

# Competition Pool Schedule: April 15-21

Monday

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	0		
4:30-5 AM	NCAP 4:45a-6:15a; 14 lanes																Masters 4:45-6:15a; 2 lanes							
5-5:30 AM	NCAP 4:45a-6:15a; 14 lanes																Masters 4:45-6:15a; 2 lanes							
5:30-6 AM	NCAP 4:45a-6:15a; 14 lanes																Masters 4:45-6:15a; 2 lanes							
6-6:30 AM	NCAP 4:45a-6:15a; 14 lanes																Masters 4:45-6:15a; 2 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																								
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	OCCS 3:30-8:30p; 5 lanes																							
6-6:30 PM	OCCS 3:30-8:30p; 5 lanes																							
6:30-7 PM	OCCS 3:30-8:30p; 5 lanes																							
7-7:30 PM	OCCS 3:30-8:30p; 5 lanes																							
7:30-8 PM	OCCS 3:30-8:30p; 5 lanes																							
8-8:30 PM	OCCS 3:30-8:30p; 5 lanes																							
8:30-9 PM	OCCS 3:30-8:30p; 5 lanes																							
9-9:30 PM	OCCS 3:30-8:30p; 5 lanes																							

NCAP 4:45a-6:15a; 14 lanes

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

NCAP 7:30-8:30p; 6 lanes

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

NCAP 6:30-7:30p; 5 lanes

Masters 4:45-6:15a; 2 lanes

Aqua Fit 6:05-7:00p





# Competition Pool Schedule: April 15-21

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														2 lanes 6:30-7:30a							
5:30-6 AM	NCAP 5:00-6:15a; 6 lanes														2 lanes 6:30-7:30a							
6-6:30 AM	NCAP 5:00-6:15a; 6 lanes														2 lanes 6:30-7:30a							
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	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																						

# Competition Pool Schedule: April 15-21

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	[Black]								[Black]								[Green]							
5-5:30 AM	[Black]								[Black]								[Green]							
5:30-6 AM	[Black]								[Black]								[Green]							
6-6:30 AM	[Black]								[Black]								[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	[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	[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	[Black]								[Black]								[Black]							
3:30-4 PM	[Black]								[Black]								[Black]							
4-4:30 PM	[Grey]								[Green]								[Green]							
4:30-5 PM	[Grey]								[Green]								[Green]							
5-5:30 PM	[Black]								[Green]								[Green]							
5:30-6 PM	[Black]								[Green]								[Green]							
6-6:30 PM	[Black]								[Green]								[Green]							
6:30-7 PM	[Black]								[Green]								[Green]							
7-7:30 PM	[Black]								[Green]								[Green]							
7:30-8 PM	[Black]								[Green]								[Green]							
8-8:30 PM	[Black]								[Green]								[Green]							
8:30-9 PM	[Black]								[Green]								[Green]							
9-9:30 PM	[Black]								[Green]								[Green]							

MEMBERS  
Long Course  
5:00-6:15a;  
4 lanes

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

Masters  
1 lane

Aqua Combat  
10:20a -11:20a

Masters  
11:30-12:45p

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

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

[Blue block]

# Competition Pool Schedule: April 15-21

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																																		
5-5:30 AM																																		
5:30-6 AM																																		
6-6:30 AM																																		
6:30-7 AM	OCCS 6:00a-8:00a; 8 lanes																																	
7-7:30 AM																																		
7:30-8 AM																																		
8-8:30 AM	NCAP 8:00-10:00am; 6 lanes																																	
8:30-9 AM																													Theresa Lessons					
9-9:30 AM																																		
9:30-10 AM	NCAP 10:00am-12:00pm; 5 lanes																																	
10-10:30 AM																							Theresa Lessons											
10:30-11 AM																																		
11-11:30 AM	NCAP 10:00am-12:00pm; 5 lanes																																	
11:30-12 PM																							Theresa Lessons											
12-12:30 PM																																		
12:30-1 PM	FACF Lifeguard Cert. Course throughout the day																																	
1-1:30 PM																							Theresa Lessons											
1:30-2 PM																																		
2-2:30 PM	FACF Lifeguard Cert. Course throughout the day																																	
2:30-3 PM																							Theresa Lessons											
3-3:30 PM																																		
3:30-4 PM	FACF Lifeguard Cert. Course throughout the day																																	
4-4:30 PM																							Theresa Lessons											
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																																		

# Competition Pool Schedule: April 15-21

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	[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]								Masters 8:00am-9:15am								[Green]								[Red]							
8:30-9 AM	[Grey]								Masters 8:00am-9:15am								[Green]								[Red]							
9-9:30 AM	[Grey]								Masters 8:00am-9:15am								[Green]								[Red]							
9:30-10 AM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
10-10:30 AM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
10:30-11 AM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
11-11:30 AM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
11:30-12 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
12-12:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
12:30-1 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
1-1:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
1:30-2 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
2-2:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
2:30-3 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
3-3:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
3:30-4 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
4-4:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
4:30-5 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
5-5:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
5:30-6 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
6-6:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
6:30-7 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
7-7:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
7:30-8 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
8-8:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
8:30-9 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							
9-9:30 PM	[Light Blue]								Masters 8:00am-9:15am								[Green]								[Red]							

FAC Lifeguard Cert. Course throughout the day

SCUBA 9:30a-1:30p

Special Olympics; 11:00-12:30pm; 5 lanes

OCCS Long Course 5:45-7:45a; 4 lanes

NCAP Long Course 5:45-7:45a; 5 lanes

Masters 5 lanes

SCUBA 8:00-9:30a

Theresa

Theresa

Victory Lakes Piranhas 3:00-4:00pm; 12 lanes

NCAP 2:00-3:00pm; 6 lanes

NCAP 3:00-4:00pm; 6 lanes

Makos 4:00-5:00p; 6 lanes