

Competition Pool Schedule: September 8-September 13
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											Masters 5:00-6:30am; 4 lanes;					2 lanes 6:30-7:30a											
5-5:30 AM																												
5:30-6 AM																												
6-6:30 AM																												
6:30-7 AM																												
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7:30-8 AM	FBI Dive Training																											
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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																												
5:30-6 PM	NCAP 5:30p-8:30p; 6 lanes																											
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6:30-7 PM																												
7-7:30 PM																												
7:30-8 PM																												
8-8:30 PM																												
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4:30-5 AM	NCAP 4:45a-6:15a; 6 lanes									NCAP 5:00a-6:15a; 6 lanes																												
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3:30-4 PM									NCAP 3:45p-6:00p; 6 lanes																													
4-4:30 PM																																						
4:30-5 PM																	NCAP 4:30-5:30p; 2 lanes HIGH SCHOOL PREP																					
5-5:30 PM																																						
5:30-6 PM																																						
6-6:30 PM																	NCAP 6:00-7:00p; 5 lanes																					
6:30-7 PM																	NCAP 7:00-8:30p; 6 lanes																					
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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										FC Swim													
6:30-7 PM																														
7-7:30 PM																														
7:30-8 PM							NCAP 4:00p-8:30p; 6 lanes																							
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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
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8-8:30 AM	NCAP 8:00a-10:00a; 8 lanes																						FAFC Swim Lessons					
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8-8:30 AM											Masters 8:00am-9:30am															
8:30-9 AM																										
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12-12:30 PM	NCAP 12:00-1:00p; 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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