

May 2025



FAIRFAX COUNTY PARK AUTHORITY
Rec Centers
Aquatics



SPRING HILL RECENTER POOL CALENDAR

1239 Spring Hill Road McLean, Virginia

703-827-0989

[Spring Hill RECenter](http://SpringHillRECenter.FAIRFAXCOUNTY.GOV)

AQUATICS DIRECTOR: LEAH DEMARK (LEAH.DEMARK@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
				1 OPEN AND LAP SWIM 6:30AM – 3:30PM 330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES	2 OPEN AND LAP SWIM 6:30AM – 3:30PM	3 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM
4 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	5 OPEN AND LAP SWIM 6:30AM – 3:30PM 330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES	6 OPEN AND LAP SWIM 6:30AM – 3:30PM	7 OPEN AND LAP SWIM 6:30AM – 3:30PM	8 OPEN AND LAP SWIM 6:30AM – 3:30PM	9 OPEN AND LAP SWIM 6:30AM – 3:30PM	10 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM
11 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	12 OPEN AND LAP SWIM 6:30AM – 3:30PM 330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES	13 OPEN AND LAP SWIM 6:30AM – 3:30PM	14 OPEN AND LAP SWIM 6:30AM – 3:30PM	15 OPEN AND LAP SWIM 6:30AM – 3:30PM	16 OPEN AND LAP SWIM 6:30AM – 3:30PM	17 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM
18 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM	19 OPEN AND LAP SWIM 6:30AM – 3:30PM 330PM–9PM LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES	20 OPEN AND LAP SWIM 6:30AM – 3:30PM	21 OPEN AND LAP SWIM 6:30AM – 3:30PM	22 OPEN AND LAP SWIM 6:30AM – 3:30PM	23 OPEN AND LAP SWIM 6:30AM – 3:30PM	24 NO SWIM CLASSES OPEN SWIM 9AM - 6PM
25 NO SWIM CLASSES OPEN SWIM 9AM - 6PM	26 MEMORIAL DAY No SWIM CLASSES POOL HOURS OPEN SWIM 6:30AM-6PM	27 OPEN AND LAP SWIM 6:30AM – 3:30PM 330P-9P LIMITED SPACE AVAILABLE DUE TO RENTALS AND CLASSES	28 OPEN AND LAP SWIM 6:30AM – 3:30PM	29 OPEN AND LAP SWIM 6:30AM – 3:30PM	30 OPEN AND LAP SWIM 6:30AM – 3:30PM	31 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM–1PM OPEN SWIM 1PM - 6PM

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

May 2025



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS
Aquatics

SPRING HILL RECENTER POOL CALENDAR

1239 Spring Hill Road McLean, Virginia

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AQUATICS DIRECTOR: LEAH DEMARK (LEAH.DEMARK@FAIRFAXCOUNTY.GOV)

- Summer Swim League: 1st practice Tuesday, 5/27
- No Aqua Classes 5/24-5/26: Memorial Day Weekend
 - 5/26: Memorial Day—pool closes at 6pm
 - Open House May 22nd 4:30pm-7:30pm

Best Times for a Lap Lane

Saturday: 1pm—6pm

Sunday: 1pm—6pm

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

**WE'RE
HIRING!**



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Spring Hill RECenter

SATURDAY

5/3/2025 - 5/31/2025

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

Lap Swim / Water Walking ONLY

FCPA scheduled programs (Space is scheduled)

	Beach	Shallow End		Lap Lanes								Dive Well			
		A	1	2	3	4	5	6	7	8	9	10	B		
9:00 AM	FCPA Classes	FCPA CLASSES								FCPA CLASSES				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		FCPA - ADAPTED SWIM												12:00 PM	
12:30 PM														12:30 PM	
1:00 PM						FCPA CLASS 1:05p-2:05p				SPECIAL OLYMPICS - ADAPTED SWIM TRAINING				1:00 PM	
1:30 PM														1:30 PM	
2:00 PM						WASHINGTONIANS 2p-3p (3L)								2:00 PM	
2:30 PM							WASH 3P-3:30P (2L)								2:30 PM
3:00 PM								WASH 3P-3:30P (2L)							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															5:30 PM
6:00 PM	POOL CLOSED 6:00pm														6:00 PM
	Beach	Shallow End		Lap Lanes								Dive Well			
	Limited Lap Swim Space From NOON-1P														

Spring Hill RECenter

SUNDAY

5/4/2025 - 5/25/2025

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)

	Beach	Shallow End		Lap Lanes								Dive Well						
		A	1	2	3	4	5	6	7	8	9	10	B					
9:00 AM	FCPA Classes	FCPA Classes 9a-12:20p and 1p-2p							FCPA Classes				FCPA 9:30a-10:45p	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																	12:00 PM	
12:30 PM																	12:30 PM	
1:00 PM																		1:00 PM
1:30 PM																		
2:00 PM									WASHINGTONIANS 2-3P (3L)				2:00 PM					
2:30 PM													2:30 PM					
3:00 PM									WASH 3-3:30P (2L)		Scout Troop Rental 5/4 only		3:00 PM					
3:30 PM	Adapted Aqua Fitness 3:30p-5:45p							W-3:30P-4P (1L)				3:30 PM						
4:00 PM												4:00 PM						
4:30 PM													4:30 PM					
5:00 PM													5:00 PM					
5:30 PM												Rental 5/4 only		5:30 PM				
6:00 PM	POOL CLOSED 6:00pm													6:00 PM				
	Beach	Shallow End		Lap Lanes								Dive Well						
	Limited Lap Swim Space From 9am-NOON																	

Spring Hill RECenter

MONDAY

5/5/2025- 5/26/2025

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)										
	Beach	Shallow End		Lap Lanes									Dive Well					
		A	1	2	3	4	5	6	7	8	9	10	B					
6:30 AM														6:30 AM				
7:00 AM														7:00 AM				
7:30 AM		SHALLOW AEROBICS												7:30 AM				
8:00 AM														8:00 AM				
8:30 AM															8:30 AM			
9:00 AM	FPCA CLASSES 9a-11:50a													9:00 AM				
9:30 AM											DEEP WATER			9:30 AM				
10:00 AM														10:00 AM				
10:30 AM															10:30 AM			
11:00 AM			WATER ARTHRITIS												11:00 AM			
11:30 AM														11:30 AM				
12:00 PM														12:00 PM				
12:30 PM														12:30 PM				
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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	FPCA CLASSES 4p-7:40p						FISH 4P-4:30P (4L)							4:00 PM				
4:30 PM						FISH 4:30P-6P (7L)								4:30 PM				
5:00 PM		FCPA 5p-5:40p																5:00 PM
5:30 PM																		5:30 PM
6:00 PM			FCPA CLASSES 6:15p-8:40p					FISH 6P-6:30P (3L)		FCPA CLASSES 6:05-7:55pm					6:00 PM			
6:30 PM															6:30 PM			
7:00 PM															7:00 PM			
7:30 PM										Rental 5/12 only			FCPA 7:15-8:05p	FCPA 7:15-8:45pm	7:30 PM			
8:00 PM																8:00 PM		
8:30 PM									WASHINGTONIANS 8P-9P (3L)					8:30 PM				
9:00 PM														9:00 PM				
9:30 PM	POOL CLOSED 9:00pm													9:30 PM				
		A	1	2	3	4	5	6	7	8	9	10	B					
	Limited Lap Swim Space From 4:30P-6:30P																	

Spring Hill RECenter

TUESDAY

5/6/2025- 5/27/2025

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)							
	Beach	Shallow End		Lap Lanes								Dive Well			
		A	1	2	3	4	5	6	7	8	9	10	B		
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												DEEP WATER		9:30 AM	
10:00 AM		WATER AEROBICS												10:00 AM	
10:30 AM															10:30 AM
11:00 AM															11:00 AM
11:30 AM															11:30 AM
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12:30 PM														12:30 PM	
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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	FCPA CLASSES 3:55-7:05p			FISH 4P-4:30P (6L)										4:00 PM	
4:30 PM		FCPA CLASSES 5-6:25p		FISH 4:30P-6P (7L)								FCPA 4:05-5:50p		4:30 PM	
5:00 PM														5:00 PM	
5:30 PM														5:30 PM	
6:00 PM				FISH 6P-6:30P (3L)				Rental 5/6 only		FCPA CLASSES 7:55p 6-			6:00 PM		
6:30 PM						FCPA Summer Swim League starting 5/27		Rental on 5/6, Summer Swim League 5/27					6:30 PM		
7:00 PM		FCPA CLASSES 7:05-8:55p						WASHINGTONIANS 8P-9P (3L)					7:00 PM		
7:30 PM											7:30 PM				
8:00 PM											8:00 PM				
8:30 PM														8:30 PM	
9:00 PM														9:00 PM	
9:30 PM	POOL CLOSED 9:00pm													9:30 PM	
		A	1	2	3	4	5	6	7	8	9	10	B		
	Limited Lap Swim Space From 4:30P-6:30P														

Spring Hill RECenter

WEDNESDAY

5/7/2025-5/28/2025

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LEGEND

Recreational Play/Swim/Dive

Lap Swim / Water Walking ONLY

FCPA scheduled programs (Space is scheduled)

	Beach	Shallow		Lap Lanes								Dive Well		
		A	1	2	3	4	5	6	7	8	9	10	B	
6:30 AM														6:30 AM
7:00 AM														7:00 AM
7:30 AM		SHALLOW AEROBICS												7:30 AM
8:00 AM														8:00 AM
8:30 AM														8:30 AM
9:00 AM														9:00 AM
9:30 AM														9:30 AM
10:00 AM		WATER ARTHRITIS										DEEP WATER		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
												Rental 5/7		2:30 PM
3:00 PM														3:00 PM
3:30 PM														3:30 PM
4:00 PM	FCPA CLASSES 4p-7:05p	FCPA		FISH 4p-6p (7L)										4:00 PM
4:30 PM														
5:00 PM		FCPA CLASSES 5:40-8:05p											5:00 PM	
5:30 PM												5:30 PM		
6:00 PM						FISH 6P-6:30p (3L)			FCPA CLASSES 6:05- 7:55p	Rental 5/21 only			6:00 PM	
6:30 PM													6:30 PM	
7:00 PM													7:00 PM	
7:30 PM						FCPA CLASSES 5/21 only			WASHINGTONIANS 8P-9P (3L)	FCPA CLASSES 7:05- 8:55p			7:30 PM	
8:00 PM													8:00 PM	
8:30 PM														8:30 PM
9:00 PM														9:00 PM
9:30 PM	POOL CLOSED 9:00pm													9:30 PM
		A	1	2	3	4	5	6	7	8	9	10	B	
	Limited Lap Swim Space From 4P-6:30P													

Spring Hill RECenter

THURSDAY

5/1/2025 - 5/29/2025

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LEGEND

Recreational Play/Swim/Dive

Lap Swim / Water Walking ONLY

FCPA scheduled programs (Space is scheduled)

	Beach	Shallow End		Lap Lanes								Dive Well			
		A	1	2	3	4	5	6	7	8	9	10	B		
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	
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2:30 PM														2:30 PM	
3:00 PM														3:00 PM	
3:30 PM														3:30 PM	
4:00 PM	FCPA CLASSES 4p-7:05p			FISH 4P-4:30P (6L)									FCPA CLASSES 4-8:45P	4:00 PM	
4:30 PM				FISH 4:30P-6P (7L)										4:30 PM	
5:00 PM															
5:30 PM							FISH 6P-6:30p (3L)							5:30 PM	
6:00 PM							FCPA Summer Swim League starting 5/29							6:00 PM	
6:30 PM															
7:00 PM															7:00 PM
7:30 PM															7:30 PM
8:00 PM								WASHINGTONIANS 8P-9P (3L)					8:00 PM		
8:30 PM														8:30 PM	
9:00 PM	POOL CLOSED 9:00pm													9:00 PM	
9:30 PM	POOL CLOSED 9:00pm													9:30 PM	
		A	1	2	3	4	5	6	7	8	9	10	B		
	Limited Lap Swim Space From 4:00P-6:30P														

Spring Hill RECenter

FRIDAY

5/2/2025 - 5/30/2025

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	Beach	Shallow End		Lap Lanes								Dive Well										
		A	1	2	3	4	5	6	7	8	9	10	B									
6:30 AM														6:30 AM								
7:00 AM														7:00 AM								
7:30 AM		SHALLOW AEROBICS												7:30 AM								
8:00 AM														8:00 AM								
8:30 AM															8:30 AM							
9:00 AM	FCPA CLASSES 9a-11:50a														9:00 AM							
9:30 AM										DEEP WATER			9:30 AM									
10:00 AM													10:00 AM									
10:30 AM															10:30 AM							
11:00 AM		WATER ARTHRITIS												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	FCPA 3:35-7:15p													3:30 PM								
4:00 PM		FCPA 4:45-6:25p		FISH 4P-6P (7L)									FCPA CLASSES	4:00 PM								
4:30 PM																					4:30 PM	
5:00 PM																						5:00 PM
5:30 PM																						5:30 PM
6:00 PM															6:00 PM							
6:30 PM					FCPA ADAPTED AQUATICS						FCPA CLASSES					6:30 PM						
7:00 PM																7:00 PM						
7:30 PM											FCPA CLASSES 7:15-8:05P				7:30 PM							
8:00 PM												Rental 8:05-9p			8:00 PM							
8:30PM											5/30 only			8:30PM								
9:00PM														9:00PM								
		A	1	2	3	4	5	6	7	8	9	10	B									
	Limited Lap Swim Space From 4P-6P																					