

Competition Pool Schedule: January 8-January 12

Wednesday

Green space is available and open to members for swimming.

Time	Ladder							Ladder							Ladder						
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
4:30-5 AM	Black																				
5-5:30 AM	Black																				
5:30-6 AM	Black																				
6-6:30 AM	Black																				
6:30-7 AM	Black																				
7-7:30 AM	Black																				
7:30-8 AM	Black																				
8-8:30 AM	Black																				
8:30-9 AM	Black																				
9-9:30 AM	Grey							Green							Green						
9:30-10 AM	Grey							Deep Water 9:30a-10:30a							Green						
10-10:30 AM	Grey							Green							Green						
10:30-11 AM	NCAP 10:30a-12:00p; 12 lanes																				
11-11:30 AM	Grey							Green							Green						
11:30-12 PM	Grey							Masters 11:30-1:00p							Green						
12-12:30 PM	Grey							Green							Green						
12:30-1 PM	Grey							Green							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	Red																				
4-4:30 PM	Red																				
4:30-5 PM	Red																				
5-5:30 PM	Red																				
5:30-6 PM	Red							Green							Green						
6-6:30 PM	Red							Green							Green						
6:30-7 PM	Red							RIP TIDE 5:30-7:30p; 3 lanes							Aqua Zumba 6:00-7:00p						
7-7:30 PM	Red							Green							Green						
7:30-8 PM	Red							Green							Green						
8-8:30 PM	Red							Green							Green						
8:30-9 PM	Grey							Green							Green						
9-9:30 PM	Grey							Green							Green						

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

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Friday

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	Grey								Green						Green							
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	Grey								Green						Green							
7-7:30 AM	Grey								Green						Green							
7:30-8 AM	Grey								Green						Green							
8-8:30 AM	Grey								Green						Green							
8:30-9 AM	Grey								Green						Green							
9-9:30 AM	Yellow								Green						Green							
9:30-10 AM	Yellow								Green						Green							
10-10:30 AM	Yellow								Green						Green							
10:30-11 AM	Grey								Green						Green							
11-11:30 AM	Grey								Green						Green							
11:30-12 PM	Grey								Green						Green							
12-12:30 PM	Grey								Green						Green							
12:30-1 PM	Grey								Green						Green							
1-1:30 PM	Black								Black						Black							
1:30-2 PM	Black								Black						Black							
2-2:30 PM	Black								Black						Black							
2:30-3 PM	Black								Black						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	Yellow								Green						Green							
7:30-8 PM	Black								Black						Black							
8-8:30 PM	Black								Black						Black							
8:30-9 PM	Black								Black						Black							
9-9:30 PM	Black								Black						Black							

Seton 9:00-10:30a; 8 lanes

Deep Water
9:30a-10:20a

Aqua Combat
10:30a -11:30a

Masters
11:30-1:00p

Seton DIVING 4:30p-7:00p

NCAP 4:45-6:30p;
5 lanes

NCAP 5:30-6:30p; 5
lanes

NCAP 6:30-7:30p;
10 lanes

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Saturday

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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	Black																							
5-5:30 AM	Black																							
5:30-6 AM	Black																							
6-6:30 AM	Black																							
6:30-7 AM	Black																							
7-7:30 AM	Black																							
7:30-8 AM	Black																							
8-8:30 AM	Grey								Green								Green							
8:30-9 AM	Grey								Green								Green							
9-9:30 AM	Grey								Green								Green							
9:30-10 AM	Grey								Green								Green							
10-10:30 AM	Grey								Green								Green							
10:30-11 AM	Grey								Green								Green							
11-11:30 AM	Grey								Green								Green							
11:30-12 PM	Grey								Green								Green							
12-12:30 PM	Grey								Green								Green							
12:30-1 PM	Grey								Green								Green							
1-1:30 PM	Seton Meet																							
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	Black								Black								Black							
5-5:30 PM	Black								Black								Black							
5:30-6 PM	Black								Black								Black							
6-6:30 PM	Black																							
6:30-7 PM	Black																							
7-7:30 PM	Black																							
7:30-8 PM	Black																							
8-8:30 PM	Black																							
8:30-9 PM	Black																							
9-9:30 PM	Black																							

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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	Black																							
5-5:30 AM	Black																							
5:30-6 AM	Black																							
6-6:30 AM	Black																							
6:30-7 AM	Black																							
7-7:30 AM	Black																							
7:30-8 AM	Black																							
8-8:30 AM	Grey								Green								Green							
8:30-9 AM	Grey								Green				Masters 8:00am-9:15am				Green							
9-9:30 AM	Grey								Green								Green							
9:30-10 AM	Grey								Green								Green							
10-10:30 AM	Grey								Green								Green							
10:30-11 AM	Grey								Green								Green							
11-11:30 AM	Grey								Green								Green							
11:30-12 PM	Grey								Green								Green							
12-12:30 PM	Grey								Green								Green							
12:30-1 PM	Grey								Green								Green							
1-1:30 PM	Grey								Green								Green							
1:30-2 PM	Grey								Green								Green							
2-2:30 PM	Grey								Green								Green							
2:30-3 PM	Grey								Green								Green							
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	Grey								Green								Green							
5-5:30 PM	Grey								Green								Green							
5:30-6 PM	Black								Black								Black							
6-6:30 PM	Black																							
6:30-7 PM	Black																							
7-7:30 PM	Black																							
7:30-8 PM	Black																							
8-8:30 PM	Black																							
8:30-9 PM	Black																							
9-9:30 PM	Black																							

NCAP 1:00-3:30pm; 6 lanes

Masters
8:00am-9:15am

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