

Competition Pool Schedule: 6/5-6/11

Monday

	Ladder						Ladder														Shallow End																											
	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 4:45a-6:15a; 8 lanes						NCAP 5:00a-6:30a; 6 lanes																																									
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																									Masters 10:00-11:30a						Deep Water 9:30a-10:20a																	
10-10:30 AM																																																
10:30-11 AM																																																
11-11:30 AM																																																
11:30-12 PM																																																
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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	OCCS 3:30-5:30p; 6 lanes						NCAP 4:00-6:00p; 5 lanes																																									
4-4:30 PM																																																
4:30-5 PM																																																
5-5:30 PM	OCCS 5:30-7:30p; 5 lanes						NCAP 6:00-7:00p; 4 lanes																																									
5:30-6 PM																																																
6-6:30 PM																									NCAP 7:00-8:30p; 5 lanes						Deep Water Aqua Class														Lesson			
6:30-7 PM																																																
7-7:30 PM																					Level 4																											
7:30-8 PM																																																
8-8:30 PM																																																
8:30-9 PM																					Swim Lesson																											
9-9:30 PM																																																

Competition Pool Schedule: 6/5-6/11

Tuesday

Time	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 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;															
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;															
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;															
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 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	Deep Water 9:30a-10:20a																					
10-10:30 AM	Deep Water 9:30a-10:20a																					
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	NCAP 4:00-5:30; 3 lanes,														Lesson							
4:30-5 PM	NCAP 4:00-5:30; 3 lanes,														Lesson							
5-5:30 PM																						
5:30-6 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 5:30-8:30; 6 lanes															
6-6:30 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 5:30-8:30; 6 lanes															
6:30-7 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 5:30-8:30; 6 lanes															
7-7:30 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 5:30-8:30; 6 lanes								Level 5							
7:30-8 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 5:30-8:30; 6 lanes								Level 5							
8-8:30 PM															Swim Lessons							
8:30-9 PM															Swim Lessons							
9-9:30 PM															Swim Lessons							

Competition Pool Schedule: 6/5-6/11

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
4:30-5 AM																							
5-5:30 AM	NCAP 5:00-6:30a; 6 lanes																						
5:30-6 AM	NCAP 5:00-6:30a; 6 lanes																						
6-6:30 AM	NCAP 5:00-6:30a; 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																							
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																							

NCAP 5:00-6:30a; 6 lanes

Deep Water 9:20a-10:20a

Masters
11:30-12:45p

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

NCAP 4:00-5:30; 3 lanes

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

NCAP 6:00-7:00p; 4 lanes

NCAP 7:00-8:30p; 5 lanes

Abi Lesson

Level 4

Aqua Fit
8:10a -8:55a

Aqua Zumba 6:00-7:00p

Swim Lessons

Competition Pool Schedule: 6/5-6/11

Thursday

Time	Deep End						Ladder								Ladder						
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
4:30-5 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
6:30-7 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
7-7:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
7:30-8 AM	NCAP 4:45-6:15a; 6 lanes						Masters 5:00-6:30am; 5 lanes;														
8-8:30 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a														
8:30-9 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a														
9-9:30 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
9:30-10 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
10-10:30 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
10:30-11 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
11-11:30 AM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
11:30-12 PM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
12-12:30 PM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
12:30-1 PM	Deep Water 8:20a-9:20a						2 lanes 6:30-7:30a								Aqua Fit 9:20a -10:20a						
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	NCAP 4:00-5:30; 3 lanes,																				
4:30-5 PM	NCAP 4:00-5:30; 3 lanes,														Lesson						
5-5:30 PM	NCAP 4:00-5:30; 3 lanes,														Abi Lesson						
5:30-6 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 5:00-6:30; 6 lanes								Learn to Swim Program						
6-6:30 PM	OCCS 5:30-8:30p; 6 lanes						Deep Water Aqua Class								Learn to Swim Program						
6:30-7 PM	OCCS 5:30-8:30p; 6 lanes						Deep Water Aqua Class								Learn to Swim Program						
7-7:30 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 7:30-8:30p; 6 lanes								Learn to Swim Program						
7:30-8 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 7:30-8:30p; 6 lanes								Level 5						
8-8:30 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 7:30-8:30p; 6 lanes								Level 5						
8:30-9 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 7:30-8:30p; 6 lanes								Level 5						
9-9:30 PM	OCCS 5:30-8:30p; 6 lanes						NCAP 7:30-8:30p; 6 lanes								Level 5						

Competition Pool Schedule: 6/5-6/11

Friday

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
4:30-5 AM	Dark Grey						Dark Grey								Dark Grey						
5-5:30 AM	Dark Grey						Dark Grey								Dark Grey						
5:30-6 AM	Dark Grey						Dark Grey								Dark Grey						
6-6:30 AM	Dark Grey						Dark Grey								Dark Grey						
6:30-7 AM	Dark Grey						Dark Grey								Dark Grey						
7-7:30 AM	Light Green						Light Green								Light Green						
7:30-8 AM	Light Green						Light Green								Light Green						
8-8:30 AM	Light Green						Light Green								Light Green						
8:30-9 AM	Light Green						Light Green								Light Green						
9-9:30 AM	Light Green						Light Green								Light Green						
9:30-10 AM	Light Green						Light Green								Light Green						
10-10:30 AM	Light Green						Light Green								Light Green						
10:30-11 AM	Light Green						Light Green								Light Green						
11-11:30 AM	Light Green						Light Green								Light Green						
11:30-12 PM	Masters 11:30-12:45p						Light Green								Light Green						
12-12:30 PM	Masters 11:30-12:45p						Light Green								Light Green						
12:30-1 PM	Masters 11:30-12:45p						Light Green								Light Green						
1-1:30 PM	Dark Grey						Dark Grey								Dark Grey						
1:30-2 PM	Dark Grey						Dark Grey								Dark Grey						
2-2:30 PM	Dark Grey						Dark Grey								Dark Grey						
2:30-3 PM	Dark Grey						Dark Grey								Dark Grey						
3-3:30 PM	Dark Grey						Dark Grey								Dark Grey						
3:30-4 PM	Dark Grey						Dark Grey								Dark Grey						
4-4:30 PM	Grey						Light Green								Light Green						
4:30-5 PM	Grey						Light Green								Light Green						
5-5:30 PM	NCAP 5:00-6:30p; 6 lanes						Light Green								Light Green						
5:30-6 PM	NCAP 5:00-6:30p; 6 lanes						Light Green								Light Green						
6-6:30 PM	NCAP 5:00-6:30p; 6 lanes						Light Green								Light Green						
6:30-7 PM	NCAP 6:30-7:30p; 4 lanes						Light Green								Light Green						
7-7:30 PM	NCAP 6:30-7:30p; 4 lanes						Light Green								Light Green						
7:30-8 PM	Dark Grey						Dark Grey								Dark Grey						
8-8:30 PM	Dark Grey						Dark Grey								Dark Grey						
8:30-9 PM	Dark Grey						Dark Grey								Dark Grey						
9-9:30 PM	Dark Grey						Dark Grey								Dark Grey						

NCAP Long Course 4:45-6:15am; 4 Lanes

OCCS Long Course; 4:30a-6:00a; 4 lanes

2 lanes open for the public

Aqua Fit 9:30a -10:30a

Lesson

Competition Pool Schedule: 6/5-6/11

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	Dark Grey							Dark Grey									Dark Grey							
5-5:30 AM	Dark Grey							Dark Grey									Dark Grey							
5:30-6 AM	Dark Grey							Dark Grey									Dark Grey							
6-6:30 AM	Dark Grey							Dark Grey									Dark Grey							
6:30-7 AM	Dark Grey							Dark Grey									Dark Grey							
7-7:30 AM	Dark Grey							Dark Grey									Dark Grey							
7:30-8 AM	Dark Grey							Dark Grey									Dark Grey							
8-8:30 AM	NCAP 8:00a-11:30a; 6 lanes							Light Green									Light Green							
8:30-9 AM																								
9-9:30 AM																								
9:30-10 AM																								
10-10:30 AM																								
10:30-11 AM	Light Grey							Light Green									Light Green							
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM																								
12:30-1 PM																								
1-1:30 PM	Light Grey							Light Green									Light Green							
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM	Light Grey							Light Green									Light Green							
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM	Dark Grey							Dark Grey									Dark Grey							
6:30-7 PM	Dark Grey							Dark Grey									Dark Grey							
7-7:30 PM	Dark Grey							Dark Grey									Dark Grey							
7:30-8 PM	Dark Grey							Dark Grey									Dark Grey							
8-8:30 PM	Dark Grey							Dark Grey									Dark Grey							
8:30-9 PM	Dark Grey							Dark Grey									Dark Grey							
9-9:30 PM	Dark Grey							Dark Grey									Dark Grey							

NCAP 8:00a-11:30a; 6 lanes

Level
4

Swim Lessons 8:30am-
1:00pm

Lesson

Competition Pool Schedule: 6/5-6/11

Sunday

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
4:30-5 AM	Dark						Dark								Dark						
5-5:30 AM	Dark						Dark								Dark						
5:30-6 AM	Dark						Dark								Dark						
6-6:30 AM	Dark						Dark								Dark						
6:30-7 AM	Dark						Dark								Dark						
7-7:30 AM	Dark						Dark								Dark						
7:30-8 AM	Dark						Dark								Dark						
8-8:30 AM	Dark						Dark								Dark						
8:30-9 AM	Masters 8:00a-9:15a; 6 lanes						Dark								Dark						
9-9:30 AM	Dark						Dark								Dark						
9:30-10 AM	Light Green						Light Green								Light Green						
10-10:30 AM	Light Green						Light Green								Light Green						
10:30-11 AM	Light Green						Light Green								Light Green						
11-11:30 AM	Light Green						Light Green								Light Green						
11:30-12 PM	Light Green						Light Green								Light Green						
12-12:30 PM	Light Green						Light Green								Light Green						
12:30-1 PM	Light Green						Light Green								Light Green						
1-1:30 PM	Light Green						Light Green								Light Green						
1:30-2 PM	Light Green						Light Green								Light Green						
2-2:30 PM	Light Green						Light Green								Light Green						
2:30-3 PM	Light Green						Light Green								Light Green						
3-3:30 PM	Light Green						Light Green								Light Green						
3:30-4 PM	Dark						Dark								Dark						
4-4:30 PM	Dark						Dark								Dark						
4:30-5 PM	Dark						Dark								Dark						
5-5:30 PM	Dark						Dark								Dark						
5:30-6 PM	Dark						Dark								Dark						
6-6:30 PM	Dark						Dark								Dark						
6:30-7 PM	Dark						Dark								Dark						
7-7:30 PM	Dark						Dark								Dark						
7:30-8 PM	Dark						Dark								Dark						
8-8:30 PM	Dark						Dark								Dark						
8:30-9 PM	Dark						Dark								Dark						
9-9:30 PM	Dark						Dark								Dark						

Masters 8:00a-9:15a; 6 lanes

Level 6

Lesson Marilyn

Level 5 & then 4

Lesson

Swim Lessons 9:00am-4:00pm