

~ November 2014 ~

Oct 2014

Dec 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 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
2 Lifeguard Training Academy 11:00am-1:00pm	3 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	4 Master Swim Team - 5:30-8:00am LTS Seniors LVL 1: 9-10am DC Waves 5:00-7:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm Water Aerobics 6:30-7:30pm Lifeguard Training Academy 8:00pm-9:00pm	5 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00pm	6 Master Swim Team - 5:30-8:00am LTS Seniors LVL 1: 9-10am DC Waves 5:00-7:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm Water Aerobics 6:30-7:30pm Lifeguard Training Academy 8:00pm-9:00pm	7 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00pm	8 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
9 Lifeguard Training Academy 11:00am-1:00pm	10 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	11 <p style="text-align: center;">VETERANS DAY CLOSED</p> 	12 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	13 Master Swim Team - 5:30-8:00am LTS Seniors LVL 1: 9-10am DC Waves 5:00-7:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm Water Aerobics 6:30-7:30pm Lifeguard Training Academy 8:00pm-9:00pm	14 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	15 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
16 Lifeguard Training Academy 11:00am-1:00pm	17 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	18 Master Swim Team - 5:30-8:00am LTS Seniors LVL 1: 9-10am DC Waves 5:00-7:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm Water Aerobics 6:30-7:30pm Lifeguard Training Academy 8:00pm-9:00pm	19 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	20 Master Swim Team - 5:30-8:00am LTS Seniors LVL 1: 9-10am DC Waves 5:00-7:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm Water Aerobics 6:30-7:30pm Lifeguard Training Academy 8:00pm-9:00pm	21 Master Swim Team - 5:30-8:00am Water Aerobics: 8:00-8:45pm Water Aerobics: 9:00-9:45pm Junior Waves 5:00-6:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm LTS Child LVL 3: 6:00-6:45pm DC Waves 5:00-7:00	22 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
23 Lifeguard Training Academy 11:00am-1:00pm	24 Master Swim Team - 5:30-8:00am Junior Waves 5:00-6:00pm DC Waves 5:00-7:00	25 Master Swim Team - 5:30-8:00am LTS Seniors LVL 1: 9-10am DC Waves 5:00-7:00pm LTS Child LVL 1: 5-5:30pm LTS Child LVL 2: 5:30-6:00pm Water Aerobics 6:30-7:30pm Lifeguard Training Academy 8:00pm-9:00pm	26 Master Swim Team - 5:30-8:00am Junior Waves 5:00-6:00pm DC Waves 5:00-7:00	27  <p style="text-align: center;">Happy Thanksgiving</p> <p style="text-align: center;">CLOSED</p>	28 Master Swim Team - 5:30-8:00am Junior Waves 5:00-6:00pm DC Waves 5:00-7:00	29 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
30 Lifeguard Training Academy 11:00am-1:00pm	Notes: Learn to Swim-LTS Level- LVL	William H. Rumsey Aquatic Center 635 North Carolina Ave SE Phone: 202-724-4495 & 202-724-4496 Monday-Friday 6:30am- 9:00pm Saturday 8:30am-5:00pm Sunday 8:30am-5:00pm				