



# Chinquapin Rixse Memorial Pool

October Mondays

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

**\*\*Monday, October 10 Indigenous Peoples Day, Facility Hours 9a-3p**

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						Potomac Marlins					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		ACPS SPLASH (not 10/10 or 10/24)						Water Aerobics			9:00 AM
9:30 AM										9:30 AM	
10:00 AM										Deep Water Aqua Hero	10:00 AM
10:30 AM							10:30 AM				
11:00 AM											11:00 AM
11:30 AM		Hi/Low Water Areboics									11:30 AM
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								2:00 PM
2:30 PM											2:30 PM
3:00 PM	Alex LTS	Alex LTS									3:00 PM
3:30 PM											3:30 PM
4:00 PM											4:00 PM
4:30 PM						Potomac Marlins					4:30 PM
5:00 PM											5:00 PM
5:30 PM											5:30 PM
6:00 PM										6:00 PM	
6:30 PM							Potomac Marlins			Get In Deep With Can	6:30 PM
7:00 PM											7:00 PM
7:30 PM		Aqua Zumba									7:30 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	



# Chinquapin Rixse Memorial Pool

October 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			
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							Aquatic Exercise				8:00 AM		
8:30 AM											8:30 AM		
9:00 AM		ACPS SLASH (not 10/25)					Aquatic Exercise				9:00 AM		
9:30 AM										9:30 AM			
10:00 AM													
10:30 AM											10:30 AM		
11:00 AM		Water Walking									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								2:00 PM		
2:30 PM											2:30 PM		
3:00 PM	Alex LTS	Alex LTS										3:00 PM	
3:30 PM												3:30 PM	
4:00 PM													4:00 PM
4:30 PM						Potomac Marlins						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 Areobics					Potomac Marlins				6:30 PM		
7:00 PM													7:00 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			



# Chinquapin Rixse Memorial Pool

October 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	
6:00 AM						Potomac Marlins					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		ACPS Splash						Aqua Aerobics			9:00 AM
9:30 AM							9:30 AM				
10:00 AM											Deep Water Aqua
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							2:00 PM	
2:30 PM										2:30 PM	
3:00 PM	Alex LTS	Alex LTS								3:00 PM	
3:30 PM							ACHS Swim Team Pre-Season (starts 10/19)			3:30 PM	
4:00 PM							Potomac Marlins				4:00 PM
4:30 PM										4:30 PM	
5:00 PM						5:00 PM					
5:30 PM								5:30 PM			
6:00 PM							Potomac Marlins				6:00 PM
6:30 PM											6:30 PM
7:00 PM							Potomac Marlins			Deep Water Aqua	7:00 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	



# Chinquapin Rixse Memorial Pool

October 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			
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							Aquatic Exercise				8:00 AM		
8:30 AM											8:30 AM		
9:00 AM		ACPS Splash									9:00 AM		
9:30 AM											9:30 AM		
10:00 AM		Water Walking									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								2:00 PM		
2:30 PM											2:30 PM		
3:00 PM	Alex LTS								ACHS Swim Team Pre-Season (starts 10/20)				3:00 PM
3:30 PM													3:30 PM
4:00 PM				Potomac Marlins					4:00 PM				
4:30 PM											4:30 PM		
5:00 PM		Hi/Lo Areobics				Potomac Marlins				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			



# Chinquapin Rixse Memorial Pool

October 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>										<b>8:00 AM</b>
8:30 AM										8:30 AM
<b>9:00 AM</b>		ACPS SPLASH								<b>9:00 AM</b>
9:30 AM										9:30 AM
<b>10:00 AM</b>										<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>										<b>3:00 PM</b>
3:30 PM							ACHS Swim Team Pre-Season (starts 10/21)			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

October 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		
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									NOVA Synchro	NOVA Synchro Swim	8:00 AM	
8:30 AM											8:30 AM	
9:00 AM	Alex LTS	Alex LTS						Aqua Spin			9:00 AM	
9:30 AM											9:30 AM	
10:00 AM									NOVA Synchro	10:00 AM		
10:30 AM										10:30 AM		
11:00 AM		Alex LTS		We Aquatics							11:00 AM	
11:30 AM											11:30 AM	
12:00 PM											12:00 PM	
12:30 PM											12:30 PM	
1:00 PM							We Aquatics Swim Team		Scuba (10/15)		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		



# Chinquapin Rixse Memorial Pool

October 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					Aqua Zumba				9:00 AM		
9:30 AM										9:30 AM			
10:00 AM				Wahoos Stroke Clinic (10/9, 10/30)								10:00 AM	
10:30 AM				We Aquatics						Scuba (10/16)		10:30 AM	
11:00 AM													11:00 AM
11:30 AM													11:30 AM
12:00 PM													12:00 PM
12:30 PM							We Aquatics			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					Parklawn Swim Team					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			