

Competition Pool Schedule: June 1-June 7, 2026

Monday

Green space is available and open to members for swimming.

Time	Ladder								Ladder								Ladder								Shallow															
	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 5:00-6:15am; 6 lanes								Masters 4:45-6:30a; 4 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																									Aqua Fit 8:30a-9:30a															
9-9:30 AM																																								
9:30-10 AM	Deep Water 9:30a-10:20a																																							
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	Closed 1:00-3:00p																																							
2-2:30 PM																																								
2:30-3 PM																																								
3-3:30 PM																																								
3:30-4 PM																																								
4-4:30 PM	OCCS 3:30-7:30pm; 5 lanes																																							
4:30-5 PM									NCAP 4:00p-5:30p; 6 lanes																															
5-5:30 PM																																								
5:30-6 PM																																								
6-6:30 PM																																								
6:30-7 PM									NCAP 6:00-7:00p; 3 lanes								FC Swim								FC SWIM								Aqua Zumba 6:00-7:00p							
7-7:30 PM									NCAP 7:00-8:30p; 6 lanes																															
7:30-8 PM																																								
8-8:30 PM																																								
8:30-9 PM																																	FAFC Swim Lessons							
9-9:30 PM																																								

Green space is available and open to members for swimming.

Competition Pool Schedule: June 1-June 7, 2026

Tuesday

Green space is available and open to members for swimming.

	Ladder								Ladder								Ladder								Shallow							
	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	NCAP 4:45a-6:15a; 10 lanes																															
5:30-6 AM	NCAP 4:45a-6:15a; 10 lanes																															
6-6:30 AM	NCAP 4:45a-6:15a; 10 lanes																															
6:30-7 AM	NCAP 4:45a-6:15a; 10 lanes																															
7-7:30 AM	NCAP 4:45a-6:15a; 10 lanes																															
7:30-8 AM	NCAP 4:45a-6:15a; 10 lanes																															
8-8:30 AM	NCAP 4:45a-6:15a; 10 lanes																															
8:30-9 AM	NCAP 4:45a-6:15a; 10 lanes																															
9-9:30 AM	NCAP 4:45a-6:15a; 10 lanes																															
9:30-10 AM	NCAP 4:45a-6:15a; 10 lanes																															
10-10:30 AM	NCAP 4:45a-6:15a; 10 lanes																															
10:30-11 AM	NCAP 4:45a-6:15a; 10 lanes																															
11-11:30 AM	NCAP 4:45a-6:15a; 10 lanes																															
11:30-12 PM	NCAP 4:45a-6:15a; 10 lanes																															
12-12:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
12:30-1 PM	NCAP 4:45a-6:15a; 10 lanes																															
1-1:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
1:30-2 PM	NCAP 4:45a-6:15a; 10 lanes																															
2-2:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
2:30-3 PM	NCAP 4:45a-6:15a; 10 lanes																															
3-3:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
3:30-4 PM	NCAP 4:45a-6:15a; 10 lanes																															
4-4:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
4:30-5 PM	NCAP 4:45a-6:15a; 10 lanes																															
5-5:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
5:30-6 PM	NCAP 4:45a-6:15a; 10 lanes																															
6-6:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
6:30-7 PM	NCAP 4:45a-6:15a; 10 lanes																															
7-7:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
7:30-8 PM	NCAP 4:45a-6:15a; 10 lanes																															
8-8:30 PM	NCAP 4:45a-6:15a; 10 lanes																															
8:30-9 PM	NCAP 4:45a-6:15a; 10 lanes																															
9-9:30 PM	NCAP 4:45a-6:15a; 10 lanes																															

Green space is available and open to members for swimming.

Competition Pool Schedule: June 1-June 7, 2026

Thursday

Green space is available and open to members for swimming.

Deep End	Ladder									Ladder						Shallow					
	21	20	19	18	17	16	15	14		13	12	11	10	9	8	7	6	5	4	3	2
4:30-5 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
5-5:30 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
5:30-6 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
6-6:30 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
6:30-7 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
7-7:30 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
7:30-8 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
8-8:30 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
8:30-9 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
9-9:30 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
9:30-10 AM	NCAP 4:45a-6:15a; 10 lanes									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
10-10:30 AM	Deep Water 9:30a-10:20a									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
10:30-11 AM	Deep Water 9:30a-10:20a									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
11-11:30 AM	Deep Water 9:30a-10:20a									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
11:30-12 PM	Deep Water 9:30a-10:20a									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
12-12:30 PM	Deep Water 9:30a-10:20a									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
12:30-1 PM	Deep Water 9:30a-10:20a									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
1-1:30 PM	Closed 1:00-3:00p									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
1:30-2 PM	Closed 1:00-3:00p									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
2-2:30 PM	Closed 1:00-3:00p									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
2:30-3 PM	Closed 1:00-3:00p									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
3-3:30 PM	Closed 1:00-3:00p									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
3:30-4 PM	Closed 1:00-3:00p									Masters 5:00-6:30am; 4 lanes;						2 lanes 6:30-7:30a					
4-4:30 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
4:30-5 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
5-5:30 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
5:30-6 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
6-6:30 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
6:30-7 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
7-7:30 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
7:30-8 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
8-8:30 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
8:30-9 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					
9-9:30 PM	NCAP 4:00p-8:30p; 6 lanes									OCCS 4:00-5:30p; 6 lanes						2 lanes 6:30-7:30a					

Green space is available and open to members for swimming.

Competition Pool Schedule: June 1-June 7, 2026

Friday

Green space is available and open to members for swimming.

Deep End	Ladder								Ladder								Shallow							
	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				Deep Water 9:30a-10:20a																				
10-10:30 AM																						Swim Lessons		
10:30-11 AM																						Aqua Combat 10:30a -11:30a		
11-11:30 AM																								
11:30-12 PM				Masters 11:30-1:00p																				
12-12:30 PM																								
12:30-1 PM																								
1-1:30 PM	Closed 1:00-3:00p																							
1:30-2 PM	Closed 1:00-3:00p																							
2-2:30 PM	Closed 1:00-3:00p																							
2:30-3 PM	Closed 1:00-3:00p																							
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																								

Green space is available and open to members for swimming.

Competition Pool Schedule: June 1-June 7, 2026

Saturday

Green space is available and open to members for swimming.

Deep End	Ladder								Ladder								Ladder								Shallow			
	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]								[Green]								[Green]								[Green]			
8:30-9 AM	[Grey]								[Green]								[Green]								[Green]			
9-9:30 AM	[Grey]								[Green]								[Green]								[Green]			
9:30-10 AM	[Grey]								[Green]								[Green]								[Green]			
10-10:30 AM	[Grey]								[Green]								[Green]								[Green]			
10:30-11 AM	[Grey]								[Green]								[Green]								[Green]			
11-11:30 AM	[Grey]								[Green]								[Green]								[Green]			
11:30-12 PM	[Grey]								[Green]								[Green]								[Green]			
12-12:30 PM	[Grey]								[Green]								[Green]								[Green]			
12:30-1 PM	[Grey]								[Green]								[Green]								[Green]			
1-1:30 PM	[Grey]								[Green]								[Green]								[Green]			
1:30-2 PM	[Grey]								[Green]								[Green]								[Green]			
2-2:30 PM	[Grey]								[Green]								[Green]								[Green]			
2:30-3 PM	[Grey]								[Green]								[Green]								[Green]			
3-3:30 PM	[Grey]								[Green]								[Green]								[Green]			
3:30-4 PM	[Grey]								[Green]								[Green]								[Green]			
4-4:30 PM	[Grey]								[Green]								[Green]								[Green]			
4:30-5 PM	[Grey]								[Green]								[Green]								[Green]			
5-5:30 PM	[Grey]								[Green]								[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]																											

FC Swim

FAC Swim Lessons

FAC Swim Lessons

Green space is available and open to members for swimming.

Competition Pool Schedule: June 1-June 7, 2026

Sunday

Green space is available and open to members for swimming.

Time	Ladder								Ladder								Ladder								Shallow															
	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 5:45a-7:45a; 4 lanes								OCCS 5:45-7:45am; 4 lanes								Masters 5:45-7:45am; 2 lanes								LONG COURSE SWIM Open at 8:30am for short course; close from 8:00-8:30 for transition															
5-5:30 AM																																								
5:30-6 AM																																								
6-6:30 AM																																								
6:30-7 AM																																								
7-7:30 AM	Green space available for swimming								Green space available for swimming								Green space available for swimming																							
7:30-8 AM																																								
8-8:30 AM																																								
8:30-9 AM																									Masters 8:00am-9:30am								FAFC Swim Lessons							
9-9:30 AM																																								
9:30-10 AM																									SETON Dive 2:00-4:00p								FC Swim							
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	Green space available for swimming								Green space available for swimming								Green space available for swimming																							
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																																								

Green space is available and open to members for swimming.