

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Wednesday

Please note, this information is subject to change and is only applicable to the day and date range provided

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool	
7am													Training Pool Public Hours 10am-6pm	
7:30am														
8am														
8:30am														
9am														
9:30am														
10am														
10:30am														
11am														
11:30am														
12pm														
12:30pm														
1pm														
1:30pm										Alex Sports Camp: 1pm-2:30pm			Camps: 1pm-2:30pm	
2pm														
2:30pm														
3pm														
3:30pm														
4pm														
4:30pm														
5pm														
5:30pm		We Aquatics: 5:30-6:30												
6pm	Troop 129													
6:30pm													Aqua Soothe: 6pm-6:45pm	
7pm	Facility Closed													
7:30pm														
8pm														
8:30pm														
9pm														

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Monday

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	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													Training Pool Public Hours 10am-6pm
7:30am													
8am													
8:30am													
9am													
9:30am													
10am													
10:30am													
11am													
11:30am													
12pm													
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3pm													
3:30pm													
4pm													
4:30pm													
5pm													
5:30pm													
6pm													Closed
6:30pm													
7pm	<h1>Facility Closed</h1>												
7:30pm													
8pm													
8:30pm													
9pm													

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Tuesday

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	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													Training Pool Public Hours 10am-6pm
7:30am													
8am													
8:30am													
9am													
9:30am													
10am													
10:30am													
11am													
11:30am													
12pm													
12:30pm													
1pm													Camps: 1pm-3:30pm
1:30pm			John Adams Camp: 1:30pm-3:30pm			Charles Barrett Camp: 1pm-2:30pm			Alex Sports Camp: 1pm-2:30pm				
2pm													
2:30pm													
3pm													
3:30pm													
4pm													Alex Swim Lessons: 4pm-6:45pm
4:30pm													
5pm	Alex Swim Lessons:	Potomac Marlins: 5pm-6:30pm (Skip date: 7/28)											
5:30pm	5pm-6:45pm												
6pm													
6:30pm													
7pm	Facility Closed												
7:30pm													
8pm													
8:30pm													
9pm													

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Thursday

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	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool			
7am													Training Pool Public Hours 10am-6pm			
7:30am																
8am																
8:30am																
9am																
9:30am																
10am																
10:30am																
11am																
11:30am																
12pm																
12:30pm																
1pm																
1:30pm							John Adams Camp: 1:30pm-3:30pm			Alex Sports Camp: 1pm-2:30pm				Camps: 1pm-3:30pm		
2pm																
2:30pm																
3pm																
3:30pm																
4pm																
4:30pm																
5pm	Alex Swim Lessons: 5pm-6:45pm	Potomac Marlins: 5pm-6:30pm (Skip date: 7/30)												Alex Swim Lessons: 4pm-6:45pm		
5:30pm																
6pm																
6:30pm																
7pm	<h2 style="margin: 0;">Facility Closed</h2>															
7:30pm																
8pm																
8:30pm																
9pm																

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Friday

Please note, this information is subject to change and is only applicable to the day and date range provided

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool			
7am													Training Pool Public Hours 10am-6pm			
7:30am																
8am																
8:30am																
9am																
9:30am																
10am																
10:30am																
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4:30pm																
5pm																
5:30pm																
6pm																
6:30pm																
7pm	<h1 style="margin: 0;">Facility Closed</h1>															
7:30pm																
8pm																
8:30pm																
9pm																

Power up: 12:30pm-4:30pm

Training Pool Public Hours 10am-6pm

Closed

Facility Closed

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Saturday

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	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool						
7am																			
7:30am																			
8am																			
8:30am																			
9am																			
9:30am																			
10am																			
10:30am	Simpson Aquatics: 10:30am-6:30pm																		
11am																			
11:30am																			
12pm																			
12:30pm																			
1pm																			
1:30pm																			
2pm																			
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4pm																			
4:30pm																			
5pm																			
5:30pm																			
6pm																			
6:30pm																			
7pm	<h2 style="margin: 0;">Facility Closed</h2>																		
7:30pm																			
8pm																			
8:30pm																			
9pm																			

Closed: Public Hours 2pm-6pm

Alex Swim Lessons: 9am-1pm

We Aquatics: 11am-5pm

Simpson Aquatics:
10:30am-6:30pm

Minnie Howard Aquatic Facility- July 2026 Lap Lane Schedule Sunday

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	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool	
7am													Closed: Public Hours 2pm-6pm	
7:30am														
8am														
8:30am														
9am													Alex Swim Lessons: 9am-1pm	
9:30am														
10am														
10:30am	Simpson Aquatics: 10:30am-6:30pm	We Aquatics: 11am-5pm												
11am														
11:30am														
12pm														
12:30pm														
1pm														
1:30pm														
2pm														
2:30pm														
3pm														
3:30pm														
4pm														
4:30pm														
5pm														
5:30pm														
6pm														
6:30pm														
7pm	Facility Closed													
7:30pm														
8pm														
8:30pm														
9pm														