



Deanwood Aquatics July 2014



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|---|--|
|  | Registration @ 6:30am 9:00-9:45am Action Against Arthritis Water Aerobics 5:00-5:30pm Youth L2S Lvl 1 6:00-6:45pm Aqua Zumba Aerobics | 1 5:00-5:30pm Child L2S Lvl 1 6:45-7:15pm Child L2S Lvl 2 7:30-8:00pm Child L2S Lvl 3 | 2 9:00-9:45am Action Against Arthritis Water Aerobics 5:00-5:30pm Youth L2S Lvl 1 6:00-6:45pm Aqua Zumba Aerobics | 3 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3 6:00-7:00pm Shallow Aerobics |  9:00-9:45am Action Against Arthritis Water Aerobics 6:00-7:00pm Shallow | 5 10:00-10:30am P & C lvl A 10:45-11:15am P & C lvl B 11:30-12:00pm P & C lvl C |
| | 6 Hours of Operation 6:30 am-8:00pm (Mon-Fri) 9:00 am-5:00pm (Sat-Sun) 1350 49 th St. NE Washington, DC 20019 www.dpr.dc.gov 202-671-3078 | 7 9:00-9:45am Action Against Arthritis Water Aerobics 5:00-5:30pm Youth L2S Lvl 1 6:00-6:45pm Aqua Zumba Aerobics | 8 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3 | 9 9:00-9:45am Action Against Arthritis Water Aerobics 5:00-5:30pm Youth L2S Lvl 1 6:00-6:45pm Aqua Zumba Aerobics | 10 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3 6:00-7:00pm Shallow Aerobics | 11 9:00-9:45am Action Against Arthritis Water Aerobics 6:00-7:00pm Shallow Aerobics |
| 13 | 14 9:00-9:45am Action Against Arthritis Water Aerobics 5:00-5:30pm Youth L2S Lvl 1 6:00-6:45pm Aqua Zumba Aerobics | 15 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3 | 16 9:00-9:45am Action Against Arthritis Water Aerobics 5:00-5:30pm Youth L2S Lvl 1 6:00-6:45pm Aqua Zumba Aerobics | 17 | 18 | 19 |
| 20 9:30-10:15am Shallow Aerobics 10:45-11:30am Shallow Aerobics | 21 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:45pm Aqua Zumba Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 | 22 6:00-6:30pm Child L2S Lvl 1 6:45-7:15pm Child L2S Lvl 2 7:30-8:00pm Child L2S Lvl 3 | 23 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:45pm Aqua Zumba Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 | 24 6:00-6:30pm Child L2S Lvl 1 6:45-7:15pm Child L2S Lvl 2 7:30-8:00pm Child L2S Lvl 3 | 25 8:00-8:45am Action Against Arthritis Water Aerobics | 26 10:00-10:30am P & C lvl A 10:45-11:15am P & C lvl B 11:30-12:00pm P & C lvl C |
| 27 9:30-10:15am Shallow Aerobics 10:45-11:30am Shallow Aerobics | 28 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:45pm Aqua Zumba Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 | 29 6:00-6:30pm Child L2S Lvl 1 6:45-7:15pm Child L2S Lvl 2 7:30-8:00pm Child L2S Lvl 3 | 30 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:45pm Aqua Zumba Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 | 31 6:00-6:30pm Child L2S Lvl 1 6:45-7:15pm Child L2S Lvl 2 7:30-8:00pm Child L2S Lvl 3 | Next Registration: Summer Session 2 August 4th, 2014 @ 6:30am (Online or Onsite) | |
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Schedule of Events

- **Parent & Child A** (Sat. only) (10:00am– 10:30am) (8 sessions)
- **Parent & Child B** (Sat. only) (10:30am– 11:15am) (8 sessions)
- **Parent & Child C** (Sat. only) (11:30am-12:00pm) (8 sessions)
- **KEEN Group** (Every 2nd Saturday)
- **Lifeguard Training Academy** (Wed. & Fri. 7:00pm-8:00pm & Sat. 2:00pm-3:00pm)

- **Learn to Swim: Youth Level 1** (Mon. & Wed. 6:00pm-6:30pm)
- **Learn to Swim: Youth Level 2** (Mon. & Wed. 6:45pm-7:15pm)
- **Learn to Swim: Youth Level 3** (Mon. & Wed. 7:30pm-8:00pm)

- **Learn to Swim: Child Level 1** (Tue. & Thur. 6:00pm-6:30pm)
- **Learn to Swim: Child Level 2** (Tue. & Thur. 6:45pm-7:15pm)
- **Learn to Swim: Child Level 3** (Tue. & Thur. 7:30pm-8:00pm)

- **Learn to Swim: Adult Level 1** (Mon. & Wed. 5:00pm– 5:30pm)

- **Action Against Arthritis Aerobics** (Mon, Wed & Fri. 8:00am-8:45am) **55+ ONLY**
- **Shallow Water Aerobics** (Thurs. & Fri. 6:00pm-7:00pm)
- **Aqua Zumba** (Mon. & Wed. 6:45pm-7:30pm)

THERE MUST BE **AT LEAST 4 PEOPLE REGISTERED** FOR A CLASS TO BE HELD!!!!