

Monday

Deep End

Ladder

Ladder

Ladder

[illegible]

Tuesday

Deep End

Ladder

Ladder

Ladder

	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0	
4:30-5 AM	NCAP 4:45a-6:15a; 10 lanes																								
5-5:30 AM																									
5:30-6 AM																									
6-6:30 AM																									
6:30-7 AM																									
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10:30-11 AM	Deep Water 9:30a-10:20a																								
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1-1:30 PM																									
1:30-2 PM																									
2-2:30 PM																									
2:30-3 PM	Closed 1:00-3:00p																								
3-3:30 PM																									
3:30-4 PM																									
4-4:30 PM																									
4:30-5 PM	NCAP 3:45-5:30p; 6 lanes																								
5-5:30 PM																									
5:30-6 PM																									
6-6:30 PM																									
6:30-7 PM	NCAP 5:30p-8:30p; 5 lanes				Riptide 5:30-7:30p; 3 lanes			NCAP 5:30-8:30p; 6 lanes																	
7-7:30 PM																									
7:30-8 PM																									
8-8:30 PM																									
8:30-9 PM																									
9-9:30 PM																									

Competition Pool Schedule: October 5-October 11

Wednesday

Green space is available and open to members for swimming.

Deep End	Ladder									Ladder							Ladder																														
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0																							
4:30-5 AM	NCAP 4:45a-6:15a; 6 lanes									NCAP 5:00a-6:15a; 6 lanes																																					
5-5:30 AM																																															
5:30-6 AM																																															
6-6:30 AM																																															
6:30-7 AM			Seton Clinic																																												
7-7:30 AM	FBI Diving 7:00-1:00p; 2 lanes																																														
7:30-8 AM																																															
8-8:30 AM																																															
8:30-9 AM																Aqua Fit 8:30a-9:30a																															
9-9:30 AM																																															
9:30-10 AM									Deep Water 9:30a-10:20a																																						
10-10:30 AM																																															
10:30-11 AM																																															
11-11:30 AM									Masters 11:30-1:00p																																						
11:30-12 PM																																															
12-12:30 PM																																															
12:30-1 PM	Closed 1:00-3:00p																																														
1-1:30 PM																																															
1:30-2 PM																																															
2-2:30 PM																																															
2:30-3 PM	OCCS 3:30-8:30pm; 5 lanes																																														
3-3:30 PM																																															
3:30-4 PM																																															
4-4:30 PM																																															
4:30-5 PM															NCAP 4:30-5:30p; 2 lanes HIGH SCHOOL PREP		NCAP 3:45p-6:00p; 6 lanes																														
5-5:30 PM																																															
5:30-6 PM															Riptide 5:30-7:30p; 3 lanes								NCAP 6:00-7:00p; 5 lanes									Aqua Zumba 6:00-7:00p															
6-6:30 PM																																							NCAP 7:00-8:30p; 6 lanes						FAFC Swim Lessons		
6:30-7 PM																																															
7-7:30 PM																																															
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8-8:30 PM																																															
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Competition Pool Schedule: October 5-October 11

Thursday

Green space is available and open to members for swimming.

Deep End	Ladder									Ladder							Ladder																								
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0																	
4:30-5 AM	NCAP 4:45a-6:15a; 10 lanes																2 lanes 6:30-7:30a																								
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6:30-7 AM	Seton Clinic																																								
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1:30-2 PM	Closed 1:00-3:00p																																								
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2:30-3 PM																																									
3-3:30 PM																																									
3:30-4 PM																																									
4-4:30 PM	NCAP 4:00p-8:30p; 6 lanes																																								
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5:30-6 PM																																									
6-6:30 PM	NCAP 4:00p-8:30p; 6 lanes																																								
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7-7:30 PM																																									
7:30-8 PM																																									
8-8:30 PM	NCAP 4:00p-8:30p; 6 lanes																																								
8:30-9 PM																																									
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	NCAP 4:00p-8:30p; 6 lanes																																								
	NCAP 4:00p-8:30p; 6 lanes																																								
	NCAP 4:00p-8:30p; 6 lanes																																								

Friday

Deep End

Ladder

Ladder

Ladder

	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0
4:30-5 AM																								
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9:30-10 AM				Deep Water 9:30a-10:20a													FAFC					FAFC Swim Lessons		
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1:30-2 PM	Closed 1:00-3:00p																							
2-2:30 PM	Closed 1:00-3:00p																							
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4-4:30 PM																								
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5-5:30 PM	Seton Diving; 5:15p-6:45p																							
5:30-6 PM	Seton Diving; 5:15p-6:45p																							
6-6:30 PM	Seton Diving; 5:15p-6:45p																							
6:30-7 PM	Seton Diving; 5:15p-6:45p								NCAP 6:30p-7:30p; 6 lanes															
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9-9:30 PM																								

Competition Pool Schedule: October 5-October 11

Saturday

Green space is available and open to members for swimming.

Deep End	Ladder									Ladder									Ladder							
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0		
4:30-5 AM																										
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FAFC Swim Lessons

FC Swim Lessons

FAFC Swim Lessons

Sunday

Deep End

Ladder

Ladder

Ladder

	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0		
4:30-5 AM																										
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6:30-7 AM																										
7-7:30 AM																										
7:30-8 AM																										
8-8:30 AM	NCAP 1:00-2:00p; 5 lanes	NCAP 2:00-3:00p; 6 lanes																								
8:30-9 AM																										
9-9:30 AM																									FC Swim	
9:30-10 AM																									Team Prep	
10-10:30 AM																										
10:30-11 AM																										
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2-2:30 PM																										
2:30-3 PM																										
3-3:30 PM	NCAP 1:00-2:00p; 5 lanes	NCAP 2:00-3:00p; 6 lanes																								
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