

### **OCTOBER SCHEDULE**

#### **MONDAY**

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	_
6:00 AM						PO <sup>*</sup>	TOMAC MAR	LINS 6AM-630	AM		6:00 AM
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			-					AQUA A	EROBICS		9:00 AM
9:30 AM								9AM-	10AM		9:30 AM
10:00 AM			SPLASH PROG 9 AM- 11 AM								10:00 AM
10:30 AM			J ,								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
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								ACHS Sw	im Team		3:30 PM
4:00 PM			WE A	quatics				Conditioning			4:00 PM
4:30 PM	ALEX S SWIM L			-7:00PM		РОТОМАС					4:30 PM
5:00 PM	3:00PM-	-8:15PM				MARLINS	PO.	TOMAC MARI	INC		5:00 PM
5:30 PM	startin	g 9/18				430-6:00P		430PM-700PN	Л		5:30 PM
6:00 PM							starting 9/11			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	



### **OCTOBER SCHEDULE**

#### **TUESDAY**

			=	unless not			_			_	
6.00.00	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM							AQUA EXER	CISE FOR SENI	ORS 815AM-		8:00 AM
8:30 AM								900AM			8:30 AM
9:00 AM		۸۲۵۶	SPLASH PROC	SDAM							9:00 AM
9:30 AM		ACF3	9 AM- 11 AM				AQUA EXER	CISE FOR SENI 1015AM	ORS 930AM-		9:30 AM
10:00 AM											10:00 AM
10:30 AM											10:30 AM
11:00 AM	WE Aquatics	W	ATER WALKIN	NG .							11:00 AM
11:30 AM	10AM-1PM	10	055AM-1155A	M							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			WF Ac	quatics							4:00 PM
4:30 PM				-7:00PM							4:30 PM
5:00 PM	ALEX S	SWIM				POTOMAC MARLINS					5:00 PM
5:30 PM	SWIM LESSONS 3:00PM-8:30PM starting 9/19					430-6:00P					5:30 PM
6:00 PM							PO	TOMAC MARL 430PM-8PM	INS		6:00 PM
6:30 PM								starting 9/12			6:30 PM
7:00 PM											7:00 PM
7:30 PM			ALEX LTS								7:30 PM
8:00 PM			630P-8:30P								8:00 PM
8:30 PM											8:30 PM
9:00 PM	DOOL CLOSES AT 9.4FDM									9:00 PM	
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



### **OCTOBER SCHEDULE**

#### **WEDNESDAY**

	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 MA	RLINS 6AM-63	DAM		6:00 AM
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								AQUA A	EROBICS		9:00 AM
9:30 AM									10AM		9:30 AM
10:00 AM		ACPS	SPLASH PROG 9 AM- 11 AM								10:00 AM
10:30 AM			3 AIVI- 11 AIVI								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
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	ALEV	CVA/IN 4	WE Ad	quatics							4:00 PM
4:30 PM	ALEX : SWIM L	ESSONS	2:00PM	-7:00PM		РОТОМАС					4:30 PM
5:00 PM		-8:15PM				MARLINS	PC	OTOMAC MAR	IINS		5:00 PM
5:30 PM	starting 9/20					430-6:00P		430PM-700PI	M		5:30 PM
6:00 PM								starting 9/13	1		6:00 PM
6:30 PM											6:30 PM
7:00 PM										DEEP WATER	7:00 PM
7:30 PM										630PM-730PM 740PM-840PM	7:30 PM
8:00 PM											8:00 PM
8:30 PM					01.5.55						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	J



### **OCTOBER SCHEDULE**

#### **THURSDAY**

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7		DIVING WELL	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM				-				-			7:00 AM
7:30 AM											7:30 AM
8:00 AM							۸٥١١٨ ٦	XERCISE FOR S	CENHODE		8:00 AM
8:30 AM			<u> </u>					815AM-900AN			8:30 AM
9:00 AM											9:00 AM
9:30 AM			SPLASH PROG 9 AM- 11 AM					XERCISE FOR S			9:30 AM
10:00 AM			5 AIVI- 11 AIV				S	930AM-1015A	M		10:00 AM
10:30 AM											10:30 AM
11:00 AM	WE Aquatics	W	ATER WALKI	NG							11:00 AM
11:30 AM	10AM-1PM	10	)55AM-1155A	M							11:30 AM
12:00 PM											12:00 PM
12:30 PM											12:30 PM
1:00 PM											1:00 PM
1:30 PM		Skills on the									1:30 PM
2:00 PM		Hill 1:00-3:00P									2:00 PM
2:30 PM											2:30 PM
3:00 PM											3:00 PM
3:30 PM					Skills on the						3:30 PM
4:00 PM			WE A	quatics	Hill 3:00-4:00P						4:00 PM
4:30 PM				-7:00PM		РОТОМАС		-			4:30 PM
5:00 PM	ALEX S					MARLINS					5:00 PM
5:30 PM	SWIM L 3:00PM	LESSONS				430-6:00P	PO	TOMAC MARL	INS		5:30 PM
6:00 PM								430PM-8PM		-	6:00 PM
6:30 PM								starting 9/14		-	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	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



## **OCTOBER SCHEDULE**

#### **FRIDAY**

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7		IVING WEL	
6:00 AM						PO <sup>-</sup>	TOMAC MARI	INS 6AM-630	AM		6:00 AM
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											9:30 AM
10:00 AM			SPLASH PROG								10:00 AM
10:30 AM			9 AM- 11 AM								10:30 AM
	WE Aquatics										11:00 AM
11:30 AM	10000 1000										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	FAMILY	NOVA PT 3:00-4:00PM	)A/a A								3:00 PM
3:30 PM	2:00-5:45PM	3.00-4.00FW		quatics I-5:30PM				ACHS Swi Conditi			3:30 PM
4:00 PM											4:00 PM
4:30 PM											4:30 PM
5:00 PM											5:00 PM
5:30 PM <b>6:00 PM</b>				POOL	CLOSES	at 5:45	p.m				5:30 PM <b>6:00 PM</b>
0.00 1101	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	0.00 PIVI



### **OCTOBER SCHEDULE**

#### **SATURDAY**

Birthday Parties 1:30pm-2:30pm & 3:30pm-4:30pm Lane availability is subject to change.

		ВП	rthday Part	lies 1:30pm	1-2:30pm &	3:30pm-4:	30pm Lan	e avallabili	ty is subject	ct to chang	e. 
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	
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											10:00 AM
10:30 AM		ALEX SWIM							LINIAN	AILABLE	10:30 AM
11:00 AM	SWIM LESSONS 9:00AM-1:30PM				<u>'</u>					2:30PM	11:00 AM
11:30 AM											11:30 AM
12:00 PM											12:00 PM
12:30 PM					WE Aquatics 11:00am-2:30pm				12:30 PM		
1:00 PM											1:00 PM
1:30 PM											1:30 PM
2:00 PM							-			2:00 PM	
2:30 PM								quatics Team			2:30 PM
3:00 PM		FAMILY SWIM	1	Dowde	n Terrace Swi	m team		:30PM			3:00 PM
3:30 PM	BII	RTHDAY PART 1:30-5:30PM	IES	2:	:45 PM-4:15 P	M					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 CLOSES AT 5:45PM								6:00 PM		
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



## **OCTOBER SCHEDULE**

#### **SUNDAY**

NO PUBLIC SWIM 10AM-11AM

		Birthday Parties 1:30pm-2:30pm & 3:30pm-4:30pm Lane availability is subject to change.											
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	_		
8:00 AM										AILABLE 3:30PM	8:00 AM		
8:30 AM									OAIVI-	3.30FW	8:30 AM		
9:00 AM								AQUA	ZUMBA		9:00 AM		
9:30 AM								9:00-	-10:00A		9:30 AM		
L0:00 AM											10:00 AN		
10:30 AM		ALEX SWIM				WAHOOS					10:30 AN		
11:00 AM		SWIM LESSON 9:00AM-1:30P									11:00 AN		
11:30 AM											11:30 AN		
12:00 PM											12:00 PN		
12:30 PM					quatics n-2:30pm						12:30 PN		
1:00 PM				11.00011	1 2.50pm			QUATIC	UNAV	1:00 PM			
1:30 PM							SWIM TEAM		11AM-4PM		1:30 PM		
2:00 PM											2:00 PM		
2:30 PM											2:30 PM		
3:00 PM		FAMILY SWIM	1								3:00 PM		
3:30 PM	ВІ	RTHDAY PART 1:30-5:30PM									3:30 PM		
4:00 PM		1.30-3.301101				PARK	LAWN SWIM	TEAM			4:00 PM		
4:30 PM											4:30 PM		
5:00 PM											5:00 PM		
5:30 PM											5:30 PM		
6:00 PM				PO	OL CLOSI	ES 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			