

Competition Pool Schedule: April 1-7

Monday

Green space is available and open to members for swimming.

Time	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																Masters 4:45-6:15a; 2 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																							
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	OCCS 3:30-8:30p; 5 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																							

Deep Water 9:30a-10:20a

Masters
11:30-12:45p

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

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

Aqua Fit
6:05-7:00p

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Tuesday

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																							
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																							

Deep Water 9:30a-10:30a

Chantilly
Air 11:00-
1:00p; 2
lanes

OCCS 3:30-7:30; 6 lanes

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

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

2 lanes
6:30-7:30a

Competition Pool Schedule: April 1-7

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																													
5-5:30 AM																													
5:30-6 AM																													
6-6:30 AM																													
6:30-7 AM																													
7-7:30 AM	FBI Dive Training																												
7:30-8 AM																													
8-8:30 AM																												Aqua Fit 8:10a -8:55a	
8:30-9 AM																													
9-9:30 AM																													
9:30-10 AM																Deep Water 9:30a-10:30a													Aqua Combat 10:20a -11:20a
10-10:30 AM																													
10:30-11 AM																													
11-11:30 AM																													
11:30-12 PM																Masters 11:30a-12:45p													
12-12:30 PM																													
12:30-1 PM																													
1-1:30 PM	OCCS 3:30-8:30p; 5 lanes																												
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																													LISA
5-5:30 PM																													
5:30-6 PM																													
6-6:30 PM																													
6:30-7 PM																						Aqua Zumba 6:00-7:00p							
7-7:30 PM																													
7:30-8 PM																													
8-8:30 PM																													
8:30-9 PM																													
9-9:30 PM																						Lisa Lvl 3 Adult Beg.							

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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																						
5-5:30 AM	NCAP 5:00-6:15a; 6 lanes																					
5:30-6 AM	NCAP 5:00-6:15a; 6 lanes																					
6-6:30 AM	NCAP 5:00-6:15a; 6 lanes																					
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																						
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12:30-1 PM																						
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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 3:30-7:30pm; 5 lanes																					
5:30-6 PM	OCCS 3:30-7:30pm; 5 lanes																					
6-6:30 PM	OCCS 3:30-7:30pm; 5 lanes																					
6:30-7 PM	OCCS 3:30-7:30pm; 5 lanes																					
7-7:30 PM	OCCS 3:30-7:30pm; 5 lanes																					
7:30-8 PM																						
8-8:30 PM																						
8:30-9 PM																						
9-9:30 PM																						

NCAP 5:00-6:15a; 6 lanes

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

2 lanes
6:30-7:30a

Deep Water 8:20a-9:20a

Aqua Fit
9:20a -10:20a

Aqua Yoga
10:20a -11:20a

OCCS 3:30-7:30pm; 5 lanes

NCAP 4:00-5:30pm

NCAP 4:00-6:00pm

Laura Pvt.

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

Deep Water 6-7pm

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

P
r
i
v
a
t
e
s

Linda

Laura Lvl 3 & 4

Laura

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

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Saturday

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	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	NCAP 8:00-10:00am; 6 lanes						Grey		Grey		Green								Green							
8:30-9 AM	NCAP 8:00-10:00am; 6 lanes						Grey		Grey		Green								Green							
9-9:30 AM	NCAP 8:00-10:00am; 6 lanes						Grey		Grey		Green								Green							
9:30-10 AM	NCAP 8:00-10:00am; 6 lanes						Grey		Grey		Green								Green							
10-10:30 AM	NCAP 10:00am-12:00pm; 5 lanes						Grey		Grey		Green								Green							
10:30-11 AM	NCAP 10:00am-12:00pm; 5 lanes						Grey		Grey		Green								Green							
11-11:30 AM	NCAP 10:00am-12:00pm; 5 lanes						Grey		Grey		Green								Green							
11:30-12 PM	NCAP 10:00am-12:00pm; 5 lanes						Grey		Grey		Green								Green							
12-12:30 PM	Grey						Grey		Grey		Green								Green							
12:30-1 PM	Grey						Grey		Grey		Green								Green							
1-1:30 PM	Grey						Grey		Grey		Green								Green							
1:30-2 PM	Grey						Grey		Grey		Green								Green							
2-2:30 PM	Grey						Grey		Grey		Green								Green							
2:30-3 PM	Grey						Grey		Grey		Green								Green							
3-3:30 PM	Grey						Grey		Grey		Green								Green							
3:30-4 PM	Grey						Grey		Grey		Green								Green							
4-4:30 PM	Grey						Grey		Grey		Green								Green							
4:30-5 PM	Grey						Grey		Grey		Green								Green							
5-5:30 PM	Black																									
5:30-6 PM	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 8:00-10:00am; 6 lanes

NCAP 10:00am-12:00pm; 5 lanes

Theresa Lvl 4

Theresa Lvl 5

Theresa

Theresa Lessons

Theresa Lessons

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Sunday

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	Closed																					
5-5:30 AM	Closed																					
5:30-6 AM	Closed																					
6-6:30 AM	Closed																					
6:30-7 AM	Closed																					
7-7:30 AM	Closed																					
7:30-8 AM	Closed																					
8-8:30 AM	Masters 8:00am-9:15am							Green							Red							
8:30-9 AM	Masters 8:00am-9:15am							Green							NCAP Long Course 5:30-7:30a; 5 lanes							
9-9:30 AM	Masters 8:00am-9:15am							Green							SCUBA 8:00-9:30a							
9:30-10 AM	Masters 8:00am-9:15am							Green							Theresa							
10-10:30 AM	Masters 8:00am-9:15am							Green							Theresa							
10:30-11 AM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
11-11:30 AM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
11:30-12 PM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
12-12:30 PM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
12:30-1 PM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
1-1:30 PM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
1:30-2 PM	SCUBA 9:30a-1:30p							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
2-2:30 PM	NCAP 2:00-3:00pm; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
2:30-3 PM	NCAP 2:00-3:00pm; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
3-3:30 PM	NCAP 3:00-4:00pm; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
3:30-4 PM	NCAP 3:00-4:00pm; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
4-4:30 PM	Makos 4:00-5:00p; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
4:30-5 PM	Makos 4:00-5:00p; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
5-5:30 PM	Makos 4:00-5:00p; 6 lanes							Green							Special Olympics; 11:00-12:30pm; 5 lanes							
5:30-6 PM	Closed																					
6-6:30 PM	Closed																					
6:30-7 PM	Closed																					
7-7:30 PM	Closed																					
7:30-8 PM	Closed																					
8-8:30 PM	Closed																					
8:30-9 PM	Closed																					
9-9:30 PM	Closed																					