

Competition Pool Schedule: June 8-June 14, 2026

Green space is available and open to members for swimming.

Monday

	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																									NCAP 5:00-6:15am; 6 lanes								Masters 4:45-6:30a; 4 lanes							
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																									Deep Water 9:30a-10:20a								Aqua Fit 8:30a-9:30a							
9:30-10 AM																																								
10-10:30 AM																																								
10:30-11 AM																																								
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																																								
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																									OCCS 3:30-7:30pm; 5 lanes								NCAP 3:45p- 6:00p; 6 lanes							
4-4:30 PM																																	NCAP 6:00-7:00p; 3 lanes							
4:30-5 PM	OCCS 3:30-7:30pm; 5 lanes								NCAP 7:00-8:30p; 6 lanes																															
5-5:30 PM																																								
5:30-6 PM																																								
6-6:30 PM																																								
6:30-7 PM																																								
7-7:30 PM																									FC Swim															
7:30-8 PM																																								
8-8:30 PM																																								
8:30-9 PM																																								
9-9:30 PM																									FC Swim Lessons															

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	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																																																														
5:30-6 AM									Masters 5:00-6:30am; 4 lanes;										2 lanes 6:30-7:30a																																											
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																																																														
10:30-11 AM																																																														
11-11:30 AM																																																														
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12:30-1 PM																																																														
1-1:30 PM	Closed 1:00-3:00p																																																													
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2-2:30 PM																																																														
2:30-3 PM																																																														
3-3:30 PM																																																														
3:30-4 PM																							NCAP 3:45p-5:30p; 6 lanes								OCCS 4:00-5:30p; 6 lanes																															
4-4:30 PM																																																														
4:30-5 PM																																													FC Swim																	
5-5:30 PM																																																														
5:30-6 PM																							NCAP 5:30p-8:30p; 6 lanes														FC Swim																									
6-6:30 PM																																															FAFC Swim Lessons															
6:30-7 PM																																																														
7-7:30 PM																																																														
7:30-8 PM	FC Swim																																																													
8-8:30 PM																																																														
8:30-9 PM																																																														
9-9:30 PM																																																														

Green space is available and open to members for swimming.

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Wednesday

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	NCAP 4:45a-6:15a; 6 lanes									NCAP 5:00a-6:15a; 6 lanes															
5-5:30 AM	NCAP 4:45a-6:15a; 6 lanes									NCAP 5:00a-6:15a; 6 lanes															
5:30-6 AM	NCAP 4:45a-6:15a; 6 lanes									NCAP 5:00a-6:15a; 6 lanes															
6-6:30 AM	NCAP 4:45a-6:15a; 6 lanes									NCAP 5:00a-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	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																									

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Thursday

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	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	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	Closed 1:00-3:00p																															
3:30-4 PM	Closed 1:00-3:00p																															
4-4:30 PM	Closed 1:00-3:00p																															
4:30-5 PM	Closed 1:00-3:00p																															
5-5:30 PM	Closed 1:00-3:00p																															
5:30-6 PM	Closed 1:00-3:00p																															
6-6:30 PM	Closed 1:00-3:00p																															
6:30-7 PM	Closed 1:00-3:00p																															
7-7:30 PM	Closed 1:00-3:00p																															
7:30-8 PM	Closed 1:00-3:00p																															
8-8:30 PM	Closed 1:00-3:00p																															
8:30-9 PM	Closed 1:00-3:00p																															
9-9:30 PM	Closed 1:00-3:00p																															

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Friday

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

Deep Water 9:30a-10:20a

Masters
11:30-1:00p

Closed 1:00-3:00p

Closed 1:00-3:00p

Swim Lessons

Aqua Combat
10:30a -11:30a

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Saturday

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	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]								[Blue] FAF Swim Lessons	
9-9:30 AM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
9:30-10 AM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
10-10:30 AM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
10:30-11 AM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
11-11:30 AM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
11:30-12 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
12-12:30 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
12:30-1 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
1-1:30 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
1:30-2 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
2-2:30 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
2:30-3 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
3-3:30 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
3:30-4 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
4-4:30 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
4:30-5 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
5-5:30 PM	[Grey]								[Green]								[Green]								[Green]								[Blue] FAF Swim Lessons	
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]																																	

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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	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							
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	Grey								Green								Green							
1:30-2 PM	Grey								Green								Green							
2-2:30 PM	Grey								Green								Green							
2:30-3 PM	Grey								Green								Green							
3-3:30 PM	Grey								Green								Green							
3:30-4 PM	Grey								Green								Green							
4-4:30 PM	Grey								Green								Green							
4:30-5 PM	Grey								Green								Green							
5-5:30 PM	Grey								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																							

Masters
8:00am-9:30am

FAFC Swim
Lessons

FC
Swim

Green space is available and open to members for swimming.