

# Competition Pool Schedule: December 1-December 8

Green space is available and open to members for swimming.

Monday

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																Seton 6:45-7:45a; 14 lanes																																				
5:30-6 AM																																																				
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	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; 11 lanes														Masters 5:00-6:30am; 5 lanes;		2 lanes 6:30-7:30a																																	
5-5:30 AM																																																		
5:30-6 AM																																																		
6-6:30 AM																																																		
6:30-7 AM	Seton 6:30-7:30a; 14 lanes																																																	
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2:30-3 PM																																																		
3-3:30 PM																																																		
3:30-4 PM																					NCAP 3:45p-5:30p; 5 lanes		Unity Reed 3:00-4:00p; 2 lanes		OCCS 4:00-8:00p; 5 lanes																									
4-4:30 PM																																																		
4:30-5 PM																					NCAP 5:30p-8:30p; 5 lanes		RIP TIDE 5:30-7:30p; 3 lanes																											
5-5:30 PM																																																		
5:30-6 PM																																																		
6-6:30 PM																					BATTLEFIELD 7:30-9:00p; 4 lanes																													
6:30-7 PM																																																		
7-7:30 PM																																																		
7:30-8 PM																																																		
8-8:30 PM																																																		
8:30-9 PM																																																		
9-9:30 PM																																																		

Aqua Zumba 9:30a

Lvl. 3  
Laura

Lvl. 4  
& 5

3 until 8:30p

# Competition Pool Schedule: December 1-December 8

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 6:45-7:30a; 11 lanes; 5 for DIVING																																																	
7-7:30 AM																																																		
7:30-8 AM	FBI Dive Training 8:00a-1:00p																																																	
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-10:30a																																										
10-10:30 AM																																																		
10:30-11 AM																																																		
11-11:30 AM								Masters 11:30-12:45p																																										
11:30-12 PM																																																		
12-12:30 PM																																																		
12:30-1 PM								OCCS 3:30-8:30p; 5 lanes																NCAP 3:45p-6:00p; 5 lanes																										
1-1:30 PM																																																		
1:30-2 PM																																																		
2-2:30 PM																																																		
2:30-3 PM	OCCS 3:30-8:30p; 5 lanes								NCAP 6:00-7:00p; 5 lanes																																									
3-3:30 PM																																																		
3:30-4 PM	OCCS 3:30-8:30p; 5 lanes							Unity Reed 3:00-4:00p; 2 lanes	NCAP 7:00-8:30p; 5 lanes																																									
4-4:30 PM																																																		
4:30-5 PM								Osborn 4:00-5:30p; 4 lanes																																										
5-5:30 PM																																																		
5:30-6 PM								RIP TIDE 5:30-7:30p; 3 lanes																																										
6-6:30 PM																															Aqua Zumba 6:00-7:00p																			
6:30-7 PM																																																		
7-7:30 PM								BATTLEFIELD 7:30-9:00p; 4 lanes																																										
7:30-8 PM																																																		
8-8:30 PM								BATTLEFIELD 7:30-9:00p; 4 lanes																																										
8:30-9 PM																																																		
9-9:30 PM																																																		

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Thursday

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																																									
5-5:30 AM																																										
5:30-6 AM																																										
6-6:30 AM																																										
6:30-7 AM	Seton 6:30-7:30a; 14 lanes																																									
7-7:30 AM																																										
7:30-8 AM																																										
8-8:30 AM																																										
8:30-9 AM																																										
9-9:30 AM																																										
9:30-10 AM																																										
10-10:30 AM																						Deep Water 9:30a-10:20a				Masters 4:45-6:30a; 3 lanes																
10:30-11 AM																																										
11-11:30 AM																																										
11:30-12 PM																						Masters 11:30-12:45p																				
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1:30-2 PM																																										
2-2:30 PM																																										
2:30-3 PM																																										
3-3:30 PM	NCAP 3:45p-5:30p; 5 lanes				Unity Reed 3:00 4:00p; 2 lanes																																					
3:30-4 PM																																										
4-4:30 PM	NCAP 5:30p-8:15p; 5 lanes				Osborn 4:00- 5:30p; 4 lanes																																					
4:30-5 PM																																										
5-5:30 PM																																										
5:30-6 PM	NCAP 5:30p-8:15p; 5 lanes				Deep Water 6:00-7:00p		OCCS 4:00-8:00p; 5 lanes																																			
6-6:30 PM																																										
6:30-7 PM																																										
7-7:30 PM																																										
7:30-8 PM	NCAP 5:30p-8:15p; 5 lanes				BATTLEFIELD 7:30 9:00p; 4 lanes		3 until 8:30p																																			
8-8:30 PM																																										
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1-1:30 PM																																										
1:30-2 PM																																										
2-2:30 PM	Lvl. 4, 5, 6, & Adult																																									
3-3:30 PM																																										
3:30-4 PM	NCAP 5:30p-8:15p; 5 lanes																																									
4-4:30 PM																																										
4:30-5 PM	NCAP 5:30p-8:15p; 5 lanes																																									
5-5:30 PM																																										
5:30-6 PM																																										
6-6:30 PM	NCAP 5:30p-8:15p; 5 lanes																																									
6:30-7 PM																																										
7-7:30 PM																																										
7:30-8 PM	NCAP 5:30p-8:15p; 5 lanes																																									
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12:30-1 PM																																										
1-1:30 PM																																										
1:30-2 PM																						Aqua Fit 6:05-7:00p																				
3-3:30 PM																																										

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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																						
5-5:30 AM	Grey								Green						Green							
5:30-6 AM	Grey								Green						Green							
6-6:30 AM	Grey								Green						Green							
6:30-7 AM	Yellow								Yellow						Green							
7-7:30 AM	Yellow								Yellow						Green							
7:30-8 AM	Grey								Green						Green							
8-8:30 AM	Green																					
8:30-9 AM	Green																					
9-9:30 AM	Green																					
9:30-10 AM	Green																					
10-10:30 AM	Green								Blue						Green							
10:30-11 AM	Green								Blue						Blue							
11-11:30 AM	Green																					
11:30-12 PM	Green								Orange						Green							
12-12:30 PM	Green								Orange						Green							
12:30-1 PM	Green																					
1-1:30 PM	Black																					
1:30-2 PM	Black																					
2-2:30 PM	Black																					
2:30-3 PM	Black																					
3-3:30 PM	Grey								Green						Green							
3:30-4 PM	Grey								Green						Green							
4-4:30 PM	Grey								Green						Green							
4:30-5 PM	Yellow								Green						Green							
5-5:30 PM	Yellow								Green						Green							
5:30-6 PM	Yellow								Green						Green							
6-6:30 PM	Yellow								Green						Green							
6:30-7 PM	Yellow								Green						Green							
7-7:30 PM	Grey								Green						Green							
7:30-8 PM	Black																					
8-8:30 PM	Black																					
8:30-9 PM	Black																					
9-9:30 PM	Black																					

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Saturday

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																																								
5-5:30 AM																																								
5:30-6 AM																																								
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8-8:30 AM																																								
8:30-9 AM																	Adult Beg. & Lvl. 3 Theresa																							
9-9:30 AM																																								
9:30-10 AM																																								
10-10:30 AM	Seton Invitational Meet																Lvl. 3 Matt																							
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9-9:30 PM																																								

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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																								
5-5:30 AM																								
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7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Scuba

Masters  
8:00am-9:15am

Lvl. 6

Scuba

Adult Int. & Lvl. 3  
Theresa

Lvl. 5  
& 4

Victory Lakes 4:30-5:30p; 12 lanes