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	DIVE WELL	
6:00 AM			Masters Swimming 6am-7am			Potomac Marlins Swim Team 6am-6:30am					**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											**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 2pm-7pm		St Stephens & St Agnes Swim Team 2:15pm-3pm					**2:00 PM**
2:30 PM											2:30 PM
3:00 PM	Alex Swim Lessons 3pm-8:45pm & Simpson Aquatics 3:45pm-8:45pm										**3:00 PM**
3:30 PM											3:30 PM
4:00 PM											**4:00 PM**
4:30 PM						Potomac Marlins Swim Team 4:30pm-7pm					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		Aqua Zumba 7:15pm-8:05pm									7:30 PM
8:00 PM											**8:00 PM**
8:30 PM											8:30 PM
9:00 PM	POOL CLOSES 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

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	DIVE WELL	
6:00 AM			Masters Swimming 6am-7am								**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 9:30am-10:15am				9:30 AM
10:00 AM											**10:00 AM**
10:30 AM											10:30 AM
11:00 AM		Water Walking 10:55am-11:55am									**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 2pm-7pm							**2:00 PM**
2:30 PM											2:30 PM
3:00 PM	Alex Swim Lessons 3pm-8:45pm & Simpson Aquatics 3:45pm-8:45pm					St Stephens & St Agnes Swim Team 3pm-4pm					**3:00 PM**
3:30 PM											3:30 PM
4:00 PM											**4:00 PM**
4:30 PM							Potomac Marlins Swim Team 4:30pm-8pm				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 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 CLOSES 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	DIVE WELL	
6:00 AM			**Masters Swimming 6am-7am**			**Potomac Marlins Swim Team 6am-6:30am**					**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											**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 2pm-7pm**		**St Stephens & St Agnes Swim Team 2:15pm-3pm**					**2:00 PM**
2:30 PM											2:30 PM
3:00 PM	**Alex Swim Lessons 3pm-8:45pm & Simpson Aquatics 3:45pm-8:45pm**										**3:00 PM**
3:30 PM											3:30 PM
4:00 PM											**4:00 PM**
4:30 PM						**Potomac Marlins Swim Team 4:30pm-7pm**					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	**POOL CLOSES 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	DIVE WELL	
6:00 AM			**Masters Swimming 6am-7am**								**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 9:30am-10:15am**				9:30 AM
10:00 AM											**10:00 AM**
10:30 AM											10:30 AM
11:00 AM		**Water Walking 10:55am-11:55am**									**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 2pm-7pm**		**St Stephens & St Agnes Swim Team 2:15pm-3pm**					**2:00 PM**
2:30 PM											2:30 PM
3:00 PM	**Alex Swim Lessons 3pm-8:45pm & Simpson Aquatics 3:45pm-8:45pm**										**3:00 PM**
3:30 PM											3:30 PM
4:00 PM											**4:00 PM**
4:30 PM							**Potomac Marlins Swim Team 4:30pm-8pm**				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 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 CLOSES 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	DIVE WELL	
6:00 AM						Potomac Marlins Swim Team 6am-6:30am					**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											**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	Family Swim 2:45pm-5:45pm			WE Aquatics 2pm-5:30pm		St Stephens & St Agnes Swim Team 2:15pm-3pm					**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 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	

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	DIVE WELL	
8:00 AM											**8:00 AM**
8:30 AM											8:30 AM
9:00 AM	Alex Swim Lessons 8:30am-1pm							Aqua Spin 9am-9:50am			**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	Family Swim & Birthday Parties 1pm-5:45pm										**1:00 PM**
1:30 PM											1:30 PM
2:00 PM							CQRC Lifeguard Training 2pm-3pm			CQRC Lifeguard Training 2pm-6pm	**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 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	

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	DIVE WELL	
8:00 AM											**8:00 AM**
8:30 AM											8:30 AM
9:00 AM								Aqua Zumba 9am-10am			**9:00 AM**
9:30 AM											9:30 AM
10:00 AM							Alexandria Swim Youth Stroke Clinic 10am-12pm				**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 1pm-5:45pm										1:30 PM
2:00 PM							CQRC Lifeguard Training 2pm-3pm			CQRC Lifeguard Training 2pm-6pm	**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 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	