



# Chinquapin Rixse Memorial Pool

## September Mondays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim					
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well				
<b>6:00 AM</b>						Potomac Marlins				<b>6:00 AM</b>				
6:30 AM										6:30 AM				
<b>7:00 AM</b>										<b>7:00 AM</b>				
7:30 AM										7:30 AM				
<b>8:00 AM</b>										<b>8:00 AM</b>				
8:30 AM										8:30 AM				
<b>9:00 AM</b>		ACPS SPLASH (9/26)					Water Aerobics				<b>9:00 AM</b>			
9:30 AM													9:30 AM	
<b>10:00 AM</b>	We Aquatics									Deep Water Aerobics	<b>10:00 AM</b>			
10:30 AM											10:30 AM			
<b>11:00 AM</b>			Hi/Low Water Aerobics (9/19)								<b>11:00 AM</b>			
11:30 AM														11:30 AM
<b>12:00 PM</b>										<b>12:00 PM</b>				
12:30 PM										12:30 PM				
<b>1:00 PM</b>										<b>1:00 PM</b>				
1:30 PM										1:30 PM				
<b>2:00 PM</b>				We Aquatics							<b>2:00 PM</b>			
2:30 PM													2:30 PM	
<b>3:00 PM</b>	Alex LTS (9/19)													<b>3:00 PM</b>
3:30 PM														3:30 PM
<b>4:00 PM</b>						Potomac Marlins				<b>4:00 PM</b>				
4:30 PM												4:30 PM		
<b>5:00 PM</b>										<b>5:00 PM</b>				
5:30 PM										5:30 PM				
<b>6:00 PM</b>										<b>6:00 PM</b>				
6:30 PM										6:30 PM				
<b>7:00 PM</b>							Potomac Marlins			Get In Deep With Candice	<b>7:00 PM</b>			
7:30 PM									7:30 PM					
<b>8:00 PM</b>		Aqua Zumba (9/19)									<b>8:00 PM</b>			
8:30 PM										8:30 PM				
<b>9:00 PM</b>										<b>9:00 PM</b>				
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well				



# Chinquapin Rixse Memorial Pool

September Tuesdays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim			
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		
<b>6:00 AM</b>		Aqua Boot Camp									<b>6:00 AM</b>	
6:30 AM											6:30 AM	
<b>7:00 AM</b>											<b>7:00 AM</b>	
7:30 AM											7:30 AM	
<b>8:00 AM</b>						AFD Water Rescue Training (9/20 Only)	Aquatic Exercise			AFD Water Rescue Training (9/20 Only)	<b>8:00 AM</b>	
8:30 AM					Aquatic Exercise			8:30 AM				
<b>9:00 AM</b>		ACPS Splash (starts 9/27)										<b>9:00 AM</b>
9:30 AM												9:30 AM
<b>10:00 AM</b>	We Aquatics	Water Walking									<b>10:00 AM</b>	
10:30 AM											10:30 AM	
<b>11:00 AM</b>											<b>11:00 AM</b>	
11:30 AM											11:30 AM	
<b>12:00 PM</b>											<b>12:00 PM</b>	
12:30 PM											12:30 PM	
<b>1:00 PM</b>											<b>1:00 PM</b>	
1:30 PM											1:30 PM	
<b>2:00 PM</b>				We Aquatics							<b>2:00 PM</b>	
2:30 PM											2:30 PM	
<b>3:00 PM</b>	Alex LTS (9/20)										<b>3:00 PM</b>	
3:30 PM											3:30 PM	
<b>4:00 PM</b>		Alex LTS (9/20)					Potomac Marlins				<b>4:00 PM</b>	
4:30 PM											4:30 PM	
<b>5:00 PM</b>			Alex LTS (9/20)				Potomac Marlins				<b>5:00 PM</b>	
5:30 PM											5:30 PM	
<b>6:00 PM</b>		Hi/Lo Water Areobics									<b>6:00 PM</b>	
6:30 PM											6:30 PM	
<b>7:00 PM</b>		BLT Aerobics					Potomac Marlins				<b>7:00 PM</b>	
7:30 PM											7:30 PM	
<b>8:00 PM</b>											<b>8:00 PM</b>	
8:30 PM											8:30 PM	
<b>9:00 PM</b>											<b>9:00 PM</b>	
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		



# Chinquapin Rixse Memorial Pool

## September Wednesdays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim			
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		
<b>6:00 AM</b>						Potomac Marlins					<b>6:00 AM</b>	
6:30 AM											6:30 AM	
<b>7:00 AM</b>											<b>7:00 AM</b>	
7:30 AM											7:30 AM	
<b>8:00 AM</b>											<b>8:00 AM</b>	
8:30 AM											8:30 AM	
<b>9:00 AM</b>		ACPS Splash (starts 9/29)						Aqua Areobics (9/21)			<b>9:00 AM</b>	
9:30 AM												
<b>10:00 AM</b>	We Aquatics	ACPS Splash (starts 9/29)								Deep Water Aqua	<b>10:00 AM</b>	
10:30 AM												
<b>11:00 AM</b>		ACPS Splash (starts 9/29)									<b>11:00 AM</b>	
11:30 AM												11:30 AM
<b>12:00 PM</b>		ACPS Splash (starts 9/29)									<b>12:00 PM</b>	
12:30 PM												12:30 PM
<b>1:00 PM</b>											<b>1:00 PM</b>	
1:30 PM											1:30 PM	
<b>2:00 PM</b>				We Aquatics							<b>2:00 PM</b>	
2:30 PM											2:30 PM	
<b>3:00 PM</b>	Alex LTS	Alex LTS (starts 9/21)										<b>3:00 PM</b>
3:30 PM												3:30 PM
<b>4:00 PM</b>				Potomac Marlins								<b>4:00 PM</b>
4:30 PM												
<b>5:00 PM</b>		Potomac Marlins								<b>5:00 PM</b>		
5:30 PM												5:30 PM
<b>6:00 PM</b>		Potomac Marlins					Potomac Marlins				<b>6:00 PM</b>	
6:30 PM												
<b>7:00 PM</b>									Deep Water Aqua	<b>7:00 PM</b>		
7:30 PM										7:30 PM		
<b>8:00 PM</b>										<b>8:00 PM</b>		
8:30 PM										8:30 PM		
<b>9:00 PM</b>										<b>9:00 PM</b>		
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		



# Chinquapin Rixse Memorial Pool

September Thursdays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim				
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well			
<b>6:00 AM</b>		Aqua Boot Camp									<b>6:00 AM</b>		
6:30 AM		Aqua Boot Camp									6:30 AM		
<b>7:00 AM</b>		Aqua Boot Camp									<b>7:00 AM</b>		
7:30 AM											7:30 AM		
<b>8:00 AM</b>						AFD WRT (only 9/22)	Aquatic Exercise			AFD WRT (only 9/22)	<b>8:00 AM</b>		
8:30 AM							Aquatic Exercise					8:30 AM	
<b>9:00 AM</b>		ACPS Splash (starts 9/30)						Aquatic Exercise			<b>9:00 AM</b>		
9:30 AM		ACPS Splash (starts 9/30)						Aquatic Exercise			9:30 AM		
<b>10:00 AM</b>	We Aquatics	ACPS Splash (starts 9/30)						Aquatic Exercise			<b>10:00 AM</b>		
10:30 AM		ACPS Splash (starts 9/30)						Aquatic Exercise			10:30 AM		
<b>11:00 AM</b>		ACPS Splash (starts 9/30)						Aquatic Exercise			<b>11:00 AM</b>		
11:30 AM		ACPS Splash (starts 9/30)						Aquatic Exercise			11:30 AM		
<b>12:00 PM</b>		ACPS Splash (starts 9/30)											<b>12:00 PM</b>
12:30 PM		ACPS Splash (starts 9/30)											12:30 PM
<b>1:00 PM</b>											<b>1:00 PM</b>		
1:30 PM											1:30 PM		
<b>2:00 PM</b>				We Aquatics							<b>2:00 PM</b>		
2:30 PM				We Aquatics							2:30 PM		
<b>3:00 PM</b>	Alex LTS	Alex LTS (starts 9/22)		We Aquatics			Potomac Marlins			<b>3:00 PM</b>			
3:30 PM		Alex LTS (starts 9/22)		We Aquatics			Potomac Marlins			3:30 PM			
<b>4:00 PM</b>		Alex LTS (starts 9/22)		We Aquatics			Potomac Marlins			<b>4:00 PM</b>			
4:30 PM		Alex LTS (starts 9/22)		We Aquatics			Potomac Marlins			4:30 PM			
<b>5:00 PM</b>		Alex LTS (starts 9/22)		We Aquatics			Potomac Marlins			<b>5:00 PM</b>			
5:30 PM		Alex LTS (starts 9/22)		We Aquatics			Potomac Marlins			5:30 PM			
<b>6:00 PM</b>		Hi/Lo Areobics					Potomac Marlins			<b>6:00 PM</b>			
6:30 PM		Hi/Lo Areobics					Potomac Marlins			6:30 PM			
<b>7:00 PM</b>		Hi/Lo Areobics									<b>7:00 PM</b>		
7:30 PM		Hi/Lo Areobics									7:30 PM		
<b>8:00 PM</b>											<b>8:00 PM</b>		
8:30 PM											8:30 PM		
<b>9:00 PM</b>											<b>9:00 PM</b>		
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well			



# Chinquapin Rixse Memorial Pool

September Fridays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim		
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	
<b>6:00 AM</b>						Potomac Marlins				<b>6:00 AM</b>	
6:30 AM										6:30 AM	
<b>7:00 AM</b>										<b>7:00 AM</b>	
7:30 AM										7:30 AM	
<b>8:00 AM</b>									AFD W.R. T. (only 9/23)	<b>8:00 AM</b>	
8:30 AM										8:30 AM	
<b>9:00 AM</b>		ACPS SPLASH (9/30)									<b>9:00 AM</b>
9:30 AM											
<b>10:00 AM</b>	We Aquatics										<b>10:00 AM</b>
10:30 AM											10:30 AM
<b>11:00 AM</b>											<b>11:00 AM</b>
11:30 AM											11:30 AM
<b>12:00 PM</b>		ACPS SPLASH (9/30)									<b>12:00 PM</b>
12:30 PM											12:30 PM
<b>1:00 PM</b>										<b>1:00 PM</b>	
1:30 PM										1:30 PM	
<b>2:00 PM</b>	Family Swim			We Aquatics						<b>2:00 PM</b>	
2:30 PM											2:30 PM
<b>3:00 PM</b>											<b>3:00 PM</b>
3:30 PM											3:30 PM
<b>4:00 PM</b>											<b>4:00 PM</b>
4:30 PM											4:30 PM
<b>5:00 PM</b>								<b>5:00 PM</b>			
5:30 PM									5:30 PM		
<b>6:00 PM</b>									<b>6:00 PM</b>		
6:30 PM									6:30 PM		
<b>7:00 PM</b>									<b>7:00 PM</b>		
7:30 PM									7:30 PM		
<b>8:00 PM</b>									<b>8:00 PM</b>		
8:30 PM									8:30 PM		
<b>9:00 PM</b>									<b>9:00 PM</b>		
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	



# Chinquapin Rixse Memorial Pool

September Saturdays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim			
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		
<b>6:00 AM</b>											<b>6:00 AM</b>	
6:30 AM											6:30 AM	
<b>7:00 AM</b>											<b>7:00 AM</b>	
7:30 AM											7:30 AM	
<b>8:00 AM</b>									NOVA Synchro	NOVA Synchro Swim	<b>8:00 AM</b>	
8:30 AM											8:30 AM	
<b>9:00 AM</b>	Alex LTS (9/24)	Alex LTS (9/24)						Aqua Spin (9/24)			<b>9:00 AM</b>	
9:30 AM												9:30 AM
<b>10:00 AM</b>											NOVA Synchro	<b>10:00 AM</b>
10:30 AM												10:30 AM
<b>11:00 AM</b>										<b>11:00 AM</b>		
11:30 AM										11:30 AM		
<b>12:00 PM</b>										<b>12:00 PM</b>		
12:30 PM										12:30 PM		
<b>1:00 PM</b>										<b>1:00 PM</b>		
1:30 PM										1:30 PM		
<b>2:00 PM</b>										<b>2:00 PM</b>		
2:30 PM										2:30 PM		
<b>3:00 PM</b>										<b>3:00 PM</b>		
3:30 PM										3:30 PM		
<b>4:00 PM</b>										<b>4:00 PM</b>		
4:30 PM										4:30 PM		
<b>5:00 PM</b>										<b>5:00 PM</b>		
5:30 PM										5:30 PM		
<b>6:00 PM</b>										<b>6:00 PM</b>		
6:30 PM										6:30 PM		
<b>7:00 PM</b>										<b>7:00 PM</b>		
7:30 PM										7:30 PM		
<b>8:00 PM</b>										<b>8:00 PM</b>		
8:30 PM										8:30 PM		
<b>9:00 PM</b>										<b>9:00 PM</b>		
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		



# Chinquapin Rixse Memorial Pool

## September Sundays

*This chart is meant as a guide to lane availability. Please note that lane availability is subject to change.*

closed		Scheduled Programs (lanes unavailable)				Lap swim/ Water walking			Family Swim			
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		
6:00 AM											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	Alex LTS	Alex LTS (starts 9/25)			We Aquatics	Aqua Zumba (18th & 25th)			Scuba (9/18)		9:00 AM	
9:30 AM											9:30 AM	
10:00 AM											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											2:00 PM	
2:30 PM	Family Swim										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											6:00 PM	
6:30 PM											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											9:00 PM	
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		