AUGUST 2022



PROVIDENCE REC CENTER POOL CALENDAR

7525 Marc Drive Falls Church, Virginia 703-698-1351 <u>Providence Rec Center</u> AQUATICS DIRECTOR: BORIS AREVALO (BORIS.AREVALO@FAIRFAXCOUNTY.GOV)

SUNDAY 9am-6pm	MONDAY 6:30am-9pm	TUESDAY 6:30am-9pm	WEDNESDAY 6:30am-9pm	THURSDAY 6:30am-9pm	FRIDAY 6:30a-9pm	SATURDAY 9am-6pm
	1 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	2 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM MITED SPACE AVAILA	CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	4 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM S, CLASSES OR CAMPS	CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	6 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 4:30PM
7 CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM	8 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM 9AM-9PM LIN	9 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM MITED SPACE AVAILA	10 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	11 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM S, CLASSES OR CAMPS	12 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM—1PM OPEN SWIM 1PM - 4:30PM
CLASSES & LAP SWIM ONLY LIMITED LAP LANES 9AM-1PM OPEN SWIM 1PM - 6PM	15 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	16 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM MITED SPACE AVAILA	17 CLASSES & LAP SWIM O NLY 9AM—12PM CAMPS 12PM—4PM	18 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM S, CLASSES OR CAMPS	19 CLASSES & LAP SWIM ONLY 9AM—12PM CAMPS 12PM—4PM	NO SWIM CLASSES OPEN SWIM 9AM - 6PM
NO SWIM CLASSES OPEN SWIM 9AM - 6PM	OPEN AND LAP SWIM 6:30AM – 4PM	23 OPEN AND LAP SWIM 6:30AM – 4PM -9PM LIMITED SPACE	24 OPEN AND LAP SWIM 6:30AM – 4PM E AVAILABLE DUE TO	25 OPEN AND LAP SWIM 6:30AM – 4PM RENTALS, OR CLASSE	OPEN AND LAP SWIM 6:30AM – 4PM	NO SWIM CLASSES OPEN SWIM 9AM - 6PM
28 NO SWIM CLASSES OPEN SWIM 9AM - 6PM		30 OPEN AND LAP SWIM 6:30AM – 4PM MITED SPACE AVAILA RENTALS, OR CLASSE		Augus	arly Registration b t 2nd at 9am, Onli Phone. asses Session 1, v August 29th	ne and

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.
- Please lock all valuables. FCPA is not responsible for lost or stolen items.



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BREAK TIMES! For all kids 12 years & under. Please encourage your child to use the restroom.

WEEKENDS: a 10minute break will be called at the top of the hour, starting at 2pm until 1 hour before closing.

WEEKDAYS: a 10 minute break will be called at the top of the hour, starting at 4pm until 1 hour before closing.

<u>Diving Boards:</u> Will open Saturday 1pm to 2pm, and Sunday 3:00pm-4pm, based on user request, rentals, Lifeguard staffing levels and availability.

Fall Early Registration begins August 2nd, 9am. Online and Phone.

First day of Fall Classes session 1, is August 29th.



Best Times for a Lap Lane Saturday: 1pm—6pm Sunday: 1pm—6pm Mon-Fri: 6:30am-4pm

Know Before You Go!

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- Please lock all valuables. FCPA is not responsible for lost or stolen items.







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.

LEG	END		Recreation y/Swim/E		Lap Sv	vim / Wat	er Walking	g ONLY	FC	PA sched	uled progr	ograms (Space is scheduled				
Time	Beach/	Shallov					Lap	Lanes				Deep	End	Time		
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5			
6:00														6:00		
6:30							Pool Close	d						6:30		
7:00														7:00		
7:30 8:00												7		7:30 8:00		
8:30								FCPA Mas	ster 8a-9a					8:30		
9:00		A	erobic Exe	ercise 8a-1	0a									9:00		
9:30	Swim													9:30		
10:00	Lessons													10:00		
10:30	only						Lap swi	m & Water	walking		Swim I an	sons 9a-1p		10:30		
11:00	8a-1p		Swim L	essons on	ly 10a 1n			Only 9a-1p			,	11:00				
11:30			SWIIII L	6220112 OII	iy iva-ip							11:30				
NOON														NOON		
12:30														12:30		
1:00					_						Diving Bo	oards 1p-2p)	1:00		
1:30 2:00					-									1:30 2:00		
2:30					-									2:30		
3:00					Lessons						Diving C	lass 2p-4p		3:00		
3:30					1p-6p									3:30		
4:00														4:00		
4:30														4:30		
5:00														5:00		
5:30														5:30		
6:00														6:00		
6:30														6:30		
7:00							DI 01-							7:00		
7:30 8:00							Pool Close	a						7:30 8:00		
8:30	-	_														
9:00													8:30 9:00			
Time	Beach/	Shallov	w end				l an	Lanes				Deer	End	Time		
11110	Ramp	0.5	1 1	8	7	6	5 Eup	4	3	2	1	1	0.5			





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.

	Degraphical					, , , ,									
IFC	END		ecreation		Lan Su	vim / Wate	er Walking	ONLV	FC	FCPA scheduled programs (Space is scheduled)					
LEG	PND	Play	y/Swim/D)ive	Lap Sv	viiii / vvall	or warkill	5 ONLI	I'C	. A scheut	neu progr	unis (Space	. 13 SCHEUUI	icaj	
Time	Beach/	Shallow	end end				Lap	Lanes				Deer	End End	Time	
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00	1101111													6:00	
6:30														6:30	
7:00														7:00	
7:30						F	Pool Close	d						7:30	
8:00														8:00	
8:30														8:30	
9:00		300		01 0	4.5									9:00	
9:30		Water Exercise Class 9a-10a												9:30	
10:00	0													10:00	
10:30	Swim						Lap Swi	m & Water	Walking		Ourier I are	0- 4		10:30	
11:00	Lessons		Ozzalena I		- 4.45			Only 9a-1p			Swim Les	sons 9a-1p)	11:00	
11:30	9a-1p		Swim L	essons 1a	а-1:15р									11:30	
NOON														NOON	
12:30														12:30	
1:00														1:00	
1:30														1:30	
2:00														2:00	
2:30														2:30	
3:00					Lessons						Diving Bo	oard 3p-4p		3:00	
3:30					1p-6p						Diving Do	ouru op-4p	3:30		
4:00														4:00	
4:30														4:30	
5:00												ollow Rec		5:00	
5:30											5 p	-6p		5:30	
6:00														6:00	
6:30														6:30	
7:00														7:00	
7:30					After	Hour Swir	n Teams, C	Closed to P	ublic					7:30	
8:00														8:00	
8:30														8:30	
9:00														9:00	
Time	Beach/	Shallow					Lap Lanes					Deep	Time		
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5		





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.

LEG	END	Pla	ecreation y/Swim/E		Lap Sv	wim / Wate	er Walking	g ONLY	FC	PA schedu	ıled progra	ams (Space	e is schedul	led)	
Time	Beach/	Shallov						Lanes					End End	Time	
	Ramp	0.5	1	8	7	6	5	4	3	2	2 1 1 0.5				
6:00							Pool Close	<u>d</u>						6:00	
6:30														6:30	
7:00														7:00	
7:30		Aer	obic Exerc	ise 7:30a-8	:30a									7:30	
8:00											_			8:00	
8:30												Water Exe		8:30	
9:00												3:30a - 9:30		9:00	
9:30	Swim		Swim L	essons								ce Deep W		9:30	
10:00	Lessons										6	:30a-10:30	a	10:00	
10:30	9a-12p	Aero	bic Exercis	se 10:30a-1	1:30a									10:30	
11:00														11:00	
11:30		Arthr	ritis Exerci	se 11:30a-1	12:30p									11:30	
NOON														NOON	
12:30											12:30				
1:00											1:00				
1:30	Camps		_								Summer Ca	mps 12p-4	q	1:30	
2:00		Su	ımmer Can	nps 12:30p	-4p									2:00	
2:30														2:30	
3:00														3:00	
3:30														3:30	
4:00														4:00	
4:30														4:30	
5:00														5:00	
5:30	Swim													5:30	
6:00	Lessons	-	Aerobic Ex	ercise 6p-7	p								Swim	6:00	
6:30	5:30p-8p							Sun	nmer Swim	Legues 6	p-8p		lessons	6:30	
7:00			.essons							J			6p-8p	7:00	
7:30		7p-8	:30p										-,,-	7:30	
8:00														8:00	
8:30														8:30	
9:00						F	Pool Closed							9:00	
Time	Beach/	Shallov						Lap Lanes				End -	Time		
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5		





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.

LEG	END		ecreation y/Swim/E		Lap Sv	wim / Wat	er Walkinį	g ONLY	FC	CPA schedu	led progra	ams (Spac	e is schedu	led)
Time	Beach/	Shallov	v end				Lap	Lanes				Dee	p End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00							Pool Close	d						6:00
6:30														6:30
7:00														7:00
7:30														7:30
8:00														8:00
8:30		A	Nerobic Wa		e									8:30
9:00			8:30a	-9:30a										9:00
9:30	Swim	A	Nerobic Wa		e									9:30
10:00	Lessons		9:30a-	10:30a										10:00
10:30	9a-12p		Swim I	essons										10:30
11:00	3a-12p		OWIIII 2	.0000110										11:00
11:30		Arthir	rits Water E	Ex 11:30a-1	12:30n									11:30
NOON		7 11 (1111	no rrator i	ж т т т о о о	-100р									NOON
12:30													12:30	
1:00													1:00 1:30	
1:30	Camps									Cummor Compo 12p 4p				
2:00	30	Su	ımmer Can	nps 12:30p	-4p					1				2:00
2:30														2:30
3:00											3:00			
3:30														3:30
4:00														4:00
4:30														4:30
5:00														5:00
5:30 6:00														5:30 6:00
	Swim									Ourier				
6:30	Lessons	0.11				Su	mmer Swir	n Legue 6p	-8p	Swim	Deep W	ater Ex 5:4	5p-7:45p	6:30
7:00	5:30p-		Lesson							Lessons				7:00
7:30	8:30p	6:30p	-8:30p											7:30
8:00												Swim	Lesson	8:00
8:30														8:30
9:00				_			Pool Close							9:00
Time	Beach/	Shallov				Lap Lanes					p End	Time		
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





Wednesday

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LEG	END	R	ecreation y/Swim/E	al		wim / Wat						ams (Space		led)
Time	Beach/	Shallov	v end				Lap	Lanes				Deep	End End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00							Pool Close	d						6:00
6:30														6:30
7:00														7:00
7:30		Δοτ	ohic Everc	ise 7:30a-8	·30a									7:30
8:00		ACI	ODIC EXCIC	13 6 7.30a-0	.50a						8:00			
8:30											8:30			
9:00												8:30a-9:30a		9:00
9:30	Swim		Swim L	essons.							ater Ex	9:30		
10:00	Lesson										9	9:30a-10:30	a	10:00
10:30	9a-12p	Aoro	hic Evercie	se 10:30a-1	11.30a									10:30
11:00	04 12p	ACIO	DIC EXCICIO	3C 10.00a-1	1.000									11:00
11:30		Arthr	ritis Everci	se 11:30a-1	12·30n									11:30 NOON
NOON		Aitiii	ILIS EXCICI	36 11.30a-1	12.50p					4				
12:30											12:30			
1:00											1:00			
1:30	Camps										Summer Ca	amns 12n-4	nps 12p-4p	
2:00	Camps	Su	ımmer Can	nps 12:30p	-4p					Summer Camps 12p-4p				2:00
2:30														2:30
3:00												3:00		
3:30														3:30
4:00														4:00
4:30														4:30
5:00														5:00
5:30														5:30
6:00	Swim		Aerobic Ex	ercise 6p-7	'n									6:00
6:30	Lessons		EX		P									6:30
7:00	5:30p-										Swim	Lesson 7p	-8:05n	7:00
7:30	8:45p	Swim Lessons									OWIIII		3.00p	7:30
8:00	0.100	7p-8	3:45p											8:00
8:30														8:30 9:00
9:00						F	Pool Closed							
Time	Beach/	Shallov						Lanes					End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





Thursday

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		Recreational Recreation Recrea												
LEG	END		y/Swim/E		Lap Sv	wim / Wate	er Walking	ONLY	FC	PA schedu	led progra	ams (Space	e is schedul	ed)
Time	Beach/	Shallov		I			Lan	Lanes				Door	End End	Time
Tille	Ramp	0.5	1 1	8	7	6		4	3	2	1	1	0.5	Tille
6:00	Rump	0.0	·		,	_	Pool Close	•		_	·		0.0	6:00
6:30														6:30
7:00														7:00
7:30														7:30
8:00														8:00
8:30		P	Aerobic Wa	ter Exercis	е									8:30
9:00			8:30a	-9:30a										9:00
9:30	Consissa	P	Aerobic Wa	ter Exercis	e									9:30
10:00	Swim		9:30a-	10:30a										10:00
10:30	Lessons													10:30
11:00	9a-12p		Swim i	Lesson										11:00
11:30		Α	Arthritis Wa	ter Exercis	se									11:30
NOON			11:30a	-12:30p							NOON			
12:30														12:30
1:00														1:00
1:30	Campa									٠.	ımımar Can	42.20n	1:30	
2:00	Camps	Su	ımmer Can	nps 12:30p	-4p					31	ımmer Can	ips 12:30p	- 4 p	2:00
2:30														2:30
3:00												3:00		
3:30														3:30
4:00														4:00
4:30														4:30
5:00														5:00
5:30	Swim													5:30
6:00	Lessons	Swim												6:00
6:30	5:30p-	Lessons			Sur	nmer Swim	l eague 6	n-8n		essons.	Deen W	ater Ex 5:4	5n-7:45n	6:30
7:00	8:30p	5:45p to			Sui	IIIIICI OWIII	. League of	0-0 b	6р-	8pm	Deep W	utor Ex J.4	-η-, 1-υμ	7:00
7:30	0.30p	8:30p												7:30
8:00		0.30p										8n	-9p	8:00 8:30
8:30														
9:00							Pool Close	d						9:00
Time	Beach/	Shallov						Lanes				Deep	End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	





Friday

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LEG	END		Recreation y/Swim/E		Lap Sv	wim / Wat	er Walking	g ONLY	FCPA scheduled programs (Space is scheduled)					
Time	Beach/	Shallov	w end				Lap	Lanes				Deep	End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00						ı	Pool Close	d					6:00	
6:30														6:30
7:00														7:00
7:30		Aor	obic Exerc	ieo 7:30a_8	.302									7:30
8:00		ACI	ODIC EXEIC	15e 7.50a-0	a									8:00
8:30											Deep	Water Exe	rcise	8:30
9:00												8:30a-9:30a	1	9:00
9:30	Swim										Advan	ce Deep W	ater Ex	9:30
10:00	Lessons										9	9:30a-10:30	а	10:00
10:30	9a-12p	Aoro	bic Exercis	o 10:20o 1	1:200									10:30
11:00	3a-12p	Aero	DIC EXERCIS	e 10.30a-1	1.30a									11:00
11:30		Authu	itis Exercis	oo 44,20o 4	2,200									11:30
NOON		Arun	ilis Exercis	se 11.30a-1	2.30p									NOON
12:30														12:30
1:00										Summer Camps 12p-4p				1:00
1:30	Camps													1:30
2:00	Camps	Su	ımmer Can	nps 12:30p	-4p		Summer Camps 12p-4p					Р	2:00	
2:30													2:30	
3:00														3:00
3:30														3:30
4:00														4:00
4:30	Swim													4:30
5:00	Lessons													5:00
5:30	4p-6:30p													5:30
6:00		_	essons											6:00
6:30		5:30p	-7:30p								Swim	Classes 6	n-8pm	6:30
7:00											0		p Opin	7:00
7:30														7:30
8:00														8:00
8:30														8:30
9:00	Pool Closed												9:00	
Time	Beach/	Shallov						Lanes					End	Time
	Ramp	0.5	1	8	7	6	5	4	3	2	1	1	0.5	