

# ~ December 2014 ~

Nov 2014

Jan 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> Master Swim Team 5:30-8:00am Water Aerobics- 8:00-9:45am Shallow Aerobics 10:00-11:00am LTS Child 5:00-6:45pm DC Waves 5:00-7:00pm LTS Adult Level 1-3 7:00-8:45pm <b>REGISTRATION DAY @ 6:30am</b></p>	<p><b>2</b> Master Swim Team 5:30-8am LTS Seniors 9:00-10:00am LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6pm DC Wave 5-7pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>3</b> Master Swim Team 5:30-8am Water Aerobics- 8-9:45am Shallow Aerobics 10-11:00am LTS Child 5:00-6:45 DC Waves 5:00-7:00pm LTS Adult Level 1-3 7:00-8:45pm</p>	<p><b>4</b> Master Swim Team 5:30-8am LTS Seniors 9:00-10:00am LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6pm DC Wave 5:00-7:00pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>5</b> Master Swim Team 5:30-8am Water Aerobics- 8-9:45am LTS Child 5:00-6:45pm DC Waves 5:00-7:00pm</p>	<p><b>6</b> Deep Water Aerobics 9-10am LTS Child LVL 1: 10-10:30am LTS Child LVL 2: 10:30-11am LTS Child LVL 3: 11-11:45am Parent/Child A: 9:30-10:00am Parent/Child B: 10-10:30am LTS Youth LVL 1: 10:30-11am LTS Youth LVL 2: 11-11:30am Serve Your City 2-5pm</p>
<p><b>7</b> Lifeguard Training Academy 11:00-1:00</p>	<p><b>8</b> Master Swim Team 5:30-8am Hydrospin 6:00-7:00am Shallow Aerobics 10-11:00am Hydrospin 12:00-1:00pm LTS Child 5:00-6:45pm DC Waves 5:00-7:00pm LTS Adult Level 1-3 7:00-8:45pm</p>	<p><b>9</b> Master Swim Team 5:30-8am LTS Seniors 9:00-10:00am LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6pm DC Wave 5-7pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>10</b> Master Swim Team 5:30-8am Hydrospin 6:00-7:00am Shallow Aerobics 10-11:00am Hydrospin 12:00-1:00pm DC Waves 5:00-7:00pm LTS Child 5:00-6:45pm LTS Adult Level 1-3 7:00-8:45pm</p>	<p><b>11</b> Master Swim Team 5:30-8am LTS Seniors 9:00-10:00am LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6pm DC Wave 5:00-7:00pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>12</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm LTS Child 5:00-6:45pm</p>	<p><b>13</b> Deep Water Aerobics 9-10am LTS Child LVL 1: 10-10:30am LTS Child LVL 2: 10:30-11am LTS Child LVL 3: 11-11:45am Parent/Child A: 9:30-10:00am Parent/Child B: 10-10:30am LTS Youth LVL 1: 10:30-11am LTS Youth LVL 2: 11-11:30am Serve Your City 2-5pm</p>
<p><b>14</b> Lifeguard Training Academy 11:00-1:00</p>	<p><b>15</b> Master Swim Team 5:30-8am Shallow Aerobics 10-11:00am LTS Child 5:00-6:45pm DC Waves 5:00-7:00pm LTS Adult Level 1-3 7:00-8:45pm</p>	<p><b>16</b> Master Swim Team 5:30-8am LTS Seniors 9:00-10:00am LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6pm DC Wave 5-7pm Lifeguard Training Academy</p>	<p><b>17</b> Master Swim Team 5:30-8am Shallow Aerobics 10-11:00am DC Waves 5:00-7:00pm LTS Child 5:00-6:45pm</p>	<p><b>18</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>19</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm</p>	<p><b>20</b> Deep Water Aerobics 9-10am LTS Child LVL 1: 10-10:30am LTS Child LVL 2: 10:30-11am LTS Child LVL 3: 11-11:45am Parent/Child A: 9:30-10:00am Parent/Child B: 10-10:30am LTS Youth LVL 1: 10:30-11am LTS Youth LVL 2: 11-11:30am Serve Your City 2-5pm</p>
<p><b>21</b> Lifeguard Training Academy 11:00-1:00</p>	<p><b>22</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm</p>	<p><b>23</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>24</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm</p>	 <p><b>CLOSED</b></p>	<p><b>26</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm</p>	
<p><b>28</b> Lifeguard Training Academy 11:00-1:00</p>	<p><b>29</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm <b>REGISTRATION DAY @ 6:30am</b></p>	<p><b>30</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm Lifeguard Training Academy 8:00-9:00pm</p>	<p><b>31</b> Master Swim Team 5:30-8am DC Waves 5:00-7:00pm</p>	<p><b>William H. Rumsey Aquatic Center</b>  <b>635 North Carolina Ave SE</b>  <b>Phone: 202-724-4495 &amp; 202-724-4496</b>  <b>Monday-Friday 6:30am- 9:00pm</b>  <b>Saturday 8:30am-5:00pm    Sunday 8:30am-5:00pm</b></p>		