

SEPTEMBER 2021



FAIRFAX COUNTY PARK AUTHORITY
Rec Centers
Aquatics

PROVIDENCE RECENTER POOL CALENDAR

7525 Marc Drive Falls Church, Virginia 703-698-1351 [Providence RECenter](http://ProvidenceRECenter.com)
AQUATICS DIRECTOR: BORIS AREVALO (BORIS.AREVALO@FAIRFAXCOUNTY.GOV)

SUNDAY 9am-6pm	MONDAY 6:30am-9pm	TUESDAY 6:30am-9pm	WEDNESDAY 6:30am-9pm	THURSDAY 6:30am-9pm	FRIDAY 6:30a-9pm	SATURDAY 9am-6pm
<div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> Labor Day Weekend No Swim Lessons or Water Exercise classes. </div>			1 OPEN AND LAP SWIM 6:30AM-9PM	2 OPEN AND LAP SWIM 6:30AM-9PM	3 OPEN AND LAP SWIM 6:30AM-9PM	4 NO SWIM CLASSES OPEN SWIM 9AM - 6PM
			4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENT-			
5 NO SWIM CLASSES OPEN SWIM 9AM - 6PM	6 LABOR DAY POOL HOURS 6:30AM TO 4PM	7 OPEN AND LAP SWIM 6:30AM-9PM	8 OPEN AND LAP SWIM 6:30AM-9PM	9 OPEN AND LAP SWIM 6:30AM-9PM	10 OPEN AND LAP SWIM 6:30AM-9PM	11 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS, CLASSES IN						
12 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM	13 OPEN AND LAP SWIM 6:30AM-9PM	14 OPEN AND LAP SWIM 6:30AM-9PM	15 OPEN AND LAP SWIM 6:30AM-9PM	16 OPEN AND LAP SWIM 6:30AM-9PM	17 OPEN AND LAP SWIM 6:30AM-9PM	18 LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS, CLASSES IN POOL						
19 LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM	20 OPEN AND LAP SWIM 6:30AM-9PM	21 OPEN AND LAP SWIM 6:30AM-9PM	22 OPEN AND LAP SWIM 6:30AM-9PM	23 OPEN AND LAP SWIM 6:30AM-9PM	24 OPEN AND LAP SWIM 6:30AM-9PM	25 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS, CLASSES IN POOL						
26 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM	27 OPEN AND LAP SWIM 6:30AM-9PM	28 OPEN AND LAP SWIM 6:30AM-9PM	29 OPEN AND LAP SWIM 6:30AM-9PM	30 OPEN AND LAP SWIM 6:30AM-9PM		
4PM-9PM LIMITED SPACE AVAILABLE DUE TO RENTALS, CLASSES IN POOL						

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 under direct supervision of a supervising 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

SEPTEMBER 2021



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REC CENTERS
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PROVIDENCE RECENTER POOL CALENDAR

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BREAK TIMES! For all kids 12 years & under. Please encourage your child to use the restroom.

WEEKENDS: a 10minute break will be called at the top of the hour, starting at 2pm until 1 hour before closing.

WEEKDAYS: a 10 minute break will be called at the top of the hour, starting at 4pm until 1 hour before closing.

Diving Boards open 3:00pm-4pm, based on user request, rentals, Lifeguard staffing levels and availability.

August 3rd– Early Registration for Fall 2021

First Day of Weekend - Session 1 - Fall Classes August 28th

First Day Of Week Days Fall Classes– Session 1—August 30th

**WE'RE
HIRING!**

Best Times for a Lap Lane

Saturday: 1pm—6pm

Sunday: 1pm—6pm

Mon-Fri: 6:30am-3:30pm

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PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Saturday

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)			
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00														6:00	
6:30														6:30	
7:00														7:00	
7:30														7:30	
8:00	Swim Lessons only 8a-1p	Aerobic Exercise 8a-10a			FCPA Master 8a-9a									8:00	
8:30														8:30	
9:00					Lap swim & Water walking Only 9a-1p				Swim Lessons 9a-1p				9:00		
9:30													9:30		
10:00													10:00		
10:30													10:30		
11:00													11:00		
11:30												11:30			
NOON												NOON			
12:30												12:30			
1:00					Lessons 1p-6p									1:00	
1:30															1:30
2:00															2:00
2:30													Diving Class 2p-4p		2:30
3:00															3:00
3:30															3:30
4:00															4:00
4:30														4:30	
5:00														5:00	
5:30														5:30	
6:00														6:00	
6:30														6:30	
7:00														7:00	
7:30														7:30	
8:00														8:00	
8:30														8:30	
9:00														9:00	
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		



PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Sunday

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LEGEND		Recreational Play/Swim/Dive			Lap Swim / Water Walking ONLY						FCPA scheduled programs (Space is scheduled)				
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00														6:00	
6:30														6:30	
7:00														7:00	
7:30														7:30	
8:00														8:00	
8:30														8:30	
9:00	Swim Lessons 9a-1p	Swim Lessons 9a-10a				Lap Swim & Water Walking Only 9a-1p				Deep Water Exercise 9a-10a			9:00		
9:30													9:30		
10:00		Aerobic Exercise 10a-11a											10:00		
10:30													10:30		
11:00		Swim Lessons 11a-1:15p											Swim Lessons 10a-1p		11:00
11:30													11:30		
NOON														NOON	
12:30														12:30	
1:00					Lessons 1p-6p									1:00	
1:30															1:30
2:00															2:00
2:30															2:30
3:00															3:00
3:30													Diving Board 3p-4p		3:30
4:00														4:00	
4:30														4:30	
5:00														5:00	
5:30														5:30	
6:00														6:00	
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8:00														8:00	
8:30														8:30	
9:00														9:00	

After Hour Swim Teams, Closed to Public



PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Monday

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LEGEND		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY							FCPA scheduled programs (Space is scheduled)				
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed													6:00
6:30															6:30
7:00															7:00
7:30		Aerobic Exercise 7:30a-8:30a													7:30
8:00															8:00
8:30															8:30
9:00															9:00
9:30												Deep Water Boot Camp 9:30a - 10:30a		9:30	
10:00														10:00	
10:30		Aerobic Exercise 10:30a-11:30a													10:30
11:00												Deep Hydro Pilates 11a-12p		11:00	
11:30		Arthritis Exercise 11:30a-12:30p													11:30
NOON															NOON
12:30															12:30
1:00															1:00
1:30															1:30
2:00															2:00
2:30															2:30
3:00															3:00
3:30															3:30
4:00									Fish SC 4p-5:30p						4:00
4:30									Fish SC 4p-5:30p						4:30
5:00									Fish SC 4p-5:30p						5:00
5:30	Swim Lessons 5:30p-8p														5:30
6:00		Aerobic Exercise 6p-7p												Swim lessons 6p-8p	
6:30															
7:00	Swim Lessons 7p-8:30p														
7:30															7:30
8:00									Fairfax Foxes SC 8p-9p						8:00
8:30									Fairfax Foxes SC 8p-9p						8:30
9:00		Pool Closed													9:00
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		



PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Tuesday

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Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5			
6:00		Pool Closed													6:00	
6:30									NCAP SC 6:30a-7:30a					6:30		
7:00														7:00		
7:30														7:30		
8:00														8:00		
8:30		Aerobic & Arthristis Exercise 8:30a-12:30p												8:30		
9:00																9:00
9:30																9:30
10:00																10:00
10:30																10:30
11:00																11:00
11:30																11:30
NOON														NOON		
12:30														12:30		
1:00														1:00		
1:30														1:30		
2:00														2:00		
2:30														2:30		
3:00														3:00		
3:30														3:30		
4:00									NCAP SC 4p-5:30p					4:00		
4:30														4:30		
5:00														5:00		
5:30	Swim Lessons 5:30p-8:30p													5:30		
6:00												Deep Water Ex 5:45p-7:45p		6:00		
6:30		Swim Lesson 6:30p-8:30p												6:30		
7:00														7:00		
7:30														7:30		
8:00									Fairfax Foxes SC 8p-9p			Swim Lesson		8:00		
8:30														8:30		
9:00		Pool Closed													9:00	
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5			



PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Wednesday

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LEGEND		Recreational Play/Swim/Dive		Lap Swim / Water Walking ONLY								FCPA scheduled programs (Space is scheduled)		
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												6:00
6:30														6:30
7:00														7:00
7:30		Aerobic Exercise 7:30a-8:30a												7:30
8:00														8:00
8:30												Deep Water Exercise 8:30a-9:30a		8:30
9:00												Deep Hydro Pilates 9:30a-10:30a		9:00
9:30														9:30
10:00														10:00
10:30		Aerobic Exercise 10:30a-11:30a												10:30
11:00														11:00
11:30		Arthritis Exercise 11:30a-12:30p												11:30
NOON														NOON
12:30														12:30
1:00														1:00
1:30														1:30
2:00														2:00
2:30														2:30
3:00														3:00
3:30														3:30
4:00														4:00
4:30									FISH SC 4p-9:30p					4:30
5:00														5:00
5:30														5:30
6:00	Swim Lessons 5:30p-8:45p	Aerobic Exercise 6p-7p												6:00
6:30														6:30
7:00		Swim Lessons 7p-8:45p										Swim Lesson 7p-8p		7:00
7:30														7:30
8:00								Fairfax Foxes SC 8p-9p					8:00	
8:30														8:30
9:00		Pool Closed												9:00
Time	Beach/Ramp	Shallow end		Lap Lanes								Deep End		Time
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	



PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Thursday

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Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5			
6:00		Pool Closed													6:00	
6:30									NCAP SC 6:30a - 7:30a					6:30		
7:00														7:00		
7:30														7:30		
8:00														8:00		
8:30		Aerobic & Arthristis Exercise 8:30a-12:30p												8:30		
9:00															9:00	
9:30																9:30
10:00																10:00
10:30																10:30
11:00														11:00		
11:30														11:30		
NOON														NOON		
12:30														12:30		
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2:30														2:30		
3:00														3:00		
3:30														3:30		
4:00									NCAP SC 4p-5:30p					4:00		
4:30														4:30		
5:00														5:00		
5:30	Swim Lessons 5:30p-8:30p													5:30		
6:00		Swim Lessons 5:45p to 8:30p								Swim Lessons 5:45p- 8pm		Deep Water Ex 5:45p-7:45p		6:00		
6:30														6:30		
7:00															7:00	
7:30													7:30			
8:00								Fairfax Foxes SC 8p-9p			8p-9p		8:00			
8:30														8:30		
9:00		Pool Closed													9:00	
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5			



PROVIDENCE REC CENTER

Lap Lane Schedule

September 13th to 30th



Friday

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Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												6:00
6:30														6:30
7:00														7:00
7:30		Aerobic Exercise 7:30a-8:30a												7:30
8:00		Aerobic Exercise 7:30a-8:30a												8:00
8:30										Deep Water Exercise 8:30a-9:30a				8:30
9:00										Deep Water Exercise 8:30a-9:30a				9:00
9:30										Deep Water Boot Camp 9:30a-10:30a				9:30
10:00										Deep Water Boot Camp 9:30a-10:30a				10:00
10:30		Aerobic Exercise 10:30a-11:30a												10:30
11:00		Aerobic Exercise 10:30a-11:30a												11:00
11:30		Arthritis Exercise 11:30a-12:30p												11:30
NOON		Arthritis Exercise 11:30a-12:30p												NOON
12:30														12:30
1:00														1:00
1:30														1:30
2:00														2:00
2:30														2:30
3:00														3:00
3:30														3:30
4:00														4:00
4:30														4:30
5:00	Swim Lessons 4p-7p	Swim Lessons 5p-7p												5:00
5:30		Swim Lessons 5p-7p												5:30
6:00		Swim Lessons 5p-7p												6:00
6:30														6:30
7:00												Swim Lessons 6p-8:30p		7:00
7:30												Swim Lessons 6p-8:30p		7:30
8:00												Swim Lessons 6p-8:30p		8:00
8:30														8:30
9:00		Pool Closed												9:00
Time	Beach/Ramp	Shallow end		Lap Lanes							Deep End		Time	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	