

TURKEY THICKET AQUATIC CENTER
 1100 MICHIGAN AVE NE WASH DC 20017
 MON-FRI 6:30AM-8:00PM
 SAT 9:00AM-5:00PM SUN CLOSED

January 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Pool Closed	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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	5 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	6	7
8	9 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	14 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
15	16  POOL CLOSED	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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	21 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
22	23 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	28 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
29	30 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	31	Program Make Up Week Water Aerobics (single class per week)—January 8th—14th Please consult an aquatic customer service representative for more details			

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February 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	2	3 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	4 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
5	6 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm Junior Waves- 5:45-6:30pm	7	8 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	9	10 Water Aerobics: Aqua Zumba 6:30-7:30pm	11
12	13 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm 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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	16 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	17 Water Aerobics: Aqua Zumba 6:30-7:30pm	18 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
19	20 	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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	23 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	24 Water Aerobics: Aqua Zumba 6:30-7:30pm	25 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
26	27 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm 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	1	2	3	4
<p>Program Make Up Week Learn to Swim & Water Aerobics—February 5th—12th Please consult an aquatic customer service representative for more details</p>						

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March 2017

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DEPARTMENT OF RECREATION AND PARKS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm 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 Water Aerobics: Aqua Zumba 6:30-7:30pm	4 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
<p>Program Make Up Week Learn to Swim & Water Aerobics—March 12th—18th Please consult an aquatic customer service representative for more details</p>						
5	6 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm 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 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm 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 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
12	13 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am Water Aerobics: Abs & Glues 1:00-2:00pm LTS Child L1: 5-5:30pm LTS Child L2: 5:45-6:15pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	14	15 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	16	17	18
19	20 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	21	22 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	23	24	25
26	27	28	29	30	31	1