

## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Sunday

\*Please note, this information is subject to change and is only applicable to the day and date range provided\*

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													
7:30am													
8am													
8:30am													
9am													
9:30am													
10am													
10:30am													
11am													
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8:30pm													
9pm													

**Facility Closed**



## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Monday

*\*Please note, this information is subject to change and is only applicable to the day and date range provided\**

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													
7:30am													
8am													
8:30am													
9am													
9:30am													
10am													
10:30am													
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7pm													
7:30pm													
8pm													
8:30pm													
9pm													

**Closed During School Hours: Open 6pm-8:45pm**

**ACPS Swim Team 3:45pm-6pm. Public Hours 6pm-8:45pm**

Simpson:  
6pm-  
8:45pm

AVAC: 6:15pm-  
8:15pm

Fish Swim Team: 6:15pm-8:15pm

Simpson: 6pm-8:45pm

## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Tuesday

*\*Please note, this information is subject to change and is only applicable to the day and date range provided\**

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													
7:30am													
8am													
8:30am													
9am													
9:30am													
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4:30pm													
5pm													
5:30pm													
6pm													
6:30pm													
7pm	AVAC: 6:15pm-8:15pm		Fish Swim Team: 6:15pm-8:15pm										
7:30pm													
8pm													
8:30pm													
9pm													

**Closed During School Hours: Open 6pm-8:45pm**

**ACPS Swim Team: 3:45pm-6pm. Public Hours 6pm-8:45pm**

**Alex Swim Lessons 6pm-8pm**

## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Wednesday

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## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Thursday

*\*Please note, this information is subject to change and is only applicable to the day and date range provided\**

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													
7:30am													
8am													
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9am													
9:30am													
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6:30pm													
7pm	AVAC: 6:15pm-8:15pm		Fish Swim Team: 6:15pm-8:15pm										
7:30pm													
8pm													
8:30pm													
9pm													

**Closed During School Hours: Open 6pm-8:45pm**

**ACPS Swim Team: 3:45pm-6pm. Public Hours: 6pm-8:45pm**

**Nova Syncro: 6:30pm-8:45pm**

**Alexandria Swim Lessons: 6pm-8pm**

## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Friday

*\*Please note, this information is subject to change and is only applicable to the day and date range provided\**

	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													
7:30am													
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9am													
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8pm													
8:30pm													
9pm													

**Closed During School Hours**

**Closed Fridays, Special Events/ Swim Team Only**

## Minnie Howard Aquatic Facility- January 2026 Lap Lane Schedule Saturday

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	1	2	3	4	5	6	7	8	9	10	11	12	Training Pool
7am													
7:30am													
8am													
8:30am													
9am													
9:30am	Simpson: 9:45am-5pm												
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9pm													

**Facility Closed**