

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; 6 lanes																	2 lanes 6:30-7:30a						
5-5:30 AM												Masters 5:00-6:30am; 5 lanes;												
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										Deep Water 9:30a-10:20a											Aqua Zumba 9:30a			
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	NCAP 3:45p-5:30p; 5 lanes																							
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM																								
5:30-6 PM						RIP TIDE 5:30-7:30p; 3 lanes				OCCS 5:00-8:00p; 5 lanes								Private Swim		Swim Lessons				
6-6:30 PM																								
6:30-7 PM																								
7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM										3 until 8:30p								Private Swim						
8:30-9 PM																								
9-9:30 PM																								

Thursday

Deep End

Ladder

Ladder

Ladder

[illegible]

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 4:45a-6:15a; 8 lanes																																				
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									Deep Water 9:30a-10:20a																												
10-10:30 AM																																					
10:30-11 AM									Masters 11:30-1:00p														Aqua Combat 10:30a -11:30a														
11-11:30 AM																																					
11:30-12 PM																																					
12-12:30 PM																																					
12:30-1 PM																																					
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2-2:30 PM																																					
2:30-3 PM																																					
3-3:30 PM																																					
3:30-4 PM																																					
4-4:30 PM																																					
4:30-5 PM	Lifeguarding Certification		NCAP 4:45-6:30p; 6 lanes						NCAP 5:30-6:30p; 6 lanes																												
5-5:30 PM																																					
5:30-6 PM																							NCAP 6:30-7:30p; 11 lanes														
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																																					

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																										
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6-6:30 AM																										
6:30-7 AM																										
7-7:30 AM																										
7:30-8 AM																										
8-8:30 AM	Lifeguarding Certification		NCAP 8:00a-10:00a; 10 lanes							Swim Lessons																
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	Lifeguarding Certification																									
12:30-1 PM																										
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4-4:30 PM	Lifeguarding Certification																									
4:30-5 PM																										
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6-6:30 PM																										
6:30-7 PM																										
7-7:30 PM																										
7:30-8 PM																										
8-8:30 PM	Lifeguarding Certification																									
8:30-9 PM																										
9-9:30 PM																										

Competition Pool Schedule: March 17-March 23, 2025

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																												
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												Masters 8:00am-9:15am										Swim Lessons						
8:30-9 AM																												
9-9:30 AM																												
9:30-10 AM	WSI Certification																											
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			NCAP 1:00-3:30pm; 6 lanes																									
1:30-2 PM																												
2-2:30 PM																												
2:30-3 PM																												
3-3:30 PM																												
3:30-4 PM																												
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