

Tuesday

Deep End

Ladder

Ladder

Ladder

[illegible]

Thursday

Deep End

Ladder

Ladder

Ladde

[illegible]

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	0
4:30-5 AM	NCAP 4:45a-6:15a; 10 lanes																							
5-5:30 AM																								
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM																								
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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				Aqua Combat 10:30a -11:30a																			
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM									Masters 11:30-1:00p															
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5:30-6 PM	NCAP 6:00-7:00p; 6 lanes																							
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8:30-9 PM																								
9-9:30 PM																								

Competition Pool Schedule: June 9-June 15, 2025

Saturday

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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9-9:30 PM																								

Swim Lessons

Private Swim

Private Swim

Sunday

Deep End

Ladder

Ladder

Ladder

[illegible]