

September

1100 MICHIGAN AVE NE | WASHINGTON DC 20017

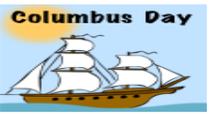
MON-FRI 6:30AM-8:00PM SAT 12:00PM-5:00PM

SUN CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5 Labor Day - No classes 	6	7	8	9	10
11	12 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm Junior Waves- 5:45-6:30pm LTS Child L2: 5:35-6:05pm LTS Child L3: 6:10-6:50pm	13 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	14 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm Junior Waves- 5:45-6:30pm LTS Child L2: 5:35-6:05pm LTS Child L3: 6:10-6:50pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	17
18	19 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	20 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	21 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	24 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
25	26 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	27 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	28 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	1

October

1100 MICHIGAN AVE NE | WASHINGTON DC 20017
 MON-FRI 6:30AM-8:00PM SAT 12:00PM-5:00PM SUN
CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
2	3 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	4 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	5 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	6 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	7 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	8 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
9	10 Columbus Day - No Classes 	11	12 Senior Aerobics 8-8:45am Senior Aerobics 9-9:45am	13	14 Water Aerobics: Aqua Zumba 6:30-7:30pm	15 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
16	17 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	18 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	19 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	20 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	21 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	22
23	24 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	25 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 Junior Waves- 5:45-6:30pm LTS Adult L2: 5:45-6:15pm LTS Adults L3: 6:30-7:15pm Deep Water Aerobics: 6:30pm-7:30pm	26 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	27 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	28 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	29
30	31 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	<p><u>Make up weeks (No Classes):</u></p> <p>LTS/WA 2 Days/Week : October 9th—15th LTS Day/Week: October 16th—29th</p>				

Fall 2016

November

TURKEY THICKET AQUATIC CENTER

(202) 576-9235

1100 MICHIGAN AVE NE | WASHINGTON DC 20017

MON-FRI 6:30AM-8:00PM SAT 12:00PM-5:00PM SUN

CLOSED

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 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	2 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	5 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
6	7 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Water Aerobics- Abs & Glutes 1pm-2pm LTS Child L1: 5-5:30pm LTS Child L2: 5:35-6:05pm Junior Waves- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Veteran's Day - <i>No Classes</i> 	12 Parent & Child A: 9:30-10:00am Parent & Child B: 10:15-10:45am Preschool Aquatics 11:00-11:30am
13	14 YMCA Senior Aerobics 8-8:45am YMCA Senior Aerobics 9-9:45am	15	16 YMCA Senior Aerobics 8-8:45am YMCA Senior Aerobics 9-9:45am	17	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 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	24 Thanksgiving Day - <i>No classes</i>  <i>Happy Thanksgiving</i>	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 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	<p><u>Make Up Weeks (No Classes):</u></p> <p>LTS/WA 2 Days/Week: November 13th—19th</p> <p>LTS 1 Day/Week: November 27th—December 10th</p>		

December

1100 MICHIGAN AVE NE | WASHINGTON DC 20017
 MON-FRI 6:30AM-8:00PM SAT 12:00PM-5:00PM SUN

CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Make-Up Weeks (No Classes): LTS/WA 2 Days/Week: Dec. 18th—24th, 2016 LTS 1 Day/Week: November 27th—December 10th</p>				1	2 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	3
4	5 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	6 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	7 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	10
11	12 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	13 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	14 YMCA Senior Aerobics 8-8:45am YMCA 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- 5:45-6:30pm LTS Child L3: 6:10-6:50pm	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 Junior Waves- 5:45-6:30pm Water Aerobics: Aqua Zumba 6:30-7:30pm	17
18	19 YMCA Senior Aerobics 8-8:45am YMCA Senior Aerobics 9-9:45am	20	21 YMCA Senior Aerobics 8-8:45am YMCA Senior Aerobics 9-9:45am	22	23 Water Aerobics: Aqua Zumba 6:30-7:30pm	24 Christmas Eve—No Classes 
25 Christmas Day—No Classes 	26 YMCA Senior Aerobics 8-8:45am YMCA Senior Aerobics 9-9:45am	27	28 YMCA Senior Aerobics 8-8:45am YMCA Senior Aerobics 9-9:45am	29	30 Water Aerobics: Aqua Zumba 6:30-7:30pm	31 New Year's Eve - No Classes 