



AQUATICS CENTER SCHEDULE

MAY 2022

COMPETITION POOL SCHEDULE:

(11 Lanes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM – 7:00PM Water Polo (6 Lanes)	5:30AM – 6:30AM Masters Swim Team (6 Lanes) 10:30AM – 11:15PM Water Fitness (3 Lanes) 12:00PM – 1:00PM Masters Swim Team (6 Lanes) 3:45PM – 8:00PM Swim Team Practice (All Lanes) 8:00 PM – 9:00 PM Swim Team Practice (7 Lanes)	3:45PM – 8:00PM Swim Team Practice (All Lanes)	5:30AM – 6:30AM Masters Swim Team (Lanes 0-5) 12:00PM – 1:00PM Masters Swim Team (6 Lanes) 3:45PM – 8:00PM Swim Team Practice (All Lanes) 8:00 PM – 9:00 PM Swim Team Practice (7 Lanes)	3:45PM – 8:00PM Swim Team Practice (All Lanes)	5:30AM – 6:30AM Masters Swim Team (6 Lanes) 10:30AM – 11:15AM Water Fitness (3 Lanes) 12:00PM – 1:00PM Masters Swim Team (6 Lanes) 4:45PM – 8:00PM Swim Team Practice (All Lanes) 8:00 PM – 9:00 PM Swim Team Practice (7 Lanes)	8:00AM – 10:15AM Team Swim Practice (All Lanes) 10:15AM – 12:00PM Swim Team Practice (7 Lanes)

RECREATION POOL SCHEDULE:

(Open Area + 3 Lanes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00AM – 8:50AM Water Fitness (Open Area) 9:00AM – 9:45AM Water Fitness (Open Area) 4:45PM – 7:40PM Swim Lessons (1 Lane)	8:30AM – 9:15AM Water Fitness (Open Area) 4:45PM – 7:40PM Swim Lessons (1 Lane) 7:00PM – 7:50PM Water Fitness (2 Lanes)	8:00AM – 8:50AM Water Fitness (Open Area) 9:00AM – 9:45AM Water Fitness (Open Area) 4:45PM – 7:40PM Swim Lessons (1 Lane)	9:00AM – 9:45AM Water Fitness (Open Area) 3:45PM – 4:30PM Kidsplex Swim (Open Area) 4:45PM – 7:40PM Swim Lessons (1 Lane) 7:00PM – 7:50PM Water Fitness (2 Lanes)	8:00AM – 8:50AM Water Fitness (Open Area) 9:00 AM – 9:45AM Water Fitness (Open Area) 10:00AM – 10:45AM Water Fitness (Open Area)	9:15AM – 9:45AM Swim Lessons (Open Area) 9:45AM – 12:40PM Swim Lessons (1 Lane)



AQUATICS CENTER SCHEDULE

MAY 2022

POOL HOURS:

Monday – Saturday 5:30am – 9:00pm
 Sunday 12:00pm – 7:00pm

POOL AVAILABILITY:

Schedule is subject to change

- Competition Pool closed Monday-Friday from 3:45pm-8:00pm and Saturday from 8:00am-10:15am for programming
- Lifeguard classes will be held May 13th-15th and 20th-22nd and availability may vary to accommodate classes
- Lap swim is available during all open hours, but space may be limited depending on the time of day and programming needs

Water Fitness Class Offerings:

To participate in water fitness classes, you must register in advance

Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM – 8:50AM Water Walking with Betty (Recreation Pool) 9:00AM – 9:45AM Aqua Step with Suzi (Recreation Pool) 10:30AM – 11:15AM Ocean Motion with Suzi (Competition Pool)	8:30AM – 9:15AM Aqua Dance & Box with Shannon (Recreation Pool) 7:00PM – 7:50PM Aqua Bike with Kristine (Recreation Pool)	8:00AM – 8:50AM Water Walking with Betty (Recreation Pool) 9:00AM – 9:45AM Aqua Step with Suzi (Recreation Pool)	9:00AM – 9:45AM Aqua Zumba with Steve (Recreation Pool) 7:00PM – 7:50PM Aqua Bike with Kristine (Recreation Pool)	8:00AM – 8:50AM Water Walking with Betty (Recreation Pool) 9:00AM – 9:45AM Aqua Step with Suzi (Recreation Pool) 10:00AM – 10:45AM Aqua Dance with Shannon (Recreation Pool) 10:30AM – 11:15AM Ocean Motion with Suzi (Competition Pool)

For questions or to inquire about swim lessons or pool rentals, please contact Briley Penner (Aquatics Director) at 919.644.0339 ext. 229 or bpenner@oc-sportsplex.com

For questions about joining Hillsborough Aquatic Club please contact Mark Franz (HAC Head Coach) at 919.644.0339 ext. 241 or mfranz@oc-sportsplex.com