# **May** 2025

#### A U D R E Y M O O R E P O O L C A L E N D A R



8100 Braddock Road Annandale, Virginia

703-321-7081 AUDREY MOORE REC CENTER

<b>SUNDAY</b> 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
FCPA Rec Center Calendars	Diving Boards Public Hours <u>Mon-Fri:</u> <u>1:30p-3:30p</u> Subject to change	<u>545PM-8PM</u> LIM	ITED SPACE AVAILAB	1 LE DUE TO RENTALS &	2 & CLASSES IN	3 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM
4 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM 3:00PM-6:00PM	5 545PM-8	6 M LIMITED SPACE AV	7	8	9	10 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM
11 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM 3:00PM-6:00PM	12	13	14	15	16	17 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM
18	<u>545PM-8F</u> 19	<u>PM</u> LIMITED SPACE AV	AILABLE DUE TO REN	TALS & CLASSES IN	23	24
CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM 3:00PM-6:00PM						No Scheduled Classes
	<u>545PM-8</u>	M_LIMITED SPACE AV	AILABLE DUE TO REN	NTALS & CLASSES IN	POOL	
25 No Scheduled Classes	26 Holiday Rec Center and Pool closes at 6:00 PM	27	28	29	30	31 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9:00AM-12:30PM
		545PM-8PM LIMIT	ED SPACE AVAILABL	E 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.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least tap working down in advance of the registration deadline or event. TTV (703) 802-3

at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354

#### MONDAY

#### 5-May

]	LEG	END	)		Recrea	tional P	lay/Swi	m/Dive			Lap S	Swim / V	Water W	Valking	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM									L-4 M	asters											6:30 AM
7:00 AM								6	:30-7:30	am (4S0	C)					Machi	ne 6:30	-8:00an	n 4(SC)		7:00 AM
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	4	Aerobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM		FCPA (	Classes	:																	11:00 AM
11:30 AM	De	ep Wat	er Exerc	cise																	11:30 AM
12:00 PM																					12:00 PM
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2:00 PM	Div	/e Time	-1m																		2:00 PM
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3:30 PM							-														3:30 PM
4:00 PM									FISH												4:00 PM
4:30 PM								4.00pm	- 5:30pr	n (5SC)											4:30 PM
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6:00 PM									Marlins												6:00 PM
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7:00 PM			Synchro	bozizod				0.00pm	0.000	(000)							101		opm	pin-	7:00 PM
7:30 PM	6:3		:00pm (I		+1)													0.0	- p		7:30 PM
8:00 PM	0.0				.,																8:00 PM
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	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	ow End		
l																					

### TUESDAY

6-May

	LEG	END					lay/Swi	im/Dive			· ·	Swim / V	water W	alking (	JNLY				CPA Clas	sses	
		Dive	Well		Deep	Lanes					Lap L	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM																					6:30
7:00am																Machi	ne 6:30	-7:45an	1 (4SC)		7:00
7:30 AM																	1	-			7:30
8:00 AM		FCPA C																	ļ		8:00
8:30 AM	De	ep Wate	er Exerc	ise																	8:30
9:00 AM																			Classes:		9:00
9:30 AM																	4	Aerobic	Exercis	e	9:30
0:00 AM		FCPA C																			10:00
0:30 AM	De	ep Wate	er Exerc	ise																	10:30
1:00 AM																				nritis	11:00
1:30 AM																			Exe	rcise	11:30
2:00 PM																					12:00
2:30 PM																					12:30
1:00 PM																			Water		1:00
1:30 PM	Public	: Spring	board																Relief PT		1:30
2:00 PM	Div	e Time-	1m																1-4:30pm		2:00
2:30 PM																					2:30
3:00 PM																					3:00
3:30 PM																					3:30
4:00 PM									1					Machi	ne						4:00
4:30 PM						FIS	SH		1			3:30	pm - 5:3	80pm (1	OSC)						4:30
5:00 PM					4:	30-6:30	pm (4S	C)													5:00
5:30 PM																					5:30
6:00 PM																					6:00
6:30 PM										Ma	rlins						FCPA	Classes	5:30pm-	8:20pm	6:30
:00 PM	NVN	Synch	ronized	Swimn	nina				5:3		30pm (4	SC)									7:00
7:30 PM			om - 9:0																		7:30
3:00 PM			ell + 1 la										L-	4 Maste	ers						8:00
3:30 PM														9pm (3S							8:30
ľ	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes	i		1		Lap L	anes		1	1		ų	Shallo	w End	1	

### WEDNESDAY

#### 7-May

Ι	LEGI	END			Recrea	tional P								/alking				F	CPA Cla	sses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM										asters											6:30 AM
7:00am								6	:30-7:30	am (4S)	C)					Machi	ne 6:30	-8:00am	1 (4SC)		7:00am
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	Δ	erobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM		FCPA Classes:																			11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	11:30 AM
12:00 PM																					12:00 PM
12:30 PM																					12:30 PM
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1:30 PM																					1:30 PM
2:00 PM	Public	: Spring	jboard																		2:00 PM
2:30 PM		e Time																			2:30 PM
3:00 PM																					3:00 PM
3:30 PM																					3:30 PM
4:00 PM												Machine	<b>_</b>								4:00 PM
4:30 PM					FISH				4:30	-	4:00pm										4:30 PM
5:00 PM						5:3	0pm (58	SC)				0.000	(000)								5:00 PM
5:30 PM																					5:30 PM
6:00 PM		FISH							:	5:30-			Morline								6:00 PM
6:30 PM	M 7:30pm (4S							n (4SC)				- 8:00p	m (590)							6:30 PM	

### THURSDAY

#### 8-May

Ι	LEGE	END			Recrea	tional P	lay/Swi	im/Dive	•		Lap	Swim /	Water V	/alking	ONLY			l	FCPA Cla	isses	
		Dive	Well		Deep	Lanes					Lap	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	i
6:30 AM																					6:30
7:00am																Machi	ine 6:30	-7:45am	4(SC)		7:00
7:30 AM																					7:30
8:00 AM																					8:00
8:30 AM																					8:30
9:00 AM																			lasses		9:00
9:30 AM																	ŀ	Aerobic	Exercis	e	9:30
10:00 AM		FCPA C																			10:00
10:30 AM	De	ep Wate	er Exerc	ise																	10:30
11:00 AM																			Arth	nritis	11:00
11:30 AM																			Exe	rcise	11:30
12:00 PM																					12:00
12:30 PM																					12:30
1:00 PM																	PT/WR				1:00
1:30 PM		Spring															Relief PT				1:30
2:00 PM	Div	e Time-	1m														1-2:30pm				2:00
2:30 PM																					2:30
3:00 PM																					3:00
3:30 PM																					3:30
4:00 PM																					4:00
4:30 PM					FISH					Ма	achine										4:30
5:00 PM					4:30-6:	30pm (4	4SC)		3:30pr	n - 5:30	pm (10\$	SC)									5:00
5:30 PM																					5:30
6:00 PM																					6:00
6:30 PM																	FCPA C	lasses 5	:45pm-8:	20pm	6:30
7:00 PM																					7:00
7:30 PM	NVN S	/nchron	ized Sv	vimmin	a				Marlin	s											7:30
8:00 PM	6:30pm	n - 9:00p	om		9						om (4SC	)	L-4 Ma	sters							8:00
8:30 PM	(Well +	1 lane)											8-9pm								8:30
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap	anes						Shallo	w End		

Friday

9-May

LEGEND **Recreational Play/Swim/Dive** Lap Swim / Water Walking ONLY FCPA Classes Dive Well Deep Lanes Shallow End Lap Lanes D6 D5 D4 D3 D2 D1 1 2 3 4 5 7 8 9 10 S1 S2 **S**3 S4 6 6:30AM 6:30 AM L-4 Masters Machine 6:30-7:30am (4SC) 7:00an 7:00AM 6:30-8:00am (4SC) 7:30 AN 7:30 AN 8:00 AM 8:00 AM 8:30 AM 8:30 AN **Aerobic Water Ex** 9:00 AN 9:00 AM 9:30 AN 9:30 AN Water 10:00 AM 10:00 AM Walking 10:30 AN 10:30 AM 11:00 AM **Adapted Aquatics** 11:00 AM Adapted Aquatics 11am-12pm 11:30 AN 11:30 AM 12:00 PN 12:00 PM 12:30 PM 12:30 PN 1:00 PN 1:00 PM 1:30 PN 1:30 PN 2:00 PM 2:00 PM **Public Springboard Dive Time- 1m only** 2:30 PM 2:30 PN 3:00 PN 3:00 PM 3:30 PN 3:30 PN 4:00 PN 4:00 PM FISH 4:30 PN 4:30 PN MARLINS 4:00pm-4:30pm(6sc) 4:30-4:00pm - 5:30pm 4(SC) 5:00 PM 5:00 PM 5:30(8sc) 5:30 PM 5:30 PN 6:00 PM FCPA Classes 6:00 PM 5:30pm-8:25pm 6:30 PM 6:30 PM 7:00 PM 7:00 PM 7:30 PM 7:30 PN 8:00 PM 8:00 PM 8:30 PM 8:30 PN

#### **SATURDAY**

#### 10-May

Ι	LEGI	END			Recrea	tional P	lay/Swi	m/Dive			Lap S	wim / V	Water W	Valking (	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap L	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM	NVN	Synchro	9:00am-1	0:00am W	ell + 1 lane																9:00 AM
9:30AM				_																	9:30AM
10:00 AM				FCPA C	asses																10:00 AM
10:30 AM				10am-1p	om												FCPA (	Classes			10:30 AM
11:00 AM																					11:00 AM
11:30 AM																					11:30 AM
12:00 PM																					12:00 PM
12:30 PM						Adamá									_			_			12:30 AM
1:00 PM					_			m & Spe SC); 1-2p										_			1:00 PM
1:30 PM						noon		30), 1-2j 3pm(5SC		) a z-											1:30 PM
2:00 PM	FCPA [	DIVE CL	ASSES					pm(500	·)												2:00 PM
2:30 PM																					2:30 PM
3:00 PM							Dural			2 4											3:00 PM
3:30 PM							Burk	e Ct Sti	ingers	3-4pm	55C)										3:30 PM
4:00 PM	FCPA		ASSES					Gl	en												4:00 PM
4:30 PM								Cove		Forest Ho	llow(2SC)							-	PUBLIC		4:30 PM
5:00 PM							<b>F</b> am				C			Deve			E 0				5:00 PM
5:30 PM							FOR	est Hol	liow(7	30) 5-	opm			Raver	iswort	1(55C)	5-6pm				5:30 PM
6:00 PM Rolling Hills Dive Rolling Hills Swim Commonwealth 6pm																POC	L CLOS	SES TO	THE PU	BLIC	6:00 PM
											6-7pm	(5SC)				6:00PM					

#### **SUNDAY**

#### 11-May

Ι	LEGI	END			Recrea	itional P	lay/Swi	m/Dive			Lap	Swim / V	Water W	Valking	ONLY				F	CPA Clas	sses	
		Dive	Well		Deep	Lanes					Lap L	anes							Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10		S1	S2	S3	S4	
9:00 AM							FCPA C	lasses									FC	PA (	Classes			9:00 AM
9:30AM							9:00am-	-1:00pm														9:30AM
10:00 AM																						10:00 AM
10:30 AM	FCPA D	VE CLAS	SSES														9:0	)0am	1-1:00pn	n		10:30 AM
11:00 AM							_															11:00 AM
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12:30 PM		NOON-1	:00pm	1			u									_						12:30 AM
1:00 PM					TROOP											_			1		1	1:00 PM
1:30 PM						- 2:00pm	(4SC)									_						1:30 PM
2:00 PM					TROOP	1345																2:00 PM
2:30 PM					2:00pm-	-3pm(2sc)	)															2:30 PM
3:00 PM																						3:00 PM
3:30 PM																				FCPA	Classes	3:30 PM
4:00 PM											Wake	field Ch	apel	4-	FCP	A Class	ses	FCPA	Classes	& Publ	ic	4:00 PM
4:30 PM												5pm	4(SC)		4:0	00-6:00	pm	3:00	)-6:00pm			4:30 PM
5:00 PM							Eds	all Park	5	-6pm	Burke	Station	ı	5-6pm								5:00 PM
5:30 PM								(4	SC)			(45	SC)	-								5:30 PM
6:00 PM								_			_											6:00 PM
6:30 PM	Ruth	nerford	6-7pm (	4SC)	KING	S RIDGE	=(3SC)	Bra	ndywine(	3SC)	Parl	iament(	3SC)	La	keview(	3SC)		La	ke Brad	dock(4	SC)	6:30 PM
7:30 PM			ont Div		Lo	ong Brar	nch		Burk	e Ct Per	auins			Lo	ng Bra	nch			Parlia	ament 7	′-8pm	7:30 PM

#### MONDAY

#### 12-May

]	LEG	END	)		Recrea	tional P	lay/Swi	im/Dive			Lap S	Swim / V	Water W	Valking	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM									L-4 Ma	asters											6:30 AM
7:00 AM								6	:30-7:30	am (4S0	C)					Machi	ine 6:30	-8:00an	n 4(SC)		7:00 AM
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	ŀ	Aerobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM		FCPA C	lasses:	:																	11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	11:30 AM
12:00 PM																					12:00 PM
12:30 PM																					12:30 PM
1:00 PM																					1:00 PM
1:30 PM	Public	Spring	board				1														1:30 PM
2:00 PM	Div	e Time	-1m																		2:00 PM
2:30 PM																					2:30 PM
3:00 PM																					3:00 PM
3:30 PM																					3:30 PM
4:00 PM									FIGU												4:00 PM
4:30 PM							1	1:00pm	FISH - 5:30pr	m (58C)											4:30 PM
5:00 PM							1	4.00pm	- 5.50pi	in (550)											5:00 PM
5:30 PM																					5:30 PM
6:00 PM																					6:00 PM
6:30 PM									Marlins - 8:00pr												6:30 PM
7:00 PM								5.30pm	- 0.00pr	m (55C)							FCF		ses 5:30	pm-	7:00 PM
7:30 PM	6.2		Synchro :00pm (F		1.4													9:0	0pm		7:30 PM
8:00 PM	0:3	opin - 9:	.oopin (i	-un vvei	(+1)																8:00 PM
8:30 PM																					8:30 PM
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap	anes						Shallo	ow End		
r <u> </u>																					_

TUESDAY

13-May

	LDJ	END				tional P	lay/SWI	ini/Dive			•	Swim / V	water w	aiking	UNLI				CPA Cla	5565	
		Dive	Well		Deep	Lanes		1		1	Lap I	anes	1		1				ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	<b>_</b>
6:30 AM																-					6:30
7:00am																Machi	ne 6:30	-7:45an	n (4SC)		7:00
7:30 AM																	1	1			7:30
8:00 AM		FCPA C																			8:00
8:30 AM	De	ep Wate	er Exerc	ise																	8:30
9:00 AM																			Classes		9:00
9:30 AM																-	1	Aerobic	Exercis	e	9:30
0:00 AM		FCPA C																			10:00
0:30 AM	De	ep Wate	er Exerc	ise																	10:30
1:00 AM																			-	nritis	11:00
1:30 AM																			Exe	rcise	11:30
2:00 PM																					12:00
2:30 PM																					12:30
1:00 PM																			Water		1:00
1:30 PM		: Spring																	Relief PT		1:30
2:00 PM	Div	e Time-	1m																1-4:30pm		2:00
2:30 PM																					2:30
3:00 PM																					3:00
3:30 PM																			1		3:30
4:00 PM									1					Machi	ne						4:00
4:30 PM						FI	SH		1			3:30	pm - 5:3	80pm (1	OSC)						4:30
5:00 PM					4:	30-6:30	pm (4S	C)													5:00
5:30 PM																					5:30
6:00 PM																					6:00
6:30 PM										Ma	rlins						FCPA	Classes	5:30pm-	8:20pm	6:30
7:00 PM	NVN	Synch	ronized	Swimn	nina				5:3		30pm (4	SC)				1					7:00
7:30 PM			om - 9:0																		7:30
8:00 PM			ell + 1 la										J -	4 Maste	rs						8:00
8:30 PM														9pm (3S		-					8:30
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	2.50
¦	-	-	Well	-	ļ	Lanes		-	-		-	anes		-		<u>п</u>		-	ow End		<u> </u>

### WEDNESDAY

#### 14-May

Ι	LEGI	END			Recrea	tional P								/alking				F	CPA Cla	sses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM										asters											6:30 AM
7:00am								6	:30-7:30	am (4S)	C)					Machi	ne 6:30	-8:00am	1 (4SC)		7:00am
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	Δ	erobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM		FCPA Classes:																			11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	11:30 AM
12:00 PM																					12:00 PM
12:30 PM																					12:30 PM
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2:00 PM	Public	: Spring	jboard																		2:00 PM
2:30 PM		e Time																			2:30 PM
3:00 PM																					3:00 PM
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4:00 PM												Machine	<b>.</b>								4:00 PM
4:30 PM					FISH				4:30	-	4:00pm										4:30 PM
5:00 PM						5:3	0pm (58	SC)				0.000	(000)								5:00 PM
5:30 PM																					5:30 PM
6:00 PM		FISH							:	5:30-			Morline								6:00 PM
6:30 PM	M 7:30pm (4S							n (4SC)				- 8:00p	m (590)							6:30 PM	

### THURSDAY

#### 15-May

Ι	LEGE	END			Recrea	tional P	lay/Swi	im/Dive	è		Lap S	Swim /	Water W	alking	ONLY			I	<sup>7</sup> CPA Cla	isses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM							Î		T		ľ							-	-		6:30A
7:00am																Machi	ne 6:30	-7:45am	4(SC)		7:00A
7:30 AM																					7:30 A
8:00 AM																					8:00 A
8:30 AM																					8:30 A
9:00 AM																			lasses		9:00 A
9:30 AM																	A	Aerobic	Exercis	e	9:30 A
10:00 AM		FCPA C																			10:00 A
10:30 AM	De	ep Wate	er Exerc	ise																	10:30 A
11:00 AM																			Arth	ritis	11:00 A
11:30 AM																			Exe	cise	11:30 A
12:00 PM																					12:00 P
12:30 PM																					12:30 F
1:00 PM																	PT/WR				1:00 F
1:30 PM		Spring															Relief PT				1:30 F
2:00 PM	Div	e Time-	1m														1-2:30pm				2:00 F
2:30 PM	1																				2:30 F
3:00 PM																					3:00 F
3:30 PM																					3:30 F
4:00 PM																					4:00 F
4:30 PM					FISH					Ma	chine										4:30 F
5:00 PM					4:30-6:	30pm (4	4SC)		3:30pr	n - 5:30	pm (105	SC)	_	1		-					5:00 F
5:30 PM																	_				5:30 F
6:00 PM																					6:00 F
6:30 PM																	FCPA C	lasses 5	:45pm-8:	20pm	6:30 F
7:00 PM																	_				7:00 P
7:30 PM	NVN Sy	nchror	ized Sv	vimmin	g				Marlin												7:30 F
8:00 PM	6:30pm	n - 9:00p	om						5:30pn	n - 8:30p	om (4SC	)	L-4 Ma								8:00 F
8:30 PM	(Well +	1 lane)			-								8-9pm	(3SC)							8:30 F
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		

Friday

16-May

LEGEND **Recreational Play/Swim/Dive** Lap Swim / Water Walking ONLY FCPA Classes Dive Well Deep Lanes Shallow End Lap Lanes D6 D5 D4 D3 D2 D1 1 2 3 4 5 7 8 9 10 S1 S2 **S**3 S4 6 6:30AM 6:30 AM L-4 Masters Machine 6:30-7:30am (4SC) 7:00an 7:00AM 6:30-8:00am (4SC) 7:30 AN 7:30 AN 8:00 AM 8:00 AM 8:30 AM 8:30 AN **Aerobic Water Ex** 9:00 AN 9:00 AM 9:30 AN 9:30 AN Water 10:00 AM 10:00 AM Walking 10:30 AN 10:30 AM 11:00 AM **Adapted Aquatics** 11:00 AM Adapted Aquatics 11am-12pm 11:30 AN 11:30 AM 12:00 PN 12:00 PM 12:30 PM 12:30 PN 1:00 PN 1:00 PM 1:30 PN 1:30 PN 2:00 PM 2:00 PM **Public Springboard Dive Time- 1m only** 2:30 PM 2:30 PN 3:00 PN 3:00 PM 3:30 PN 3:30 PN 4:00 PN 4:00 PM FISH 4:30 PN 4:30 PN MARLINS 4:00pm-4:30pm(6sc) 4:30-4:00pm - 5:30pm 4(SC) 5:00 PM 5:00 PM 5:30(8sc) 5:30 PM 5:30 PN 6:00 PM FCPA Classes 6:00 PM 5:30pm-8:25pm 6:30 PM 6:30 PM 7:00 PM 7:00 PM 7:30 PM 7:30 PN 8:00 PM 8:00 PM 8:30 PM 8:30 PN

#### **SATURDAY**

#### 17-May

]	LEG	END			Recrea	tional P	lay/Swi	m/Dive			Lap S	wim / V	Vater W	/alking	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap L	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM		9:00am we	ell + 1 lane																		9:00 AM
9:30AM																					9:30AM
10:00 AM				FCPA C	asses																10:00 AM
10:30 AM				10am-1p	om											FCPA C	lasses	9:00am	-1:10pm	1	10:30 AM
11:00 AM																					11:00 AM
11:30 AM																					11:30 AM
12:00 PM																					12:00 PM
12:30 PM						Adapt	od Curi			manico											12:30 AM
1:00 PM					_			m & Spe SC); 1-2									_				1:00 PM
1:30 PM						noon		30), 1-2 3pm(5S0		) a z-							P.T.				1:30 PM
2:00 PM	FCPA I	DIVE CL	ASSES					pin(500	,								1-4pm				2:00 PM
2:30 PM																					2:30 PM
3:00 PM												1pm-4									3:00 PM
3:30 PM																	-				3:30 PM
4:00 PM	FCPA I		ASSES					G	len												4:00 PM
4:30 PM									(2SC)	Forest Ho	llow(2SC)							-	PUBLIC		4:30 PM
5:00 PM								<u>I</u>	<u> </u>										]		5:00 PM
5:30 PM	•						Fore	est Ho	llow(7	'SC) 5-	6pm			Raver	nswortl	n(5SC)	5-6pm				5:30 PM
6:00 PM		Polling !																			6:00 PM
0.00 PW		Rolling I	pm			Hills S	wim			th 6pm-						POO	CLOS		THE PUI	BLIC	0.00 F M
		0-7	pin		6-7pm	(3SC)		7	'pm(3S0	(ت								6:00PM			

#### **SUNDAY**

#### 18-May

]	LEGI	END			Recrea	tional P	lay/Swi	m/Dive			Lap	Swim / V	Water W	Valking (	ONLY			F	CPA Clas	ses	
		Div	e Well		Deep	Lanes					Lap L	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM							FCPA C	lasses									FCPA	Classes			9:00 AM
9:30AM							9:00am-	1:00pm													9:30AM
10:00 AM																					10:00 AM
10:30 AM	FCPA D	VE CLA	SSES														9:00an	1-1:00pn	n		10:30 AM
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11:30 AM																					11:30 AM
12:00 PM		DOMINI	ON DIVE	CLUB			Ţ							<u> </u>							12:00 PM
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2:30 PM																					2:30 PM
3:00 PM																					3:00 PM
3:30 PM	Δαιια	tic Adv	entures	: 1nm-															FCPA	Classes	3:30 PM
4:00 PM	Aque		m (well)								Wake	field Ch	apel	4-	FCPA	Classes	FCPA	Classes	& Publ	ic	4:00 PM
4:30 PM			<i>_</i>										4(SC)		4:0	0-6:00pm	3:0	0-6:00pm			4:30 PM
5:00 PM							Eds	all Park	5	-6pm	Burke	Station	<u> </u>	5-6pm		·					5:00 PM
5:30 PM							_40		SC)		- 41/10		SC)	• • • • • • • •							5:30 PM
6:00 PM									,					1							6:00 PM
6:30 PM	Ruti	nerford	6-7pm	(4SC)	KING	S RIDGE	E(3SC)	Bra	ndywine(	3SC)	Parl	iament(	3SC)	La	keview(3	SC)	La	ke Brad	dock(4	SC)	6:30 PM
						ne Dree			Durle	- Ct Der								Denti		0.000	7:30 PM
7:30 PM		Darlian	ant Div		LO	ng Brar	icn		Burk	e Ct Per	iguins				ng Brai	ПСП		Parli	ament I	-opm	7:30 PM

#### MONDAY

#### 19-May

	LEG	END	)		Recrea	tional P	lay/Swi	im/Dive			Lap S	Swim / V	Water W	Valking	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM									L-4 Ma	asters											6:30 AM
7:00 AM								6	:30-7:30	am (4S0	C)					Machi	ine 6:30	-8:00an	n 4(SC)		7:00 AM
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	ŀ	Aerobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM		FCPA C	lasses:	:																	11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	11:30 AM
12:00 PM																					12:00 PM
12:30 PM																					12:30 PM
1:00 PM																					1:00 PM
1:30 PM	Public	Spring	board				1														1:30 PM
2:00 PM	Div	e Time	-1m																		2:00 PM
2:30 PM																					2:30 PM
3:00 PM																					3:00 PM
3:30 PM																					3:30 PM
4:00 PM									FIGU												4:00 PM
4:30 PM							1	1:00pm	FISH - 5:30pr	m (58C)											4:30 PM
5:00 PM							1	4.00pm	- 5.50pi	in (550)											5:00 PM
5:30 PM																					5:30 PM
6:00 PM																					6:00 PM
6:30 PM									Marlins - 8:00pr												6:30 PM
7:00 PM								5.30pm	- 0.00pr	m (55C)							FCF		ses 5:30	pm-	7:00 PM
7:30 PM	6.2		Synchro :00pm (F		1.4													9:0	0pm		7:30 PM
8:00 PM	0:3	opin - 9:	.oopin (i	-un vvei	(+1)																8:00 PM
8:30 PM																					8:30 PM
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap	anes						Shallo	ow End		
r <u> </u>																					_

TUESDAY

20-May

	LDJ	END				tional P	lay/SWI	ini/Dive			•	Swim / V	water w	aiking	UNLI				CPA Cla	5565	
		Dive	Well		Deep	Lanes		1		1	Lap I	anes	1	1	1				ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	<b>_</b>
6:30 AM																-					6:30
7:00am																Machi	ne 6:30	-7:45an	n (4SC)		7:00
7:30 AM																	1	1	1		7:30
8:00 AM		FCPA C																			8:00
8:30 AM	De	ep Wate	er Exerc	ise																	8:30
9:00 AM																			Classes		9:00
9:30 AM																-	1	Aerobic	Exercis	e	9:30
0:00 AM		FCPA C																			10:00
0:30 AM	De	ep Wate	er Exerc	ise																	10:30
1:00 AM																			-	nritis	11:00
1:30 AM																			Exe	rcise	11:30
2:00 PM																					12:00
2:30 PM																					12:30
1:00 PM																			Water		1:00
1:30 PM		: Spring																	Relief PT		1:30
2:00 PM	Div	e Time-	1m																1-4:30pm		2:00
2:30 PM																					2:30
3:00 PM																					3:00
3:30 PM																					3:30
4:00 PM									1					Machi	ne						4:00
4:30 PM						FI	SH		1			3:30	pm - 5:3	80pm (1	OSC)						4:30
5:00 PM					4:	30-6:30	pm (4S	C)													5:00
5:30 PM																					5:30
6:00 PM																					6:00
6:30 PM										Ma	rlins						FCPA	Classes	5:30pm-	8:20pm	6:30
7:00 PM	NVN	Synch	ronized	Swimn	nina				5:3		30pm (4	SC)				1					7:00
7:30 PM			om - 9:0																		7:30
8:00 PM			ell + 1 la										1 -	4 Maste	rs						8:00
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	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	2.50
¦	-	-	Well	-	ļ	Lanes		-	-		-	anes		-		<u>п</u>		-	ow End		<u> </u>

### WEDNESDAY

#### 21-May

Ι	LEGI	END			Recreat									/alking				F	CPA Cla	sses	_
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM										asters											6:30 AM
7:00am								6	:30-7:30	am (4S	C)					Machi	ne 6:30	-8:00am	1 (4SC)		7:00am
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	4	erobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM			lasses:																		11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	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	Public	Spring	board																		2:00 PM
2:30 PM		e Time-	-1m																		2:30 PM
3:00 PM																					3:00 PM
3:30 PM																					3:30 PM
4:00 PM												Machine	<b>_</b>								4:00 PM
4:30 PM					FISH				4:30				• m (5SC)								4:30 PM
5:00 PM						5:3	0pm (5	SC)					(								5:00 PM
5:30 PM																					5:30 PM
6:00 PM							FIS			5:30-			Marlins								6:00 PM
6:30 PM								7:30pr	n (4SC)					m (590)							6:30 PM

### THURSDAY

#### 22-May

Ι	LEGE	END			Recrea	tional P	lay/Swi	im/Dive	è		Lap S	Swim /	Water W	alking	ONLY			I	<sup>7</sup> CPA Cla	isses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM							Î		T		ľ							-	-		6:30A
7:00am																Machi	ne 6:30	-7:45am	4(SC)		7:00A
7:30 AM																					7:30 A
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8:30 AM																					8:30 A
9:00 AM																			lasses		9:00 A
9:30 AM																	A	Aerobic	Exercis	e	9:30 A
10:00 AM		FCPA C																			10:00 A
10:30 AM	De	ep Wate	er Exerc	ise																	10:30 A
11:00 AM																			Arth	ritis	11:00 A
11:30 AM																			Exe	cise	11:30 A
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12:30 PM																					12:30 F
1:00 PM																	PT/WR				1:00 F
1:30 PM		Spring															Relief PT				1:30 F
2:00 PM	Div	e Time-	1m														1-2:30pm				2:00 F
2:30 PM	1																				2:30 F
3:00 PM																					3:00 F
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4:30 PM					FISH					Ма	chine										4:30 F
5:00 PM					4:30-6:	30pm (4	4SC)		3:30pr	n - 5:30	pm (105	SC)	_	1	1	-					5:00 F
5:30 PM																	_				5:30 F
6:00 PM																					6:00 F
6:30 PM																	FCPA C	lasses 5	:45pm-8:	20pm	6:30 F
7:00 PM																	_				7:00 P
7:30 PM	NVN Sy	nchror	ized Sv	vimmin	g				Marlin												7:30 F
8:00 PM	6:30pm	n - 9:00p	om						5:30pn	n - 8:30p	om (4SC	)	L-4 Ma								8:00 F
8:30 PM	(Well +	1 lane)			-								8-9pm	(3SC)							8:30 F
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		

Friday

23-May

LEGEND **Recreational Play/Swim/Dive** Lap Swim / Water Walking ONLY FCPA Classes Dive Well Deep Lanes Shallow End Lap Lanes D6 D5 D4 D3 D2 D1 1 2 3 4 5 7 8 9 10 S1 S2 **S**3 S4 6 6:30AM 6:30 AM L-4 Masters Machine 6:30-7:30am (4SC) 7:00an 7:00AM 6:30-8:00am (4SC) 7:30 AN 7:30 AN 8:00 AM 8:00 AM 8:30 AM 8:30 AN **Aerobic Water Ex** 9:00 AN 9:00 AM 9:30 AN 9:30 AN Water 10:00 AM 10:00 AM Walking 10:30 AN 10:30 AM 11:00 AM **Adapted Aquatics** 11:00 AM Adapted Aquatics 11am-12pm 11:30 AN 11:30 AM 12:00 PN 12:00 PM 12:30 PM 12:30 PN 1:00 PN 1:00 PM 1:30 PN 1:30 PN 2:00 PM 2:00 PM **Public Springboard Dive Time- 1m only** 2:30 PM 2:30 PN 3:00 PN 3:00 PM 3:30 PN 3:30 PN 4:00 PN 4:00 PM FISH 4:30 PM 4:30 PN 4:00pm - 5:30pm 4(SC) 5:00 PM 5:00 PM 5:30 PM 5:30 PN 6:00 PM FCPA Classes 6:00 PM 5:30pm-8:25pm 6:30 PM 6:30 PM 7:00 PM 7:00 PM 7:30 PM 7:30 PN 8:00 PM 8:00 PM 8:30 PM 8:30 PN

#### **SATURDAY**

#### 24-May

Ι	LEGI	END			Recreat	tional P	lay/Swi	m/Dive			Lap	Swim / V	Water W	/alking (	ONLY			F	CPA Clas	ses	
		Dive	e Well		Deep	Lanes					Lap L	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM	NVN	Synchro	9:00am-1	0:00am We	ell + 1 Iane																9:00 AM
9:30AM			-																		9:30AM
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4:30 PM																					4:30 PM
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5:30 PM																					5:30 PM
6:00 PM																POC	DL CLOS	ES TO	THE PU	BLIC	6:00 PM
																		6:00PM			

#### **SUNDAY**

#### 25-May

Ι	LEGI	END			Recrea	tional P	lay/Swi	m/Dive			Lap	Swim / V	Water W	Valking	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap L	anes						Shallo	ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM																					9:00 AM
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6:30 PM																					6:30 PM
7:30 PM																POC		SES TO	THE PU	BLIC	7:30 PM

#### MONDAY

#### 19-May

]	LEG	END	)		Recrea	tional P	lay/Swi	im/Dive			Lap S	Swim / V	Water W	Valking	ONLY			F	CPA Clas	ses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM									L-4 Ma	asters											6:30 AM
7:00 AM								6	:30-7:30	am (4S0	C)					Machi	ine 6:30	-8:00an	n 4(SC)		7:00 AM
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	ŀ	Aerobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM		FCPA C	lasses:	:																	11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	11:30 AM
12:00 PM																					12:00 PM
12:30 PM																					12:30 PM
1:00 PM																					1:00 PM
1:30 PM	Public	Spring	board				1														1:30 PM
2:00 PM	Div	e Time	-1m																		2:00 PM
2:30 PM																					2:30 PM
3:00 PM																					3:00 PM
3:30 PM																					3:30 PM
4:00 PM									FIGU												4:00 PM
4:30 PM							1	1:00pm	FISH - 5:30pr	m (58C)											4:30 PM
5:00 PM							1	4.00pm	- 5.50pi	in (550)											5:00 PM
5:30 PM																					5:30 PM
6:00 PM																					6:00 PM
6:30 PM									Marlins - 8:00pr												6:30 PM
7:00 PM								5.30pm	- 0.00pr	m (55C)							FCF		ses 5:30	pm-	7:00 PM
7:30 PM	6.2		Synchro :00pm (F		1.4													9:0	0pm		7:30 PM
8:00 PM	0:3	opin - 9:	.oopin (i	-un vvei	(+1)																8:00 PM
8:30 PM																					8:30 PM
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap	anes						Shallo	ow End		
r <u> </u>																					_

TUESDAY

20-May

	LDJ	END				tional P	lay/SWI	ini/Dive			•	Swim / V	water w	aiking	UNLI				CPA Cla	5565	
		Dive	Well		Deep	Lanes		1		1	Lap I	anes	1		1				ow End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	<b>_</b>
6:30 AM																-					6:30
7:00am																Machi	ne 6:30	-7:45an	n (4SC)		7:00
7:30 AM																	1	1	1		7:30
8:00 AM		FCPA C																			8:00
8:30 AM	De	ep Wate	er Exerc	ise																	8:30
9:00 AM																			Classes		9:00
9:30 AM																-	1	Aerobic	Exercis	e	9:30
0:00 AM		FCPA C																			10:00
0:30 AM	De	ep Wate	er Exerc	ise																	10:30
1:00 AM																			-	hritis	11:00
1:30 AM																			Exe	rcise	11:30
2:00 PM																					12:00
2:30 PM																					12:30
1:00 PM																			Water		1:00
1:30 PM		: Spring																	Relief PT		1:30
2:00 PM	Div	e Time-	1m																1-4:30pm		2:00
2:30 PM																					2:30
3:00 PM																					3:00
3:30 PM																			1		3:30
4:00 PM									1					Machi	ne						4:00
4:30 PM						FI	SH		1			3:30	pm - 5:3	80pm (1	OSC)						4:30
5:00 PM					4:	30-6:30	pm (4S	C)													5:00
5:30 PM																					5:30
6:00 PM																					6:00
6:30 PM										Ma	rlins						FCPA	Classes	5:30pm-	8:20pm	6:30
7:00 PM	NVN	Synch	ronized	Swimn	nina				5:3		30pm (4	SC)				1					7:00
7:30 PM			om - 9:0																		7:30
8:00 PM			ell + 1 la										J -	4 Maste	rs						8:00
8:30 PM														9pm (3S		-					8:30
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	2.50
¦	-	-	Well	-	ļ	Lanes		-	-		-	anes		-		<u>п</u>		-	ow End		<u> </u>

### WEDNESDAY

#### 21-May

Ι	LEGI	END			Recrea		lay/Swi		e					alking (				F	CPA Cla	sses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM									L-4 M	asters											6:30 AM
7:00am								6	30-7:30	am (4S	C)					Machi	ne 6:30	-8:00am	า (4SC)		7:00am
7:30 AM																					7:30 AM
8:00 AM																					8:00 AM
8:30 AM																					8:30 AM
9:00 AM																	4	erobic	Water E	x	9:00 AM
9:30 AM																					9:30 AM
10:00 AM																			Water		10:00 AM
10:30 AM																			Wal	king	10:30 AM
11:00 AM			lasses:																		11:00 AM
11:30 AM	De	ep Wate	er Exerc	ise																	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	Public	Spring	board																		2:00 PM
2:30 PM	Div	e Time-	-1m																		2:30 PM
3:00 PM																					3:00 PM
3:30 PM																					3:30 PM
4:00 PM												Machine	<b>_</b>								4:00 PM
4:30 PM		FISH							4:30		4:00pm										4:30 PM
5:00 PM		5						SC)				0.000									5:00 PM
5:30 PM																					5:30 PM
6:00 PM							FISI	Н	Ę	5:30-			Morline								6:00 PM
6:30 PM								7:30pr	n (4SC)				Arlins	m (5SC)							6:30 PM

### THURSDAY

#### 22-May

Ι	LEGE	END			Recrea	tional P	lay/Swi	im/Dive	è		Lap S	Swim /	Water W	alking	ONLY			I	<sup>7</sup> CPA Cla	isses	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
6:30 AM							Î		T		ľ							-	-		6:30A
7:00am																Machi	ne 6:30	-7:45am	4(SC)		7:00A
7:30 AM																					7:30 A
8:00 AM																					8:00 A
8:30 AM																					8:30 A
9:00 AM																			lasses		9:00 A
9:30 AM																	A	Aerobic	Exercis	e	9:30 A
10:00 AM		FCPA C																			10:00 A
10:30 AM	De	ep Wate	er Exerc	ise																	10:30 A
11:00 AM																			Arth	ritis	11:00 A
11:30 AM																			Exe	cise	11:30 A
12:00 PM																					12:00 P
12:30 PM																					12:30 F
1:00 PM																	PT/WR				1:00 F
1:30 PM		Spring															Relief PT				1:30 F
2:00 PM	Div	e Time-	1m														1-2:30pm				2:00 F
2:30 PM	1																				2:30 F
3:00 PM																					3:00 F
3:30 PM																					3:30 F
4:00 PM																					4:00 F
4:30 PM					FISH					Ма	chine										4:30 F
5:00 PM					4:30-6:	30pm (4	4SC)		3:30pr	n - 5:30	pm (105	SC)	_	1	1	-					5:00 F
5:30 PM																	_				5:30 F
6:00 PM																					6:00 F
6:30 PM																	FCPA C	lasses 5	:45pm-8:	20pm	6:30 F
7:00 PM																	_				7:00 P
7:30 PM	NVN Sy	nchror	ized Sv	vimmin	g				Marlin												7:30 F
8:00 PM	6:30pm	n - 9:00p	om						5:30pn	n - 8:30p	om (4SC	)	L-4 Ma								8:00 F
8:30 PM	(Well +	1 lane)			-								8-9pm	(3SC)							8:30 F
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
		Dive	Well		Deep	Lanes					Lap I	anes						Shallo	w End		

Friday

23-May

LEGEND **Recreational Play/Swim/Dive** Lap Swim / Water Walking ONLY FCPA Classes Dive Well Deep Lanes Shallow End Lap Lanes D6 D5 D4 D3 D2 D1 1 2 3 4 5 7 8 9 10 S1 S2 **S**3 S4 6 6:30AM 6:30 AM L-4 Masters Machine 6:30-7:30am (4SC) 7:00an 7:00AM 6:30-8:00am (4SC) 7:30 AN 7:30 AN 8:00 AM 8:00 AM 8:30 AM 8:30 AN **Aerobic Water Ex** 9:00 AN 9:00 AM 9:30 AN 9:30 AN Water 10:00 AM 10:00 AM Walking 10:30 AN 10:30 AM 11:00 AM **Adapted Aquatics** 11:00 AM Adapted Aquatics 11am-12pm 11:30 AN 11:30 AM 12:00 PN 12:00 PM 12:30 PM 12:30 PN 1:00 PN 1:00 PM 1:30 PN 1:30 PN 2:00 PM 2:00 PM **Public Springboard Dive Time- 1m only** 2:30 PM 2:30 PN 3:00 PN 3:00 PM 3:30 PN 3:30 PN 4:00 PN 4:00 PM FISH 4:30 PM 4:30 PN 4:00pm - 5:30pm 4(SC) 5:00 PM 5:00 PM 5:30 PM 5:30 PN 6:00 PM FCPA Classes 6:00 PM 5:30pm-8:25pm 6:30 PM 6:30 PM 7:00 PM 7:00 PM 7:30 PM 7:30 PN 8:00 PM 8:00 PM 8:30 PM 8:30 PN

#### **SATURDAY**

#### 24-May

Ι	LEGI	END			Recreat	tional P	lay/Swi	m/Dive			Lap	Swim / V	Water W	/alking (	ONLY			F	CPA Clas	ses	
		Dive	e Well		Deep	Lanes					Lap L	anes						Shallo	w End		
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM	NVN	Synchro	9:00am-1	0:00am We	ell + 1 Iane																9:00 AM
9:30AM			-																		9:30AM
10:00 AM																					10:00 AM
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5:00 PM																					5:00 PM
5:30 PM																					5:30 PM
6:00 PM																POC	DL CLOS	ES TO	THE PU	BLIC	6:00 PM
																		6:00PM			

#### **SUNDAY**

#### 25-May

LEGEND				Recreational Play/Swim/Dive						Lap Swim / Water Walking ONLY							FCPA Classes				
	Dive Well				Deep	Lanes					Lap Lanes						Shallow End				
	D6	D5	D4	D3	D2	D1	1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4	
9:00 AM																					9:00 AM
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