



## Adapted Aquatics Class Schedule – Winter 2025

\*All programs require pre-registration through Parktakes. Times listed are not individual class times but a series of classes. Registration is required for each class session. If you are unsure what time your registered class is, please call 703-222-4664\*

***Inclement Weather*** - The Fairfax County Park Authority will announce weather-related closures on its [website](#), on the Inclement Weather Line (703-324-8661), and through social media ([Twitter](#) and [Facebook](#)).

***FCPA & Special Olympics Virginia Swim Meets: (For Swim Team Int and Adv)***

- March 1, 2025 – Oakmont Rec Center
- April 6, 2025 – Claude Moore Rec
- April 27, 2025 – George Mason University
- June 6-8, 2025 – University of Richmond

<p style="text-align: center;">Audrey Moore Friday Aqua Fit Phys. Disabilities – 11:00-11:45a Instructor: David</p> <table border="0"> <tr><td>Class 1</td><td>10-Jan</td></tr> <tr><td>Class 2</td><td>17-Jan</td></tr> <tr><td>Class 3</td><td>24-Jan</td></tr> <tr><td>Class 4</td><td>31-Jan</td></tr> <tr><td>Class 5</td><td>7-Feb</td></tr> <tr><td>Class 6</td><td>14-Feb</td></tr> <tr><td>Class 7</td><td>21-Feb</td></tr> <tr><td>Class 8</td><td>28-Feb</td></tr> </table>	Class 1	10-Jan	Class 2	17-Jan	Class 3	24-Jan	Class 4	31-Jan	Class 5	7-Feb	Class 6	14-Feb	Class 7	21-Feb	Class 8	28-Feb	<p style="text-align: center;">Franconia Wednesday Swim Team Adv – 7:00-7:55p Instructor: Lucia</p> <table border="0"> <tr><td>Class 1</td><td>8-Jan</td></tr> <tr><td>Class 2</td><td>15-Jan</td></tr> <tr><td>Class 3</td><td>22-Jan</td></tr> <tr><td>Class 4</td><td>29-Jan</td></tr> <tr><td>Class 5</td><td>5-Feb</td></tr> <tr><td>Class 6</td><td>12-Feb</td></tr> <tr><td>Class 7</td><td>19-Feb</td></tr> <tr><td>Class 8</td><td>26-Feb</td></tr> </table>	Class 1	8-Jan	Class 2	15-Jan	Class 3	22-Jan	Class 4	29-Jan	Class 5	5-Feb	Class 6	12-Feb	Class 7	19-Feb	Class 8	26-Feb	<p style="text-align: center;">Spring Hill Sunday Aqua Fit Phys. Disabilities – 3:30-4:15p Aqua Fit Phys. Disabilities – 4:15-5:00p Aqua Fit Phys. Disabilities – 5:00-5:45p Instructor: Bryna</p> <table border="0"> <tr><td>Class 1</td><td>5-Jan</td></tr> <tr><td>Class 2</td><td>12-Jan</td></tr> <tr><td><b>No Class</b></td><td><b>19-Jan</b></td></tr> <tr><td>Class 3</td><td>26-Jan</td></tr> <tr><td><b>No Class</b></td><td><b>2-Feb</b></td></tr> <tr><td>Class 4</td><td>9-Feb</td></tr> <tr><td><b>No Class</b></td><td><b>16-Feb</b></td></tr> <tr><td>Class 5</td><td>23-Feb</td></tr> </table>	Class 1	5-Jan	Class 2	12-Jan	<b>No Class</b>	<b>19-Jan</b>	Class 3	26-Jan	<b>No Class</b>	<b>2-Feb</b>	Class 4	9-Feb	<b>No Class</b>	<b>16-Feb</b>	Class 5	23-Feb
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<p style="text-align: center;">Providence Sunday Adapted 2 – 11:00-11:30a Adapted 3 – 11:35-12:05p Basic Strokes – 12:15-1:00p Instructor: Holly</p> <table border="0"> <tr><td>Class 1</td><td>5-Jan</td></tr> <tr><td>Class 2</td><td>12-Jan</td></tr> <tr><td>Class 3</td><td>19-Jan</td></tr> <tr><td>Class 4</td><td>26-Jan</td></tr> <tr><td>Class 5</td><td>2-Feb</td></tr> <tr><td>Class 6</td><td>9-Feb</td></tr> <tr><td>Class 7</td><td>16-Feb</td></tr> <tr><td>Class 8</td><td>23-Feb</td></tr> </table>	Class 1	5-Jan	Class 2	12-Jan	Class 3	19-Jan	Class 4	26-Jan	Class 5	2-Feb	Class 6	9-Feb	Class 7	16-Feb	Class 8	23-Feb	<p style="text-align: center;">South Run Sunday Preschoolers – 12:15-12:45p Adapted 1 – 12:55-1:25p Adapted 2 – 1:35-2:05p Instructor: Brooke</p> <table border="0"> <tr><td>Class 1</td><td>5-Jan</td></tr> <tr><td>Class 2</td><td>12-Jan</td></tr> <tr><td>Class 3</td><td>19-Jan</td></tr> <tr><td><b>No Class</b></td><td><b>26-Jan</b></td></tr> <tr><td>Class 4</td><td>2-Feb</td></tr> <tr><td>Class 5</td><td>9-Feb</td></tr> <tr><td>Class 6</td><td>16-Feb</td></tr> <tr><td>Class 7</td><td>23-Feb</td></tr> </table>	Class 1	5-Jan	Class 2	12-Jan	Class 3	19-Jan	<b>No Class</b>	<b>26-Jan</b>	Class 4	2-Feb	Class 5	9-Feb	Class 6	16-Feb	Class 7	23-Feb	<p style="text-align: center;">Cub Run Sunday Adapted 1 – 2:00-2:30p Adapted 2 – 2:35-3:05p Lap Swim – 3:15-4:00p Instructor: Natalie</p> <table border="0"> <tr><td>Class 1</td><td>5-Jan</td></tr> <tr><td>Class 2</td><td>12-Jan</td></tr> <tr><td>Class 3</td><td>19-Jan</td></tr> <tr><td>Class 4</td><td>26-Jan</td></tr> <tr><td>Class 5</td><td>2-Feb</td></tr> <tr><td>Class 6</td><td>9-Feb</td></tr> <tr><td>Class 7</td><td>16-Feb</td></tr> <tr><td>Class 8</td><td>23-Feb</td></tr> </table>	Class 1	5-Jan	Class 2	12-Jan	Class 3	19-Jan	Class 4	26-Jan	Class 5	2-Feb	Class 6	9-Feb	Class 7	16-Feb	Class 8	23-Feb
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Oakmont  
Saturday

Preschoolers – 9:20-9:50a  
Adapted 1 – 10:00-10:30a  
Adapted 2 – 10:40-11:10a  
Adapted 3 – 11:20-11:50a  
Teens – 12:00-12:30p  
Basic Strokes – 12:40p-1:25p  
Instructor: Fred

Class 1	4-Jan
Class 2	11-Jan
Class 3	18-Jan
Class 4	25-Jan
Class 5	1-Feb
Class 6	8-Feb
Class 7	15-Feb
Class 8	22-Feb

South Run  
Saturday

Adapted 1 – 9:05-9:35a  
Adapted 2 – 9:45-10:15a  
Adapted 3 – 10:25-10:55a  
Teens – 11:05-11:35a  
Preschoolers – 11:45-12:15p  
Instructor: Jaclynn

Class 1	4-Jan
Class 2	11-Jan
Class 3	18-Jan
<b>No Class</b>	<b>25-Jan</b>
Class 4	1-Feb
Class 5	8-Feb
Class 6	15-Feb
Class 7	22-Feb

Cub Run  
Saturday  
Basic Strokes – 2:00-2:45p  
Instructor: Murali

Class 1	4-Jan
Class 2	11-Jan
Class 3	18-Jan
Class 4	25-Jan
<b>No Class</b>	<b>1-Feb</b>
Class 5	8-Feb
Class 6	15-Feb
Class 7	22-Feb

George Washington  
Saturday

Preschoolers – 11:40-12:10p  
Adapted 1 – 12:20-12:50p  
Adapted 2 – 1:00-1:30p  
Instructor: Meghan

Class 1	4-Jan
Class 2	11-Jan
Class 3	18-Jan
Class 4	25-Jan
Class 5	1-Feb
Class 6	8-Feb
Class 7	15-Feb
Class 8	22-Feb

Spring Hill  
Saturday

Basic Strokes – 12:00-12:45p  
Instructor: Judy & Deborah

Class 1	11-Jan
Class 2	18-Jan
Class 3	25-Jan
<b>No Class</b>	<b>1-Feb</b>
Class 4	8-Feb
Class 5	15-Feb
Class 6	22-Feb

Audrey Moore  
Saturday

Basic Strokes – 12:00-12:45p  
Instructor: John & John

Class 1	4-Jan
Class 2	11-Jan
<b>No Class</b>	<b>18-Jan</b>
Class 3	25-Jan
<b>No Class</b>	<b>1-Feb</b>
Class 4	8-Feb
Class 5	15-Feb
Class 6	22-Feb

Spring Hill  
Saturday

Swim Team Int – 1:00-1:55p  
Swim Team Adv – 2:00-2:55p  
Instructor: Judy & Deborah

Class 1	11-Jan
Class 2	18-Jan
Class 3	25-Jan
<b>No Class</b>	<b>1-Feb</b>
Class 4	8-Feb
Class 5	15-Feb
Class 6	22-Feb
<b>Swim Meet</b>	<b>1-Mar</b>
Class 8	8-Mar
Class 9	15-Mar
Class 10	22-Mar
Class 11	29-Mar
<b>Swim Meet</b>	<b>6-Apr</b>
Class 13	12-Apr
<b>No Class</b>	<b>19-Apr</b>
<b>Swim Meet</b>	<b>27-Apr</b>
Class 15	3-May
Class 16	10-May
Class 17	17-May
<b>No Class</b>	<b>24-May</b>
Class 18	31-May
<b>Swim Meet</b>	<b>6-8-Jun</b>

Cub Run  
Saturday

Swim Team Int – 3:00-3:55p  
Swim Team Adv – 4:00-4:55p  
Instructor: Murali

Class 1	4-Jan
Class 2	11-Jan
Class 3	18-Jan
Class 4	25-Jan
<b>No Class</b>	<b>1-Feb</b>
Class 5	8-Feb
Class 6	15-Feb
Class 7	22-Feb
<b>Swim Meet</b>	<b>1-Mar</b>
Class 9	8-Mar
Class 10	15-Mar
Class 11	22-Mar
Class 12	29-Mar
<b>Swim Meet</b>	<b>6-Apr</b>
Class 14	12-Apr
<b>No Class</b>	<b>19-Apr</b>
<b>Swim Meet</b>	<b>27-Apr</b>
Class 16	3-May
Class 17	10-May
Class 18	17-May
<b>No Class</b>	<b>24-May</b>
Class 19	31-May
<b>Swim Meet</b>	<b>6-8-Jun</b>

Oakmont  
Sunday

Swim Team Adv – 1:00-1:55p  
Swim Team Int – 2:00-2:55p  
Swim Team Adv – 3:00-3:55p  
Instructor: Lucia & Dan

Class 1	5-Jan
Class 2	12-Jan
Class 3	19-Jan
Class 4	26-Jan
Class 5	2-Feb
Class 6	9-Feb
Class 7	16-Feb
Class 8	23-Feb
<b>Swim Meet</b>	<b>1-Mar</b>
Class 10	9-Mar
Class 11	16-Mar
Class 12	23-Mar
<b>No Class</b>	<b>30-Mar</b>
<b>Swim Meet</b>	<b>6-Apr</b>
Class 14	13-Apr
<b>No Class</b>	<b>20-Apr</b>
<b>Swim Meet</b>	<b>27-Apr</b>
Class 16	4-May
Class 17	11-May
Class 18	18-May
<b>No Class</b>	<b>25-May</b>
Class 19	1-Jun
<b>Swim Meet</b>	<b>6-8-Jun</b>

Audrey Moore  
Saturday

Swim Team Adv – 1:00-1:55p

Swim Team Int – 2:00-2:55p

Instructor: John & John

Class 1	4-Jan
Class 2	11-Jan
<b>No Class</b>	<b>18-Jan</b>
Class 3	25-Jan
<b>No Class</b>	<b>1-Feb</b>
Class 4	8-Feb
Class 5	15-Feb
Class 6	22-Feb
<b>Swim Meet</b>	<b>1-Mar</b>
Class 8	8-Mar
Class 9	15-Mar
Class 10	22-Mar
Class 11	29-Mar
<b>Swim Meet</b>	<b>6-Apr</b>
Class 13	12-Apr
<b>No Class</b>	<b>19-Apr</b>
<b>Swim Meet</b>	<b>27-Apr</b>
Class 15	3-May
Class 16	10-May
Class 17	17-May
<b>No Class</b>	<b>24-May</b>
Class 18	31-May
<b>Swim Meet</b>	<b>6-8-Jun</b>

Franconia  
Saturday

Swim Team Int – 2:00-2:55p

Swim Team Adv – 3:00-3:55p

Instructor: Elizabeth & Heather

Class 1	4-Jan
<b>No Class</b>	<b>11-Jan</b>
Class 2	18-Jan
Class 3	25-Jan
Class 4	1-Feb
Class 5	8-Feb
Class 6	15-Feb
Class 7	22-Feb
<b>Swim Meet</b>	<b>1-Mar</b>
Class 9	8-Mar
Class 10	15-Mar
Class 11	22-Mar
Class 12	29-Mar
<b>Swim Meet</b>	<b>6-Apr</b>
Class 14	12-Apr
<b>No Class</b>	<b>19-Apr</b>
<b>Swim Meet</b>	<b>27-Apr</b>
Class 16	3-May
Class 17	10-May
Class 18	17-May
<b>No Class</b>	<b>24-May</b>
Class 19	31-May
<b>Swim Meet</b>	<b>6-8-Jun</b>