



September 2021

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 POOL CLOSED FOR ANNUAL MAINTENANCE	2 POOL CLOSED FOR ANNUAL MAINTENANCE	3 POOL CLOSED FOR ANNUAL MAINTENANCE	4 POOL CLOSED FOR ANNUAL MAINTENANCE
5 POOL CLOSED FOR ANNUAL MAINTENANCE	6 POOL CLOSED FOR ANNUAL MAINTENANCE	7 POOL CLOSED FOR ANNUAL MAINTENANCE	8 POOL CLOSED FOR ANNUAL MAINTENANCE	9 POOL CLOSED FOR ANNUAL MAINTENANCE	10 POOL CLOSED FOR ANNUAL MAINTENANCE	11 SWIM CLASSES 9AM-1PM LIMITED LANES 9AM-1PM
12 SWIM CLASSES 9AM-1PM LIMITED LANES 9AM-1PM NO SHALLOW SPACE 2PM-3:15PM	13 LIMITED LANES 5PM-8PM	14 NO SHALLOW SPACE 9AM-10AM LIMITED LANES 5PM-8PM	15 LIMITED LANES 5PM-8PM	16 NO SHALLOW SPACE 9AM-10AM LIMITED LANES 5PM-8PM	17 LIMITED LANES 5PM-8PM	18 SWIM CLASSES 9AM-1PM LIMITED LANES 9AM-1PM
19 SWIM CLASSES 9AM-1PM LIMITED LANES 9AM-1PM NO SHALLOW SPACE 2PM-3:15PM	20 LIMITED LANES 5PM-8PM	21 NO SHALLOW SPACE 9AM-10AM LIMITED LANES 5PM-8PM	22 LIMITED LANES 5PM-8PM	23 NO SHALLOW SPACE 9AM-10AM LIMITED LANES 5PM-8PM	24 LIMITED LANES 5PM-8PM	25 SWIM CLASSES 9AM-1PM LIMITED LANES 9AM-1PM
26 SWIM CLASSES 9AM-1PM LIMITED LANES 9AM-1PM NO SHALLOW SPACE 2PM-3:15PM	27 LIMITED LANES 5PM-8PM	28 NO SHALLOW SPACE 9AM-10AM LIMITED LANES 5PM-8PM	29 LIMITED LANES 5PM-8PM	30 NO SHALLOW SPACE 9AM-10AM LIMITED LANES 5PM-8PM		

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 RECenter

MONDAY
September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM								Centreville Swim Club (Until 7:15am)				6:30 AM
7:00 AM								Centreville Swim Club (7:15am-8:15am)				7:00 AM
7:30 AM								Centreville Swim Club (7:15am-8:15am)				7:30 AM
8:00 AM								Centreville Swim Club (7:15am-8:15am)				8:00 AM
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1:30 PM												1:30 PM
2:00 PM												2:00 PM
2:30 PM												2:30 PM
3:00 PM								Centreville Swim Club (3pm-4pm)				3:00 PM
3:30 PM								Centreville Swim Club (3pm-4pm)				3:30 PM
4:00 PM								Marlins (4:30pm-5:30pm)				4:00 PM
4:30 PM								Marlins (4:30pm-5:30pm)				4:30 PM
5:00 PM	FCPA Swim Classes (5pm-7:25pm)							Marlins (5:30pm-9pm)				5:00 PM
5:30 PM							5:30 PM					
6:00 PM							6:00 PM					
6:30 PM							6:30 PM					
7:00 PM	FCPA Swim Classes (7:30pm-8:30pm)						Marlins (5:30pm-9pm)				7:00 PM	
7:30 PM											7:30 PM	
8:00 PM											8:00 PM	
8:30 PM											8:30 PM	
9:00 PM	C	B	A	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run RECenter

TUESDAY
September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs									
	Shallow Lanes			Lap Lanes				Dive Well					
	A	B	C	1	2	3	4	5	6	7	8		
6:30 AM								Centreville Swim Club (Until 7:15am)				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	Arthritis Aerobics (9am-9:55am)											9:00 AM	
9:30 AM												9:30 AM	
10:00 AM								Deep Water Aerobics (10am-10:55am)				10:00 AM	
10:30 AM												10:30 AM	
11:00 AM												11:00 AM	
11:30 AM												11:30 AM	
12:00 PM								Masters (12pm-1pm)				12:00 PM	
12:30 PM												12:30 PM	
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2:00 PM												2:00 PM	
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3:30 PM												3:30 PM	
4:00 PM								Marlins (4pm-5:30pm)				4:00 PM	
4:30 PM												4:30 PM	
5:00 PM		FCPA Swim Lessons (5pm-9pm)							Marlins (5:30pm-7pm)				5:00 PM
5:30 PM												5:30 PM	
6:00 PM												6:00 PM	
6:30 PM								Marlins (7pm-8pm)				6:30 PM	
7:00 PM												7:00 PM	
7:30 PM								Streamline (8pm-9:30pm)				7:30 PM	
8:00 PM												8:00 PM	
8:30 PM												8:30 PM	
9:00 PM	C	B	A	1	2	3	4	5	6	7	8	9:00 PM	
	Shallow Lanes			Lap Lanes				Dive Well					
Pool Closes at 9:00 PM													

Cub Run RECenter

WEDNESDAY

September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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**.*

LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM								Centreville Swim Club (Until 7:15am)				6:30 AM
7:00 AM								Centreville Swim Club (7:15am-8:15am)				7:00 AM
7:30 AM								Centreville Swim Club (7:15am-8:15am)				7:30 AM
8:00 AM								Centreville Swim Club (7:15am-8:15am)				8:00 AM
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1:30 PM												1:30 PM
2:00 PM												2:00 PM
2:30 PM												2:30 PM
3:00 PM								Centreville Swim Club (3pm-4pm)				3:00 PM
3:30 PM								Centreville Swim Club (3pm-4pm)				3:30 PM
4:00 PM								Marlins (4:30pm-5:30pm)				4:00 PM
4:30 PM								Marlins (4:30pm-5:30pm)				4:30 PM
5:00 PM	FCPA Swim Classes (5pm-7:25pm)							Marlins (5:30pm-9pm)				5:00 PM
5:30 PM							5:30 PM					
6:00 PM							6:00 PM					
6:30 PM							6:30 PM					
7:00 PM	FCPA Swim Classes (7:30pm-8:30pm)						Marlins (5:30pm-9pm)				7:00 PM	
7:30 PM											7:30 PM	
8:00 PM											8:00 PM	
8:30 PM											8:30 PM	
9:00 PM	C	B	A	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run RECenter

THURSDAY
September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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LEGEND	Closed	Recreational Play/Swim/Dive	Lap Swim / Water Walking ONLY	FCPA Scheduled Programs								
	Shallow Lanes			Lap Lanes	Dive Well							
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM								Centreville Swim Club (Until 7:15am)				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	Arthritis Aerobics (9am-9:55am)											9:00 AM
9:30 AM												9:30 AM
10:00 AM								Deep Water Aerobics (10am-10:55am)				10:00 AM
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11:00 AM												11:00 AM
11:30 AM												11:30 AM
12:00 PM								Masters (12pm-1pm)				12:00 PM
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2:00 PM												2:00 PM
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3:00 PM												3:00 PM
3:30 PM												3:30 PM
4:00 PM								Marlins (4pm-5:30pm)				4:00 PM
4:30 PM												4:30 PM
5:00 PM		FCPA Swim Lessons (5pm-9pm)										5:00 PM
5:30 PM								Marlins (5:30pm-7pm)				5:30 PM
6:00 PM												6:00 PM
6:30 PM												6:30 PM
7:00 PM								Marlins (7pm-8pm)				7:00 PM
7:30 PM												7:30 PM
8:00 PM								Streamline (8pm-9:30pm)				8:00 PM
8:30 PM												8:30 PM
9:00 PM	C	B	A	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run RECenter

FRIDAY
September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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	Shallow Lanes			Lap Lanes				Dive Well				
	A	B	C	1	2	3	4	5	6	7	8	
6:30 AM								Centreville Swim Club (Until 7:30am)				6:30 AM
7:00 AM												7:00 AM
7:30 AM												7:30 AM
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3:30 PM								Marlins (4pm-5:30pm)				3:30 PM
4:00 PM								FCPA Swim Classes (6pm-8pm)				4:00 PM
4:30 PM								FCPA Swim Classes (5pm-9pm)				4:30 PM
5:00 PM								FCPA Swim Classes (6pm-8pm)				5:00 PM
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6:00 PM								FCPA Swim Classes (6pm-8pm)				6:00 PM
6:30 PM								FCPA Swim Classes (6pm-8pm)				6:30 PM
7:00 PM								FCPA Swim Classes (6pm-8pm)				7:00 PM
7:30 PM								FCPA Swim Classes (6pm-8pm)				7:30 PM
8:00 PM								FCPA Swim Classes (6pm-8pm)				8:00 PM
8:30 PM								FCPA Swim Classes (6pm-8pm)				8:30 PM
9:00 PM	C	B	A	1	2	3	4	5	6	7	8	9:00 PM
	Shallow Lanes			Lap Lanes				Dive Well				
Pool Closes at 9:00 PM												

Cub Run RECenter

SATURDAY

September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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

Cub Run RECenter

SUNDAY

September

(Both pools CLOSED for Annual Maintenance. Reopening planned for 9/11)

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	A	B	C	1	2	3	4	5	6	7	8							
9:30 AM	FCPA Swim Lessons (9am-1:30pm)						FCPA Swim Lessons (9am-1:30pm)				9:30 AM							
10:00 AM																	10:00 AM	
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1:30 PM																		1:30 PM
2:00 PM	FCPA Adapted Swim Lessons (2pm-3:15pm)											2:00 PM						
2:30 PM												2:30 PM						
3:00 PM											FCPA Adapted Swim Lessons (3:15pm-4pm)		3:00 PM					
3:30 PM												3:30 PM						
4:00 PM												4:00 PM						
4:30 PM												4:30 PM						
5:00 PM	Sequoia Farms (5pm-6pm)											5:00 PM						
5:30 PM													5:30 PM					
6:00 PM	C	B	A	1	2	3	4	5	6	7	8	6:00 PM						
	Shallow Lanes			Lap Lanes				Dive Well										
Pool Closes at 6:00 PM																		