

JANUARY 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 ⁻	POTOMAC MARLINS 6AM-630AM				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		ACDS.	SPLASH PROG	SPAM				9AM-	10AM		9:30 AM
10:00 AM			9 AM- 11 AM								10:00 AM
10:30 AM	WE Aquatics	NO F	NO PROGRAM JAN 2-5								10:30 AM
11:00 AM											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	1						HIGH SCHOO SSSA 8		3:00 PM		
3:30 PM						2:30PM-4PM					3:30 PM
4:00 PM	ALEX S	NAINA	WF A	quatics	ALEX	(ANDRIA CITY	HIGH SCHOO	I SWIM & DIV	/F TFAM PRA	CTICE	4:00 PM
4:30 PM	SWIM LI	ESSONS		-7:00PM	7 (22)			-5:00PM	2 12/11/11/1	01102	4:30 PM
5:00 PM	3:00PM- STARTING	-8:15PM JAN 22nd									5:00 PM
5:30 PM						РОТОМАС					5:30 PM
6:00 PM						MARLINS 5:15-6:45P	PO	TOMAC MARL	.INS		6:00 PM
6:30 PM						3,13 0,137	5	5:15PM-7:45P	M	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				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	



JANUARY SCHEDULE

TUESDAY

		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	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 E	XERCISE FOR :	SENIORS		8:00 AM
8:30 AM			ACPS SPLASH PROGRAM					815AM-900AN			8:30 AM
9:00 AM		ACPS									9:00 AM
9:30 AM			9 AM- 11 AM	ĺ				XERCISE FOR			9:30 AM
10:00 AM		NO PF	NO PROGRAM JAN 2-5TH				9	30AM-1015A	IVI		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)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										-	1:30 PM
2:00 PM										-	2:00 PM
2:30 PM						HIGH SCHOOL SWIM TEAM					
3:00 PM						SSSA & ACDS 2:30PM-4PM EXANDRIA CITY HIGH SCHOOL SWIM & DIVE TEAM PRACTICE					3:00 PM
3:30 PM											3:30 PM
4:00 PM			WE Ad	quatics	ALEX						4:00 PM
4:30 PM	ALEX S	SWIM		-7:00PM				-5:00PM		J.1.02	4:30 PM
5:00 PM	SWIM LI										5:00 PM
5:30 PM	3:00PM- HI/LO AQ					POTOMAC					5:30 PM
6:00 PM	6:30PM- STARTING					MARLINS 5:15-6:45P					6:00 PM
6:30 PM		JAIN TOUI						TOMAC MARI			6:30 PM
7:00 PM							5	:15PM-8:45PI	M		7:00 PM
7:30 PM											7:30 PM
8:00 PM											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	



JANUARY SCHEDULE

WEDNESDAY

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	
6:00 AM						PO	TOMAC MA	RLINS 6AM-630	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 AI	EROBICS		9:00 AM
9:30 AM			ACPS SPLASH PROGRAM 9 AM- 11 AM					9AM-	10AM		9:30 AM
10:00 AM											10:00 AN
10:30 AM			3 AIVI- 11 AIVI								10:30 AM
11:00 AM	WE Aquatics										11:00 AN
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							HIGH SCHO	OL SWIM TEAN	Л		2:30 PM
3:00 PM						SSSA & ACDS					
3:30 PM						2:30PM-4PM EXANDRIA CITY HIGH SCHOOL SWIM & DIVE TEAM PRACTICE					3:30 PM
4:00 PM	ALEV	CIA/IN/A	WE Ad	quatics	ALEX						4:00 PM
4:30 PM	ALEX : SWIM L	ESSONS	2:00PM	-7:00PM			4:00F	PM-5:00PM			4:30 PM
5:00 PM		-8:15PM									5:00 PM
5:30 PM	STARTING	JAN 17th				POTOMAC					5:30 PM
6:00 PM						MARLINS 5:15-6:45P	PO	OTOMAC MARI			6:00 PM
6:30 PM								5:15PM-7:45P	IVI		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											8:30 PM
9:00 PM				POOL	CLOSES	S AT 8:45	PM				9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



JANUARY SCHEDULE

THURSDAY

		Lain	es available uniess 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	LANE 8	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							ΔΟΙΙΔ Ε	XERCISE FOR S	SENIORS		8:00 AM
8:30 AM								815AM-900AN			8:30 AM
9:00 AM		ACPS	SPLASH PROG	GRAM							9:00 AM
9:30 AM			9 AM- 11 AM					XERCISE FOR S			9:30 AM
10:00 AM		No	programs Jan	2-5			S	930AM-1015A	M		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)55AM-1155A	ιM							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 Hill									1:30 PM
2:00 PM		1:00-3:00P									2:00 PM
2:30 PM							HIGH SCHOO	L SWIM TEAM			2:30 PM
3:00 PM							SSSA 8		3:00 PM		
3:30 PM							2:30Pl	M-4PM			3:30 PM
4:00 PM			WE Ad	quatics	ALEX	(ANDRIA CITY	HIGH SCHOO	L SWIM & DIV	E TEAM PRA	CTICE	4:00 PM
4:30 PM	ALEX :		2:00PM	-7:00PM			4:00PM	-5:00PM			4:30 PM
5:00 PM	SWIM L 3:00PM	ESSONS -8:30PM									5:00 PM
5:30 PM	HI/LO AQ	EXERCISE				POTOMAC					5:30 PM
6:00 PM	6:30PM- STARTING					MARLINS 5:15-6:45P					6:00 PM
6:30 PM	3174111110	JAN LOUI						TOMAC MARL			6:30 PM
7:00 PM							5	5:15PM-8:45PI	VI		7:00 PM
7:30 PM											7:30 PM
8:00 PM											8:00 PM
8:30 PM				200	N 61 65=	C A T O 4	- D. 4				8:30 PM
9:00 PM						S AT 8:45					9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



JANUARY SCHEDULE

FRIDAY

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7		DIVING WEL	
6:00 AM						PO ⁻	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
11:00 AM	NA/F A										11:00 AM
11:30 AM	WE Aquatics 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		ИILY	Wo Ac	quatics							3:00 PM
3:30 PM	SW 2:00-5	/IM :45PM		quatics I-5:30PM							3:30 PM
4:00 PM		. 131 141									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	ES at 5:45p.m					
0.00 FIVI	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	6:00 PM



JANUARY SCHEDULE

SATURDAY

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

		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	LANE 8 DIVING WELL		
8:00 AM											8:00 AM	
8:30 AM											8:30 AM	
9:00 AM											9:00 AM	
9:30 AM	14	ATED EVEDOR	C.F.								9:30 AM	
10:00 AM	WATER EXERCISE 9:00AM-10:00AM ALEX SWIM SWIM LESSONS 9:00AM-1:30PM STARTING JAN 20th										10:00 AM	
10:30 AM										10:30 AM		
11:00 AM				8AM-2·30PM						11:00 AM		
11:30 AM											11:30 AM	
12:00 PM				STARTING JAN 20th			12:00 PM					
12:30 PM					WE Aquatics 11:00am-2:30pm			12:30 PM				
1:00 PM				11:00am	1-2:30pm					1:00 PM		
1:30 PM												
2:00 PM							_			2:00 PM		
2:30 PM							WE Ad	quatics			2:30 PM	
3:00 PM		FAMILY SWIM	1	Dowdo	n Terrace Swi	m toom		Team :30PM			3:00 PM	
3:30 PM		RTHDAY PART			:45 PM-4:15 P						3:30 PM	
4:00 PM		1:30-5:30PM									4:00 PM	
4:30 PM											4:30 PM	
5:00 PM											5:00 PM	
5:30 PM											5:30 PM	
6:00 PM				POC	OL CLOSE	S AT 5:4!	5PM				6:00 PM	
2.22.10.	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL		



JANUARY SCHEDULE

SUNDAY

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 WEL	L	
8:00 AM										AILABLE	8:00 AM	
8:30 AM									8AM-	3:30PM	8:30 AM	
9:00 AM								AQUA	ZUMBA	Ī	9:00 AM	
9:30 AM								9:00-	10:00A	9:30 AM		
10:00 AM					(CITY OF ALEXANDRIA WAHOOS SWIM TEAM 10:00AM-11:00AM						
10:30 AM		ALEX SWIM										
11:00 AM		SWIM LESSON: 0:00AM-1:30PI									11:00 AM	
11:30 AM		ARTING JAN 2									11:30 AM	
12:00 PM											12:00 PM	
12:30 PM				WE Ad 11:00am	quatics n-2:30pm					12:30 PM		
1:00 PM							WE AQUATIC		UNAV	1:00 PM		
1:30 PM							SWIN	I TEAM	11AN	1:30 PM		
2:00 PM											2:00 PM	
2:30 PM											2:30 PM	
3:00 PM		FAMILY SWIM									3:00 PM	
3:30 PM	BII	RTHDAY PARTI 1:30-5:30PM	IES								3:30 PM	
4:00 PM		1.50 5.50 1					LAWN SWIM:30PM-5:30PM				4:00 PM	
4:30 PM						_					4:30 PM	
5:00 PM											5:00 PM	
5:30 PM										-1	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		