

MONDAY

| | DARAD | | | e unless no | | • | | | | | _ |
|----------|------------------|------------------------|-------------|-------------|---------|----------------------|-----------|---------------------------|---------|--------------------------|----------|
| 6:00 AM | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVING WELI | 6:00 AM |
| | | | | | | PO | TOMAC MAR | LINS 6AM-630 | AM | | 6:30 AM |
| 6:30 AM | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | | 7:30 AM |
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| 9:00 AM | | | | | | | | | EROBICS | | 9:00 AM |
| 9:30 AM | | ACPS | SPLASH PRO | GRAM | | | | 9AIVI- | 10AM | | 9:30 AM |
| 10:00 AM | | | 9 AM- 11 AM | l | | | | | | | 10:00 AM |
| 10:30 AM | | | | | | | | | | | 10:30 AM |
| 11:00 AM | WE Aquatics | | | | | | | | | | 11:00 AM |
| 11:30 AM | 10AM-1PM | | | | | | | | | | 11:30 AM |
| 12:00 PM | | | | | | | | | | | 12:00 PM |
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| 3:30 PM | | | | | | | | | | | 3:30 PM |
| 4:00 PM | | | WF A | quatics | | | | | | | 4:00 PM |
| 4:30 PM | ALEX S SWIM L | | | -7:00PM | | РОТОМАС | | | | | 4:30 PM |
| 5:00 PM | | -8:15PM | | | | MARLINS 430-6:00P | P.O | TONANC NANDI | INC | | 5:00 PM |
| 5:30 PM | | | | | | 430 0.001 | | TOMAC MARI 430PM-700PN | | | 5:30 PM |
| 6:00 PM | | | | | | | | | | | 6:00 PM |
| 6:30 PM | | | | | | | | | | CET IN DEED | 6:30 PM |
| 7:00 PM | | ALEX SWIM | | | | | | | | GET IN DEEP 630-730PM | 7:00 PM |
| 7:30 PM | S | SWIM LESSONS 3PM-830PM | | | | | UND | ERWATER HO | CKEY | | 7:30 PM |
| 8:00 PM | | QUA AEROBIO | CS | | | | | | | | 8:00 PM |
| 8:30 PM | | 7:15-8:15 | | | | | | | | | 8:30 PM |
| 9:00 PM | | | | POC | L CLOSE | S AT 8:45 | 5PM | | | | 9:00 PM |
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVE WELL | |



TUESDAY

| | | Lan | Lanes available unless noted. Limited lanes 3pm-8pm Lane availability is subject to change. | | | | | | | | | | | |
|----------|---------------------|--------------------------------|---|--------------------|----------|-----------------|--------|-------------------------|---------|-------------|----------|--|--|--|
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | | DIVING WELI | | | | |
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| 8:30 AM | | | | | | | | XERCISE FOR 815AM-900AI | | | 8:30 AM | | | |
| 9:00 AM | | | | _ | | | | | | | 9:00 AM | | | |
| 9:30 AM | | ACPS | SPLASH PROG 9 AM- 11 AM | | | | AQUA E | XERCISE FOR | SENIORS | | 9:30 AM | | | |
| 10:00 AM | | | | | | | g | 930AM-1015A | M | | 10:00 AM | | | |
| 10:30 AM | | | | | | | | | | | 10:30 AM | | | |
| | WE Aquatics | ١٨ | /ATED \\/ALKIN | vic. | | | | | | | 11:00 AM | | | |
| 11:30 AM | 10AM-1PM | WATER WALKING 1055AM-1155AM | | | | | | | | 11:30 AM | | | | |
| 12:00 PM | | | | | | | | | | | 12:00 PM | | | |
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| 4:00 PM | 3:00PM- | | | quatics -7:00PM | | | | | | | 4:00 PM | | | |
| 4:30 PM | | | | | | | | | | | 4:30 PM | | | |
| 5:00 PM | | | | | | POTOMAC MARLINS | | | | | 5:00 PM | | | |
| 5:30 PM | | | | | | 430-6:00P | | | | | 5:30 PM | | | |
| 6:00 PM | | | | | | | PO | TOMAC MARI 430PM-8PM | INS | | 6:00 PM | | | |
| 6:30 PM | | | | | | | | | | | 6:30 PM | | | |
| 7:00 PM | HI/LO AQ 6:30PM- | | | | | | | | | | 7:00 PM | | | |
| 7:30 PM | | 7.30FW | | | DARK | LAWN | | | | | 7:30 PM | | | |
| 8:00 PM | | | | | | TEAM | | | | | 8:00 PM | | | |
| 8:30 PM | | | | | | | | | | | 8:30 PM | | | |
| 9:00 PM | | | | POC | DL CLOSE | S AT 8:45 | 5PM | | | | 9:00 PM | | | |
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVE WELL | | | | |



WEDNESDAY

| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVING WELI | |
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| 6:00 AM | | | | | | PO | POTOMAC MARLINS 6AM-630AM | | | | 6:00 AM |
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| 9:00 AM | | | · | | | | | AQUA A | EROBICS | | 9:00 AM |
| 9:30 AM | | | | | | | | 9AM- | 10AM | | 9:30 AM |
| 10:00 AM | | ACPS | SPLASH PROG 9 AM- 11 AM | | | | | | | | 10:00 AM |
| 10:30 AM | | | 3 AIVI- II AIVI | | | | | | | | 10:30 AM |
| 11:00 AM | WE Aquatics | | | | | | | | | | 11:00 AM |
| 11:30 AM | 10AM-1PM | | | | | | | | | | 11:30 AM |
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| 4:00 PM | | | WE Ad | quatics | | | | | | | 4:00 PM |
| 4:30 PM | ALEX : SWIM L | | | -7:00PM | | POTOMAC | | | | 1 | 4:30 PM |
| 5:00 PM | | -8:15PM | | | | MARLINS 430-6:00P | PC | OTOMAC MAR | LINS | | 5:00 PM |
| 5:30 PM | | | | | | 130 0.001 | | 430PM-700PM | | | 5:30 PM |
| 6:00 PM | | | | | | | | | | | 6:00 PM |
| 6:30 PM | | | | | | | | | | GET IN DEEP | 6:30 PM |
| 7:00 PM | | | | | | | | | | 630-730PM | 7:00 PM |
| 7:30 PM | | | | | | | | - | | | 7:30 PM |
| 8:00 PM | | | | | | | | - | | | 8:00 PM |
| 8:30 PM | | | | | | | | | | | 8:30 PM |
| 9:00 PM | POOL CLOSES AT 8:45PM | | | | | | | | | | 9:00 PM |
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVE WELL | |



THURSDAY

| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVING WEL | L |
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| 8:30 AM | | | | | | | | EXERCISE FOR 815AM-900AI | | | 8:30 AM |
| 9:00 AM | | ۸۲۵۶ | SPLASH PRO | SBAM | | | | | | | 9:00 AM |
| 9:30 AM | | | 9 AM- 11 AM | | | | | XERCISE FOR | | | 9:30 AM |
| 10:00 AM | | No | programs Jan | 2-5 | | | 9 | 930AM-1015A | M | | 10:00 AN |
| 10:30 AM | | | | | | | | | | | 10:30 AM |
| 11:00 AM | WE Aquatics | W | /ATER WALKIN | NG | | | | | | | 11:00 AM |
| 11:30 AM | | | 055AM-1155A | M | | | | | | | 11:30 AM |
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| 4:30 PM | | | | | | РОТОМАС | | | | | 4:30 PM |
| 5:00 PM | | | | | | MARLINS | | | | | 5:00 PM |
| 5:30 PM | | | | | | 430-6:00P | PO | TOMAC MARLINS | | | 5:30 PM |
| 6:00 PM | | | | | | | | 430PM-8PM | | | 6:00 PM |
| 6:30 PM | | | | | | - | | | | | 6:30 PM |
| 7:00 PM | HI/LO AQ 6:30PM- | | | | | - | | | | | 7:00 PM |
| 7:30 PM | | -7.30PIVI | | | PARK | LAWN | | | | | 7:30 PM |
| 8:00 PM | | | | - | | TEAM | | | | - \ | 8:00 PM |
| 8:30 PM | | | | | | | | | | | 8:30 PM |
| 9:00 PM | | | | POC | DL CLOSE | S AT 8:4! | 5PM | | | | 9:00 PM |
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVE WELL | |



FRIDAY

| | | Land | | unless note | | | | _ | <u> </u> | • | _ |
|----------|--------------|--------------|----------------------------|-------------|--------|---------|------------|-------------|----------|------------|----------|
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVING WEL | L |
| 6:00 AM | | | | | | PO | TOMAC MARI | INS 6AM-630 | ΔM | | 6:00 AM |
| 6:30 AM | | | | | | | | | | | 6:30 AM |
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| 10:00 AM | | ACPS | SPLASH PROG 9 AM- 11 AM | | | | | | | | 10:00 AM |
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| 11:00 AM | WE Aquatics | | | | | | | | | | 11:00 AM |
| 11:30 AM | 10AM-1PM | | | | | | | | | | 11:30 AM |
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| 4:00 PM | SW 2:00-5 | 11M :45PM | 2:00PM | I-5:30PM | | | | | | | 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 | CLOSES | at 5:45 | p.m | | | | 6:00 PM |
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVE WELL | |



SATURDAY

| | | Bi | rthday Part | ties 1:30pm | 1-2:30pm & | 3:30pm-4: | 30pm Lan | e availabili | ity is subje | ct to chang | е. |
|----------|------|----------------------------|-------------|-------------|---------------------|--------------------------|-----------------------|--------------|--------------|-------------|----------|
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVING WEL | L |
| 8:00 AM | | | | | | | | | | | 8:00 AM |
| 8:30 AM | | | | | | | | | | | 8:30 AM |
| 9:00 AM | | | | | | | | | | | 9:00 AM |
| 9:30 AM | ۱۸ | /ATER EXERCI | SF | | | | | | | | 9:30 AM |
| 10:00 AM | | 00AM-10:00A | | | | | | | | | 10:00 AM |
| 10:30 AM | | | | | | | | | | | 10:30 AV |
| 11:00 AM | 5 | ALEX SWIM SWIM LESSON | S | | <u>'</u> | | | | | | 11:00 AN |
| 11:30 AM | 9 | :00AM-1:30P | М | | | | | | | AILABLE | 11:30 AV |
| 12:00 PM | 517 | ARTING JAN 2 | utn | | | | 8AM-4:00PM | | 4:00PM | 12:00 PM | |
| 12:30 PM | | | | | quatics n-2:30pm | | | | _ | | 12:30 PM |
| 1:00 PM | | | | | | | | | | | 1:00 PM |
| 1:30 PM | | | | | | | WE Aquatics Swim Team | | | | 1:30 PM |
| 2:00 PM | | | | | | | | 1 | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | | 2:30 PM |
| 3:00 PM | | FAMILY SWIN | l | | | Dowden Terrace Swim team | | | | | 3:00 PM |
| 3:30 PM | BII | RTHDAY PART 1:30-5:30PM | | | | 2: | 2:45 PM-4:15 PM | | | | 3:30 PM |
| 4:00 PM | | 2.00 0.00 | | | | | | | | | 4:00 PM |
| 4:30 PM | | | | | | | | | | | 4:30 PM |
| 5:00 PM | | | | | | | | | | | 5:00 PM |
| 5:30 PM | | | | | | | | | | | 5:30 PM |
| 6:00 PM | | | | POC | OL CLOSE | S AT 5:4 | 5PM | | | | 6:00 PM |
| | RAMP | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | DIVE WELL | |

