

Monday

Ladder

[illegible]

Competition Pool Schedule: September 14-September 20
Green space is available and open to members for swimming.

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 4:45a-6:15a; 10 lanes																	2 lanes 6:30-7:30a												
5-5:30 AM																														
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				Deep Water 9:30a-10:20a																										
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	Closed 1:00-3:00p																													
1:30-2 PM																														
2-2:30 PM																														
2:30-3 PM																														
3-3:30 PM																														
3:30-4 PM	NCAP 3:45-5:30p; 6 lanes																													
4-4:30 PM																														
4:30-5 PM																														
5-5:30 PM	NCAP 5:30p-8:30p; 5 lanes																													
5:30-6 PM							NCAP 5:30-8:30p; 6 lanes						FC Swim																	
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																														

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																										
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	Deep Water 9:30a-10:20a																									
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	Closed 1:00-3:00p																									
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	NCAP 4:45p-7:30p; 6 lanes						FAFC Lifeguard Cert																			
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																										

Competition Pool Schedule: September 14-September 20
Green space is available and open to members for swimming.

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																										
5:30-6 AM																										
5:30-6 AM																										
6:30-7 AM																										
7:30-8 AM																										
8:30-9 AM	FAFC Lifeguard Cert																									
9:30-10 AM																										
10:30-11 AM		NCAP 10:00a-11:00a; 3 lanes																								
11:30-12 PM																										
12:30-1 PM																										
1:30-2 PM																										
2:30-3 PM																										
3:30-4 PM																										
4:30-5 PM																										
5:30-6 PM																										
6:30-7 PM																										
7:30-8 PM																										
8:30-9 PM																										
9:30-10 PM																										

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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	0		
4:30-5 AM																										
5-5:30 AM																										
5:30-6 AM																										
6-6:30 AM																										
6:30-7 AM																										
7-7:30 AM																										
7:30-8 AM																										
8-8:30 AM	FAFC Lifeguard Cert.										Masters 8:00am-9:30am															
8:30-9 AM																										
9-9:30 AM											FC Swim Team Prep															
9:30-10 AM																										
10-10:30 AM																										
10:30-11 AM																										
11-11:30 AM					FC Swim Lessons																					
11:30-12 PM																										
12-12:30 PM	NCAP 12:00-1:00p; 6 lanes								NCAP 12:00p-2:00p; 6 lanes				FAFC Lifeguard Cert													
12:30-1 PM																										
1-1:30 PM	NCAP 1:00-2:00p; 5 lanes																									
1:30-2 PM																										
2-2:30 PM	NCAP 2:00-3:00p; 6 lanes																									
2:30-3 PM																										
3-3:30 PM																										
3:30-4 PM																										
4-4:30 PM																										
4:30-5 PM																										
5-5:30 PM																										
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6-6:30 PM																										
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7-7:30 PM																										
7:30-8 PM																										
8-8:30 PM																										
8:30-9 PM																										
9-9:30 PM																										