

Competition Pool Schedule: April 22-28

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 22-28

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 | | | | | | | | | | | | | | | | | | | | | | |
| 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 22-28

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 | [Blue] | | | | | | | | [Red] | | | | | | | | [Green] | | | | | | | |
| 5:30-6 PM | [Blue] | | | | | | | | [Red] | | | | | | | | [Green] | | | | | | | |
| 6-6:30 PM | [Blue] | | | | | | | | [Red] | | | | | | | | [Green] | | | | | | | |
| 6:30-7 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 7-7:30 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 7:30-8 PM | [Black] | | | | | | | | [Black] | | | | | | | | [Black] | | | | | | | |
| 8-8:30 PM | [Black] | | | | | | | | [Black] | | | | | | | | [Black] | | | | | | | |
| 8:30-9 PM | [Black] | | | | | | | | [Black] | | | | | | | | [Black] | | | | | | | |
| 9-9:30 PM | [Black] | | | | | | | | [Black] | | | | | | | | [Black] | | | | | | | |

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

OCCS 5:00-6:00p; 6 lanes

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

Competition Pool Schedule: April 22-28

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 | [Red] | | | | | | | | | | | | | | | | | | | | | | | |
| 7-7:30 AM | [Red] | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 AM | [Red] | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 1:30-2 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 2-2:30 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 2:30-3 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 3-3:30 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 3:30-4 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 4-4:30 PM | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | |
| 4:30-5 PM | [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] | | | | | | | | | | | | | | | | | | | | | | | |

OCCS 6:00a-8:00a; 8 lanes

FAFC WSI Cert. Course throughout the day

Theresa Lvl 4

Theresa Lvl 5

Theresa

Theresa Lessons

Theresa Lessons

Competition Pool Schedule: April 22-28

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] | | | | | | | | [Green] | | | | | | | | | |
| 8:30-9 AM | [Grey] | | | | | | | | [Orange] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 9-9:30 AM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 9:30-10 AM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 10-10:30 AM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 10:30-11 AM | Mermaid Open Swim 10:30-1:00pm | | | | | | | | | | | | | | | | [Cyan] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 11-11:30 AM | Mermaid Open Swim 10:30-1:00pm | | | | | | | | | | | | | | | | [Cyan] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 11:30-12 PM | Mermaid Open Swim 10:30-1:00pm | | | | | | | | | | | | | | | | [Cyan] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 12-12:30 PM | Mermaid Open Swim 10:30-1:00pm | | | | | | | | | | | | | | | | [Cyan] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 12:30-1 PM | Mermaid Open Swim 10:30-1:00pm | | | | | | | | | | | | | | | | [Cyan] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 1-1:30 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 1:30-2 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 2-2:30 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 2:30-3 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 3-3:30 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 3:30-4 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 4-4:30 PM | Makos 4:00-5:00p; 6 lanes | | | | | | | | | | | | | | | | [Grey] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 4:30-5 PM | Makos 4:00-5:00p; 6 lanes | | | | | | | | | | | | | | | | [Grey] | | [Green] | | | | | | | | [Green] | | | | | | | |
| 5-5:30 PM | [Grey] | | | | | | | | [Grey] | | | | | | | | [Green] | | | | | | | | [Green] | | | | | | | | | |
| 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] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

F AFC WSI Cert. Course throughout the day

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

Theresa

Theresa