



January 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 <i>6 lanes</i></p> <p>(C) 6:30-7:45am Orange High & Cedar Ridge <i>7 lanes</i></p> <p>(R) 8-8:50am Water Walking <i>Open Area</i></p> <p>(R) 9-9:45am Aqua Step <i>Open Area</i></p> <p>(C) Ocean Motion 10:30-11:15am <i>3-4 lanes</i></p>	<p>(C) 6:30-7:45am Orange High & Cedar Ridge <i>7 lanes</i></p> <p>(R) 8:30-9:15am Aqua Dance and Box w/ Shannon <i>Open Area</i></p>	<p>(C) 5:30-6:30am Masters Swim Team <i>6 lanes</i></p> <p>(C) 6:30-7:45am Orange High & Cedar Ridge <i>7 lanes</i></p> <p>(R) 8-8:50am Water Walking <i>Open Area</i></p> <p>(R) 9-9:45am Aqua Step <i>Open Area</i></p>	<p>(C) 6:30-7:45am Orange High & Cedar Ridge <i>7 lanes</i></p> <p>(R) 9-9:45am Aqua Zumba w/ Steve <i>Open Area</i></p> <p>(R) 3:45-4:30 Kidsplex Group Swim <i>Open Area</i></p>	<p>(C) 5:30-6:30am Masters Swim Team <i>6 lanes</i></p> <p>(C) 6:30-7:45am Orange High & Cedar Ridge <i>7 lanes</i></p> <p>(R) 8-8:50am Water Walking <i>Open Area</i></p> <p>(R) 9-9:45am Aqua Step <i>Open Area</i></p> <p>(R) 10:00-10:45am Aqua Dance <i>Open Area & Lane 1</i></p> <p>(C) Ocean Motion 10:30-11:15am <i>3-4 lanes</i></p>	<p>(R) 9am-12:15pm Swim Lessons <i>Open Area/1 lane (Starts late January)</i></p> <p>(C) 7am-8am Carolina Friends <i>4 lanes</i></p> <p>(C) 8-10:15am HAC 11 lanes</p> <p>(C) 10:15am-12pm CAT practice <i>7 lanes</i></p>
<p>(C) 4:30-7:30pm Water Polo <i>6 lanes</i></p>	<p>(R) 4-4:45pm HAC Practice <i>3 lanes</i></p> <p>(R) 4:45-7pm Swim Lessons <i>Open Area/ 1 lane (Starts late January)</i></p> <p>(R) 7-7:50pm Aqua Bike <i>1-2 lanes</i></p> <p>(C) 3:45-8pm HAC practice CAT Practice <i>11 lanes</i></p> <p>(C) 8-9pm Eno River practice <i>4 lanes</i></p>	<p>(C) 3:45-4:45pm Carolina Friends <i>4 lanes</i></p> <p>(R) 4:45-5pm HAC practice <i>3 lanes</i></p> <p>(R) 4:45-7pm Swim Lessons <i>Open Area/ 1 lane (Starts late January)</i></p> <p>(C) 3:45-8pm HAC practice CAT Practice <i>11 lanes</i></p> <p>(C) 8-9pm Eno River practice <i>4 lanes</i></p>	<p>(C) 3:45-4:45pm Carolina Friends <i>4 lanes</i></p> <p>(R) 4-4:45pm HAC Practice <i>3 lanes</i></p> <p>(R) 4:45-7pm Swim Lessons <i>Open Area/ 1 lane (Starts late January)</i></p> <p>(C) 3:45-8pm HAC practice CAT Practice <i>11 lanes</i></p> <p>(C) 8-9pm Eno River practice <i>4 lanes</i></p>	<p>(C) 3:45-4:45pm Carolina Friends <i>4 lanes</i></p> <p>(R) 4:45-5pm HAC practice <i>3 lanes</i></p> <p>(R) 4:45-7pm Swim Lessons <i>Open Area/ 1 lane (Starts late January)</i></p> <p>(R) 7-7:50pm Aqua Bike <i>1-2 lanes</i></p> <p>(C) 3:45-8pm HAC practice CAT Practice <i>11 lanes</i></p> <p>(C) 8-9pm Eno River practice <i>4 lanes</i></p>	<p>(R) 4-4:45pm HAC Practice <i>3 lanes</i></p> <p>(C) 3:45-8pm HAC practice CAT Practice <i>11 lanes</i></p>	

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

*SUBJECT TO CHANGE



January Aquatic Center / Lap Swim Schedule



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

Lap Swim Notes:

Recreation lap lanes may be used for swim lessons depending on the level of the class.

High School Swim Team Practices:

Orange High and Cedar Ridge will begin practicing 6:30-7:45am Monday through Friday taking up 7 lanes.
 Carolina Friends Academy will practice from 3:45-4:45 Tuesday-Thursday and Saturday 7:00-8:00am taking up 4 lanes
 Eno River will begin practicing 8-9:00pm 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.

SPORTSPLEX SWIM MEETS:

January 6th 8:00pm High School - Competition Pool Closed
 January 7th 8:00pm High School - Aquatic Center Closed

January 7th – 9th USA Swimming – The Aquatic Center will be:
 * Closed on Friday from 4:30pm to close
 * Closed on Saturday from 6:45am to 6:00pm
 * Open on Sunday from 5:30pm until 7:00pm

January 10th 4:00-6:30pm High School - Competition Pool Closed
 January 14th 8:00pm High School - Competition Pool Closed
 January 17th 12:00-3:00pm High School - Competition Pool Closed
 January 22nd 1:00-3:30pm High School - Competition Pool Closed
 January 28th 8:00pm High School Conference Meet - Aquatic Center Closed

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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