Turkey Thicket
(202)576-9235
1100 Michigan Ave NE
Washington DC 20017

March

Spring 2015

DPR
DC DEPARTMENT OF PARKS AND RECREATION
Move • Grow • Be Green
AQUATICS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30 AM Spring Registration Senior Aerobics 8-9am Senior Aerobics 9-10am Junior Waves 4:00-5:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:30-7:15pm	3 Shallow Water Aerobics 7:00-7:45am Senior Aerobics 8-9am Senior Aerobics 9-10am Aqua Zumba: 11:00-11:45am	4 Shallow Water Aerobics 7:00-7:45am Aqua Zumba: 11:00-11:45am Junior Waves 4:00-5:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:30-7:15pm	5 Shallow Water Aerobics 7:00-7:45am Aqua Zumba: 11:00-11:45am Parent & Child A: 5-5:30pm Parent & Child B: 5:45-6:15pm Parent & Child C: 6:30-7:00pm	6 Junior Waves 4:00-5:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:30-7:15pm	7 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
8	9 Junior Waves 4:00-5:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:30-7:15pm	10 Shallow Water Aerobics 7:00-7:45am Aqua Zumba: 11:00-11:45am Parent & Child A: 5-5:30pm Parent & Child B: 5:45-6:15pm Parent & Child C: 6:30-7:00pm	11 Shallow Water Aerobics 7:00-7:45am Aqua Zumba: 11:00-11:45am Junior Waves 4:00-5:00pm	12 Shallow Water Aerobics 7:00-7:45am Aqua Zumba: 11:00-11:45am Parent & Child A: 5-5:30pm Parent & Child B: 5:45-6:15pm Parent & Child C: 6:30-7:00pm	13 Junior Waves 4:00-5:00pm	14 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
15 Last day of Winter classes	16 Spring Classes Begin Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	17 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	18 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	19 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	20 Senior Aerobics 8-9am Senior Aerobics 9-10am Junior Waves 4:00-	21 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
22	23 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	24 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	25 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	26 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	27 Senior Aerobics 8-9am Senior Aerobics 9-10am	28 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
29	30 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	31 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	1 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	2 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	3	4 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am

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April
Spring 2015

DPR
DC DEPARTMENT OF PARKS AND RECREATION
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AQUATICS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	31 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	1 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	2 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	3	4 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
5	6 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	7 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	8 Abs & Glutes 1-2pm Junior Waves 4-5pm LTS Child 1,2,3: 5-7:15pm	9 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	10	11 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
12	13	14	15	16	17	18 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
	Spring Break (DCPS)/Mid Season Break #1 - No Aquatics Classes *Lifeguard Training Continues*					
19	20 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	21 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	22 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	23 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	24 Senior Aerobics 8-9am Senior Aerobics 9-10am	25 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Parent & Child C: 11:00-11:30am
26	27 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	28 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	29 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	30 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm		

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May
Spring 2015

DPR
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AQUATICS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	*27*	*28*	*29*	*30*	*1* *Senior Aerobics 8-9am* *Senior Aerobics 9-10am*	*2* *Parent & Child A: 9:30-10:00am* *Parent & Child B: 10:15-10:45am* *Parent & Child C: 11:00-11:30am*
3	*4* *Senior Aerobics 8-9am* *Senior Aerobics 9-10am* *Abs & Glutes 1-2pm* *LTS Child 1,2,3: 5-7:15pm*	*5* *Shallow Aerobics 7-7:45am* *Parent &Child A:10-10:30am* *LTS Senior L1,2: 9-10:15am* *LTS Adult L1,2,3: 5-7:15pm* *Deep Water Aero. 6:30-7:15pm*	*6* *Senior Aerobics 8-9am* *Senior Aerobics 9-10am* *Abs & Glutes 1-2pm* *LTS Child 1,2,3: 5-7:15pm*	*7* *Shallow Aerobics 7-7:45am* *Parent &Child A:10-10:30am* *LTS Senior L1,2: 9-10:15am* *LTS Adult L1,2,3: 5-7:15pm* *Deep Water Aero. 6:30-7:15pm*	*8*	*9* *Parent & Child A: 9:30-10:00am* *Parent & Child B: 10:15-10:45am* *Parent & Child C: 11:00-11:30am*
10	*11* *Abs & Glutes 1-2pm* *LTS Child 1,2,3: 5-7:15pm*	*12* *Shallow Aerobics 7-7:45am* *Parent &Child A:10-10:30am* *LTS Senior L1,2: 9-10:15am* *LTS Adult L1,2,3: 5-7:15pm* *Deep Water Aero. 6:30-7:15pm*	*13* *Abs & Glutes 1-2pm* *LTS Child 1,2,3: 5-7:15pm*	*14* *Shallow Aerobics 7-7:45am* *Parent &Child A:10-10:30am* *LTS Senior L1,2: 9-10:15am* *LTS Adult L1,2,3: 5-7:15pm* *Deep Water Aero. 6:30-7:15pm*	*15*	*16*
17	*18*	*19*	*20*	*21*	*22*	*23*
	Mid Season Break #2 - No Aquatics Classes *Lifeguard Training Continues*					
24	25 Memorial Day	26 *Shallow Aerobics 7-7:45am* *Parent &Child A:10-10:30am* *LTS Senior L1,2: 9-10:15am* *LTS Adult L1,2,3: 5-7:15pm* *Deep Water Aero. 6:30-7:15pm*	27 *Senior Aerobics 8-9am* *Senior Aerobics 9-10am* *Abs & Glutes 1-2pm* *LTS Child 1,2,3: 5-7:15pm*	28 *Shallow Aerobics 7-7:45am* *Parent &Child A:10-10:30am* *LTS Senior L1,2: 9-10:15am* *LTS Adult L1,2,3: 5-7:15pm* *Deep Water Aero. 6:30-7:15pm*	29 *Senior Aerobics 8-9am* *Senior Aerobics 9-10am* *Abs & Glutes 1-2pm* *LTS Child 1,2,3: 5-7:15pm*	30

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June

Spring 2015

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AQUATICS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	2 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	3 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	4 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	5 Senior Aerobics 8-9am Senior Aerobics 9-10am	6
7	8 6:30 AM Summer Registration Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	9 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	10 Senior Aerobics 8-9am Senior Aerobics 9-10am Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	11 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	12 Senior Aerobics 8-9am Senior Aerobics 9-10am	13
14	15 Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	16 Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	17 Abs & Glutes 1-2pm LTS Child 1,2,3: 5-7:15pm	18 Last Day of School (DCPS) Shallow Aerobics 7-7:45am Parent &Child A:10-10:30am LTS Senior L1,2: 9-10:15am LTS Adult L1,2,3: 5-7:15pm Deep Water Aero. 6:30-7:15pm	19	20
21 Last day of Spring classes	22 Summer Classes Begin	23	24	25	26	27
28	29	30				