

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																								
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Tuesday

Deep End

Ladder

Ladder

Ladder

[illegible]

Wednesday

Deep End

Ladder

Ladder

Ladder

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4:30-5 AM										OCCS 4 lanes; 4:45am-7:00am				FAFC Patrons; 2 lanes 5:00a- 7:00a			LONG COURSE SWIM Reopen at 7:45am for short course																																	
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Thursday

Deep End

Ladder

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Competition Pool Schedule: July 14-July 20, 2025

Friday

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
4:30-5 AM										FAFC Patrons 6 lanes; 5:00a-7:00a							LONG COURSE SWIM Reopen at 7:45am for short course							
5-5:30 AM																								
5:30-6 AM																								
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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	Aqua Glide Open Swim																							
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2:30-3 PM																								
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OCCS 4 lanes; 4:45-7:00am

FAFC Patrons 6 lanes; 5:00a-7:00a

LONG COURSE SWIM
Reopen at 7:45am for short course

Deep Water
9:30a-10:20a

Aqua Combat
10:30a -11:30a

Masters
11:30-1:00p

Aqua Glide Open Swim

Competition Pool Schedule: July 14-July 20, 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		
4:30-5 AM																										
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8:30-9 AM																					Swim Lessons					
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	Aqua Glide Open Swim																									
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8:30-9 PM																										
9-9:30 PM																										

Swim Lessons

Private Swim

Private Swim

Competition Pool Schedule: July 14-July 20, 2025

Sunday

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																					
4:30-5 AM																																													
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8-8:30 AM					Masters 8:00am-9:30am																																								
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private swim

Swim Lessons

Aqua Glide Open Swim

Masters
8:00am-9:30am