

# March

TURKEY THICKET AQUATIC CENTER  
 1100 MICHIGAN AVE NE WASH DC 20017  
 Mon-Fri 6:30am-8pm & Sat 12-5p  
 (202) 576-9235

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

Please visit [dpr.dc.gov](http://dpr.dc.gov) for more information

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	1	2	3 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	4	5
6	7 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	8 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	9 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	10 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	11 Junior Waves- 5:45-6:30pm	12
13	14 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	15 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	16 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	17 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	18 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	19 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
20	21 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	22 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	23 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	24 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	25 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	26 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
27	28 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	29 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	30 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	31 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	1	2

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	2 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
3	4 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	5	6 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	7	8 Water Aerobics: Aqua Zumba 6:30-7:30pm	9 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
10	11 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	12 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	13 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	14 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	15 Water Aerobics: Aqua Zumba 6:30-7:30pm Junior Waves- 5:45-6:30pm	16 <b>Emancipation Day</b> 
17	18 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	19 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	20 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	21 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	22 Water Aerobics: Aqua Zumba 6:30-7:30pm Junior Waves- 5:45-6:30pm	23 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
24	25 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	26 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	27 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	28 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	29 Water Aerobics: Aqua Zumba 6:30-7:30pm Junior Waves- 5:45-6:30pm	30 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>3</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>4</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>5</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>6</b> Water Aerobics: Aqua Zumba 6:30-7:30pm  Junior Waves- 5:45-6:30pm	<b>7</b> Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
8	<b>9</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	<b>10</b>	<b>11</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	<b>12</b>	<b>13</b>	<b>14</b> Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
15	<b>16</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>17</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>18</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>19</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>20</b> Junior Waves- 5:45-6:30pm	<b>21</b>
22	<b>23</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>24</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>25</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>26</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>27</b> Junior Waves- 5:45-6:30pm	<b>28</b>
29	<b>30</b> 	<b>31</b> Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

# June

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	2 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	3	4
5	6 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	7 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	8 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	9 Shallow Water Aerobics 7:00-8:00am LTS Senior L1: 9-9:30am LTS Senior L2: 9:45-10:15am  LTS Adult L1: 5-5:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	10	11
12	13 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2