



November 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>(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 (Ends 11/6)</i></p> <p>(C) 7am-8am Carolina Friends <i>4 lanes</i></p> <p>(C) 8-10:15am HAC <i>11 lanes</i></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</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</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</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</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



November 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 (Competition Pool):

- Orange High and Cedar Ridge will practice in 7 lanes from 6:30 to 7:45am Monday through Friday. Orange starts Nov. 1st / Cedar Ridge starts Nov. 2nd.
- Carolina Friends Academy will practice in 4 lanes from 3:45 to 4:45pm Tuesday-Thursday and from 7:00 to 8:00am on Saturday.
- Eno River will practice in 4 lanes 8:00 to 9:00pm Monday-Thursday starting November 1st.

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.

SWIM MEETS:

Pool Hours will be adjusted on the following weekend dates due to Swim Meets:

November 13th – 14th

November 20th - 21st

We will also be hosting High School Swim Meets on the following dates/times which will completely occupy the Competition Pool:

November 15th 4:00 – 6:30pm

November 18th 8:00 – 10:00pm

November 22nd 8:00 – 10:00pm

****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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