

Competition Pool Schedule: 1/23-1/29

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 4:45-6:15a; 6 lanes									Masters 5:00-6:30am; 5 lanes;								2 lanes 6:30-7:30a									
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-6:30am; 5 lanes;								2 lanes 6:30-7:30a									
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-6:30am; 5 lanes;								2 lanes 6:30-7:30a									
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-6:30am; 5 lanes;								2 lanes 6:30-7:30a									
6:30-7 AM	Seton 6:30-7:30a; 14 lanes																										
7-7:30 AM	Seton 6:30-7:30a; 14 lanes																										
7:30-8 AM																											
8-8:30 AM																											
8:30-9 AM																											
9-9:30 AM																											
9:30-10 AM									Deep Water 9:20a-10:20a																		
10-10:30 AM									Deep Water 9:20a-10:20a																		
10:30-11 AM																											
11-11:30 AM																											
11:30-12 PM																											
12-12:30 PM																											
12:30-1 PM																											
1-1:30 PM																											
1:30-2 PM																											
2-2:30 PM																											
2:30-3 PM																											
3-3:30 PM	Gainesville HS 3:00-4:00pm									Unity Reed HS 3:00-4:00p, 3																	
3:30-4 PM	Gainesville HS 3:00-4:00pm									Unity Reed HS 3:00-4:00p, 3																	
4-4:30 PM	OCCS 4:00-5:30p; 5 lanes									NCAP 4:00-5:30; 3 lanes,																	
4:30-5 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes																		
5-5:30 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes																		
5:30-6 PM	OCCS 5:30-8:30p; 6 lanes								RIP TIDE 5:30-7:30p; 3 lanes																		
6-6:30 PM	OCCS 5:30-8:30p; 6 lanes								RIP TIDE 5:30-7:30p; 3 lanes																		
6:30-7 PM	OCCS 5:30-8:30p; 6 lanes								RIP TIDE 5:30-7:30p; 3 lanes																		
7-7:30 PM	OCCS 5:30-8:30p; 6 lanes								RIP TIDE 5:30-7:30p; 3 lanes																		
7:30-8 PM	Patriot High School 8:30p-9:30p								BATTLEFIELD 7:30-9:00p; 4 lanes																		
8-8:30 PM	Patriot High School 8:30p-9:30p								BATTLEFIELD 7:30-9:00p; 4 lanes																		
8:30-9 PM	Patriot High School 8:30p-9:30p								BATTLEFIELD 7:30-9:00p; 4 lanes																		
9-9:30 PM	Patriot High School 8:30p-9:30p								BATTLEFIELD 7:30-9:00p; 4 lanes																		

Personal Training - Debbie

Competition Pool Schedule: 1/23-1/29

Thursday

Time	Deep End								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 4:45-6:15a; 6 lanes																							
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes																Masters 5:00-6:30am; 5 lanes							
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes																2 lanes 6:30-7:30a							
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes																2 lanes 6:30-7:30a							
6:30-7 AM	Seton 6:30-7:30a; 14 lanes																2 lanes 6:30-7:30a							
7-7:30 AM	Seton 6:30-7:30a; 14 lanes																2 lanes 6:30-7:30a							
7:30-8 AM																								
8-8:30 AM									Deep Water 8:20a-9:20a															
8:30-9 AM									Deep Water 8:20a-9:20a															
9-9:30 AM																	Aqua Fit 9:20a -10:20a							
9:30-10 AM																	Aqua Fit 9:20a -10:20a							
10-10:30 AM																	Aqua Fit 9:20a -10:20a							
10:30-11 AM																	Aqua Fit 9:20a -10:20a							
11-11:30 AM																	Aqua Fit 9:20a -10:20a							
11:30-12 PM																	Aqua Fit 9:20a -10:20a							
12-12:30 PM																	Aqua Fit 9:20a -10:20a							
12:30-1 PM																	Aqua Fit 9:20a -10:20a							
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM	Gainesville HS 3:00-4:00pm								Unity Reed HS 3:00-4:00p, 3															
3:30-4 PM	Gainesville HS 3:00-4:00pm								Unity Reed HS 3:00-4:00p, 3															
4-4:30 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes															
4:30-5 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 4:00-5:30; 3 lanes,							
5-5:30 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 4:00-5:30; 3 lanes,							
5:30-6 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 5:00-6:30; 5 lanes							
6-6:30 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 5:00-6:30; 5 lanes							
6:30-7 PM	OCCS 4:00-5:30p; 5 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 5:00-6:30; 5 lanes							
7-7:30 PM	OCCS 5:30-8:30p; 6 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 6:30-7:30p; 5 lanes							
7:30-8 PM	OCCS 5:30-8:30p; 6 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 6:30-7:30p; 5 lanes							
8-8:30 PM	OCCS 5:30-8:30p; 6 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 6:30-7:30p; 5 lanes							
8:30-9 PM	OCCS 5:30-8:30p; 6 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 7:30-8:30p; 6 lanes							
9-9:30 PM	OCCS 5:30-8:30p; 6 lanes								OSBOURN 4:00-5:30p; 4 lanes								NCAP 7:30-8:30p; 6 lanes							

Competition Pool Schedule: 1/23-1/29

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	NCAP 4:45-6:15a; 14 lanes																							
5-5:30 AM																								
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM	Seton 6:30-7:30a; 8 lanes; 5 for DIVING																							
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																								
10:30-11 AM																								
11-11:30 AM																								
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12:30-1 PM																								
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM	Seton 4:30-6:00pm; Diving Practice																							
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM																								
6:30-7 PM									NCAP 5:00-6:30p; 6 lanes															
7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM									NCAP 6:30-7:30p; 6 lanes															
9-9:30 PM																								

Aqua Fit
9:30a -10:30a

NO OCCS

Competition Pool Schedule: 1/23-1/29

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	Dark Grey								Dark Grey							Dark Grey								
5-5:30 AM	Dark Grey								Dark Grey							Dark Grey								
5:30-6 AM	Dark Grey								Dark Grey							Dark Grey								
6-6:30 AM	Dark Grey								Dark Grey							Dark Grey								
6:30-7 AM	Dark Grey								Dark Grey							Dark Grey								
7-7:30 AM	Dark Grey								Dark Grey							Dark Grey								
7:30-8 AM	Dark Grey								Dark Grey							Dark Grey								
8-8:30 AM	NCAP 8:00a-9:30a; 6 lanes																							
8:30-9 AM	NCAP 8:00a-9:30a; 6 lanes																							
9-9:30 AM																								
9:30-10 AM																								
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM																								
12:30-1 PM																								
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2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM	Dark Grey								Dark Grey							Dark Grey								
6:30-7 PM	Dark Grey								Dark Grey							Dark Grey								
7-7:30 PM	Dark Grey								Dark Grey							Dark Grey								
7:30-8 PM	Dark Grey								Dark Grey							Dark Grey								
8-8:30 PM	Dark Grey								Dark Grey							Dark Grey								
8:30-9 PM	Dark Grey								Dark Grey							Dark Grey								
9-9:30 PM	Dark Grey								Dark Grey							Dark Grey								

Swim Lessons 8:00am-1:00pm

Time	Deep End								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																																
6-6:30 AM																																
6:30-7 AM																																
7-7:30 AM									Masters 2 lanes																							
7:30-8 AM																																
8-8:30 AM	Swim Lessons 8:00am-1:00pm								OCCS Long Course 6:00-8:00a; 8 lanes																							
8:30-9 AM																																
9-9:30 AM																																
9:30-10 AM																																
10-10:30 AM																																
10:30-11 AM																																
11-11:30 AM																																
11:30-12 PM																																
12-12:30 PM																																
12:30-1 PM																																
1-1:30 PM																																
1:30-2 PM																																
2-2:30 PM																	NCAP 2:00-3:00pm; 6 lanes															
2:30-3 PM																																
3-3:30 PM	Victory Lakes 3:00-4:00p; 9 lanes																															
3:30-4 PM																																
4-4:30 PM																																
4:30-5 PM																																
5-5:30 PM																																
5:30-6 PM																																
6-6:30 PM																																
6:30-7 PM																																
7-7:30 PM																																
7:30-8 PM																																
8-8:30 PM																																
8:30-9 PM																																
9-9:30 PM																																