

Rixse Pool Schedule

Fall-Winter

Monday and Wednesday, September 26-February 24, 2012

Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW	
6:00						Masters 6-7:15am Lanes 5 - 8					
6:30						Masters 6-7:15am Lanes 5 - 8					
7:00											
7:30											
8:00											
8:30											
9:00		Aqua Aerobics 9-10am									
9:30		Aqua Aerobics 9-10am									
10:00		Aqua Aerobics 9-10am									
10:30						Water Exercise for Seniors 10 - 10:45 am Wed only					
11:00						Water Exercise for Seniors 10 - 10:45 am Wed only					
11:30						Water Exercise for Seniors 10 - 10:45 am Wed only					
12:00						Water Exercise for Seniors 10 - 10:45 am Wed only					
1:00											
1:30						Water Exercise for Seniors 10 - 10:45 am Wed only					
2:00						Water Exercise for Seniors 10 - 10:45 am Wed only					
2:30						SSSA Swim Team Mondays: 1:45-3pm Wednesday: 2:30-3pm					
3:00		Therapeutic Rec 3-5pm Wednesdays				SSSA Swim Team Mondays: 1:45-3pm Wednesday: 2:30-3pm					
3:30		Therapeutic Rec 3-5pm Wednesdays				SSSA Swim Team Mondays: 1:45-3pm Wednesday: 2:30-3pm					
4:00		Learn to Swim Program 4-8:45 pm Begins January 23, 2012			TC Williams Swim and Dive Team 4:00 - 6:00 pm. Nov 7 - Feb 4, 2012						
4:30	TC Williams Swim and Dive Team 4:00 - 6:00 pm. Nov 7 - Feb 4, 2012										
5:00	TC Williams Swim and Dive Team 4:00 - 6:00 pm. Nov 7 - Feb 4, 2012										
5:30	TC Williams Swim and Dive Team 4:00 - 6:00 pm. Nov 7 - Feb 4, 2012										
6:00	TC Williams Swim and Dive Team 4:00 - 6:00 pm. Nov 7 - Feb 4, 2012										
6:30	TC Williams Swim and Dive Team 4:00 - 6:00 pm. Nov 7 - Feb 4, 2012										
7:00						Curl Burke Masters M/W 7:15 - 8 pm		Potomac Marlins 5:00 - 8:00 pm		Deep Water Aerobics 6:30- 8:15pm	
7:30						Curl Burke Masters M/W 7:15 - 8 pm		Potomac Marlins 5:00 - 8:00 pm		Deep Water Aerobics 6:30- 8:15pm	
8:00						Curl Burke Masters M/W 7:15 - 8 pm		Potomac Marlins 5:00 - 8:00 pm		Deep Water Aerobics 6:30- 8:15pm	
8:30						Curl Burke Masters M/W 7:15 - 8 pm		Potomac Marlins 5:00 - 8:00 pm		Deep Water Aerobics 6:30- 8:15pm	
9:00											

Rixse Pool Closes at 8:45 pm; Chinguapin Center Closes at 9 pm

Please note: schedule subject to change. Updated cb 1/5/12

Rixse Pool Schedule

Fall-Winter

Tuesday and Thursday, September 27-February 24, 2012

Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW	
6:00						Masters 6-7:15am Lanes 5 - 8					
6:30						Masters 6-7:15am Lanes 5 - 8					
7:00											
7:30											
8:00						Aquatic Exercise 8:00-11:30am					
8:30											
9:00											
9:30											
10:00											
10:30		Water Walking 10:30- 1130 am									
11:00		Water Walking 10:30- 1130 am									
11:30											
12:00						Masters 12:30-1:30 pm					
1:00						Masters 12:30-1:30 pm					
2:00						SSSA Swim Team 2:30-3pm					
2:30						SSSA Swim Team 2:30-3pm					
3:00	Therapeutic Rec 3-5pm										
3:30	Therapeutic Rec 3-5pm										
4:00		Learn to Swim Program 4 6 pm Begins January 24, 2012		TC Williams Swim and Dive Team 4:00 - 6:00 pm. 7 - Feb 4, 2012							
4:30											
5:00											
5:30											
6:00											
6:30		Aqua Aerobics 6:30-8:30pm			Learn to Swim Program 6:15- 8:45pm		Potomac Marlins 5:00 - 8:00 pm		Scuba 6:30-8:30 pm		
7:00											
7:30											
8:00											
8:30											
9:00											

Rixse Pool Closes at 8:45 pm; Chinquapin Center Closes at 9 pm

Please note: schedule subject to change. Updated cb 1/5/12

Rixse Pool Schedule

Fall-Winter

Tuesday and Thursday, September 27-February 24, 2012

Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW					
6:00						Masters 6-7:15am Lanes 5 - 8									
6:30						Masters 6-7:15am Lanes 5 - 8									
7:00															
7:30															
8:00						Aquatic Exercise 8:00-11:30am									
8:30															
9:00															
9:30															
10:00															
10:30		Water Walking 10:30- 1130 am													
11:00		Water Walking 10:30- 1130 am													
11:30															
12:00						Masters 12:30-1:30 pm									
1:00						Masters 12:30-1:30 pm									
2:00						SSSA Swim Team 2:30-3pm									
2:30															
3:00	Therapeutic Rec 3-5pm														
3:30															
4:00		Learn to Swim Program 4 6 pm Begins January 24, 2012		TC Williams Swim and Dive Team 4:00 - 6:00 pm. 7 - Feb 4, 2012											
4:30															Nov
5:00															
5:30															
6:00															
6:30		Aqua Aerobics 6:30-8:30pm			Learn to Swim Program 6:15- 8:45pm										
7:00							Potomac Marlins 5:00 - 8:00 pm		Scuba 6:30-8:30 pm						
7:30							Potomac Marlins 5:00 - 8:00 pm								
8:00							Potomac Marlins 5:00 - 8:00 pm								
8:30		Potomac Marlins 5:00 - 8:00 pm													
9:00															

Rixse Pool Closes at 8:45 pm; Chinquapin Center Closes at 9 pm

Please note: schedule subject to change. Updated cb 1/5/12

Rixse Pool Schedule

Fall-Winter

Saturday, September 25 - February 20, 2012

Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW					
8:00	Learn to Swim Program 8 am - 1 pm Begins 2/4/12														
8:30															
9:00															Deep Water Aerobics 8:15- 9:15 am
9:30															
10:00															
10:30															
11:00															
11:30															
12:00															
1:00	Family swim/Parties														
2:00															
3:00															
4:00															
5:00															
6:00															

Rixse Pool Closes at 5:45 pm; Chinquapin Center Closes at 6 pm

Sunday, September 26 - February 21, 2011

Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW		
8:00												
9:00												
10:00	Family swim/Parties											
11:00												
12:00												
1:00											Marlins 12p-2p	
2:00											Dowden Terrace Swim Team 2:30-4 pm	
3:00												Kayaking 3:30-5:30 pm
4:00												
5:00												
6:00												

Rixse Pool Closes at 5:45 pm; Chinquapin Center Closes at 6 pm

Please note: schedule subject to change. Updated cb 1/5/12

