



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

MONDAY

Lanes available unless noted. Limited lanes 3pm-8pm Lane availability is subject to change.

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL
6:00 AM						POTOMAC MARLINS 6-6:30				6:00 AM
6:30 AM										6:30 AM
7:00 AM										7:00 AM
7:30 AM										7:30 AM
8:00 AM										8:00 AM
8:30 AM										8:30 AM
9:00 AM								AQUA AEROBICS 9AM-10AM		9:00 AM
9:30 AM										9:30 AM
10:00 AM	WE Aquatics 10AM-1PM									10:00 AM
10:30 AM									Deep Water Aqua Aero 10:10-11:10	10:30 AM
11:00 AM										11:00 AM
11:30 AM										11:30 AM
12:00 PM										12:00 PM
12:30 PM										12:30 PM
1:00 PM										1:00 PM
1:30 PM										1:30 PM
2:00 PM			WE Aquatics 2:00PM-7:00PM							2:00 PM
2:30 PM						St Stephens & St Agnes MS Swim Team 2:30-3:15pm				2:30 PM
3:00 PM	ALEX SWIM SWIM LESSONS 3:00PM-8:15PM									3:00 PM
3:30 PM										3:30 PM
4:00 PM										4:00 PM
4:30 PM						POTOMAC MARLINS SWIM TEAM 4:30-6PM				4:30 PM
5:00 PM										5:00 PM
5:30 PM										5:30 PM
6:00 PM							POTOMAC MARLINS SWIM TEAM 6-7PM			6:00 PM
6:30 PM									GET IN DEEP 630-715PM	6:30 PM
7:00 PM		Aqua Zumba 7:15-8:05								7:00 PM
7:30 PM										7:30 PM
8:00 PM										8:00 PM
8:30 PM	POOL CLOSING AT 8:45PM									
9:00 PM										9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

TUESDAY

Lanes available unless noted. Limited lanes 3pm-8pm Lane availability is subject to change.

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL
6:00 AM							CQ MASTERS SWIM PRACTICE			6:00 AM
6:30 AM										6:30 AM
7:00 AM										7:00 AM
7:30 AM										7:30 AM
8:00 AM							AQUA EXERCISE FOR SENIORS 815AM-900AM			8:00 AM
8:30 AM										8:30 AM
9:00 AM							AQUA EXERCISE FOR SENIORS 930AM-1015AM			9:00 AM
9:30 AM										9:30 AM
10:00 AM	WE Aquatics 10AM-1PM									10:00 AM
10:30 AM										10:30 AM
11:00 AM		WATER WALKING 1055AM-1155AM								11:00 AM
11:30 AM										11:30 AM
12:00 PM										12:00 PM
12:30 PM										12:30 PM
1:00 PM										1:00 PM
1:30 PM										1:30 PM
2:00 PM			WE Aquatics 2:00PM-6:30PM							2:00 PM
2:30 PM										2:30 PM
3:00 PM	ALEX SWIM SWIM LESSONS 3:00PM-8:15PM					St Stephens & St Agnes HS Swim Team 3-4pm				3:00 PM
3:30 PM										3:30 PM
4:00 PM										4:00 PM
4:30 PM						POTOMAC MARLINS SWIM TEAM 4:30-6PM				4:30 PM
5:00 PM										5:00 PM
5:30 PM										5:30 PM
6:00 PM							POTOMAC MARLINS SWIM TEAM 6PM-8PM			6:00 PM
6:30 PM		HI/LO WATER AEROBICS 630PM-730PM		ALEX LTS 630P-8:15P						6:30 PM
7:00 PM										7:00 PM
7:30 PM										7:30 PM
8:00 PM										8:00 PM
8:30 PM										8:30 PM
9:00 PM	POOL CLOSING AT 8:45PM									9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

WEDNESDAY

Lanes available unless noted. Limited lanes 3pm-8pm **Lane availability is subject to change.**

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL	
6:00 AM						POTOMAC MARLINS 6-6:30					6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM											8:00 AM
8:30 AM											8:30 AM
9:00 AM								AQUA AEROBICS 9AM-10AM			9:00 AM
9:30 AM											9:30 AM
10:00 AM	WE Aquatics 10AM-1PM										10:00 AM
10:30 AM										Deep Water Aqua Aero 10:10-11:10	10:30 AM
11:00 AM											11:00 AM
11:30 AM											11:30 AM
12:00 PM											12:00 PM
12:30 PM		Aqua Soothe for Arthritis 12-12:45pm									12:30 PM
1:00 PM											1:00 PM
1:30 PM											1:30 PM
2:00 PM			WE Aquatics 2:00PM-7:00PM								2:00 PM
2:30 PM						St Stephens & St Agnes MS Swim Team 2:30-3:15pm					2:30 PM
3:00 PM	ALEX SWIM SWIM LESSONS 3:00PM-8:15PM										3:00 PM
3:30 PM											3:30 PM
4:00 PM											4:00 PM
4:30 PM						POTOMAC MARLINS SWIM TEAM 4:30-6PM					4:30 PM
5:00 PM											5:00 PM
5:30 PM						WEA- ST 5:30-6:30p					5:30 PM
6:00 PM							POTOMAC MARLINS SWIM TEAM 6-7PM				6:00 PM
6:30 PM										DEEP WATER 630PM-730PM 740PM-840PM	6:30 PM
7:00 PM											7:00 PM
7:30 PM											7:30 PM
8:00 PM											8:00 PM
8:30 PM											8:30 PM
9:00 PM	POOL CLOSING AT 8:45PM										9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

THURSDAY

Lanes available unless noted. Limited lanes 3pm-8pm Lane availability is subject to change.

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL	
6:00 AM							CQ MASTERS SWIM PRACTICE				6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM							AQUATIC EXERCISE FOR SENIORS 8:15AM-9AM				8:00 AM
8:30 AM											8:30 AM
9:00 AM											9:00 AM
9:30 AM							AQUATIC EXERCISE FOR SENIORS 8:15AM-9AM				9:30 AM
10:00 AM	WE Aquatics 10AM-1PM										10:00 AM
10:30 AM											10:30 AM
11:00 AM		WATER WALKING 1055AM-1155AM									11:00 AM
11:30 AM											11:30 AM
12:00 PM											12:00 PM
12:30 PM											12:30 PM
1:00 PM											1:00 PM
1:30 PM											1:30 PM
2:00 PM			WE Aquatics 2:00PM-6:30PM								2:00 PM
2:30 PM							St Stephens & St Agnes MS Swim Team 2:30- 3:15pm				2:30 PM
3:00 PM	ALEX SWIM SWIM LESSONS 3:00-8:15P										3:00 PM
3:30 PM											3:30 PM
4:00 PM										4:00 PM	
4:30 PM							POTOMAC MARLINS SWIM TEAM 4:30-6PM				4:30 PM
5:00 PM											5:00 PM
5:30 PM											5:30 PM
6:00 PM											6:00 PM
6:30 PM		HI/LO WATER AEROBICS 630PM-730PM		ALEX LTS 630P-8:15P			POTOMAC MARLINS SWIM TEAM 6PM-8PM		Swim Like a Mermaid / Man / Mer 6:30pm- 7:30pm		6:30 PM
7:00 PM										7:00 PM	
7:30 PM										7:30 PM	
8:00 PM											8:00 PM
8:30 PM											8:30 PM
9:00 PM	POOL CLOSSES AT 8:45PM										9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

FRIDAY

Lanes available unless noted. Limited lanes 3pm-8pm Lane availability is subject to change.

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL	
6:00 AM						POTOMAC MARLINS 6-6:30					6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM											8:00 AM
8:30 AM											8:30 AM
9:00 AM											9:00 AM
9:30 AM											9:30 AM
10:00 AM	WE Aquatics 10AM-1PM										10:00 AM
10:30 AM											10:30 AM
11:00 AM											11:00 AM
11:30 AM											11:30 AM
12:00 PM											12:00 PM
12:30 PM											12:30 PM
1:00 PM											1:00 PM
1:30 PM											1:30 PM
2:00 PM			We Aquatics 2:00PM-5:30PM			St Stephens & St Agnes MS Swim Team 2:30-3:15pm					2:00 PM
2:30 PM											2:30 PM
3:00 PM		WE Aquatics ISR 3-6pm									
3:30 PM	TR Swim Program- Nannie J Lee 3:30pm-5:30pm										3:30 PM
4:00 PM											4:00 PM
4:30 PM											4:30 PM
5:00 PM										5:00 PM	
5:30 PM											5:30 PM
6:00 PM	POOL CLOSES at 5:45p.m										6:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

SATURDAY

Birthday Parties 1:30pm-2:30pm & 3:30pm-4:30pm Lane availability is subject to change.

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL		
8:00 AM											8:00 AM	
8:30 AM											8:30 AM	
9:00 AM	ALEX SWIM SWIM LESSONS 9:00AM-1:00PM	Hi/Lo 9:05-9:55									9:00 AM	
9:30 AM											9:30 AM	
10:00 AM		10:00 AM										
10:30 AM												10:30 AM
11:00 AM		WE Aquatics 11:00am-2:30pm										11:00 AM
11:30 AM												11:30 AM
12:00 PM												12:00 PM
12:30 PM												12:30 PM
1:00 PM												1:00 PM
1:30 PM	FAMILY SWIM & BIRTHDAY PARTIES 1:30-5:30PM					WE Aquatics Swim Team 1:30pm-2:30pm					1:30 PM	
2:00 PM						2:00 PM						
2:30 PM						2:30 PM						
3:00 PM						3:00 PM						
3:30 PM						3:30 PM						
4:00 PM						4:00 PM						
4:30 PM						4:30 PM						
5:00 PM						5:00 PM						
5:30 PM						5:30 PM						
6:00 PM	POOL CLOSSES AT 5:45PM										6:00 PM	
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL		



Chinquapin Rixse Memorial Pool

NOVEMBER SCHEDULE

SUNDAY

Birthday Parties 1:30pm-2:30pm & 3:30pm-4:30pm Lane availability is subject to change

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL				
8:00 AM											8:00 AM			
8:30 AM											8:30 AM			
9:00 AM	ALEX SWIM SWIM LESSONS 9:00AM-1:30PM							AQUA ZUMBA 9:00-10:00			9:00 AM			
9:30 AM										9:30 AM				
10:00 AM					WAHOOS									10:00 AM
10:30 AM					WAHOOS									10:30 AM
11:00 AM	ALEX SWIM SWIM LESSONS 9:00AM-1:30PM				WE Aquatics 11:00am-2:30pm						11:00 AM			
11:30 AM										11:30 AM				
12:00 PM										12:00 PM				
12:30 PM					WE Aquatics Swim Team 12:30-2:30pm					12:30 PM				
1:00 PM	FAMILY SWIM BIRTHDAY PARTIES 1:30-5:30PM									1:00 PM				
1:30 PM									1:30 PM					
2:00 PM									2:00 PM					
2:30 PM									2:30 PM					
3:00 PM									3:00 PM					
3:30 PM									3:30 PM					
4:00 PM									4:00 PM					
4:30 PM									4:30 PM					
5:00 PM											5:00 PM			
5:30 PM	POOL CLOSES AT 5:45PM										5:30 PM			
6:00 PM	POOL CLOSES AT 5:45PM										6:00 PM			
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL				