



May 2022

LEISURE POOL CALENDAR

SUNDAY (12pm-6pm)	MONDAY (4pm-7pm)	TUESDAY (4pm-7pm)	WEDNESDAY (4pm-7pm)	THURSDAY (4pm-7pm)	FRIDAY (4pm-7pm)	SATURDAY (12pm-6pm)
1 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM	2 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	3 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	4 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	5 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	6 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	7 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM
8 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM	9 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	10 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	11 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	12 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	13 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	14 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM
15 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM	16 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	17 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	18 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	19 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	20 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	21 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM
22 CLASSES ONLY 9AM—12PM <u>POOL/SLIDES OPEN:</u> 12PM-6PM	23 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	24 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	25 <u>POOL/SLIDES OPEN:</u> 4PM-7PM NO PLAYGROUND 5PM-5:30PM FOR SWIM CLASSES	26 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	27 <u>POOL/SLIDES OPEN:</u> 4PM-7PM	28 No SWIM CLASSES <u>POOL/SLIDES OPEN:</u> 12PM-6PM
29 No SWIM CLASSES <u>POOL/SLIDES OPEN:</u> 12PM-6PM	30 MEMORIAL DAY <u>POOL/SLIDES OPEN:</u> 12PM-6PM	31 <u>POOL/SLIDES OPEN:</u> 4PM-7PM				

Know Before You Go!

- Pool space and calendar is subject to change without notice.
- The pool may be open during class, rental and camp swim times. Please be aware of the open space during swim lessons. Please note the CLASS 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 a parent/guardian.
- **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.
- **The Playground Feature is operational, but the slide on it is currently closed.**



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

May

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 will be 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	
8:30 AM												8:30 AM	
9:00 AM												9:00 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 (4pm-5:30pm)				4:00 PM	
4:30 PM								Marlins (4pm-5:30pm)				4:30 PM	
5:00 PM								Marlins (4pm-5:30pm)				5:00 PM	
5:30 PM								Marlins (4pm-5:30pm)				5:30 PM	
6:00 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				6:00 PM	
6:30 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				6:30 PM	
7:00 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				7:00 PM	
7:30 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				7:30 PM	
8:00 PM	FCPA Swim Classes (6:10pm-8:30pm)				FCPA Swim Classes (7:35pm-8:30pm)				Marlins (5:30pm-9pm)				8:00 PM
8:30 PM	FCPA Swim Classes (6:10pm-8:30pm)				FCPA Swim Classes (7:35pm-8:30pm)				Marlins (5:30pm-9pm)				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

May

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 will be 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
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								Marlins (4pm-5:30pm)				4:00 PM
4:30 PM												4:30 PM
5:00 PM												5:00 PM
5:30 PM	FCPA Swim Classes (5:25pm-7pm)							Marlins (5:30pm-7pm)				5:30 PM
6:00 PM												6:00 PM
6:30 PM						FCPA Swim Classes (6:15pm-7pm)						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

WEDNESDAY
May

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 will be 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
8:30 AM												8:30 AM
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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 (4pm-5:30pm)				4:00 PM
4:30 PM								Marlins (4pm-5:30pm)				4:30 PM
5:00 PM								Marlins (4pm-5:30pm)				5:00 PM
5:30 PM								Marlins (5:30pm-9pm)				5:30 PM
6:00 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				6:00 PM
6:30 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				6:30 PM
7:00 PM	FCPA Swim Classes (6:10pm-8:30pm)							Marlins (5:30pm-9pm)				7:00 PM
7:30 PM								Marlins (5:30pm-9pm)				7:30 PM
8:00 PM								Marlins (5:30pm-9pm)				8:00 PM
8:30 PM								Marlins (5:30pm-9pm)				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
May

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 will be 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 8:15am)				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
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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												5:00 PM
5:30 PM	FCPA Swim Classes (5:25pm-7pm)							Marlins (5:30pm-7pm)				5:30 PM
6:00 PM												6:00 PM
6:30 PM												6:30 PM
7:00 PM												7:00 PM
7:30 PM								Marlins (7pm-8pm)				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

May

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 will be 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 7:30am)				6:30 AM
7:00 AM												7:00 AM
7:30 AM												7:30 AM
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2:30 PM												2:30 PM
3:00 PM								Centreville Swim Club (3pm-4pm)				3:00 PM
3:30 PM								Marlins (4pm-5:30pm)				3:30 PM
4:00 PM								FCPA Dive Lessons (6pm-8pm)				4:00 PM
4:30 PM								FCPA Swim Lessons (5pm-8:45pm)				4:30 PM
5:00 PM								FCPA Dive Lessons (6pm-8pm)				5:00 PM
5:30 PM								FCPA Dive Lessons (6pm-8pm)				5:30 PM
6:00 PM								FCPA Dive Lessons (6pm-8pm)				6:00 PM
6:30 PM								FCPA Dive Lessons (6pm-8pm)				6:30 PM
7:00 PM								FCPA Dive Lessons (6pm-8pm)				7:00 PM
7:30 PM								FCPA Dive Lessons (6pm-8pm)				7:30 PM
8:00 PM								FCPA Dive Lessons (6pm-8pm)				8:00 PM
8:30 PM								FCPA Dive Lessons (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

May

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 will be 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			
9:00 AM	FCPA Swim Lessons (9am-1:15pm)									FCPA Swim Lessons (9am-9:45am)		9:00 AM		
9:30 AM														9:30 AM
10:00 AM														10:00 AM
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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

May

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 will be 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			
9:00 AM	FCPA Swim Lessons (9am-1:15pm)									FCPA Swim Lessons (9am-9:45am)		9:00 AM		
9:30 AM														9:30 AM
10:00 AM											(9:50am-10:40am)			10:00 AM
10:30 AM											(10:45am-11:40am)			10:30 AM
11:00 AM											(11:40am-12:45pm)			11:00 AM
11:30 AM											(12:45pm-1:15pm)			11:30 AM
12:00 PM	FCPA Adapted Swim Lessons (2pm-3:15pm)											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	Sequoia Farms (5pm-6pm)									FCPA Adapted Swim Lessons (3:15pm-4pm)		3:00 PM		
3:30 PM													3:30 PM	
4:00 PM										Virginia Run (4pm-5pm)			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														