

# Competition Pool Schedule: April 29-May 5

Monday

Green space is available and open to members for swimming.

	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																								

Ladder lanes 21-14

Ladder lanes 13-8

Ladder lanes 7-0

Deep Water 9:30a-10:20a

Masters 11:30-12:45p

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

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

NCAP 3:30-5:00pm; 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

Aqua Fit 6:05-7:00p



# Competition Pool Schedule: April 29-May 5

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	NCAP 4:45-6:15am; 5 lanes																															
5-5:30 AM	NCAP 4:45-6:15am; 5 lanes																															
5:30-6 AM	NCAP 4:45-6:15am; 5 lanes																															
6-6:30 AM	NCAP 4:45-6:15am; 5 lanes																															
6:30-7 AM																																
7-7:30 AM																																
7:30-8 AM																																
8-8:30 AM																	Aqua Fit 8:10a -8:55a															
8:30-9 AM																	Aqua Combat 10:20a -11:20a															
9-9:30 AM																																
9:30-10 AM									Deep Water 9:30a-10:30a																							
10-10:30 AM									Deep Water 9:30a-10:30a																							
10:30-11 AM																																
11-11:30 AM																																
11:30-12 PM																																
12-12:30 PM									Masters 11:30-12:45p																							
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	OCCS 3:30-8:30p; 5 lanes																															
4:30-5 PM									NCAP 4:00-5:00p; 3 lanes																LISA							
5-5:30 PM																	NCAP 5:00-6:30p; 6 lanes								Katie Lvl 5 Lvl 6							
5:30-6 PM																	NCAP 5:00-6:30p; 6 lanes								Aqua Zumba 6:00-7:00p							
6-6:30 PM																	NCAP 6:30p-8:00p; 6 lanes															
6:30-7 PM									RIP TIDE 5:30- 7:30p; 3 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																	Lisa Lvl 3 Adult Beg.															

# Competition Pool Schedule: April 29-May 5

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																						

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 9:20a -10:20a

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

NCAP 4:00-5:30pm

NCAP 4:00-6:00pm; 5 lanes

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

# Competition Pool Schedule: April 29-May 5

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]								[Red] OCCS 5:00-6:15a; 4 lanes		[Red]					[Blue] NCAP Long Course 4:45-6:15a; 5 lanes					[Orange] Masters 1 lane
5-5:30 AM																													
5:30-6 AM																													
6-6:30 AM																													
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																													
2-2:30 PM																													
2:30-3 PM																													
3-3:30 PM	[Red]								[Red]								[Red]												
3:30-4 PM																													
4-4:30 PM																													
4:30-5 PM																													
5-5:30 PM	[Red] Swim Meet - Pools Closed																												
5:30-6 PM	[Red] Swim Meet - Pools Closed																												
6-6:30 PM	[Red] Swim Meet - Pools Closed																												
6:30-7 PM	[Red] Swim Meet - Pools Closed																												
7-7:30 PM	[Red] Swim Meet - Pools Closed																												
7:30-8 PM	[Red] Swim Meet - Pools Closed																												
8-8:30 PM	[Black]								[Black]								[Black]												
8:30-9 PM																													
9-9:30 PM																													

# Competition Pool Schedule: April 29-May 5

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	Swim Meet - Pools Closed																							
5-5:30 AM	Swim Meet - Pools Closed																							
5:30-6 AM	Swim Meet - Pools Closed																							
6-6:30 AM	Swim Meet - Pools Closed																							
6:30-7 AM	Swim Meet - Pools Closed																							
7-7:30 AM	Swim Meet - Pools Closed																							
7:30-8 AM	Swim Meet - Pools Closed																							
8-8:30 AM	Swim Meet - Pools Closed																							
8:30-9 AM	Swim Meet - Pools Closed																							
9-9:30 AM	Swim Meet - Pools Closed																							
9:30-10 AM	Swim Meet - Pools Closed																							
10-10:30 AM	Swim Meet - Pools Closed																							
10:30-11 AM	Swim Meet - Pools Closed																							
11-11:30 AM	Swim Meet - Pools Closed																							
11:30-12 PM	Swim Meet - Pools Closed																							
12-12:30 PM	Swim Meet - Pools Closed																							
12:30-1 PM	Swim Meet - Pools Closed																							
1-1:30 PM	Swim Meet - Pools Closed																							
1:30-2 PM	Swim Meet - Pools Closed																							
2-2:30 PM	Swim Meet - Pools Closed																							
2:30-3 PM	Swim Meet - Pools Closed																							
3-3:30 PM	Swim Meet - Pools Closed																							
3:30-4 PM	Swim Meet - Pools Closed																							
4-4:30 PM	Swim Meet - Pools Closed																							
4:30-5 PM	Swim Meet - Pools Closed																							
5-5:30 PM	Swim Meet - Pools Closed																							
5:30-6 PM	Swim Meet - Pools Closed																							
6-6:30 PM	Swim Meet - Pools Closed																							
6:30-7 PM	Swim Meet - Pools Closed																							
7-7:30 PM	Swim Meet - Pools Closed																							
7:30-8 PM	Swim Meet - Pools Closed																							
8-8:30 PM	Swim Meet - Pools Closed																							
8:30-9 PM	Swim Meet - Pools Closed																							
9-9:30 PM	Swim Meet - Pools Closed																							

# Competition Pool Schedule: April 29-May 5

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	Swim Meet - Pools Closed																					
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	Swim Meet - Pools Closed																					
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																						