

William H. Rumsey
 (202) 724-4495
 635 North Carolina Ave SE
 Washington, DC 20003

March

Spring 2015



Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

1 <i>Public Swim 9-5pm</i>	2 6:30a Spring Reg. 5:30-7:30 Master Swim 6am & 12pm HydroSpin 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	3 5:30-7:30 Master Swim 9-10am LTS Seniors 5-6:45pm DC wave 6:30pm Shallow Aerobics	4 5:30-7:30 Master Swim 6am & 12pm HydroSpin 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	5 5:30-7:30 Master Swim 9-10am LTS Seniors 5-6:45pm DC wave 6:30pm Shallow Aerobics	6 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6:45pm DC/Junior wave	7 9a Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4
8 <i>Public Swim 9-5pm</i>	9 5:30-7:30 Master Swim 6am & 12pm HydroSpin 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	10 5:30-7:30 Master Swim 5-6:45 DC Wave	11 5:30-7:30 Master Swim 6am & 12pm HydroSpin 8-10am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	12 5:30-7:30 Master Swim 5-6:45 DC Wave	13 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6:45pm DC/Junior wave	14 <i>Public Swim 9-5pm</i>
15 <i>Public Swim 9-5pm</i> Last day of Winter classes	16 Spring Classes Begin 5:30-7:30 Master Swim 6am & 12pm HydroSpin 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	17 5:30-7:30 Master Swim 9-10am LTS Seniors 5-6:45pm DC Wave 6:30pm Shallow Aerobics	18 5:30-7:30 Master Swim 6am & 12pm HydroSpin 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	19 5:30-7:30 Master Swim 9-10am LTS Seniors 5-6:45pm DC Wave 6:30pm Shallow Aerobics	20 5:30-7:30 Master Swim 5-6:45pm DC/Junior wave 5-6pm Parent/Child A-B	21 9a Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
22 11-1pm Lifeguard training Academy (LGTA) <i>Public Swim 9-5pm</i>	23 5:30-7:30 Master Swim 6am & 12pm HydroSpin 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	24 5:30-7:30 Master Swim 9-10am LTS Seniors 5-6:45pm DC Wave 6:30pm Shallow Aerobics	25 5:30-7:30 Master Swim 6am & 12pm HydroSpin 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	26 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 5-6:45pm DC Wave 6:30pm Shallow Aerobics	27 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6:45pm DC Wave 5-6pm Parent/Child A-B	28 9a Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
29 11-1pm Lifeguard train- ing Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 <i>Public Swim 9-5pm</i>	30 5:30-7:30 Master Swim 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	31 5:30-7:30 Master Swim 9-10am LTS Seniors 5-6:45pm DC Wave 6:30pm Shallow Aerobics				

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April

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Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

			1 5:30-7:30 Master Swim 8-11am Water Aerobics 5-6:45pm DC/Junior wave 7-8:45pm LTS Adult 1,2,3	2 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 5-6:45pm DC Wave 6:30pm Shallow Aerobics	3 5:30-7:30 Master Swim 8-11am Water Aerobics 5-6:45pm DC/Junior wave 5-6pm Parent/Child A-B	4 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
5 11-1pm Lifeguard training Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 Public Swim 9-5pm	6 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	7 5:30-7:30 Master Swim 9-10am LTS Seniors 6:30pm Shallow Aerobics	8 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	9 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 6:30pm Shallow Aerobics	10 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6pm Parent/Child A-B	11 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
12 11-1pm Lifeguard training Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 Public Swim 9-5pm	13 5:30-7:30 Master Swim 8-10am Water Aerobics	14 5:30-7:30 Master Swim	15 5:30-7:30 Master Swim 8-10am Water Aerobics	16 5:30-7:30 Master Swim 11a-1pm LGTA	17 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6pm Parent/Child A-B	18
Spring Break (DCPS)/Mid Season Break #1 - No Aquatics Classes *Lifeguard Training Continues*						
19	20 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	21 5:30-7:30 Master Swim 9-10am LTS Seniors 6:30pm Shallow Aerobics	22 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	23 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 6:30pm Shallow Aerobics	24 5:30-7:30 Master Swim 8-11am Water Aerobics 5-6pm Parent/Child A-B	25 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
26 11-1pm Lifeguard training Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 Public Swim 9-5pm	27 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	28 5:30-7:30 Master Swim 9-10am LTS Seniors 6:30pm Shallow Aerobics	29 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	30 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 6:30pm Shallow Aerobics		

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May

Spring 2015



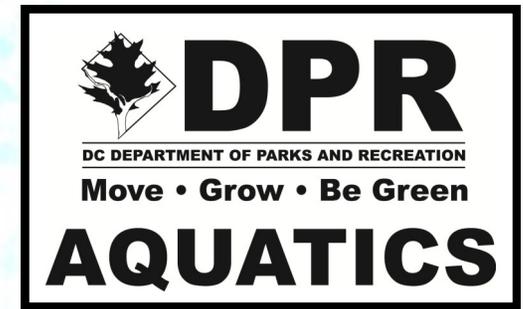
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

26	27	28	29	30	1 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6pm Parent/Child A-B	2 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
3 11-1pm Lifeguard training Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 <i>Public Swim 9-5pm</i>	4 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	5 5:30-7:30 Master Swim 9-10am LTS Seniors 6:30pm Shallow Aerobics	6 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	7 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 6:30pm Shallow Aerobics	8 5:30-7:30 Master Swim 8-10am Water Aerobics 5-6pm Parent/Child A-B	9 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
10 11-1pm Lifeguard training Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 <i>Public Swim 9-5pm</i>	11 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	12 5:30-7:30 Master Swim 9-10am LTS Seniors 6:30pm Shallow Aerobics	13 5:30-7:30 Master Swim 8-11am Water Aerobics 7-8:45pm LTS Adult 1,2,3	14 5:30-7:30 Master Swim 9-10am LTS Seniors 11a-1pm LGTA 6:30pm Shallow Aerobics	15 5:30-7:30 Master Swim 8-10am Water Aerobics	16 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
17 11-1pm Lifeguard training Academy 10:00 LTS Child LVL 1 10:30 LTS Child LVL 2 <i>Public Swim 9-5pm</i>	18 5:30-7:30 Master Swim 8-10am Water Aerobics	19 5:30-7:30 Master Swim	20 5:30-7:30 Master Swim 8-10am Water Aerobics	21 5:30-7:30 Master Swim	22 5:30-7:30 Master Swim 8-10am Water Aerobics	23 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
Mid Season Break #2 - No Aquatics Classes *Lifeguard Training Continues*						
24 	25 Memorial Day 	26 9-10am LTS Seniors 6:30pm Shallow Aerobics	27 8-10am Water Aerobics 7-8:45pm LTS Adult 1,2,3	28 11a-1pm LGTA 9-10am LTS Seniors 6:30pm Shallow Aerobics	29 8-10am Water Aerobics Luau Event No Junior/DC wave	30 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm

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June

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Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

31	1 8-10am Water Aerobics 7-8:45pm LTS Adult 1,2,3	2 9-10am LTS Seniors 6:30pm Shallow Aerobics	3 8-10am Water Aerobics 7-8:45pm LTS Adult 1,2,3	4 11a-1pm LGTA 9-10am LTS Seniors 6:30pm Shallow Aerobics	5 8-10am Water Aerobics	6 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
7 11-1pm Lifeguard training Academy	8 6:30 AM <i>Summer Registration</i> 8-10am Water Aerobics 7-8:45pm LTS Adult 1,2,3	9 9-10am LTS Seniors 6:30pm Shallow Aerobics	10 8-10am Water Aerobics 7-8:45pm LTS Adult 1,2,3	11 11a-1pm LGTA 9-10am LTS Seniors 6:30pm Shallow Aerobics	12	13 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
14	15 7-8:45pm LTS Adult 1,2,3	16 9-10am LTS Seniors 6:30pm Shallow Aerobics	17 7-8:45pm LTS Adult 1,2,3	18 Last Day of School (DCPS) 9-10am LTS Seniors 6:30pm Shallow Aerobics	19 7-8:45pm LTS Adult 1,2,3	20 9am Deep Water Aerobics 9:30-10:30a Parent/child A,B 10am-12:30 LTS LVL 1-4 11-12pm LTS Youth 1,2 Public Swim 1-5pm
21 Last day of Spring classes	22 Summer Classes Begin	23	24	25	26	27
28	29	30				