



December Aquatic Center / Lap Swim Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY: (C) = Competition Pool (R) = Recreation Pool Times and activity in BOLD <i>Indicates Open Area or the number of lanes occupied in italics</i></p>	<p>(C) 5:30-6:30am Masters Swim Team 6 lanes</p> <p>(C) 6:30-7:45am Orange High & Cedar Ridge 7 lanes</p> <p>(R) 8-8:50am Water Walking Open Area</p> <p>(R) 9-9:45am Aqua Step Open Area</p> <p>(C) Ocean Motion 10:30-11:15am 3-4 lanes</p>	<p>(C) 6:30-7:45am Orange High & Cedar Ridge 7 lanes</p> <p>(R) 8:30-9:15am Aqua Dance and Box w/ Shannon Open Area</p>	<p>(C) 5:30-6:30am Masters Swim Team 6 lanes</p> <p>(C) 6:30-7:45am Orange High & Cedar Ridge 7 lanes</p> <p>(R) 8-8:50am Water Walking Open Area</p> <p>(R) 9-9:45am Aqua Step Open Area</p>	<p>(C) 6:30-7:45am Orange High & Cedar Ridge 7 lanes</p> <p>(R) 9-9:45am Aqua Zumba w/ Steve Open Area</p> <p>(R) 3:45-4:30 Kidsplex Group Swim Open Area</p>	<p>(C) 5:30-6:30am Masters Swim Team 6 lanes</p> <p>(C) 6:30-7:45am Orange High & Cedar Ridge 7 lanes</p> <p>(R) 8-8:50am Water Walking Open Area</p> <p>(R) 9-9:45am Aqua Step Open Area</p> <p>(R) 10-10:45am Aqua Dance Open Area</p> <p>(C) Ocean Motion 10:30-11:15am 3-4 lanes</p>	<p>(C) 7am-8am Carolina Friends 4 lanes</p> <p>(C) 8-10:15am HAC 11 lanes</p> <p>(C) 10:15am-12pm CAT practice 7 lanes</p>
<p>(C) 4:30-7:30pm Water Polo 6 lanes</p>	<p>(R) 4-4:45pm HAC Practice 3 lanes</p> <p>(C) 3:45-8pm HAC practice CAT Practice 11 lanes</p> <p>(C) 8-9pm Eno River practice 4 lanes</p>	<p>(C) 3:45-4:45pm Carolina Friends 4 lanes</p> <p>(R) 4:45-5pm HAC practice 3 lanes</p> <p>(C) 3:45-8pm HAC practice CAT Practice 11 lanes</p> <p>(R) 7-7:50pm Aqua Bike Open Area</p> <p>(C) 8-9pm Eno River practice 4 lanes</p>	<p>(C) 3:45-4:45pm Carolina Friends 4 lanes</p> <p>(R) 4-4:45pm HAC Practice 3 lanes</p> <p>(C) 3:45-8pm HAC practice CAT Practice 11 lanes</p> <p>(C) 8-9pm Eno River practice 4 lanes</p>	<p>(C) 3:45-4:45pm Carolina Friends 4 lanes</p> <p>(R) 4:45-5pm HAC practice 3 lanes</p> <p>(C) 3:45-8pm HAC practice CAT Practice 11 lanes</p> <p>(R) 7-7:50pm Aqua Bike Open Area</p> <p>(C) 8-9pm Eno River practice 4 lanes</p>	<p>(R) 4-4:45pm HAC Practice 3 lanes</p> <p>(C) 3:45-8pm HAC practice CAT Practice 11 lanes</p>	

- (C) = Competition Pool (R) = Recreation Pool Lap
- 11 Lanes in Comp Pool 3 Lanes in Rec Pool plus Open Area

*SUBJECT TO CHANGE



December Aquatic Center / Lap Swim Schedule



Pool Hours

Monday – Saturday 5:30am – 9:00pm

Sunday 12:00pm – 7:00pm

Lap Swim Notes:

High School Swim Team Practices:

Orange High and Cedar Ridge practice 6:30-7:45am Monday-Friday taking up 7 lanes.

Carolina Friends Academy practices from 3:45-4:45 Tuesday-Thursday
and Saturday 7:00-8:00am taking up 4 lanes.

Eno River practices 8:00-9:00pm Monday-Thursday taking up 4 lanes.

Hillsborough Aquatic Club and Carolina Aquatic Team continue to occupy all lanes in
the Competition Pool every weekday from 3:45pm to 8:00pm.

On Saturdays, Hillsborough Aquatic Club will occupy all Competition Pool lanes from
8:00am to 10:15am.

Carolina Aquatic Team will use lanes 0-6 from 10:15am to 12:00pm every Saturday.

Program Updates:

SPORTSPLEX SWIM MEETS:

Thurs. December 2nd in Competition Pool starting at 8:00pm (High School)

Sat. Dec. 11th – Sun. Dec. 12th: Entire Aquatic Center (USA Swimming)

*Times for this 2-day meet will be posted by 12/8 and will be between 8am and 2pm Sat./Sun.

Thurs. December 16th in Competition Pool starting at 8:00pm (High School)

ADJUSTED SWIM TEAM HOURS:

December 22 - Hillsborough Aquatic Club will swim 8:00-10:00am AND
3:45-4:45pm. There will be no HAC swim team after 4:45pm.

December 24 – No swim team practices for HAC or CAT

All USA Swimming and High School Meets will be posted on the Sportsplex
website and on the designated entrances leading into the building and pools

Questions?

Contact Aquatics Director. Cliff Gordon

919-644-0339, ext. 241

CGordon@oc-sportsplex.com

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