

AQUATICS CENTER SCHEDULE: JANUARY 2025

RECREATION POOL

SCHEDULE KEY:	WLAP: Walk Lap Lanes	SFC: Swim for Charlie
	OPEN: Open Swim Area	WF: Water Fitness
	SLAP: Swim Lap Lanes	GSL: Group Swim Lessons
	OLAP: Open Lap Lanes	GS: Group Swim

SCHEDULE NOTES:

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	OLAP	OLAP
THURSDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 8:45AM	OPEN	OPEN	OLAP	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	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
9:00AM - 1:30PM	OPEN	GSL	OLAP	GSL	GSL
1:30PM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP

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-4:00P**
- Central 3A Conference - TH 1/14
- COMP Pool CLOSED 7:00P-CLOSING**
- Carolina Friends Meet - MON 1/27
- COMP Pool CLOSED 6:30P-CLOSING**

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

AQUATICS CENTER SCHEDULE: JANUARY 2025

COMPETITION POOL

SCHEDULE KEY:	MST: Masters Swim Team	SFC: Swim for Charlie	HSS: High School Swim
	GSL: Group Swim Lessons	CAT: Carolina Aquatic Team	WF: Water Fitness
	BLANK: Open Swim Lane	HAC: Hillsborough Aquatic Club	WP: Water Polo

SCHEDULE NOTES:

SUNDAY	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
12:00PM - 4:30PM												
4:30PM - 6:30PM	Water Polo											
6:30PM - 7:00PM												
MONDAY	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
5:30AM - 6:30AM	Masters Swimming											
6:30AM - 7:45AM	High School Swim							High School Swim				
7:45AM - 10:00AM												
10:00AM - 11:00AM	OCEAN MOTION											
11:00AM - 12:00PM											SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM						Hillsborough Aquatic Club						
5:00PM - 6:45PM						Hillsborough Aquatic Club						
6:45PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 8:00PM	Carolina Aquatic Team											
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	
5:30AM - 6:30AM												
6:30AM - 7:45AM	High School Swim							High School Swim				
7:45AM - 11:00AM												
11:00AM - 1:00PM											SFC	
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM	High School Swim					Hillsborough Aquatic Club						
5:00PM - 6:15PM						Hillsborough Aquatic Club						
6:15PM - 6:45PM	Carolina Aquatic Team											
6:45PM - 8:00PM	Carolina Aquatic Team											
8:00PM - 9:00PM												
WEDNESDAY	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
5:30AM - 6:30AM	Masters Swimming											
6:30AM - 7:45AM	High School Swim							High School Swim				
7:45AM - 11:00AM												
11:00AM - 12:00PM											SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM						Hillsborough Aquatic Club						
5:00PM - 6:15PM						Hillsborough Aquatic Club						
6:15PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 8:00PM	High School Swim											
8:00PM - 9:00PM												
THURSDAY	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
5:30AM - 6:30AM												
6:30AM - 7:45AM	High School Swim							High School Swim				
7:45AM - 11:00AM												
11:00AM - 1:00PM											SFC	
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM	High School Swim					Hillsborough Aquatic Club						
5:00PM - 6:15PM						Hillsborough Aquatic Club						
6:15PM - 6:45PM	Carolina Aquatic Team											
7:00PM - 8:00PM	Carolina Aquatic Team											
8:00PM - 9:00PM												
FRIDAY	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
5:30AM - 6:30AM	Masters Swimming											
6:30AM - 7:45AM	High School Swim							High School Swim				
7:45AM - 10:00AM												
10:00AM - 11:00AM	OCEAN MOTION											
11:00AM - 12:00PM											SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM						Hillsborough Aquatic Club						
5:00PM - 6:45PM						Hillsborough Aquatic Club						
6:45PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 8:00PM	Carolina Aquatic Team											
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											Hillsborough Aquatics Club	
10:00AM - 11:15AM	Carolina Aquatic Team											
11:15AM - 9:00PM												

Swim Team Practices:
There will be limited lane space in the COMP Pool Monday - Friday mornings and evenings and Saturday morning during **ALL** practice times. **MASTERS & HIGH SCHOOL(S)** is/are included in the times below:

- M/W/F - Start 6/3 COMP Pool**
- 5:30A - 6:30A
 - 6:30A - 7:45A
 - 12:00P - 1:00P
 - 3:30P - 8:00P
- TU/TH - Start 9/3 COMP Pool**
- 6:30A - 7:45A
 - 3:30P - 8:00P
- SAT - Starts 9/7 COMP Pool**
- 7:00A - 11:00A

Water Polo:
SUNDAYS Comp Pool Lanes 0-6

- 4:00P-5:30P

Swim Meets:
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Special Events:

POOL CLOSED 01/01/25

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