## **AQUATICS CENTER SCHEDULE: JANUARY 2025 RECREATION POOL**

SFC: Swim for Charlie

WF: Water Fitness

| SCHEDULE KEY:                      | CLAP: Open Swim   |                   | WF: Water Fitness       |             |             |  |  |
|------------------------------------|-------------------|-------------------|-------------------------|-------------|-------------|--|--|
|                                    | SLAP: Swim Lap La |                   | GSL: Group Swim Lessons |             |             |  |  |
|                                    | OLAP: Open Lap La | nes               | GS: Group Swim          |             |             |  |  |
|                                    |                   |                   |                         |             |             |  |  |
| SUNDAY                             | OPEN AREA         | OPEN AREA         | LANE 3                  | LANE 2      | LANE 1      |  |  |
| 12:00PM - 7:00PM                   | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| MONDAY                             | OPEN AREA         | OPEN AREA         | LANE 3                  | LANE 2      | LANE 1      |  |  |
| 5:30AM - 8:00AM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| 8:00AM - 9:45AM                    | OPEN              | WF                | WF                      | WLAP        | SLAP        |  |  |
| 9:45AM - 11:00AM                   | OPEN              | OPEN              | OLAP                    | WLAP        | SLAP        |  |  |
| 11:00AM - 1:00PM                   | OPEN              | SFC               | SFC/OLAP                | WLAP        | SLAP        |  |  |
| 1:00PM - 3:30PM                    | OPEN              | OPEN              | OLAP                    | WLAP        | SLAP        |  |  |
| 3:30PM - 8:00PM                    | OPEN              | OPEN              | OLAP                    | GSL         | GSL         |  |  |
| 7:15PM - 8:00PM                    | OPEN              | WF                | WF                      | OLAP        | OLAP        |  |  |
| 8:00PM - 9:00PM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| TUESDAY                            | OPEN AREA         | OPEN AREA         | LANE 3                  | LANE 2      | LANE 1      |  |  |
| 5:30AM - 8:30AM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| 8:30AM - 9:15AM                    | OPEN              | OPEN              | OLAP                    | WF          | WF          |  |  |
| 9:00AM - 11:15AM                   | GSL               | OPEN              | OLAP                    | WLAP        | SLAP        |  |  |
| 11:00AM - 1:00PM                   | OPEN              | SFC               | SFC/OLAP                | WLAP        | SLAP        |  |  |
| 1:00PM - 3:30PM                    | OPEN              | OPEN              | WLAP                    | WLAP        | SLAP        |  |  |
| 3:30PM - 8:00PM                    | OPEN              | OPEN              | SLAP                    | WLAP        | GSL         |  |  |
| 8:00PM - 9:00PM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| WEDNESDAY                          | OPEN AREA         | OPEN AREA         | LANE 3                  | LANE 2      | LANE 1      |  |  |
| 5:30AM - 8:00AM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| 8:00AM - 9:45AM                    | OPEN              | WF                | WF                      | WLAP        | SLAP        |  |  |
| 9:45AM - 11:00AM                   | OPEN              | OPEN              | OLAP                    | WLAP        | SLAP        |  |  |
| 11:00AM - 1:00PM                   | OPEN              | SFC               | SFC/OLAP                | WLAP        | SLAP        |  |  |
| 1:00PM - 3:30PM                    | OPEN              | OPEN              | OLAP                    | WLAP        | SLAP        |  |  |
| 3:30PM - 8:00PM                    | OPEN              | OPEN              | OLAP                    | GSL         | GSL         |  |  |
| 7:15PM - 8:00PM                    | OPEN              | WF                | WF                      | OLAP        | OLAP        |  |  |
| 8:00PM - 9:00PM                    | OPEN              | OPEN              | OLAP                    |             |             |  |  |
| THURSDAY                           | OPEN AREA         |                   | LANE 3                  | LANE 2      | LANE 1      |  |  |
|                                    | OPEN AREA         | OPEN AREA<br>OPEN |                         | OLAP        |             |  |  |
| 5:30AM - 8:45AM                    |                   | <b>\$</b> . =     | OLAP                    | -           | OLAP        |  |  |
| 8:45AM - 9:15AM                    | GSL               | WF                | WF                      | WLAP        | SLAP        |  |  |
| 9:00AM - 11:15AM                   | GSL               | OPEN              | WLAP                    | WLAP        | SLAP        |  |  |
| 11:00AM - 1:00PM                   | OPEN              | SFC               | SFC/OLAP                | WLAP        | SLAP        |  |  |
| 1:00PM - 3:30PM                    | OPEN              | OPEN              | WLAP                    | WLAP        | SLAP        |  |  |
| 3:30PM - 4:30PM                    | OPEN              | GS                | WLAP                    | WLAP        | GSL         |  |  |
| 4:30PM - 8:00PM                    | OPEN              | OPEN              | SLAP                    | WLAP        | GSL         |  |  |
| 8:00PM - 9:00PM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| FRIDAY                             | OPEN AREA         |                   | LANE 3                  | LANE 2      | LANE 1      |  |  |
| 5:30AM - 8:00AM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| 8:00AM - 10:45AM                   | OPEN              | WF                | WF                      | OLAP        | OLAP        |  |  |
| 11:00AM - 1:00PM                   | OPEN              | SFC               | SFC/OLAP                | WLAP        | SLAP        |  |  |
| 1:00PM - 9:00PM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
| SATURDAY                           | OPEN AREA         | OPEN AREA         | LANE 3                  | LANE 2      | LANE 1      |  |  |
| 5:30AM - 9:00AM                    | OPEN              | OPEN              | OLAP                    | OLAP        | OLAP        |  |  |
|                                    |                   |                   |                         | CCL         | CCL         |  |  |
| 9:00AM - 1:30PM<br>1:30PM - 9:00PM | OPEN<br>OPEN      | GSL<br>OPEN       | OLAP<br>OLAP            | GSL<br>OLAP | GSL<br>OLAP |  |  |

WLAP: Walk Lap Lanes

OPEN: Open Swim Area

## POOL CLOSED - 01/01/2025

For questions about the schedule or to inquire about group swim/pool rentals, please contact BRAD LANGFORD (Aquatics Director) at blangford@oc-sportsplex.com or 919.644.0339 ext. 241.

\*Schedule is subject to change without notice\*

SCHEDULE NOTES:

## Group Swim Lessons:

There will be limited lane space in the REC Pool Monday-Saturday during ALL Group Swim Lessons times

M/W Start 11/04 REC Pool Open Area & Lanes 1-2 3:30P-8:00P TU/TH Start 11/05 REC Pool Open Area & Lane 1

9:00A -11:30A 3:30P-8:00P SAT Starts 11/02 REC Pool Open

Area & Lane 1-2 •8:30A-1:00P

Group/Camp/SFC: There will be limited lane space in the REC Pool weekdays during ALL Group/Camp/SFC Swim times.

M-F - REC Open Area & Lane 3 •11:00A-1:00P

TH - REC Open Area & Lane 3 •3:30P-4:30P

## Swim Meets:

The COMP Pool will be CLOSED to patron use during ALL High School swim meets. The AQUATICS Department will be CLOSED to patron use during ALL Swim Club swim meets. CLUB & HIGH SCHOOL Swim Meets is/are included in the dates/times below:

•Western Alamance HS Meet - TH 1/09 COMP Pool CLOSED 8:00P-CLOSING •CAT Meet - SAT 1/11 & SUN 1/12 Aquatics Center CLOSED (TBD) •Trinity Friends Meet - MON 1/13 Jordan HS Meet - MON 1/13 Cedar Ridge Meet – MON 1/13 COMP Pool CLOSED 2:00P-CLOSING •CHCCS DC HS Meet - WED 1/15 COMP Pool CLOSED 1:00P-3:00P YBAC Blizzard Meet - SAT 1/18 Aquatics Center CLOSED (TBD) •BCA Meet - TU 1/21 COMP Pool CLOSED 12:00P-3:30P •Mid-Carolina Conference HS Meet - WED 1/22 NLAC Conference HS Meet - WED 1/22 COMP Pool CLOSED 10:30P-4:00F

 Central 3A Conference - TH 1/14 Pool CLOSED 7:00P-CLOSING Carolina Friends Meet - MON 1/27 OMP Pool CLOSED 6:30P-CLOSING

| AQUATICS CENTER SCHEDULE: JANUARY 2025<br>COMPETITION POOL |          |  |             |            |  |        |  |          |            |            |                 |   |
|--|----------|--|-------------|------------|--|--------|--|----------|------------|------------|-----------------|---|
| SCHEDULE KEY:  | GSL: Gro | MST: Masters Swim Team<br>GSL: Group Swim Lessons<br>BLANK: Open Swim Lane |             |            | SFC: Swim for Charlie<br>CAT: Carolina Aquatic Team<br>HAC: Hillsborough Aquatic Clu |        | HSS: High School Swim<br>WF: Water Fitness<br>WP: Water Polo |          |            | wim        | SCHEDULE NOTES: |   |
|  |          |  |             |            |  |        |  |          |            |            |                 |   |
| SUNDAY<br>12:00PM - 4:30PM                                 | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         | Swim Team Practices:  |
| 4:30PM - 6:30PM  |          |  | Wate        | r Polo     |  |        |  |          |            |            |                 | There will be limited lane space in   |
| 6:30PM - 7:00PM  |          |  |             |            |  |        |  |          |            |            |                 | the COMP Pool Monday - Friday<br>mornings and evenings and                                |
| MONDAY   | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         | Saturday morning during ALL   |
| 5:30AM - 6:30AM  |          | •  |             | Swimming   |  |        |  |          |            |            |                 | practice times. MASTERS & HIGH<br>SCHOOL(S) is/are included in the                        |
| 6:30AM - 7:45AM  |          | High Sch   | hool Swim   | 1          |  |        |  |          | High Sch   | ool Swim   |                 | times below:  |
| 7:45AM - 10:00AM   | OCTAN    | MOTION   |             |            |  |        |  |          |            |            |                 |   |
| 10:00AM - 11:00AM<br>11:00AM - 12:00PM                     | UCEAN    | MOTION   |             |            |  |        |  |          |            |            |                 | M/W/F - Start 6/3 COMP Pool<br>•5:30A - 6:30A   |
| 12:00PM - 1:00PM   |          |  | Masters S   | Swimming   |  |        |  |          |            |            | SFC             | •6:30A - 7:45A  |
| 1:00PM - 3:30PM  | HSS      |  |             |            |  |        |  |          |            |            |                 | •12:00P - 1:00P   |
| 3:30PM - 4:00PM  | GSL      |  |             |            |  |        |  |          |            |            |                 | •3:30P - 8:00P<br>TU/TH - Start 9/3 COMP Pool   |
| 4:00PM - 5:00PM  |          |  |             |            |  |        | Hillehov   |          | atia Club  |            |                 | •6:30A - 7:45A  |
| 5:00PM - 6:45PM<br>6:45PM - 7:00PM                         |          |  |             |            | 1  |        | HIISDOI  | ough Aqu |            |            |                 | •3:30P - 8:00P<br>SAT - Starts 9/7 COMP Pool  |
| 7:00PM - 8:00PM  |          | Carolina A   | quatic Tear | n          |  |        |  |          |            |            |                 | •7:00A - 11:00A   |
| 8:00PM - 9:00PM  |          |  |             |            |  |        |  |          |            |            |                 |   |
| TUESDAY  | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         | Water Polo:   |
| 5:30AM - 6:30AM  |          |  |             |            |  |        |  |          |            |            |                 | Water Polo:<br>SUNDAYS Comp Pool Lanes 0-6  |
| 6:30AM - 7:45AM<br>7:45AM - 11:00AM                        |          | High Sch   | hool Swim   |            |  |        |  |          | High Sch   | ool Swim   |                 | • 4:00P-5:30P   |
| 11:00AM - 1:00PM   |          |  |             |            |  |        |  |          |            |            | SFC             |   |
| 1:00PM - 3:30PM  |          |  |             |            |  |        |  |          |            |            | 510             | Swim Meets:   |
| 3:30PM - 4:00PM  | GSL      |  |             |            |  |        |  |          |            |            |                 | The COMP Pool will be CLOSED to<br>patron use during ALL High School                      |
| 4:00PM - 5:00PM  |          | High Sch   | hool Swim   |            |  |        |  | •        |            |            |                 | swim meets. The AQUATICS  |
| 5:00PM - 6:15PM  |          |  |             |            | 1  |        | Hillsbor   | ough Aqu | atic Club  |            |                 | Department will be CLOSED to  |
| 6:15PM - 6:45PM<br>6:45PM - 8:00PM                         | -        | Carolina Ad  | quatic Tean | n          |  |        |  |          |            |            |                 | patron use during ALL Swim Club<br>swim meets. CLUB & HIGH SCHOOL                         |
| 8:00PM - 9:00PM  |          | 1  | 1           |            |  |        |  |          | 1          |            |                 | Swim Meets is/are included in the   |
| WEDNESDAY  | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         | dates/times below:  |
| 5:30AM - 6:30AM  |          |  |             | Swimming   |  |        |  |          |            |            |                 |   |
| 6:30AM - 7:45AM  |          | High Sch   | hool Swim   |            |  |        |  |          | High Sch   | ool Swim   |                 | Western Alamance HS Meet - TH   |
| 7:45AM - 11:00AM   |          |  |             |            |  |        |  |          |            |            |                 | 1/09<br>COMP Pool CLOSED 8:00P-   |
| 11:00AM - 12:00PM<br>12:00PM - 1:00PM                      |          |  | Masters     | Swimming   |  |        |  |          |            |            | SFC             | CLOSING   |
| 1:00PM - 3:30PM  | HSS      |  | Masters     | winning    |  | 1      |  |          |            |            |                 | •CAT Meet - SAT 1/11 & SUN 1/12   |
| 3:30PM - 4:00PM  | GSL      |  |             |            |  |        |  |          | I          |            |                 | <ul> <li>Aquatics Center CLOSED (TBD)</li> <li>Trinity Friends Meet - MON 1/13</li> </ul> |
| 4:00PM - 5:00PM  | GSL      |  |             |            |  |        |  | Hillsho  | rough Aqua | atic Club  |                 | Jordan HS Meet - MON 1/13   |
| 5:00PM - 6:15PM  |          | 1  | Carolina Ad | uatic Tear | n  |        |  | 1111300  | lough Aque |            |                 | Cedar Ridge Meet – MON 1/13<br>COMP Pool CLOSED 2:00P-                                    |
| 6:15PM - 7:00PM<br>7:00PM - 8:00PM                         |          | High Sc  | hool Swim   |            |  | 1      |  |          |            |            |                 | CLOSING   |
| 8:00PM - 9:00PM  |          | riigii 3d  |             |            |  |        |  |          |            |            |                 | •CHCCS DC HS Meet - WED 1/15  |
| THURSDAY   | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         | •YBAC Blizzard Meet - SAT 1/18  |
| 5:30AM - 6:30AM  |          |  |             |            |  |        |  |          |            |            |                 | Aquatics Center CLOSED (TBD)  |
| 6:30AM - 7:45AM  |          | High Sch   | hool Swim   |            |  |        |  |          | High Sch   | ool Swim   |                 | •BCA Meet - TU 1/21   |
| 7:45AM - 11:00AM   |          | l  | +           |            |  |        |  |          |            |            | CEC.            | COMP Pool CLOSED 12:00P-<br>3:30P   |
| 11:00AM - 1:00PM<br>1:00PM - 3:30PM                        |          |  |             |            |  |        |  |          |            |            | SFC             | •Mid-Carolina Conference HS Meet -  |
| 3:30PM - 4:00PM  | GSL      |  |             |            |  |        |  |          | L          |            |                 | WED 1/22  |
| 4:00PM - 5:00PM  |          | High Sch   | hool Swim   |            |  |        |  |          |            |            |                 | NLAC Conference HS Meet - WED<br>1/22   |
| 5:00PM - 6:15PM  |          |  |             |            | 1  |        | Hillsbor   | ough Aqu | atic Club  |            |                 | COMP Pool CLOSED 10:30P-  |
| 6:15PM - 6:45PM  | -        | Carolina Ad  | quatic Tean | ı          |  |        |  |          |            |            |                 | 4:00P<br>•Central 3A Conference - TH 1/14   |
| 7:00PM - 8:00PM<br>8:00PM - 9:00PM                         |          |  |             |            |  |        |  |          |            |            |                 | •Central 3A Conference - TH 1/14<br>COMP Pool CLOSED 7:00P-                               |
| FRIDAY   | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         | CLOSING   |
| 5:30AM - 6:30AM  |          |  |             | Swimming   |  |        |  |          |            |            |                 | <ul> <li>Carolina Friends Meet - MON 1/27</li> <li>COMP Pool CLOSED 6:30P-</li> </ul>     |
| 6:30AM - 7:45AM  |          | High Sch   | hool Swim   |            |  |        |  |          | High Sch   | ool Swim   |                 | CLOSING   |
| 7:45AM - 10:00AM   |          |  |             |            |  |        |  |          |            |            |                 |   |
| 10:00AM - 11:00AM  | OCEAN    | MOTION   |             |            |  |        |  |          |            |            |                 | Special Events:   |
| 11:00AM - 12:00PM<br>12:00PM - 1:00PM                      |          | L  | Masters     | Swimming   |  |        |  |          |            |            | SFC             | POOL CLOSED 01/01/25  |
| 1:00PM - 3:30PM  | HSS      |  |             |            |  |        |  |          | 1          |            |                 |   |
| 3:30PM - 4:00PM  |          |  |             |            |  |        |  |          |            |            |                 | 1   |
| 4:00PM - 5:00PM  |          |  |             |            |  |        |  |          |            |            |                 |   |
| 5:00PM - 6:45PM  |          |  |             |            | 1  |        | Hillsbor   | ough Aqu | atic Club  |            |                 |   |
| 6:45PM - 7:00PM  |          | Carolina A   | quatic Tear | n          |  |        |  |          |            |            |                 |   |
| 7:00PM - 8:00PM<br>8:00PM - 9:00PM                         |          |  |             |            |  |        |  |          |            |            |                 |   |
| SATURDAY   | LANE 0   | LANE 1   | LANE 2      | LANE 3     | LANE 4   | LANE 5 | LANE 6   | LANE 7   | LANE 8     | LANE 9     | LANE 10         |   |
| 5:30AM - 7:00AM  |          |  |             |            |  |        |  |          |            |            |                 |   |
| 7:00AM - 8:00AM  |          |  |             |            |  |        |  |          |            |            |                 |   |
| 8:00AM - 10:00AM   |          |  |             |            | _  |        |  | Hi       | llsborough | Aquatics C | lub             |   |
| 10:00AM - 11:15AM  |          | 1  | Carolii     | na Aquatic | Team   |        |  |          | 1          |            |                 |   |
| 11:15AM - 9:00PM   | 1        | L  | 1           | 1          |  | 1      |  |          |            |            |                 |   |

For questions about the schedule or to inquire about group swim/pool rentals, please contact BRAD LANGFORD (Aquatics Director) at blangford@oc-sportsplex.com or 919.644.0339 ext. 241.