

Monday

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; 6 lanes | | | | | | | | NCAP 5:00a-6:15a; 6 lanes | | | | | | Masters 4:45-6:30a; 3 lanes | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | Seton Swim Clinic; 6 lanes | | | | | | | | <div>Deep Water 9:30a-10:20a</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | Masters 11:30-1:00p | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | OCCS 3:30-5:00pm; 8 lanes | | | | | | NCAP 3:45p-6:00p; 6 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 PM | OCCS 5:00-8:30pm; 5 lanes | | | | | | NCAP 6:00-7:00p; 5 lanes | | | | | | | | Aqua Fit 6:00-7:00p | | | | | | | | | | | | | | | | | | | | | |
| 7-7:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8 PM | | | | | | | NCAP 7:00-8:30p; 6 lanes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30-9 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9-9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Competition Pool Schedule: May 12-May 18, 2025

Green space is available and open to members for swimming.

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 | | | | | | | | | | | | | | | | 2 lanes 6:30-7:30a | | | | | | | | | |
| 5-5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7 AM | | | | | | | | | Seton Swim Clinic; 6 lanes | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | Sea Perch | | | | | | | | | | | | | | | | |
| 3:30-4 PM | NCAP 3:45p-5:30p; 5 lanes | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30-5 PM | NCAP 3:45p-5:30p; 5 lanes | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5-5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6 PM | NCAP 5:30p-8:30p; 5 lanes | | | | | | OCCS 5:00-8:00p; 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |

Thursday

Deep End

Ladder

Ladder

Ladder

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Friday

Deep End

Ladder

Ladder

Ladder

[illegible]

Saturday

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 | | | | | | | | | | | | | | | | | | | | | | | | |

Sunday

Deep End

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| | 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 | Lifeguard Certification | | | | | | | | | | | Masters 8:00am-9:15am | | | | | | | | | | Swim Lessons | | | | |
| 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 | | | | | | Victory Lakes 4:30-5:30p; 12 lanes | | | | Victory Lakes 4:30-5:30p; 12 lanes | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |