

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	OCCS 4 lanes; 4:45am-6:45am									NCAP 4 lanes; 4:45-6:45am				Masters 4:45am-6:45am		LONG COURSE SWIM Reopen at 8:00am for short course													
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	Artistic Swim Camp																						Aqua Fit 8:30a-9:30a						
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									Masters 11:30-1:00p																				
12:30-1 PM																													
1-1:30 PM																													
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																													
5-5:30 PM	NCAP 5:00-6:30p; 6 lanes								NCAP 5 lanes; 5:00-6:00p				FC Swim Lessons																
5:30-6 PM									NCAP 6:00-7:00p; 3 lanes																				
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																													

Green space is available and open to members for swimming.

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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; 4:45-6:45am Masters 4:45am-6:45am								LONG COURSE SWIM Reopen at 8:00am for short course							
5-5:30 AM																								
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM																								
7-7:30 AM	NCAP 6 lanes; after transition								Deep Water 8:30a-9:20a															
7:30-8 AM																								
8-8:30 AM																								
8:30-9 AM																								
9-9:30 AM																								
9:30-10 AM	Artistic Swim Camp																							
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM									FC Swim Lessons								FC Swim							
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3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM	NCAP 5:00-6:30p; 6 lanes																							
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9-9:30 PM																								

Wednesday

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; 4:45-6:45am				Members & Patrons; 2 lanes 5:00am- 6:45am		LONG COURSE SWIM Reopen at 8:00am for short course									
5-5:30 AM																								
5:30-6 AM																								
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9:30-10 AM	Artistic Swim Camp																							
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11:30-12 PM																								
12-12:30 PM									Masters 11:30-1:00p															
12:30-1 PM																						FC Swim Lessons		
1-1:30 PM													FC Swim											
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2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM	NCAP 5:00-6:30p; 6 lanes																							
5:30-6 PM																								
6-6:30 PM									FC		Aqua Zumba 6:00 7:00p													
6:30-7 PM																			FC Swim Lessons					
7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Thursday

Deep End

Ladder

Ladder

Ladde

[illegible]

Friday

Deep End

Ladder

Ladder

Ladde

	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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7:30-8 AM																														
8-8:30 AM																														
8:30-9 AM																														
9-9:30 AM	Artistic Swim Camp									Deep Water 8:30a-9:20a																				
9:30-10 AM																														
10-10:30 AM																														
10:30-11 AM																														
11-11:30 AM																														
11:30-12 PM																														
12-12:30 PM										Masters 11:30-1:00p																				
12:30-1 PM																														
1-1:30 PM	Aqua Glide 1:00-3:00p; Open to the public!																													
1:30-2 PM																														
2-2:30 PM																														
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Competition Pool Schedule: July 13-July 19, 2026

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																						FC Swim Lessons				
9-9:30 AM														FC Swim Lessons												
9:30-10 AM														FC Swim Lessons												
10-10:30 AM														FC Swim Lessons												
10:30-11 AM														FC Swim Lessons												
11-11:30 AM														FC Swim Lessons												
11:30-12 PM														FC Swim Lessons												
12-12:30 PM														FC Swim Lessons												
12:30-1 PM																										
1-1:30 PM	Aqua Glide 1:00-3:00p; Open to the public!																									
1:30-2 PM																										
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9-9:30 PM																										

FC Swim Lessons

FC Swim Lessons

FC Swim Lessons

Aqua Glide 1:00-3:00p; Open to the public!

Sunday

Deep End

Ladder

Ladder

Ladde

	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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7:30-8 AM																								
8-8:30 AM					Masters 8:00am-9:30am																			
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12-12:30 PM																								
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1-1:30 PM	Aqua Glide 1:00-3:00p; Open to the public!																							
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