

Donaldson Run Recreation Association

2010 Pool Schedule

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 Opening Day! 7a-9a: Lap Swim 10a-9p: Open Swim
9 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim	10 5:30a-9a: Lap Swim 2p-8p: Open Swim 8p-8:45p: Lap Swim	11 5:30a-9a: Lap Swim 2p-8p: Open Swim 8p-8:45p: Lap Swim	12 5:30a-9a: Lap Swim 2p-8p: Open Swim 8p-8:45p: Lap Swim	13 5:30a-9a: Lap Swim 2p-8p: Open Swim 8p-8:45p: Lap Swim	14 5:30a-9a: Lap Swim 2p-8p: Open Swim 8p-8:45p: Lap Swim	15 AFAC Food Drive 7a-9a: Lap Swim 10a-9p: Open Swim
16 AFAC Food Drive 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim 4p: Ice Cream Social/ Swim and Dive Team Registration	17 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	18 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	19 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	20 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	21 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	22 7a-9a: Lap Swim 10a-9p: Open Swim
23 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim	24 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	25 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	26 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	27 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	28 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 8p-8:45p: Lap Swim	29 7a-9a: Lap Swim 10a-9p: Open Swim
30 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim	31 Memorial Day 5:30a-9a: Lap Swim 2p-8p: Open Swim 8p-8:45p: Lap Swim					

Donaldson Run Recreation Association

2010 Pool Schedule

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	2 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	3 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	4 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	5 7a-9a: Lap Swim 10a-9p: Open Swim
6 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim	7 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	8 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	9 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	10 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	11 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	12 AFAC Food Drive 7a-9a: Lap Swim 9a-10a: Swim Clinic 10a-9p: Open Swim
13 AFAC Food Drive 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim 3p: Dive Team Party	14 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	15 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	16 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	17 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	18 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	19 NO EARLY LAP SWIM 9a: Swim Time Trials 12p-9p: Open Swim
20 9a-12p: Adult Swim/Brunch 12p-8p: Open Swim	21 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	22 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	23 ACPS HS Last Day 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 2p-8p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team 8p-8:45p: Lap Swim	24 ACPS MS Last Day 5:30a-6:30a: Boot Camp 5:30a-7:45a: Lap Swim 7:45a-9:15a: Swim Team 11a-N : Water Aerobics 12p-9p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team	25 ACPS ES Last Day 5:30a-7:45a: Lap Swim 7:45a-9:15a: Swim Team 6a-7a: Water Aerobics 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team	26 7a-9a: Lap Swim 10a-9p: Open Swim
27 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	28 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-5p: Open Swim 6p: Swim Meet (Overlee)	29 5:30a-6:30a: Boot Camp 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-5:30p: Open Swim 6p: Dive Meet (M. House)	30 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team			

Donaldson Run Recreation Association

2010 Pool Schedule

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30a-6:30a: Boot Camp 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9:00p: Open Swim 4p-6p: Swim Team 6p-8p: Dive Team	2 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	3 7a-9a: Lap Swim 10a-9p: Open Swim 1p-4p: July 4th Picnic!
4 Independence Day 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	5 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team 4p-6p: Dive Team	6 5:30a-6:30a: Boot Camp 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-5:30p: Open Swim 6p: Dive Meet (L. Graham)	7 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11:30a-1:30p: Dive Team 12p-9p: Open Swim 6p-7:30p: Swim/Dive Party	8 5:30a-6:30a: Boot Camp 5:30s-7a: Lap Swim 7:30a: Swim Meet (IM) 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	9 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	10 AFAC Food Drive NO EARLY LAP SWIM 9: Swim Meet (Fairfax) 12p-4p: Open Swim 7p: Lobster Luau!
11 AFAC Food Drive 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	12 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-5p: Open Swim 6p: Swim Meet (Tuckahoe)	13 5:30a-6:30a: Boot Camp 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	14 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11:30a-1:30p: Dive Team 12p-9p: Open Swim 6p-8p: Dive Team	15 5:30a-6:30a: Boot Camp 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 6p: Dive Meet (Highland)	16 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	17 7a-9a: Lap Swim 9: Swim Meet (D. Loring) 12p-9p: Open Swim
18 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	19 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-12p : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 6p-8p: Dive Team	20 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-5:30p: Open Swim 6p: Dive Meet (Sideburn)	21 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11:30a-1:30p: Dive Team 12p-9p: Open Swim 6p-8p: Dive Team	22 5:30a-7:45a: Lap Swim 7:45a-11:15a: Swim Team 9a-10:40: Swim Lessons 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	23 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 11a-N : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim 4p-6p: Swim Team	24 7a-9a: Lap Swim 10a-9p: Open Swim
25 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	26 5:30a-7:45a: Lap Swim 6a-7a: Water Aerobics 7:45a-11:15a: Swim Team 11a-12p : Water Aerobics 11:30a-1:30p: Dive Team 12p-5p: Open Swim 6p: Swim Meet (C'Brook)	27 5:30a-6:30a: Boot Camp 5:30a-8:45a: Lap Swim 8:45a-12:15a: Swim Team 11a-12p : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim	28 5:30a-8:45a: Lap Swim 6a-7a: Water Aerobics 8:45a-12:15a: Swim Team 11:30a-1:30p: Dive Team 12p-9p: Open Swim	29 5:30a-6:30a: Boot Camp 5:30a-8:45a: Lap Swim 8:45a-12:15a: Swim Team 11a-12p : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim	30 5:30a-8:45a: Lap Swim 6a-7a: Water Aerobics 8:45a-12:15a: Swim Team 11a-12p : Water Aerobics 11:30a-1:30p: Dive Team 12p-9p: Open Swim	31 NO EARLY LAP SWIM 9: Swim Meet (Divisionals) 2p-9p: Open Swim

Donaldson Run Recreation Association

2010 Pool Schedule

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	2 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 9a-10: Swim Team 10a-11a : Water Aerobics 11:30a-1:30p: Dive Team 10a-9p: Open Swim	3 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 9a-10a: Swim Team 10a-11a : Water Aerobics 11:30a-1:30p: Dive Team 10a-9p: Open Swim	4 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 9a-10: Swim Team 11:30a-1:30p: Dive Team 10a-9p: Open Swim	5 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 9a-10a: Swim Team 10a-11a : Water Aerobics 11:30a-1:30p: Dive Team 10a-9p: Open Swim	6 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 9a-10: Swim Team 10a-11a : Water Aerobics 11:30a-1:30p: Dive Team 10a-9p: Open Swim	7 7a-9a: Lap Swim 10a-9p: Open Swim 1p-4p: August Members Picnic
8 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	9 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	10 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	11 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-9p: Open Swim	12 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	13 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	14 AFAC Food Drive 7a-9a: Lap Swim 10a-9p: Open Swim
15 AFAC Food Drive 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	16 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	17 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	18 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-9p: Open Swim	19 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	20 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	21 7a-9a: Lap Swim 10a-9p: Open Swim
22 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	23 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	24 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	25 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-9p: Open Swim	26 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	27 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	28 7a-9a: Lap Swim 10a-9p: Open Swim
29 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	30 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	31 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim				

Donaldson Run Recreation Association

2010 Pool Schedule

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-9p: Open Swim	2 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 10a-11a : Water Aerobics 10a-9p: Open Swim	3 5:30a-9a: Lap Swim 6a-7a: Water Aerobics 10a-11a : Water Aerobics 10a-9p: Open Swim	4 7a-9a: Lap Swim 10a-9p: Open Swim
5 9a-12p: Adult Swim/Brunch 12p-9p: Open Swim	6 Labor Day 1p-4p: Labor Day Picnic 5:30a-9a: Lap Swim 6a-7a : Water Aerobics 10a-8p: Open Swim	7 School Opens 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 3:30p-8p: Open Swim	8 5:30a-9a: Lap Swim 3:30p-8p: Open Swim	9 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 3:30p-8p: Open Swim	10 5:30a-9a: Lap Swim 3:30p-9p: Open Swim	11 AFAC Food Drive 7a-9a: Lap Swim 10a-6p: Open Swim
12 AFAC Food Drive 9a-12p: Adult Swim/Brunch 12p-7p: Open Swim	13 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	14 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	15 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	16 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	17 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	18 7a-9a: Lap Swim 10a-6p: Open Swim
19 9a-12p: Adult Swim/Brunch 12p-7p: Open Swim	20 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	21 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	22 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	23 5:30a-6:30a: Boot Camp 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	24 5:30a-9a: Lap Swim 5:30p-7:30p: Lap Swim	25 7a-9a: Lap Swim 10a-6p: Open Swim
26 Pool Closes 9a-12p: Adult Swim/Brunch 12p-7p: Open Swim	27	28	29	30		