



# Why is the Pool Closed for High School Swim?

Swimming is a relaxing all-inclusive, lifelong activity that can make a significant contribution to health and wellness. And in Fairfax County, those who want a healthy and active lifestyle can take advantage of the benefits of swimming year-round. The Park Authority's nine RECenters put indoor pools within convenient reach of work or home for county residents. Having so many pools convenient to so much of the population is unique in the Metro Washington area and is a lasting reward for the collective efforts of citizens, schools, and the Fairfax County Park Authority.

The popularity of swimming as a high school sport began rising in the 1960s, and schools began to seek pool facilities. Some jurisdictions, such as Arlington County, chose to put pools right on the school grounds. After considering the options Fairfax County chose a different course, one that would make more efficient use of this very expensive public asset.

The proposal was to build public recreation centers on Park Authority land, with the understanding that they would be made available to county high schools for practice and meets during the swim season. The Park Authority would then own and manage these facilities, covering operating expenses by charging for publicly-offered classes, memberships and daily admissions. Citizens of Fairfax County endorsed the idea by approving a bond referendum for what is now Audrey Moore RECenter at Wakefield Park. Since then, as interest in high school swim and community-based recreation has increased, each new center proposed has met with overwhelming support and bond approvals.

Each year, between November and February, RECenters welcome the high school teams and applaud their success. Physical activity and teamwork have long been recognized as vital parts of the high school experience, and swimming can involve more students with less risk of serious injury than any other sport. The Park Authority is proud to serve the county's high school teams, and the agency is thankful that by doing so these life-enhancing pools and aquatic programs are made available to everyone throughout the year.



**If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354**

**Doing More With Specialists**

The Park Authority's goal is to provide first-rate aquatic programs that meet the needs of all citizens. To achieve this end, experts in some disciplines missing from RECenter offerings are encouraged to deliver services through pool rentals. Demand for pool space is high, and balancing the demands of different aquatic groups is an ongoing challenge. To ensure success, staff members closely monitor pool use and carefully manage pool allocation. Rental groups offering the same services as those provided by the Park Authority's aquatic program are not allocated rental space in RECenter pools. Also, to guarantee quality control and the most effective space management, private swim lessons in FCPA pools are only taught by FCPA instructors.

Organizations and private businesses, such as United States Swim, United States Dive, scuba diving, United States Masters, water polo, underwater hockey and synchronized swimming, currently serve Fairfax County citizens using FCPA pools in a rental program coordinated by the agency. The vast majority of the Individuals served by these groups are Fairfax County residents.

Before the construction of the Park Authority's RECenters, the decision was made not to build swimming pools at Fairfax County Public Schools. Instead, the county endorsed building public RECenters with the understanding that the pools would provide a home for local high school swim teams. Additionally, summer swim league youngsters swim in FCPA pools September through May in specifically designated time slots.

Fitness swimmers strive and thrive in RECenter pools. To serve these customers, three lanes are always set aside for lap swim during operating hours. Through this combination of effective alliances with aquatic service providers and a continuing commitment to quality, the Fairfax County Park Authority is able to offer the region's most comprehensive array of premier aquatic programs.

So get into the swim of things. Take a class, take a turn in the lap lanes, take in a high school swim meet or take advantage of the specialty programs offered at Park Authority pools by our service partners. Contact information on our service partners is listed below.

**U.S.A. Swimming:**

- Curl/Burke Swim Club 301-428-9493
- The FISH 703-481-9648
- Fort Belvoir Swim Team 703-799-2225

- Machine Aquatics 703-391-2077  
www.machineaquatics.com
- Potomac Marlins 703-820-7946
- Victor Swim Club 703-370-6001
- York Swim Club 703-536-6338  
www.yorkswim.com

**U.S. Masters Swim Teams:**

- Alexandria Masters Swimming 703-960-4598  
www.AlexandriaMasters.com
- Curl/Burke Masters www.cubu-masters.org
- Audrey Moore 703-725-8813
- Providence(M/W/F) 571-278-4581
- Providence(T/Th) 703-200-3081
- South Run 703-451-7575
- Fairfax County Masters 703-928-6608
- LetSwim Masters 703-281-0112
- Potomac Marlins Masters 703-820-7946
- Victor Masters Swim Club 703-370-6001

**U.S. Springboard Diving Teams**

- Dominion Dive Club www.dominiondiveclub.com

**Water Polo**

- Northern Virginia Water Polo billstage1@aol.com
- DC Water Polo 703-827-0096

**U.S. Synchronized Swimming**

- Northern Virginia Nereids 703-407-6298
- Synchronized Swimming Club 703-569-0085
- NOVA Synchronized Swim 703-795-4761  
www.novasyncro.net

**Scuba Diving**

Scuba instruction is offered by private companies listed below with the RECenter where the instruction is given.

- A&K SCUBA(Audrey Moore) 703-642-0933
- Action Scuba (Spring Hill) 703-585-DIVE
- Aquatic Adventures 703-619-1500  
www.learn2dive.net
- (Mt.Vernon and Lee)
- Sea Ventures (Oak Marr) 703-425-7676  
www.seaventures-scuba.com
- Splash Dive Center 703-823-7680  
(George Washington and Lee)
- Adventure Scuba Company 703-263-0429  
(Oak Marr) www.scubava.com

**Underwater Hockey**

- Beltway Bottom Feeders 703-760-9345

without the stress on muscles and joints. Instructor will guide participants in different types of walking to work on all parts of the body.

- 4AH 13--55 minute lessons--\$114
- 4AI 20--55 minute lessons--\$170
- 4AE 28--55 minute lessons--\$234

Location	Day	Time	Code	Begin	\$
SphillIREC	M/W	9:25am	175 418 3301	09/17	4AE
Wkfld/Moore	M/W/F	9am	183 418 3301	11/05	4AI
Wkfld/Moore	M/W/F	11am	183 418 3302	11/05	4AI
Wkfld/Moore	T/Th	10:05am	183 418 3303	11/06	4AH

**Surf & Turf (13-Adult)**

Challenge yourself with this combination of the of cardiovascular and basic mat workouts in a competitive environment. The mat portion develops functional strength for back and abdominal muscles. Students need to provide their own fins for a fun and fun workout using kickboards, fins and medicine balls. Class will be held in the deep end of the pool. Prerequisite: students must be able to swim a minimum of 25 yards.

- 4AAM 12--55 minute lessons--\$106
- 4AE 28--55 minute lessons--\$234

Location	Day	Time	Code	Begin
LeeREC	Sa	8am	456 418 3602	09/15
LeeREC	M/W	7:30pm	456 418 3601	09/17

**Advanced Water Aerobics (13-Adult)**

This is a very vigorous water aerobics class. No equipment is used. Students move their bodies against the water's resistance during 45 minutes of aerobics. The result is an excellent cardiovascular workout while toning the body at the same time. Come prepared to move!

- 4AB 27--55 minute lessons--\$226
- 4AG 41--55 minute lessons--\$338

Location	Day	Time	Code	Begin
OakMarREC	M/W/F	8am	142 418 3701	09/17
ProvREC	M/W	7pm	159 418 3701	09/17

**Power Finning (13-Adult)**

Treat yourself to this unique workout designed to enhance cardiovascular fitness while strengthening and toning muscles. Students need to provide their own fins for a challenging workout utilizing fins, kickboards and float belts. Class will be held in deep end of the pool. Prerequisite: students must be able to swim a minimum of 25 yards.

- 4AAM 12--55 minute lessons--\$106
- 4AB 27--55 minute lessons--\$226

Location	Day	Time	Code	Begin
LeeREC	Sa	10am	456 419 6101	09/15
MtVernREC	T/Th	7:30am	472 419 6101	09/18

**Specialty Classes**

**Springboard Diving-Beginning (6-Adult)**

Introduction to the four main components of the dive: approach, take-off, flight and entry. Introduction to the forward and back dives.

- 4AAF 5--55 minute lessons--\$49
- 4AD 6--55 minute lessons--\$58
- 4AN 7--55 minute lessons--\$68
- 4AU 8--55 minute lessons--\$76

Location	Day	Time	Code	Begin
OakMarREC	Sa	1pm	142 419 3601	09/08
OakMarREC	Sa	1pm	142 419 3602	11/03
ProvREC	Sa	12pm	159 419 3601	09/08
ProvREC	Su	12pm	159 419 3603	09/09
ProvREC	Sa	12pm	159 419 3602	11/03
ProvREC	Su	12pm	159 419 3604	11/04
CubRunREC	F	6pm	192 419 3601	09/14
LeeREC	Sa	10:50am	456 419 3601	09/08
LeeREC	F	6pm	456 419 3602	09/14
LeeREC	Sa	10:50am	456 419 3603	11/03

**Full Figure Water Exercise (13-Adult)**

For the full-figured individual, this shallow water workout increases muscle tone, flexibility and cardiovascular fitness without stressing the joints.

- 4AH 13--55 minute lessons--\$114

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	8:05am	1594183101	09/15	4AH

**Water Walking (13-Adult)**

Designed to improve muscle tone and aerobic fitness. Ideal for those who want the effects of walking

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