

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 lanes; 4:45-7:00am								OCCS 4 lanes; 4:45am-7:00am	Masters 4:45am-7:00am		LONG COURSE SWIM Reopen at 7:45am for short course												
5:30-6 AM																								
6:30-7 AM																								
7:30-8 AM																								
8:30-9 AM																								
9:30-10 AM																								
10-10:30 AM	Masters 11:30-1:00p								Deep Water 9:30a-10:20a				Aqua Fit 8:30a-9:30a											
11-11:30 AM																								
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7-7:30 PM																								
8-8:30 PM	NCAP 6:00-7:00p; 3 lanes								NCAP 5:00-6:30p; 6 lanes				Aqua Fit 6:00-7:00p											
9-9:30 PM																								

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 lanes; 4:45-7:00am	OCCS 4 lanes; 4:45am-7:00am						Masters 4:45am-7:00am								
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7-7:30 AM																								
7:30-8 AM									PWC Police Training	NCAP 6 lanes; after transition-8:45am						LONG COURSE SWIM Reopen at 7:45am for short course								
8-8:30 AM																								
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10:30-11 AM									Deep Water 9:30a-10:20a	Aqua Zumba 9:30a-10:30a														
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Wednesday

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		
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Competition Pool Schedule: June 30-July 6, 2025

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																															
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8-8:30 AM	NCAP 6 lanes; after transition-8:45am								OCCS 4 lanes; 4:45am-7:00am								Masters 4:45am-7:00am																																						
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9-9:30 AM								Deep Water 9:30a-10:20a																					Aqua Fit 8:30a-9:30a																										
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Friday

Deep End

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Saturday

Deep End

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Sunday

Deep End

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