

Fall 2015

# September

Turkey Thicket Aquatic Center

202-576-9235

1100 Michigan AV NE, Washington DC 20017  
 Monday-Friday 6:30am-8:00pm; Saturdays 12pm-5pm

MOVE • GROW • BE GREEN with  DPR  
DEPARTMENT OF PUBLIC WORKS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 	8	9	10	11	12 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
13	14 Water Aerobics- Abs & Glutes 1pm-2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm 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 Water Aerobics- Abs & Glutes 1pm-2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm 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 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 Water Aerobics- Abs & Glutes 1pm-2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves: 5:45pm-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 Water Aerobics- Abs & Glutes 1pm-2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves: 5:45pm-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: 5:45pm-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: 5:35-6:05pm Junior Waves: 5:45pm-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-7:15pm	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: 5:35-6:05pm Junior Waves: 5:45pm-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	1	2	3

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# October

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</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>2</b>  Junior Waves: 5:45pm-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	<b>3</b>  Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
<b>4</b>	<b>5</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: 5:35-6:05pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>6</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>7</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: 5:35-6:05pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>8</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>9</b>  Junior Waves: 5:45pm-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	<b>10</b>  Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
<b>11</b>	<b>12</b> 	<b>13</b>	<b>14</b> Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am  Junior Waves: 5:45pm-6:30pm	<b>15</b>	<b>16</b>  Junior Waves: 5:45pm-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	<b>17</b>  Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
<b>18</b>	<b>19</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: 5:35-6:05pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>20</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>21</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: 5:35-6:05pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>22</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>23</b>  Water Aerobics: Aqua Zumba 6:30-7:30pm	<b>24</b>  Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
<b>25</b>	<b>26</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: 5:35-6:05pm Junior Waves: 5:45pm-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>27</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>28</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: 5:35-6:05pm Junior Waves: 5:45pm-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	<b>29</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>30</b>  Junior Waves: 5:45pm-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	<b>31</b>  Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am

Fall 2015

# November

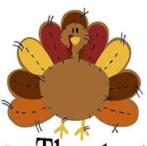
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DEPARTMENT OF PARKS AND RECREATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 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: 5:35-6:05pm Junior Waves: 5:45pm-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	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  Water Aerobics- Abs & Glutes 1pm -2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves: 5:45pm-6:30pm LTS Child L3: 6:10-6:50pm LTS Child L4: 7:00-7:45pm	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      Junior Waves: 5:45pm-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm
8	9 Senior Aerobics 8-9am Senior Aerobics 9-10am  Water Aerobics- Abs & Glutes 1pm -2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves: 5:45pm-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  Water Aerobics- Abs & Glutes 1pm -2pm  LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves: 5:45pm-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	14      Junior Waves: 5:45pm-6:30pm
15	16      Junior Waves: 5:45pm-6:30pm	17	18      Junior Waves: 5:45pm-6:30pm	19	20      Junior Waves: 5:45pm-6:30pm	21
22	23	24	25	26 	27	28
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Make Up Week—No Scheduled Classes</b> </div> 						
29	30	1	2	3	4	5