

September 2021



**MOUNT VERNON
REC CENTER**

MOUNT VERNON AQUATICS CALENDAR

2017 Belle View Blvd. Alexandria, Virginia 703-768-3224

Sandy Kellogg, Aquatic Director * Sandra.kellogg@fairfaxcounty.gov

Please do not come to the facility if you are not feeling well.

Masks required anytime patrons are not in the water.

| Sunday 9:00am-6:00pm | Monday 6:30am-9:00pm | Tuesday 6:30am-9:00pm | Wednesday 6:30am-9:00pm | Thursday 6:30am-9:00pm | Friday 6:30am-9:00pm | Saturday 9:00am-6:00pm |
|-------------------------------------|--|--|----------------------------|---------------------------|-------------------------|-------------------------------------|
| | 30 | 31 | 1 | 2 | 3 | 4 |
| | 4:30-8:00PM LIMITED SPACE DUE TO RENTALS & CLASSES | | | | | |
| 5 | 6 Labor Day Building Hours 6am-6pm | 7 | 8 | 9 | 10 | 11 |
| | | 4:30-8:00PM LIMITED SPACE DUE TO RENTALS & CLASSES | | | | 9:00am- 12:30pm Lap Swim Only |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 9:00am- 12:30pm Lap Swim Only | 4:30-8:00PM LIMITED SPACE DUE TO RENTALS & CLASSES | | | | | 9:00am- 12:30pm Lap Swim Only |
| 19 | 20 | 21 | 22 | 23 | 24 | 28 |
| 9:00am- 12:30pm Lap Swim Only | 4:30-8:00PM LIMITED SPACE DUE TO RENTALS & CLASSES | | | | | 9:00am- 12:30pm Lap Swim Only |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 9:00am- 12:30pm Lap Swim Only | 4:30-8:00PM LIMITED SPACE DUE TO RENTALS & CLASSES | | | | | 9:00am- 12:30pm Lap Swim Only |

Know Before You Go! Pool guidelines and more information on the back.



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

CALENDAR INFORMATION

LAP SWIMMING – Circle swimming or splitting the lane in half may be necessary for others to swim in the lane. We are a public facility, sharing lane space is required when space is limited. Swim down and back near the same ropes. Swim circles if more than three people are using the lane. Stay to the right side of the lane as you make the trip down and back the length of the swimming pool. . ***Customers not consistently swimming laps or jogging are not permitted in the lap lanes.***

EQUIPMENT FOR PUBLIC USE – Limited amounts of public equipment is available on the pool deck.

NON-SWIMMERS, LIFEJACKETS AND FLOTATION – Children with lifejackets must have a person 16 or older in the water within arms length. If the person 16 or older supervising is wearing a lifejacket, they may not go in water deeper than their shoulders. Those who can not swim 25 yards without stopping must not go in the water past their shoulders. Children under 4 MUST have someone 16 or older within arms reach in the water. Children 5-10 must have someone 16 or older in the water or on the pool deck actively supervising.

LOCKER ROOMS – Masks required in locker rooms. NO cell phone use in locker rooms

LOST & FOUND – Items will only be kept for a few weeks. Please check for your belongings before leaving.

HOT TUB – 16 and older only. No children may be near the hot tub, including feet or splash out.

BEACH FEATURES AND DIVING BOARDS- Beach fountain features will be used when possible, buckets are waiting on repair. Diving board will be open during rec swim.

Help Us Keep Our Pool Clean and Open! If you or your child has been sick or has had diarrhea within the past TWO WEEKS, please refrain from pool usage. Also, to avoid unnecessary closures due to “accidents”, please eat lightly and long before swimming, and use the bathroom during each swim break. For more Healthy Swimming tips, please visit the CDC website at www.healthyswimming.org

NO FOOD ON POOL DECK

Swim Class Registration Information

Park Authority Headquarters

***Online:** www.fairfaxcounty.gov/parks/

Operator: 703-222-4664 (Mon - Fri, 9 – 4 pm)

*Best option for class registration

Mt Vernon RECenter

In-Person: During normal business hours

Phone: 703-768-3224

*Pick up a catalog at any RECenter or look at one online.

Low Enrollment - Please do not wait to sign-up for classes. If a class does not meet the minimum, we will need to cancel it about week before it starts. All too often, last minute registrants are disappointed when they can not sign-up for a class because we had to cancel it due to low enrollment.

Waitlist Registration – If the class you want is full, please put your name on the waitlist. This is a great tool the programmer uses to tell if there is additional interest in a class. If we are able to get an additional instructor, you will have the first opportunity for a space in the newly formed class.

Mount Vernon RECenter

SATURDAY

August 23-September 30

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** and is only applicable to the day and date range provided.*

| LEGEND | | Recreational Play/Swim/Dive | | Lap Swim / Water Walking ONLY | | | | | | FCPA scheduled programs (Space is scheduled) | | | |
|---|--|---|---|-------------------------------|---|---|---|--------------------|---|--|---------|----------|----------|
| Dive Well | | Lap Lanes | | | | | | Shallow End | | Beach | | | |
| .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | |
| Potomac Marlins 530-730am 9/14-6/9 No Swim 12/25, 1/1, 4/2, 4/9 | | | | | | | | | | | | | |
| 9:00 AM | Swim Lessons Only Classes starts 8/23 No Classes 9/4 | | | | | | | | | | | 9:00 AM | |
| 9:30 AM | | | | | | | | | | | | 9:30 AM | |
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| 12:00 PM | | | | | | | | | | | | 12:00 PM | |
| 12:30 PM | Open for Diving Board after classes | | | | | | | | | | | 12:30 PM | |
| 1:00 PM | | | | | | | | | | | | 1:00 PM | |
| 1:30 PM | | | | | | | | | | | | 1:30 PM | |
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| 5:00 PM | | | | | | | | | | | | 5:00 PM | |
| 5:30 PM | | | | | | | | | | | 5:30 PM | | |
| 6:00 PM | | Little Hunting Park 9/11-5/21 No swim 11/27, 12/11, 12/25, 1/1, 1/8, 4/16 | | | | | | | | | | 6:00 PM | |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM |
| | | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | |
| Dive Well | | Lap Lanes | | | | | | Shallow End | | Beach | | | |

Mount Vernon RECenter

SUNDAY

August 23-September 30

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** and is only applicable to the day and date range provided.*

| LEGEND | | Recreational Play/Swim/Dive | | Lap Swim / Water Walking ONLY | | | | | | FCPA scheduled programs (Space is scheduled) | | | |
|---------------|--|-----------------------------|---|-------------------------------|---|---|---|-------------|---|--|---------|----|----------|
| Dive Well | | Lap Lanes | | | | | | Shallow End | | Beach | | | |
| .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | |
| 9:00 AM | Swim Lessons Only, no swimming before or after class No Classes 9/5 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | No | 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 | Open for Diving Board after classes | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | No | 12:00 PM |
| 12:30 PM | | | | | | | | | | | | | 12:30 PM |
| 1:00 PM | | | | | | | | | | | | | 1:00 PM |
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| 5:00 PM | | | | | | | | | | | | | 5:00 PM |
| 5:30 PM | | | | | | | | | | | | | 5:30 PM |
| 6:00 PM | Hollin Meadows 9/12-5/22 No swim 10/31, 11/28, 12/26, 1/2, 2/13, 4/17 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | No | 6:00 PM |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM |
| 7:00 PM | | | | | | | | | | | | | 7:00 PM |
| 7:30 PM | Waynewood 9/19-5/22 No swim 11/28, 12/19, 12/26, 1/2, 4/17 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | No | 7:30 PM |
| 8:00 PM | | | | | | | | | | | | | 8:00 PM |
| | Dive Well | Lap Lanes | | | | | | Shallow End | | Beach | | | |

Mount Vernon RECenter

MONDAY

August 23-September 30 No swim classes 9/6 - Building closes 6 pm on Labor Day

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** and is only applicable to the day and date range provided.

| LEGEND | | Recreational Play/Swim/Dive | | | | Lap Swim / Water Walking ONLY | | | | FCPA scheduled programs (Space is scheduled) | | | | | | | | | | | | |
|------------------|-----------------------------|-----------------------------|---|---|---|-------------------------------|--|---|---|--|-----------------------------|--------------|--------------|---------|--|--|--|--|--|--|--|--|
| Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | | | | | | | | | |
| | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | | | | | | | |
| 4:45 AM | | | Alexandria Masters 9/13-5/27 No Swim 11/26, 12/24, 12/27, 12/29, 12/31 | | | | NCAP 9/9 - 5/28 No Swim 12/20, 12/22, 12/24, 12/27, 12/29, 12/31, 4/4-8, 4/11-15 | | | | | | | | | | | | | | | |
| 5:00 AM | | | | | | | | | | | | | | | | | | | | | | |
| 5:30 AM | | | | | | | | | | | | | | | | | | | | | | |
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| 7:30 AM | | | | | | | | | | | | | 7:30 AM | | | | | | | | | |
| 8:00 AM | Water Ex | | | | | | | | | | | | 8:00 AM | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | Water Ex | | 8:30 AM | | | | | | | | | |
| 9:00 AM | | | | | | | | | | | Water Ex | | 9:00 AM | | | | | | | | | |
| 9:30 AM | | | | | | | | | | | | | 9:30 AM | | | | | | | | | |
| 10:00 AM | Water Ex | | | | | | | | | | | | 10:00 AM | | | | | | | | | |
| 10:30 AM | | | | | | | | | | | Water Ex | | 10:30 AM | | | | | | | | | |
| 11:00 AM | Water Ex | | | | | | | | | | | | 11:00 AM | | | | | | | | | |
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| 4:30 PM | | | | | | | | | | | | | 4:30 PM | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | Swim Lessons No classes 9/6 | | 5:00 PM | | | | | | | | | |
| 5:30 PM | Swim Lessons No classes 9/6 | | FBST 9/13 - 5/25 No swim 10/11, 12/20, 12/22, 12/27, 1/17, 2/21, 4/4, 4/6 | | | | Trident National 8/30-11/3 No Swim 9/6, 9/27, 9/29 | | | | | | | 5:30 PM | | | | | | | | |
| 6:00 PM | Swim Lessons No classes 9/6 | | FBST 9/13 - 5/25 No swim 10/11, 12/20, 12/22, 12/27, 1/17, 2/21, 4/4, 4/6 | | | | Trident National 8/30-11/3 No Swim 9/6, 9/27, 9/29 | | | | | | | 6:00 PM | | | | | | | | |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | Water Walking | | 7:00 PM | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | | 7:30 PM | | | | | | | | | |
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| 8:30 PM | | | | | | | | | | | | | 8:30 PM | | | | | | | | | |
| | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | | | | | | | |
| | Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | | | | | | | | |

Mount Vernon RECenter

TUESDAY

August 23-September 30

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** and is only applicable to the day and date range provided.*

| LEGEND | | Recreational Play/Swim/Dive | | Lap Swim / Water Walking ONLY | | | | | | FCPA scheduled programs (Space is scheduled) | | | | |
|-----------|--------------|---|-----------|--|----------------------------|---|---|---|---|--|--------------|---------|----------|--|
| Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | |
| .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | |
| 5:00 AM | | Potomac Marlins 9/15-6/9 No Swim 12/21, 12/23, 12/28, 12/30 | | | | | | | | | | | | |
| 5:30 AM | | | | | | | | | | | | | | |
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| 4:30 PM | | | | | | | | | | | | | 4:30 PM | |
| 5:00 PM | Swim Lessons | FBST 9/14-5/26 No Swim 11/25, 12/21, 12/28, 12/30, 4/5, 4/7 | | | Trident National 9/14-5/26 | | | | | | Swim Lessons | | 5:00 PM | |
| 5:30 PM | | | | | | | | | | | | | 5:30 PM | |
| 6:00 PM | | | | | NCAP | | | | | | | | 6:00 PM | |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM | |
| 7:00 PM | | | | 9/8-5/28 No Swim 11/24, 12/21, 12/23, 12/28, 12/30, 4/5, 4/7, 4/12, 4/14 | | | | | | | | | 7:00 PM | |
| 7:30 PM | | | | | | | | | | | | | 7:30 PM | |
| 8:00 PM | | | | | | | | | | | | | 8:00 PM | |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM | |
| | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | |
| | Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | |

Mount Vernon RECenter

WEDNESDAY

August 23-September 30

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** and is only applicable to the day and date range provided.

| LEGEND | | Recreational Play/Swim/Dive | | Lap Swim / Water Walking ONLY | | | | | | FCPA scheduled programs (Space is scheduled) | | | | | | | | | | | | | | | |
|------------------|--|-----------------------------|--------------|--|---|---|--|---|---|--|---|--|---------|--------------|----------|---------|--|--|--|--|--|--|--|---------|--|
| Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | | | | | | | | | | | | |
| | | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | | | | | | | | | |
| 4:45 AM | | | | Alexandria Masters 9/13-5/27 No Swim 11/26, 12/24, 12/27, 12/29, 12/31 | | | | | | | | NCAP 9/9 - 5/28 No Swim 12/20, 12/22, 12/24, 12/27, 12/29, 12/31, 4/4-8, 4/11-15 | | | | 4:45 AM | | | | | | | | | |
| 5:00 AM | | | | | | | | | | | | | | | | | | | | | | | | 5:00 AM | |
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| 8:00 AM | | | Water Ex | | | | | | | | | | | | 8:00 AM | | | | | | | | | | |
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| 9:00 AM | | | | | | | | | | Water Ex | | | | | 9:00 AM | | | | | | | | | | |
| 9:30 AM | | | Water Ex | | | | | | | | | | | | 9:30 AM | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | | | | | | 10:00 AM | | | | | | | | | | |
| 10:30 AM | | | Water Ex | | | | | | | | | Water Ex | | | 10:30 AM | | | | | | | | | | |
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| 4:30 PM | | | | | | | | | | | | | | | 4:30 PM | | | | | | | | | | |
| 5:00 PM | | | | | | | Trident National 8/30-11/3 No Swim 9/6, 9/27, 9/29 | | | | | Swim Lessons | | | 5:00 PM | | | | | | | | | | |
| 5:30 PM | | | Swim Lessons | | FBST 9/13 - 5/25 No swim 10/11, 12/20, 12/22, 12/27, 1/17, 2/21, 4/4, 4/6 | | | | | | | | | | 5:30 PM | | | | | | | | | | |
| 6:00 PM | | | | | | | | | | | | | | | 6:00 PM | | | | | | | | | | |
| 6:30 PM | | | | | | | | | | | | | | | 6:30 PM | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | | Water Ex | | | 7:00 PM | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | | | | 7:30 PM | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | | 8:00 PM | | | | | | | | | | |
| 8:30 PM | | | | | | | | | | | | | | | 8:30 PM | | | | | | | | | | |
| | | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | | | | | | | | | |
| | | Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | | | | | | | | | | |

Mount Vernon RECenter

THURSDAY

August 23-September 30

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| LEGEND | | | Recreational Play/Swim/Dive | | | Lap Swim / Water Walking ONLY | | | | | FCPA scheduled programs (Space is scheduled) | | | | |
|-----------|--------------|---|---|---|---|--|---|---|---|--------------|--|-------------|---------|----------|--|
| Dive Well | | Lap Lanes | | | | | | | | | Shallow End | | Beach | | |
| .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | |
| 5:00 AM | | Potomac Marlins 9/15-6/9 No Swim 12/21, 12/23, 12/28, 12/30 | | | | | | | | | | | | 5:00 AM | |
| 5:30 AM | | | | | | | | | | | | | | 5:30 AM | |
| 6:00 AM | | | | | | | | | | | | | | 6:00 AM | |
| 6:30 AM | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | 9:00 AM | |
| 9:30 AM | Water Ex | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | 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 | | | | | | Trident National 9/14-5/26 | | | | | | | | 4:30 PM | |
| 5:00 PM | Swim Lessons | | FBST 9/14-5/26 No Swim 11/25, 12/21, 12/28, 12/30, 4/5, 4/7 | | | NCAP | | | | Swim Lessons | | | | 5:00 PM | |
| 5:30 PM | | | | | | | | | | | | 5:30 PM | | | |
| 6:00 PM | | | | | | | | | | | | 6:00 PM | | | |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM | | |
| 7:00 PM | | | | | | 9/8-5/28 No Swim 11/24, 12/21, 12/23, 12/28, 12/30, 4/5, 4/7, 4/12, 4/14 | | | | | | | 7:00 PM | | |
| 7:30 PM | | | | | | | | | | | | | 7:30 PM | | |
| 8:00 PM | | | | | | | | | | | | | | 8:00 PM | |
| 8:30 PM | | | | | | | | | | | | | | 8:30 PM | |
| | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | |
| | Dive Well | | Lap Lanes | | | | | | | | | Shallow End | | Beach | |

Mount Vernon RECenter

FRIDAY

August 23-September 30

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** and is only applicable to the day and date range provided.

| LEGEND | | Recreational Play/Swim/Dive | | Lap Swim / Water Walking ONLY | | | | | | FCPA scheduled programs (Space is scheduled) | | | | | | |
|-----------|----------|-----------------------------|--|-------------------------------|---|---|---|---|--|--|-----------|---------|----------|--|--|---------|
| Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | | | |
| | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | |
| 4:45 AM | | | | | | | | | NCAP 9/9 - 5/28 No Swim 12/20, 12/22, 12/24, 12/27, 12/29, 12/31, 4/4-8, 4/11-15 | | | 4:45 AM | | | | |
| 5:00 AM | | | Alexandria Masters 9/13-5/27 No Swim 11/26, 12/24, 12/27, 12/29, 12/31 | | | | | | | | | 5:00 AM | | | | |
| 5:30 AM | | | | | | | | | | | | | | | | 5:30 AM |
| 6:00 AM | | | | | | | | | | | | | | | | 6:00 AM |
| 6:30 AM | | | | | | | | | | | | | 6:30 AM | | | |
| 7:00 AM | | | | | | | | | | | | | 7:00 AM | | | |
| 7:30 AM | Water Ex | | | | | | | | | | | | 7:30 AM | | | |
| 8:00 AM | Water Ex | | | | | | | | | | | | 8:00 AM | | | |
| 8:30 AM | | | | | | | | | Water Ex | | | | 8:30 AM | | | |
| 9:00 AM | | | | | | | | | | | | | 9:00 AM | | | |
| 9:30 AM | Water Ex | | | | | | | | | | | | 9:30 AM | | | |
| 10:00 AM | Water Ex | | | | | | | | | | | | 10:00 AM | | | |
| 10:30 AM | Water Ex | | | | | | | | | | | | 10:30 AM | | | |
| 11:00 AM | Water Ex | | | | | | | | | | | | 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 | | | |
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| 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 | | | | | | | | | | | | | 5:00 PM | | | |
| 5:30 PM | | | NCAP 9/17-11/26 No swim 10/11, 12/20, 12/22, 12/27, 1/17, 2/21, 4/4, 4/6 | | Trident National 9/17-5/27 No swim dates? | | | | | | | | 5:30 PM | | | |
| 6:00 PM | | | | | | | | | | | | | 6:00 PM | | | |
| 6:30 PM | | | | | | | | | | | | | 6:30 PM | | | |
| 7:00 PM | | | | | | | | | | | | | 7:00 PM | | | |
| 7:30 PM | | | | | | | | | | | | | 7:30 PM | | | |
| 8:00 PM | | | | | | | | | | | | | 8:00 PM | | | |
| 8:30 PM | | | | | | | | | | | | | 8:30 PM | | | |
| | .5 lane | Full lane | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Full lane | .5 lane | | | | |
| Dive Well | | Lap Lanes | | | | | | | | Shallow End | | Beach | | | | |