

FCA Schedule

| Time of Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-------------------------------|------------------------------|----------------------------|------------------------------|----------------------------|-------------------------------|-------------------------------|
| 5:00am-5:15am | | | | | | | |
| 5:15am-5:30am | | | | | | | |
| 5:30am-5:45am | Masters 5:00am-6:30am | Masters 5:00am-6:30am | | Masters 5:00am-6:30am | | | |
| 5:45am-6:00am | | | | | | | |
| 6:00am-6:15am | | | | | | | |
| 6:15am-6:30am | | | | | | | |
| 6:30am-6:45am | | | Senior 2 5:45am-7:45am SW | | Senior 2 5:45am-7:45am SW | | |
| 6:45am-7:00am | | | | | | | |
| 7:00am-7:15am | | | | | | | |
| 7:15am-7:30am | | | | | | | |
| 7:30am-7:45am | | | | | | | |
| 7:45am-8:00am | | | | | | Senior 1 & 2 7:00am-9:00am Sw | |
| 8:00am-8:15am | | | | | | | |
| 8:15am-8:30am | | | | | | | |
| 8:30am-8:45am | | | | | | | |
| 8:45am-9:00am | | | | | | | |
| 9:00am-9:15am | | | | | | Novice/Mini 9:00am-10:00am SW | Novice/Mini 9:00am-10:00am SW |
| 9:15am-9:30am | | | | | | | |
| 9:30am-9:45am | | | | | | | |
| 9:45am-10:00am | | | | | | | |
| 10:00am-10:15am | | | | | | | |
| 10:15am-10:30am | | | | | | | Junior 10:00am-11:30am SW |
| 10:30am-10:45am | | | | | | | |
| 10:45am-11:00am | | | | | | | |
| 11:00am-11:15am | | | | | | | |
| 11:15am-11:30am | | | | | | | |
| 11:30am-11:45am | | | | | | | |
| 11:45am-12:00pm | | | | | | | |
| 12:00pm-12:15pm | | | | | | | |
| 12:15pm-12:30pm | | | | | | | |
| 12:30pm-12:45pm | | | | | | | |
| 12:45pm-1:00pm | | | | | | | TP 11:30am-1:00pm |
| 5:00pm-5:15pm | | | | | | | |
| 5:15pm-5:30pm | | SR2 Swim 5:00pm-6:00pm | Senior1 Swim 5:00pm-6:00pm | SR2 Swim 5:00pm-6:00pm | Senior1 Swim 5:00pm-6:00pm | | |
| 5:30pm-5:45pm | | | | | | | |
| 5:45pm-6:00pm | Senior 1&2 Swim 5:00pm-7:00pm | | | | | | |
| 6:00pm-6:15pm | | Novice/Mini 6:00pm-7:00pm SW | JR1 Swim 6:00pm-7:15pm | Novice/Mini 6:00pm-7:00pm SW | JR1 Swim 6:00pm-7:15pm | | |
| 6:15pm-6:30pm | | | | | | | |
| 6:30pm-6:45pm | | | | | | | |
| 6:45pm-7:00pm | | | JR2 Swim 6:00pm-7:30pm | | JR2 Swim 6:00pm-7:30pm | | |
| 7:00pm-7:15pm | JR1 Swim 7:00pm-8:15pm | | | | | | |
| 7:15pm-7:30pm | | | | | | | |
| 7:30pm-7:45pm | JR2 Swim 7:00pm-8:30pm | SR1 Swim 7:00pm-8:30pm | | SR1 Swim 7:00pm-8:30pm | | | |
| 7:45pm-8:00pm | | | TP SW 7:30pm-8:45pm | | TP SW 7:30pm-8:45pm | | |
| 8:00pm-8:15pm | | | | | | | |
| 8:15pm-8:30pm | | | | | | | |
| 8:30pm-8:45pm | | | | | | | |
| 8:45pm-9:00pm | | | | | | | |
| Dryland | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | Junior 5:30-6pm | | Junior 5:30-6pm | | |
| | | SR2 6-7pm | | SR2 6-7pm | | SR1&2 9-10am | |
| | | | SR1 6-7pm | | SR1 6-7pm | | |
| | | | | | | | |