

March

Takoma Aquatic Center
(202) 576-9284

300 Van Buren Street NW
Mon-Fri 6am-9pm Sat-Sun 9am-5pm

MOVE • GROW • BE GREEN with  DPR
DEPARTMENT OF PARKS AND RECREATION

Please visit dpr.dc.gov for more information

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	1	2	3	4	5
6	7 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	8 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	9 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	10 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	11 Junior Waves 4:30pm-5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	12
13 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Learn to Swim for Children I-II 12pm-1:15pm International Lifeguard Training Academy (ILGTA)	14 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	15 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	16 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	17 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	18 Junior Waves 4:30pm-5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	19 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
20 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Learn to Swim for Children I-II 12pm-1:15pm International Lifeguard Training Academy (ILGTA)	21 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	22 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	23 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	24 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	25 Junior Waves 4:30pm-5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	26 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
27 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Learn to Swim for Children I-II 12pm-1:15pm International Lifeguard Training Academy (ILGTA)	28 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	29 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	30 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	31 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	1 Junior Waves 4:30pm-5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	2 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm

April

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Learn to Swim for Children I- II 12pm-1:15pm International Lifeguard Train- ing Academy (ILGTA)	28 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	29 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	30 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	31 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	1 Junior Waves 4:30pm- 5:30pm International Lifeguard Train- ing Academy (ILGTA) 4pm- 4:45pm	2 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
3	4	5	6	7	8	9
Make Up Week—No Scheduled Classes						
Learn to S Child: Lev 11:45am Learn to Swim for Children I- II 12pm-1:15pm International Lifeguard Training Academy (ILGTA)						Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
10 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Learn to Swim for Children I- II 12pm-1:15pm International Lifeguard Train- ing Academy (ILGTA)	11 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	12 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	13 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	14 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	15 Junior Waves 4:30pm- 5:30pm International Lifeguard Train- ing Academy (ILGTA) 4pm- 4:45pm	16 Emancipation Day 
17 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Learn to Swim for Children I- II 12pm-1:15pm International Lifeguard Train- ing Academy (ILGTA)	18 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	19 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	20 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	21 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	22 Junior Waves 4:30pm- 5:30pm International Lifeguard Train- ing Academy (ILGTA) 4pm- 4:45pm	23 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
24 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Learn to Swim for Children I- II 12pm-1:15pm International Lifeguard Train- ing Academy (ILGTA)	25 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	26 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	27 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	28 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	29 Junior Waves 4:30pm- 5:30pm International Lifeguard Train- ing Academy (ILGTA) 4pm- 4:45pm	30 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I-II 12pm-1:30pm

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8 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Learn to Swim for Children I- II 12pm-1:15pm International Lifeguard Train- ing Academy (ILGTA)	9	10	11	12	13	14 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
Make Up Week—No Scheduled Classes						
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22	23 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	24 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	25 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	26 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	27 Junior Waves 4:30pm- 5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	28
29	30 	31 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	1 Senior Swim I-III 9:30am- 11:30am Junior Waves 4:30pm- 5:30pm Adult Swim I-III 5:30pm- 7:45	2 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	3 Junior Waves 4:30pm- 5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	4

June

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5	6 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	7 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	8 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	9 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	10 Junior Waves 4:30pm-5:30pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm	11
12	13	14	15	16	17	18
Make Up Week—No Scheduled Classes						
19	20	21	22	23	24	25
26	27	28	29	30	1	2