

Monday

Deep End

Ladder

Ladder

Ladder

[illegible]

Tuesday

Deep End

Ladder

Ladder

Ladder

[illegible]

Competition Pool Schedule: September 28-October 4

Green space is available and open to members for swimming.

Thursday

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															Masters 5:00-6:30am; 4 lanes;																												
5-5:30 AM																																												
5:30-6 AM																																												
6-6:30 AM																																												
6:30-7 AM	Seton Clinic																																											
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																																											
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10:30-11 AM																																												
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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																																												
4-4:30 PM	NCAP 4:00p-8:30p; 6 lanes																																											
4:30-5 PM																																												
5-5:30 PM																																												
5:30-6 PM																																												
6-6:30 PM	NCAP 4:00p-8:30p; 6 lanes						Deep Water 6:00-7:00p																																					
6:30-7 PM																																												
7-7:30 PM																																												
7:30-8 PM																																												
8-8:30 PM	NCAP 4:00p-8:30p; 6 lanes																																											
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Friday

Deep End

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4:30-5 AM	NCAP 4:45a-6:15a; 10 lanes																									
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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													FAFC					FAFC Swim Lessons				
10-10:30 AM																							Aqua Combat 10:30a - 11:30a			
10:30-11 AM																										
11-11:30 AM																										
11:30-12 PM				Masters 11:30-1:00p																						
12-12:30 PM				Masters 11:30-1:00p																						
12:30-1 PM				Masters 11:30-1:00p																						
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																										
3:30-4 PM																										
4-4:30 PM																										
4:30-5 PM																										
5-5:30 PM	Seton Diving; 5:00p-6:45p								NCAP 4:45p-7:30p; 6 lanes																	
5:30-6 PM	Seton Diving; 5:00p-6:45p								NCAP 4:45p-7:30p; 6 lanes																	
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7:30-8 AM																										
8-8:30 AM	NCAP 8:00a-10:00a; 10 lanes																								FAFC Swim Lessons	
8:30-9 AM																										
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12-12:30 PM	NCAP 12:00-1:00p; 6 lanes											NCAP 12:00p-2:00p; 6 lanes														
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																									
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