

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; 10 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	NCAP 3:45p-5:30p; 5 lanes																														
4-4:30 PM																															
4:30-5 PM																															
5-5:30 PM	NCAP 5:30p-8:30p; 5 lanes																														
5:30-6 PM																															
6-6:30 PM																															
6:30-7 PM	NCAP 5:30p-8:30p; 5 lanes					RIP TIDE 5:30-7:30p; 3 lanes			OCCS 5:00-8:00p; 5 lanes																						
7-7:30 PM																															
7:30-8 PM																															
8-8:30 PM	NCAP 5:30p-8:30p; 5 lanes																														
8:30-9 PM																															
9-9:30 PM																															

Thursday

[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; 10 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									Deep Water 9:30a-10:20a						Aqua Combat 10:30a -11:30a														
12:30-1 PM																													
1-1:30 PM																													
1:30-2 PM																													
2-2:30 PM																													
2:30-3 PM																													
3-3:30 PM	Lifeguard Class 4:00-8:00pm	NCAP 5:00-6:30p; 6 lanes							NCAP 5:30-6:30p; 6 lanes																				
3:30-4 PM																													
4-4:30 PM																													
4:30-5 PM																													
5-5:30 PM																													
5:30-6 PM			NCAP 6:30-7:30p; 5 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

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[illegible]

Competition Pool Schedule: April 21-April 27, 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	LONG COURSE 5:00am-7:30am; OCCS & Masters																									
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	Lifeguard Certification											Masters 8:00am-9:15am										Swim Lessons				
8:30-9 AM																										
9-9:30 AM																										
9:30-10 AM																					Swim Lessons					
10-10:30 AM																										
10:30-11 AM																										
11-11:30 AM												Special Olympics 11:00-12:30p										Swim Lessons				
11:30-12 PM																										
12-12:30 PM																					Swim Lessons					
12:30-1 PM																										
1-1:30 PM																					Swim Lessons					
1:30-2 PM																										
2-2:30 PM																					Swim Lessons					
2:30-3 PM																										
3-3:30 PM																					Swim Lessons					
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7:30-8 PM																										
8-8:30 PM																					Swim Lessons					
8:30-9 PM																										
9-9:30 PM																					Swim Lessons					