

| | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | |
|-----------|---------|-----------------|-----------------|-----------------|-----------------|-----------------|---------|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------|-------|----|
| | :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 :30 :45 | :00 :15 | | |
| LUNES | C1 | | AI | NP | NP | | | | ANPA CESPÓN | 2-3 A | 4-6 B | 7-9 V | NP | AQUAGYM | | |
| | C2 | | | | | AQUAGYM | | | | 4-6 A | | | | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | | | | | | | | | |
| | C5 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C6 | | | | | | | | | | | | | AI | | |
| MARTES | C1 | | AP | 3ª IDADE | | | | | | ANPA CABO | 4-6 B | 2-3 B | 7-9 V | 7-9 VR | AM-DF | AP |
| | C2 | | | | | | | | | 4-6 V | 4-6 A | | 10-13 AZ | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | | | | | | | | | |
| | C5 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C6 | | | | | | | | | | | | | | | |
| MIÉRCOLES | C1 | | AI | NP | NP | | | | ANPA ESCARABOTE | 2-3 A | 4-6 B | 7-9 V | NP | AI | | |
| | C2 | | | | | AQUAGYM | | | | 4-6 A | | | | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | | | | | | | | | |
| | C5 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C6 | | | | | | | | | | | | | | | |
| JUEVES | C1 | | AP | | | | | | ANPA CABO | 4-6 B | 2-3 B | 7-9 V | 7-9 VR | AM-DF | AP | |
| | C2 | | | | | | | | | 4-6 V | 4-6 A | | 10-13 AZ | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | | | | | | | | | |
| | C5 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C6 | | | | | | | | | | | | | | | |
| VIERNES | C1 | | | AM | NP | | | | ANPA GOIANS | ANPA GOIANS | ANPA ABANQUERO | ANPA P. XARDIN | ANPA P. XARDIN | | | |
| | C2 | | | | | AQUAGYM | | | ANPA GOIANS | ANPA GOIANS | ANPA ABANQUERO | | ANPA P. XARDIN | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | | | | | | | | | |
| | C5 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C6 | | | | | | | | | | | | | BEBÉS | | |
| SÁBADO | C1 | | | 7-9 | 4-6 | 2-3 | BEBÉS | | | | | | | | | |
| | C2 | | | | | | | | | | | | | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C5 | | | | | | | CLUBE DE NATACION | | | | | | | | |
| | C6 | | | | | | | | | | | | | | | |
| DOMINGO | C1 | | | | | | | | | | | | | | | |
| | C2 | | | | | | | | | | | | | | | |
| | C3 | | | | | | | | | | | | | | | |
| | C4 | | | | | | | | | | | | | | | |
| | C5 | | | | | | | | | | | | | | | |
| | C6 | | | | | | | | | | | | | | | |