

Adapted Aquatics Class Schedules - Fall 2020

* If you are unsure what time your registered class is, please call 703-222-4664*

Please remember to do these things to ensure our RECenters are safe for everyone:

- Stay home if you are sick, or if you had contact with someone with suspected or confirmed COVID-19 within the past 14 days.
- Wear a face covering or mask when entering and moving about within the RECenter. A mask is not required during swim lessons.
- Practice social distancing.
- Wipe down equipment before and after use.
- Wash your hands frequently with soap and water.
- And follow marked footprints and other directional signs to help ensure safe distances from others.

South Run Saturday	South Run Sunday	Oak Marr Saturday	Cub Run Sunday
Adapted 1 - 9:05 – 9:35 Adapted 2 - 9:50-10:20 Adapted 3 - 10:30-11:00 Teens - 11:15-11:45 Instructor: Meg	Preschoolers 12:15-12:45 Adapted 1 - 1:00 – 1:30 Adapted 2 - 1:45-2:15 Instructor: MJ	Preschoolers: 9:00-9:30 Adapted Swim 1: 9:45-10:15 Adapted Swim 2: 10:30-11:00 Adapted Swim 3: 11:15-11:45 Instructor: Meredith & Fred	Adapted 2 - 2:45-3:00 Deep Water - 3:15-3:45 Instructor: Thomas
Session 1	Session 1	Session 1	Session 1
Class 1 Sept 12	Class 1 Sept 13	Class 1 Sept 12	Class 1 Sept 13
Class 2 Sept 19	Class 2 Sept 20	Class 2 Sept 19	Class 2 Sept 20
Class 3 Sept 26	Class 3 Sept 27	Class 3 Sept 26	Class 3 Sept 27
Class 4 Oct 3	Class 4 Oct 4	Class 4 Oct 3	Class 4 Oct 4
Class 5 Oct 10	Class 5 Oct 11	Class 5 Oct 10	Class 5 Oct 11
Class 6 Oct 17	Class 6 Oct 18	Class 6 Oct 17	Class 6 Oct 18
Session 2	Session 2	Session 2	Session 2
Class 1 Nov 7	Class 1 Nov 8	Class 1 Nov 7	Class 1 Nov 8
Class 2 Nov 14	Class 2 Nov 15	Class 2 Nov 14	Class 2 Nov 15
Class 3 Nov 21	Class 3 Nov 22	*NO CLASS* Nov 21	Class 3 Nov 22
NO CLASS Nov 28	*NO CLASS* Nov 29	*NO CLASS* Nov 28	*NO CLASS* Nov 29
Class 4 Dec 5	Class 4 Dec 6	Class 3 Dec 5	Class 4 Dec 6
Class 5 Dec 12	Class 5 Dec 13	Class 4 Dec 12	Class 5 Dec 13

<p style="text-align: center;">Providence Sunday Adapted Swim 2: 11:45-12:15 Intro to Basic Strokes: 12:30-1:00 Instructor: Holly</p> <table border="0"> <tr><td>Class 1</td><td>Sept 13</td></tr> <tr><td>Class 2</td><td>Sept 20</td></tr> <tr><td>Class 3</td><td>Sept 27</td></tr> <tr><td>Class 4</td><td>Oct 4</td></tr> <tr><td>*NO CLASS*</td><td>Oct 11</td></tr> <tr><td>Class 5</td><td>Oct 18</td></tr> <tr><td>Class 6</td><td>Oct 25</td></tr> </table>	Class 1	Sept 13	Class 2	Sept 20	Class 3	Sept 27	Class 4	Oct 4	*NO CLASS*	Oct 11	Class 5	Oct 18	Class 6	Oct 25	<p style="text-align: center;">Lee District Saturday 1:00-1:45 2:00-2:45 3:00-3:45 Instructor: Elizabeth & Jenni</p> <table border="0"> <tr><td>Class 1</td><td>Sept 19</td></tr> <tr><td>Class 2</td><td>Sept 26</td></tr> <tr><td>Class 3</td><td>Oct 3</td></tr> <tr><td>Class 4</td><td>Oct 10</td></tr> <tr><td>*NO CLASS*</td><td>Oct 17</td></tr> <tr><td>Class 5</td><td>Oct 24</td></tr> <tr><td>Class 6</td><td>Oct 31</td></tr> <tr><td>Class 7</td><td>Nov 7</td></tr> <tr><td>Class 8</td><td>Nov 14</td></tr> </table>	Class 1	Sept 19	Class 2	Sept 26	Class 3	Oct 3	Class 4	Oct 10	*NO CLASS*	Oct 17	Class 5	Oct 24	Class 6	Oct 31	Class 7	Nov 7	Class 8	Nov 14	<p style="text-align: center;">Lee District Wednesday 7:00 -7:55pm Instructor: Lucia</p> <table border="0"> <tr><td>Class 1</td><td>Sept 9</td></tr> <tr><td>Class 2</td><td>Sept 16</td></tr> <tr><td>Class 3</td><td>Sept 23</td></tr> <tr><td>Class 4</td><td>Sept 30</td></tr> <tr><td>Class 5</td><td>Oct 7</td></tr> <tr><td>Class 6</td><td>Oct 14</td></tr> <tr><td>Class 7</td><td>Oct 21</td></tr> <tr><td>Class 8</td><td>Oct 28</td></tr> <tr><td>Class 9</td><td>Nov 4</td></tr> <tr><td>*NO CLASS*</td><td>Nov 11</td></tr> <tr><td>Class 10</td><td>Nov 18</td></tr> </table>	Class 1	Sept 9	Class 2	Sept 16	Class 3	Sept 23	Class 4	Sept 30	Class 5	Oct 7	Class 6	Oct 14	Class 7	Oct 21	Class 8	Oct 28	Class 9	Nov 4	*NO CLASS*	Nov 11	Class 10	Nov 18
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