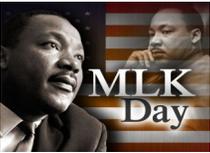


January 2017

Takoma Aquatic Center
 202-576-9284
 300 Van Buren St. NW
 Mon-Fri: 6am-9pm Sat & Sun: 9am-5pm

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 YMCA Low Impact Water Aerobics 8:30am-9:30am	4 Senior Body Wise 10am-11am	5 YMCA Low Impact Water Aerobics 8:30am-9:30am	6 Senior Body Wise 10am-11am	7
8	9 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Swim I-III 9:30am-11:30am Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	14 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
15	16 	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 Senior Swim I-III 9:30am-11:30am Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	21 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
22	23 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	28 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
29	30 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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	<p style="text-align: center;">Program Make Up Week Water Aerobics (single class per week)—January 8th—14th Please consult an aquatic customer service representative for more details</p>			

February 2017

Takoma Aquatic Center

202-576-9284

300 Van Buren St. NW

Mon-Fri: 6am-9pm Sat & Sun: 9am-5pm

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat				
29	30	31	1 Senior Swim I-III 9:30am-11:30am Senior Body Wise 10am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	4 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm				
5	6 Senior Swim I-III 9:30am-11:30am Senior Body Wise 11am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	11				
12	13 Senior Swim I-III 9:30am-11:30am Senior Body Wise 11am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Swim I-III 9:30am-11:30am Senior Body Wise 10am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	16 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	17 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	18 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm				
19	20 	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 Senior Swim I-III 9:30am-11:30am Senior Body Wise 10am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	23 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	24 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	25 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm				
26	27 Senior Swim I-III 9:30am-11:30am Senior Body Wise 11am-12pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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	<p>Program Make Up Week Learn to Swim & Water Aerobics—February 5th—12th Please consult an aquatic customer service representative for more details</p>				1	2	3	4

March 2017

Takoma Aquatic Center
 202-576-9284
 300 Van Buren St. NW
 Mon-Fri: 6am-9pm Sat & Sun: 9am-5pm

MOVE • GROW • BE GREEN with  DPR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1 Senior Swim I-III 9:30am-11:30am Senior Body Wise 10am-11pm Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	4 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
Program Make Up Week Learn to Swim & Water Aerobics—March 12th—18th Please consult an aquatic customer service representative for more details						
5	6 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	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 Senior Body Wise 10am-11am Junior Waves 4:30pm-5:30pm	11 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
12	13	14 YMCA Low Impact Water Aerobics 8:30am-9:30am	15 Senior Body Wise 10am-11am	16 YMCA Low Impact Water Aerobics 8:30am-9:30am	17 Senior Body Wise 10am-11am	18
19	20	21 YMCA Low Impact Water Aerobics 8:30am-9:30am	22 Senior Body Wise 10am-11am	23 YMCA Low Impact Water Aerobics 8:30am-9:30am	24 Senior Body Wise 10am-11am	25
26	27	28	29	30	31	1