

# Competition Pool Schedule: June 22-June 28, 2026

**Green space is available and open to members for swimming.**

Monday

	Deep End								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 NOT 7/10				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 5 lanes; 5:00-6:00p				Masters 11:30-1:00p																																																																											
7:30-8 AM																																																																																								
8-8:30 AM									Deep Water 9:30a-10:20a				FC Swim Lessons																																																																											
8:30-9 AM																																																																																								
9-9:30 AM									Aqua Fit 8:30a-9:30a				FC Swim																																																																											
9:30-10 AM																																																																																								
10-10:30 AM									FC Swim				FC Swim																																																																											
10:30-11 AM																																																																																								
11-11:30 AM									Aqua Fit 6:00-7:00p				FC Swim Lessons																																																																											
11:30-12 PM																																																																																								
12-12:30 PM									FC Swim Lessons				FC Swim Lessons																																																																											
12:30-1 PM																																																																																								
1-1:30 PM									NCAP 5:00-6:30p; 6 lanes				NCAP 6:00-7:00p; 3 lanes																																																																											
1:30-2 PM																																																																																								
2-2:30 PM									Aqua Fit 8:30a-9:30a				FC Swim																																																																											
2:30-3 PM																																																																																								
3-3:30 PM									FC Swim				FC Swim																																																																											
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5-5:30 PM	FC Swim				FC Swim																																																																																			
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6-6:30 PM	FC Swim				FC Swim																																																																																			
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7-7:30 PM	FC Swim				FC Swim																																																																																			
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8-8:30 PM	FC Swim				FC Swim																																																																																			
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9-9:30 PM	FC Swim				FC Swim																																																																																			

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Tuesday

	Ladder								Ladder							Ladder																																					
Deep End	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 NOT 7/10						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	NCAP 6 lanes; after transition																																																				
8:30-9 AM																																																					
9-9:30 AM																																																					
9:30-10 AM	Deep Water 9:30a-10:20a																																																				
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12-12:30 PM																																																					
12:30-1 PM																					FC Swim Lessons																																
1-1:30 PM																																																					
1:30-2 PM																					FC Swim																																
2-2:30 PM																																																					
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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						
5:30-6 PM																																																					
6-6:30 PM																																																					
6:30-7 PM																																																					
7-7:30 PM																																																					
7:30-8 PM																																																					
8-8:30 PM																																																					
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9-9:30 PM																																																					

# Competition Pool Schedule: June 22-June 28, 2026

Wednesday

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	OCCS 4 lanes; 4:45am-6:45am							NCAP 4 lanes; 4:45-6:45am NOT 7/10							Members & Patrons; 2 lanes 5:00am- 6:45am		LONG COURSE SWIM Reopen at 8:00am for short course																																																																			
5-5:30 AM								Deep Water 9:30a-10:20a							FC Swim Lessons									Aqua Fit 8:30a-9:30a																																																												
5:30-6 AM																								Masters 11:30-1:00p							FC Swim		FC Swim																																																			
6-6:30 AM																															NCAP 5:00-6:30p; 6 lanes							FC Swim		Aqua Zumba 6:00 7:00p																																												
6:30-7 AM																																						NCAP 6:00-7:00p; 3 lanes							FC		FC Swim Lessons																																					
7-7:30 AM	NCAP 5:00-6:30p; 6 lanes							FC Swim Lessons							FC																																																																					
7:30-8 AM																						NCAP 5:00-6:30p; 6 lanes							FC Swim Lessons							FC																																																
8-8:30 AM																																											NCAP 5:00-6:30p; 6 lanes							FC Swim Lessons							FC																											
8:30-9 AM																																																																NCAP 5:00-6:30p; 6 lanes							FC Swim Lessons							FC						
9-9:30 AM																																																																																				

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Thursday

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	OCCS 4 lanes; 4:45am-6:45am								NCAP 4 lanes; 4:45-6:45am NOT 7/10				Masters 4:45am- 6:45am		LONG COURSE SWIM Reopen at 8:00 am 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								GREEN SPACE AVAILABLE																									
7:30-8 AM																																		
8-8:30 AM	Deep Water 9:30a-10:20a																FC Swim Lessons		Aqua Fit 8:30a- 9:30a															
8:30-9 AM																																		
9-9:30 AM	NCAP 5:00-6:30p; 6 lanes																FC Swim		FC Swim															
9:30-10 AM																																		
10-10:30 AM																	Deep Water 6:00-7:00p								FC Swim		FC Swim							
10:30-11 AM																																		
11-11:30 AM																	FC Swim								FC Swim									
11:30-12 PM																																		
12-12:30 PM									FC Swim								FC Swim																	
12:30-1 PM																																		
1-1:30 PM									FC Swim								FC Swim																	
1:30-2 PM																																		
2-2:30 PM	FC Swim								FC Swim																									
2:30-3 PM																																		
3-3:30 PM	FC Swim								FC Swim																									
3:30-4 PM																																		
4-4:30 PM	FC Swim								FC Swim																									
4:30-5 PM																																		
5-5:30 PM	FC Swim								FC Swim																									
5:30-6 PM																																		
6-6:30 PM	FC Swim								FC Swim																									
6:30-7 PM																																		
7-7:30 PM	FC Swim								FC Swim																									
7:30-8 PM																																		
8-8:30 PM	FC Swim								FC Swim																									
8:30-9 PM																																		
9-9:30 PM	FC Swim								FC Swim																									



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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	Black																					
5-5:30 AM	Black																					
5:30-6 AM	Black																					
6-6:30 AM	Black																					
6:30-7 AM	Black																					
7-7:30 AM	Black																					
7:30-8 AM	Black																					
8-8:30 AM	Grey							Green							Green							
8:30-9 AM	Grey							Green							Green							
9-9:30 AM	Grey							Green							Green							
9:30-10 AM	Grey							Green							Green							
10-10:30 AM	Grey							Green							Green							
10:30-11 AM	Grey							Green							Green							
11-11:30 AM	Grey							Green							Green							
11:30-12 PM	Grey							Green							Green							
12-12:30 PM	Grey							Green							Green							
12:30-1 PM	Grey							Green							Green							
1-1:30 PM	Grey							Green							Green							
1:30-2 PM	Grey							Green							Green							
2-2:30 PM	Grey							Green							Green							
2:30-3 PM	Grey							Green							Green							
3-3:30 PM	Grey							Green							Green							
3:30-4 PM	Grey							Green							Green							
4-4:30 PM	Grey							Green							Green							
4:30-5 PM	Grey							Green							Green							
5-5:30 PM	Grey							Green							Green							
5:30-6 PM	Black																					
6-6:30 PM	Black																					
6:30-7 PM	Black																					
7-7:30 PM	Black																					
7:30-8 PM	Black																					
8-8:30 PM	Black																					
8:30-9 PM	Black																					
9-9:30 PM	Black																					

FC Swim Lessons

FC Swim Lessons

FC Swim Lessons

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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	Black																					
5-5:30 AM	Black																					
5:30-6 AM	Black																					
6-6:30 AM	Black																					
6:30-7 AM	Black																					
7-7:30 AM	Black																					
7:30-8 AM	Black																					
8-8:30 AM	Grey				Masters 8:00am-9:30am			Green							Green							
8:30-9 AM	Grey				Masters 8:00am-9:30am			Green							Green							
9-9:30 AM	Grey				Masters 8:00am-9:30am			Green							Green							
9:30-10 AM	Grey				Masters 8:00am-9:30am			Green							Green							
10-10:30 AM	Grey				Masters 8:00am-9:30am			Green							Green							
10:30-11 AM	Grey				Masters 8:00am-9:30am			Green							Green							
11-11:30 AM	Grey				Masters 8:00am-9:30am			Green							Green							
11:30-12 PM	Grey				Masters 8:00am-9:30am			Green							Green							
12-12:30 PM	Grey				Masters 8:00am-9:30am			Green							Green							
12:30-1 PM	Red																					
1-1:30 PM	Red																					
1:30-2 PM	Red																					
2-2:30 PM	Red																					
2:30-3 PM	Red																					
3-3:30 PM	Red																					
3:30-4 PM	Red																					
4-4:30 PM	Red																					
4:30-5 PM	Red																					
5-5:30 PM	Red																					
5:30-6 PM	Red																					
6-6:30 PM	Red																					
6:30-7 PM	Red																					
7-7:30 PM	Red																					
7:30-8 PM	Red																					
8-8:30 PM	Red																					
8:30-9 PM	Black																					
9-9:30 PM	Black																					

**OCCS LONG COURSE Swim Meet**