

AQUATICS CENTER SCHEDULE: October 2024

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 - 2:45PM	OPEN	OPEN	OLAP	WLAP	SLAP
2:45PM - 3:15PM	OPEN	GSL	OLAP	WLAP	SLAP
3:15PM - 4:30PM	OPEN	OPEN	OLAP	WLAP	SLAP
4:30PM - 8:00PM	OPEN	OPEN	OLAP	GSL	GSL
7:15PM - 8:00PM	OPEN	OPEN	OLAP	WF	WF
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	GSL	OLAP	WF	WF
9:15AM - 10:30AM	OPEN	OPEN	WLAP	WLAP	GSL
10:30AM - 11:00AM	OPEN	OPEN	WLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 1:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
1:30PM - 3:00PM	OPEN	GSL	WLAP	WLAP	GSL
3:00PM - 4:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
4:30PM - 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 - 2:45PM	OPEN	OPEN	OLAP	WLAP	SLAP
2:45PM - 3:15PM	OPEN	GSL	OLAP	WLAP	SLAP
3:15PM - 4:30PM	OPEN	OPEN	OLAP	WLAP	SLAP
4:30PM - 8:00PM	OPEN	OPEN	OLAP	GSL	GSL
7:15PM - 8:00PM	OPEN	OPEN	OLAP	WF	WF
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 - 10:00AM	GSL	WF	WF	WLAP	GSL
10:00AM - 11:00AM	OPEN	OPEN	WLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 1:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
1:30PM - 3:00PM	OPEN	GSL	WLAP	WLAP	GSL
3:00PM - 3:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
3:30PM - 4:30PM	OPEN	GS	WLAP	WLAP	SLAP
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 - 11:45AM	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	OLAP	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 9/04 REC Pool Open Area & Lanes 1-2
•2:45P -3:15P
•4:30P-8:00P
TU/TH Start 9/05 REC Pool Open Area & Lane 1
•8:45A -10:00A
•1:30P-3:00P
•4:30P-8:00P
SAT Starts 9/07 REC Pool Open Area & Lane 1
•9:00A-1:30P

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
•11:30A -1:00P
•3:30P-4:30P

CAT's TRICK or TREAT SWIM MEET (POOL AREA CLOSED):
•FRI 25TH - 5:00P - 9:00P
•SAT 26TH - 6:30A - 7:00P
•SUN 27TH - 6:30A - 7:00P

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: October 2024 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 - 10:00AM												
10:00AM - 11:00AM	Deep Water Fitness											
11:00AM - 12:00PM												
12:00PM - 1:00PM	Masters Swimming										SFC	
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM												
4:00PM - 5:00PM	GSL											
5:00PM - 6:30PM	Hillsborough Aquatic Club											
6:30PM - 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 - 11:00AM												
11:00AM - 1:00PM											SFC	
1:00PM - 3:30PM												
3:30PM - 4:00PM												
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:00PM	Hillsborough Aquatic Club											
6:00PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 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 - 11:00AM												
11:00AM - 12:00PM	Masters Swimming										SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM												
4:00PM - 5:00PM	GSL											
5:00PM - 6:30PM	Hillsborough Aquatic Club											
6:30PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 8:00PM	Carolina Aquatic Team											
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 - 11:00AM												
11:00AM - 1:00PM											SFC	
1:00PM - 3:30PM												
3:30PM - 4:00PM												
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:00PM	Hillsborough Aquatic Club											
6:00PM - 7:00PM	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 - 9:00AM	Masters Swimming											
9:00AM - 10:00AM												
10:00AM - 11:00AM	Deep Water Fitness											
11:00AM - 12:00PM	Masters Swimming										SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM												
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:30PM	Hillsborough Aquatic Club											
6:30PM - 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 - 10:00AM	Hillsborough Aquatics Club											
10:00AM - 11:00AM	Carolina Aquatic Team											
11:00AM - 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
 •12:00P - 1:00P
 •3:30P - 8:00P
 TU/TH - Start 9/3 COMP Pool
 •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

CAT's TRICK or TREAT SWIM MEET (POOL AREA CLOSED):
 •FRI 25TH - 5:00P - 9:00P
 •SAT 26TH - 6:30A - 7:00P
 •SUN 27TH - 6:30A - 7:00P

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