

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

Monday

| | Ladder | | | | | | | | Ladder | | | | | | | | Ladder | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------|---------------------------|----|----|----|--------------------------|----|----|----|--------|----|----|----|--------------------------|---|---|---|-----------------------------------|---|---|---|---|---|-------------|--|--|--|--|--|--|--|--|--|-------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Deep End | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 | Shallow End | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30-5 AM | NCAP 4:45-6:15a; 14 lanes | | | | | | | | | | | | | | | | Masters 4:45-6:15a; 2 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | | | | | | | | | | | | | | | | | Seton 6:45-7:45a; 8 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30-9 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30-10 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Deep Water 9:30a-10:20a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30-11 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30-12 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Masters 11:30-12:45p | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30-1 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30-2 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30-3 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30-4 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30-5 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 PM | Aqua Fit 6:05-7:00p | | | | NCAP 6:30-7:30p; 5 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 PM | | | | | | | | | | | | | NCAP 7:30-8:30p; 6 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30-9 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 AM | NCAP 5:00-6:15a; 6 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | Seton 6:30-7:30a; 8 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30-11 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11-11:30 AM | Chantilly Air Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30-4 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30-5 PM | NCAP 4:00-6:00; 5 lanes, | | | | | NCAP 4:00-5:30; 3 lanes | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 PM | NCAP 6:00-7:00p; 5 lanes | | | | | RIP TIDE 5:30- 7:30p; 3 lanes | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7-7:30 PM | NCAP 7:00-8:30p; 5 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30-9 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9-9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Masters 5:00-6:30am; 5 lanes;

2 lanes
6:30-7:30a

Deep Water 9:30a-10:30a

NCAP 4:00-6:00; 5 lanes,

NCAP 4:00-5:30;
3 lanes

NCAP 6:00-7:00p; 5 lanes

RIP TIDE 5:30-
7:30p; 3 lanes

NCAP 7:00-8:30p; 5 lanes

OCCS 5:00-9:00; 6 lanes

Laura
Pvt.

Laura
Lvl 4

Laura Lvl 3

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

Wednesday

| 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; 5 lanes | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7-7:30 AM | Seton 6:30-7:30a; DIVING | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30-4 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30-5 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 PM | OCCS 3:30-8:30p; 5 lanes | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9-9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |

NCAP 4:45-6:15a; 5 lanes

Seton 6:30-7:30a; DIVING

Deep Water 9:30a-10:30a

Masters
11:30-12:45p

NCAP 4:00-5:00;
3 lanes

OCCS 3:30-8:30p; 5 lanes

RIP TIDE 5:30-7:30p; 3 lanes

Katie
Lvl 5
Lvl 6

NCAP 5:00-6:30p; 6 lanes

NCAP 6:30-8:00p; 6 lanes

Aqua Fit
8:10a - 8:55a

Aqua Combat
10:20a - 11:20a

LISA

Aqua Zumba 6:00-7:00p

Lisa Lvl 3
Adult Beg.

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

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 | <div style="background-color: #0070C0; color: white; padding: 5px;">NCAP 5:00-6:15a; 6 lanes</div> | | | | | | | | <div style="background-color: #FFD700; color: white; padding: 5px;">Seton 6:30-7:30a; 8 lanes</div> | | | | | | <div style="background-color: #FFA07A; color: white; padding: 5px;">Masters 5:00-6:30am; 5 lanes</div> | | | | | | <div style="background-color: #FFD700; color: white; padding: 5px;">2 lanes 6:30-7:30a</div> | | | | | | |
| 5-5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Aqua Fit 9:20a -10:20a</div> | | | | | | | | | | | | |
| 7-7:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-8:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30-9 AM | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Aqua Yoga 10:20a -11:20a</div> | | | | | | | | | | | | |
| 9-9:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30-10 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10-10:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30-11 AM | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Aqua Yoga 10:20a -11:20a</div> | | | | | | | | | | | | |
| 11-11:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30-12 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12-12:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30-1 PM | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Aqua Yoga 10:20a -11:20a</div> | | | | | | | | | | | | |
| 1-1:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30-2 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2-2:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30-3 PM | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 8:20a-9:20a</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Aqua Yoga 10:20a -11:20a</div> | | | | | | | | | | | | |
| 3-3:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30-4 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-4:30 PM | <div style="background-color: #0070C0; color: white; padding: 5px;">NCAP 4:00-6:00; 5 lanes,</div> | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">NCAP 4:00-5:30; 3 lanes</div> | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Deep Water 6-7pm</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Laura Pvt.</div> | | | | | | | | | | | | |
| 4:30-5 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 PM | <div style="background-color: #0070C0; color: white; padding: 5px;">NCAP 6:00-7:00p; 5 lanes</div> | | | | <div style="background-color: #800080; color: white; padding: 5px;">RIP TIDE 5:30-7:30p; 3 lanes</div> | | | | <div style="background-color: #FF0000; color: white; padding: 5px;">OCCS 5:00-9:00; 5 lanes</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Laura Lvl 3 & 4</div> | | | | | | | | | | | | |
| 6:30-7 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7-7:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-8:30 PM | <div style="background-color: #0070C0; color: white; padding: 5px;">NCAP 7:00-8:30p; 5 lanes</div> | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">NCAP 7:00-8:30p; 5 lanes</div> | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">OCCS 5:00-9:00; 5 lanes</div> | | | | | | <div style="background-color: #0070C0; color: white; padding: 5px;">Laura Lvl 3 & 4</div> | | | | | | | | | | | | |
| 8:30-9 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30-9 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9-9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7-7:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-8:30 AM | FBI Dive Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | OCCS Swim 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Aqua Combat
10:20a -11:20a

Masters
11:30-12:45p

FBI Dive Training

OCCS Swim Meet

OCCS Swim Meet

OCCS Swim Meet

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

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 | OCCS Swim Meet | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |

All pools closed for the entire day.

Competition Pool Schedule: February 12-February 18

Green space is available and open to members for swimming.

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 | OCCS Swim Meet | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |

All pools closed for the entire day.