b>				
Pool Closes at 6:00 PM												