

# MAY 2024



FAIRFAX COUNTY PARK AUTHORITY  
**REC CENTERS**

## GEORGE WASHINGTON REC CENTER POOL CALENDAR

8426 Old Mt. Vernon Road Alexandria, VA 22309 703-780-8894

SUNDAY 9AM-6PM	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 9AM-6PM
			<b>1</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>2</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>3</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>4</b> CLASSES & LAP SWIM ONLY <b>9:00AM-12:00PM</b>  <b>OPEN SWIM</b> <b>12P-6P</b>
<b>5</b> CLASSES & LAP SWIM ONLY <b>9:00AM-12:00PM</b>  <b>OPEN SWIM</b> <b>12P-6P</b>	<b>6</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>7</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>8</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>9</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>10</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>11</b> CLASSES & LAP SWIM ONLY <b>9:00AM-12:00PM</b>  <b>OPEN SWIM</b> <b>12P-6P</b>
<b>4:00P-8:00PM LIMITED LANES AVAILABLE LANES OPEN DUE SWIM CLASSES AND RENTALS</b>						
<b>12</b> CLASSES & LAP SWIM ONLY <b>9:00AM-12:00PM</b>  <b>OPEN SWIM</b> <b>12P-6P</b>	<b>13</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>14</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>15</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>16</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>17</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>18</b> CLASSES & LAP SWIM ONLY <b>9:00AM-12:00PM</b>  <b>OPEN SWIM</b> <b>12P-6P</b>
<b>4:00P-8:00PM LIMITED LANES AVAILABLE LANES OPEN DUE SWIM CLASSES AND RENTALS</b>						
<b>19</b> CLASSES & LAP SWIM ONLY <b>9:00AM-12:00PM</b>  <b>OPEN SWIM</b> <b>12P-6P</b>	<b>20</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>21</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>22</b> OPEN AND LAP SWIM 6:30AM-4:00PM <b>OPEN HOUSE 4-7P</b>	<b>23</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>24</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>25</b> NO SWIM CLASSES  <b>OPEN SWIM</b> <b>9AM-6PM</b>
<b>4:00P-8:00PM LIMITED LANES AVAILABLE LANES OPEN DUE SWIM CLASSES AND RENTALS</b>						
<b>26</b> NO SWIM CLASSES  <b>OPEN SWIM</b> <b>9AM-6PM</b>	<b>27</b> <b>MEMORIAL DAY</b> <b>POOL HOURS</b> <b>6:30AM-6:00PM</b> OPEN AND LAP SWIM 6:30AM-6:00PM	<b>28</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>29</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>30</b> OPEN AND LAP SWIM 6:30AM-4:00PM	<b>31</b> OPEN AND LAP SWIM 6:30AM-4:00PM	
<b>4:00P-8:00PM LIMITED LANES AVAILABLE LANES OPEN DUE</b>						

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

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### 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				
	Ramp	Shallow End			Lap Lanes				Lap Lanes/Dive Well				
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
9:00 AM	Swim Lessons 9am-12pm							Swim Lessons 9am-12:45pm					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
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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	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	6:00 PM
			Shallow End			Lap Lanes				Lap Lanes/Dive Well			

Highland Park Dive  
Set up 4:45pm-6pm

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### SUNDAY

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LEGEND		Recreational Play/Swim/Dive			Lap Swim / Water Walking ONLY				FCPA scheduled programs					
	Ramp	Shallow End			Lap Lanes				Lap Lanes/Dive Well					
		0.5	Full	1	2	3	4	5	6	7	8	0.5		
9:00 AM	Swim Lessons and Scuba Rental 9am-12:45pm								SCUBA 9:45 am-12:45pm					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
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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								Riverside					4:00 PM	
4:30 PM													4:30 PM	
5:00 PM								Mount Vernon					5:00 PM	
5:30 PM													5:30 PM	
6:00 PM	HOURS	Hollin Meadows (4.5 lanes)				Waynewood (5.5 lanes)							6:00 PM	
7:00 PM		MVP	Mansion House (5 lanes)			Mount Vernon Park (4.5 lanes)							7:00 PM	
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5		
		Shallow End			Lap Lanes				Lap Lanes/Dive Well					

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### MONDAY

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					
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well					
		0.5	Full	1	2	3	4	5	6	7	8	0.5			
Before Hours		NCAP (4.5 lanes) 5:00-6:00 am					Marlins (5.5 lanes) 4:55 - 6:25 am					Before Hours			
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		Shallow Water Ex											9:00 AM		
9:30 AM		Shared Space with swim classes											9:30 AM		
10:00 AM	Swim Lessons				Deep Water Ex										10:00 AM
10:30 AM															
11:00 AM															11:00 AM
11:30 AM		Arthritis Water Ex											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		
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4:30 PM													4:30 PM		
5:00 PM													5:00 PM		
5:30 PM													5:30 PM		
6:00 PM	Swim Lessons												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		
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM		
		Shallow End			Lap Lanes					Lap Lanes/Dive Well					

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### TUESDAY

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					
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well					
		0.5	Full	1	2	3	4	5	6	7	8	0.5			
Before Hours			Masters (3 lanes) 5am-6am			Marlins (6 lanes) 4:55 - 6:25 am						Before Hours			
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			Water Ex Class										9:00 AM		
9:30 AM	SL														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		Swim Lessons											2:00 PM		
2:30 PM													2:30 PM		
3:00 PM												Swim Lessons	3:00 PM		
3:30 PM													3:30 PM		
4:00 PM													4:00 PM		
4:30 PM													4:30 PM		
5:00 PM												Water Exercise	5:00 PM		
5:30 PM													5:30 PM		
6:00 PM		Swim Lessons and Water Exercise				Marlins 4:30 - 7:30							6:00 PM		
6:30 PM														NCAP 6-7:30	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		
9:00 PM													9:00 PM		
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5			
		Shallow End			Lap Lanes					Lap Lanes/Dive Well					

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### WEDNESDAY

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				
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well				
		0.5	Full	1	2	3	4	5	6	7	8	0.5		
Before Hours		NCAP (4.5 lanes) 5:00-6:00 am					Marlins (5.5 lanes) 4:55 - 6:25 am					Before Hours		
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		Shallow Water Ex												8:30 AM
9:00 AM		Shared Space with swim classes												9:00 AM
9:30 AM														
10:00 AM	SL	Shared Space with swim classes												10:00 AM
10:30 AM														
11:00 AM		Arthritis 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
1:30 PM														1:30 PM
2:00 PM		Swim Lessons												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														4:30 PM
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7:00 PM														7:00 PM
7:30 PM														7:30 PM
8:00 PM														8:00 PM
8:30 PM														8:30 PM
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM	
		Shallow End			Lap Lanes					Lap Lanes/Dive Well				

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### THURSDAY

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			
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours			Masters (3 lanes) 5am-6am			Marlins (6 lanes) 4:55 - 6:25 am						Before Hours	
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		Water Ex Class											9:00 AM
9:30 AM													
10:00 AM	Swim Lessons									Power Finning			10:00 AM
10:30 AM													
11:00 AM													11:00 AM
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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	Swim Lessons												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													4:30 PM
5:00 PM										Water Exercise			5:00 PM
5:30 PM		Water Exercise						Marlins 4:30 - 7:30					5:30 PM
6:00 PM											NCAP 6-7:30		6:00 PM
6:30 PM													6:30 PM
7:00 PM		Swim Lessons							NCAP 7:30 - 8:30				7:00 PM
7:30 PM													7:30 PM
8:00 PM													8:00 PM
8:30 PM													8:30 PM
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM
		Shallow End			Lap Lanes					Lap Lanes/Dive Well			

# George Washington Rec Center

## Lap Lane Calendar May 1st to May 17th



### FRIDAY

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			
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours		NCAP (4.5 lanes) 5:00-6:00 am					Marlins (5.5 lanes) 4:55 - 6:25 am No 3/29					Before Hours	
6:30 AM													6:30 AM
7:00 AM													7:00 AM
7:30 AM													7:30 AM
8:00 AM												Deep Water Ex	8:00 AM
8:30 AM		Shallow Water Ex											8:30 AM
9:00 AM		Shared Space with swim classes											9:00 AM
9:30 AM													
10:00 AM		Arthritis Water Ex										Deep Water Ex	10:00 AM
10:30 AM													
11:00 AM													11:00 AM
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8:00 PM													8:00 PM
8:30 PM													8:30 PM
9:00 PM													9:00 PM
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			
		0.5	Full	1	2	3	4	5	6	7	8	0.5	



# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### 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.*

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	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well				
		0.5	Full	1	2	3	4	5	6	7	8	0.5		
9:00 AM	Swim Lessons 9am-12pm								Swim Lessons 9am-12:45pm					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
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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	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	6:00 PM	
		Shallow End			Lap Lanes					Lap Lanes/Dive Well				

# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### SUNDAY

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.*

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	Ramp	Shallow End			Lap Lanes				Lap Lanes/Dive Well				
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
9:00 AM	Swim Lessons and Scuba Rental 9am-12:45pm												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
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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									Riverside (No Swim 5/26)				4:00 PM
4:30 PM													4:30 PM
5:00 PM									Mount Vernon (No Swim 5/26)				5:00 PM
5:30 PM													5:30 PM
6:00 PM	HOURS	Hollin Meadows (4.5 lanes)				Waynewood (5.5 lanes)				6:00 PM			
7:00 PM		MVP	Mansion House (5 lanes)			Mount Vernon Park (4.5 lanes)				7:00 PM			
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	
		Shallow End			Lap Lanes				Lap Lanes/Dive Well				

# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### TUESDAY

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.*

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	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours		NCAP (4.5 lanes) 5:00-6:00 am					Marlins (5.5 lanes) 4:55 - 6:25 am					Before Hours	
6:30 AM													6:30 AM
7:00 AM													7:00 AM
7:30 AM													7:30 AM
8:00 AM											Deep Water Ex		8:00 AM
8:30 AM		Shallow Water Ex											8:30 AM
9:00 AM		Shared Space with swim classes									Deep Water Ex		9:00 AM
9:30 AM		Arthritis Water Ex											9:30 AM
10:00 AM	Swim Lessons	Shared Space with swim classes									Deep Water Ex		10:00 AM
10:30 AM		Shared Space with swim classes									Deep Water Ex		10:30 AM
11:00 AM		Arthritis Water Ex									Deep Water Ex		11:00 AM
11:30 AM		Arthritis Water Ex											11:30 AM
12:00 PM													12:00 PM
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5:00 PM													5:00 PM
5:30 PM													5:30 PM
6:00 PM	Swim Lessons												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
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM
		Shallow End			Lap Lanes					Lap Lanes/Dive Well			

# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### TUESDAY

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					
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well					
		0.5	Full	1	2	3	4	5	6	7	8	0.5			
Before Hours			Masters (3 lanes) 5am-6am			Marlins (6 lanes) 4:55 - 6:25 am						Before Hours			
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			Water Ex Class										9:00 AM		
9:30 AM	SL														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	Swim Lessons												2:00 PM		
2:30 PM												Swim Lessons	2:30 PM		
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												Water Exercise	5:00 PM		
5:30 PM													5:30 PM		
6:00 PM	Swim Lessons and Water Exercise												6:00 PM		
6:30 PM												NCAP 6-7:30 (No swim 5/28)	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		
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM		
		Shallow End			Lap Lanes					Lap Lanes/Dive Well					

# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### WEDNESDAY

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			
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours		NCAP (4.5 lanes) 5:00-6:00 am					Marlins (5.5 lanes) 4:55 - 6:25 am					Before Hours	
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM													
8:30 AM		Shallow Water Ex											
9:00 AM		Shared Space with swim classes											
9:30 AM													
10:00 AM	SL	Shared Space with swim classes											
10:30 AM													
11:00 AM		Arthritis Water Ex											
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM													
1:30 PM													
2:00 PM		Swim Lessons											
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM													
5:30 PM													
6:00 PM													
6:30 PM													
7:00 PM													
7:30 PM													
8:00 PM													
8:30 PM													
9:00 PM													
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM
		Shallow End			Lap Lanes					Lap Lanes/Dive Well			

# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### THURSDAY

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				
		Shallow End			Lap Lanes					Lap Lanes/Dive Well				
	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5		
Before Hours			Masters (3 lanes) 5am-6am			Marlins (6 lanes) 4:55 - 6:25 am							Before Hours	
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			Water Ex Class											9:00 AM
9:30 AM														
10:00 AM	Swim Lessons									Power Finning				10:00 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	Swim Lessons													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									Water Exercise				4:30 PM	
5:00 PM														
5:30 PM		Water Exercise						Marlins 4:30 - 7:30 (5/30 3 lanes only 6-7:30)					5:30 PM	
6:00 PM														
6:30 PM										NCAP 6-7:30 (No swim 5/30)			6:30 PM	
7:00 PM		Swim Lessons						NCAP 7:30 - 8:30 (No swim 5/30)						7:00 PM
7:30 PM														
8:00 PM														8:00 PM
8:30 PM														8:30 PM
9:00 PM	Ramp	0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM	
		Shallow End			Lap Lanes					Lap Lanes/Dive Well				

# George Washington Rec Center

## Lap Lane Calendar

May 18 - 31



### FRIDAY

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			
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			
		0.5	Full	1	2	3	4	5	6	7	8	0.5	
Before Hours		NCAP (4.5 lanes) 5:00-6:00 am										Before Hours	
6:30 AM													6:30 AM
7:00 AM													7:00 AM
7:30 AM													7:30 AM
8:00 AM												Deep Water Ex	8:00 AM
8:30 AM		Shallow Water Ex											8:30 AM
9:00 AM		Shared Space with swim classes											9:00 AM
9:30 AM													
10:00 AM		Arthritis Water Ex										Deep Water Ex	10:00 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													4:30 PM
5:00 PM					Marlins 4:30p-6:00pm (Last day 5/24)								5:00 PM
5:30 PM													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
9:00 PM		0.5	Full	1	2	3	4	5	6	7	8	0.5	9:00 PM
	Ramp	Shallow End			Lap Lanes					Lap Lanes/Dive Well			