

# AQUATICS CENTER SCHEDULE: SEPTEMBER 2023

## COMPETITION POOL

<b>SCHEDULE KEY:</b>	MST = Masters Swim Team	SFC = Swim for Charlie	WF = Water Fitness
<i>*See schedule notes on back of schedule.</i>	GSL = Group Swim Lessons	CAT = Carolina Aquatic Team	WP = Water Polo
	LAP = Lap Swim Lane	HAC = Hillsborough Aquatic Club	

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	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
4:30PM - 6:30PM	WP	WP	WP	WP	WP	WP	LAP	LAP	LAP	LAP	LAP
6:30PM - 7:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
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	MST	MST	MST	MST	MST	MST	LAP	LAP	LAP	LAP	LAP
6:30AM - 7:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:00AM - 8:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30AM - 10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00AM - 11:00AM	WF	WF	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:00AM - 11:15AM	WF	WF	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:15AM - 12:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
12:00PM - 1:00PM	MST	MST	MST	MST	MST	MST	LAP	LAP	LAP	LAP	LAP
1:00PM - 3:45PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM - 4:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC
4:00PM - 5:00PM	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC	HAC	HAC	HAC
5:00PM - 6:30PM	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC	HAC	HAC	HAC
6:30PM - 7:00PM	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC	HAC	HAC	HAC
7:00PM - 8:00PM	CAT	CAT	CAT	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC
8:00PM - 9:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
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 - 6:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
6:30AM - 7:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:00AM - 8:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30AM - 10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00AM - 11:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:00AM - 11:15AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:15AM - 12:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
12:00PM - 1:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
1:00PM - 3:45PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM - 4:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC
4:00PM - 5:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC
5:00PM - 6:00PM	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC	HAC	HAC	HAC
6:00PM - 7:00PM	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC	HAC	HAC	HAC
7:00PM - 8:00PM	CAT	CAT	CAT	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC
8:00PM - 9:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
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	MST	MST	MST	MST	MST	MST	LAP	LAP	LAP	LAP	LAP
6:30AM - 7:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:00AM - 8:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30AM - 10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00AM - 11:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:00AM - 11:15AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:15AM - 12:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
12:00PM - 1:00PM	MST	MST	MST	MST	MST	MST	LAP	LAP	LAP	LAP	LAP
1:00PM - 3:45PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM - 4:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC
4:00PM - 5:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC
5:00PM - 6:30PM	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC	HAC	HAC	HAC
6:30PM - 7:00PM	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC	HAC	HAC	HAC
7:00PM - 8:00PM	CAT	CAT	CAT	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC
8:00PM - 9:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
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 - 6:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
6:30AM - 7:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:00AM - 8:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30AM - 10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00AM - 11:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:00AM - 11:15AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:15AM - 12:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
12:00PM - 1:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
1:00PM - 3:45PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM - 4:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC
4:00PM - 5:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC
5:00PM - 6:00PM	LAP	LAP	LAP	LAP	LAP	HAC	HAC	HAC	HAC	HAC	HAC
6:00PM - 7:00PM	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC	HAC	HAC	HAC
7:00PM - 8:00PM	CAT	CAT	CAT	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC
8:00PM - 9:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
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 - 6:30AM	MST	MST	MST	MST	MST	MST	LAP	LAP	LAP	LAP	LAP
6:30AM - 7:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:00AM - 8:30AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30AM - 10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00AM - 11:00AM	WF	WF	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:00AM - 11:15AM	WF	WF	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:15AM - 12:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
12:00PM - 1:00PM	MST	MST	MST	MST	MST	MST	LAP	LAP	LAP	LAP	LAP
1:00PM - 3:45PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM - 4:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
4:00PM - 5:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC
5:00PM - 6:30PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	HAC	HAC
6:30PM - 7:00PM	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC	HAC	HAC	HAC
7:00PM - 8:00PM	CAT	CAT	CAT	CAT	CAT	CAT	CAT	HAC	HAC	HAC	HAC
8:00PM - 9:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
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	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:00AM - 9:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
9:00AM - 10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00AM - 11:15AM	CAT	CAT	CAT	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:15AM - 11:30AM	CAT	CAT	CAT	CAT	CAT	CAT	CAT	LAP	LAP	LAP	LAP
11:30AM - 9:00PM	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP

For questions about the schedule or to inquire about group swim/pool rentals, please contact BRAD LANGFORD (Aquatics Director) at [blangford@oc-sportsplex.com](mailto:blangford@oc-sportsplex.com) or 919.644.0339 ext. 241.

*\*Schedule is subject to change without notice\**

# AQUATICS CENTER SCHEDULE: SEPTEMBER 2023

## RECREATION POOL

<b>SCHEDULE KEY:</b>	LAP = Lap Swim Lane OPEN = Open Swim Area	LAP = Swim for Charlie WF = Water Fitness GSL = Group Swim Lessons
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### SCHEDULE NOTES:

Swim Team Practices begin in the evenings on September 5th. There will be limited competition pool lane availability from 4:00 to 8:00pm every weekday.

Water Polo will use 6 lanes in the Competition Pool on Sundays from 4:30-6:30pm

No weekend swim meets hosted by the Sportsplex in September!

SUNDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
12:00PM - 6:00PM	OPEN	OPEN	LAP	LAP	LAP
6:00PM - 7:00PM	OPEN	OPEN	LAP	LAP	LAP
MONDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 8:00AM	OPEN	OPEN	LAP	LAP	LAP
8:00AM - 9:45AM	OPEN	WF	WF	LAP	LAP
9:45AM - 11:00AM	OPEN	OPEN	LAP	LAP	LAP
11:00AM - 1:00PM	OPEN	LAP	LAP	LAP	LAP
1:00PM - 4:45PM	OPEN	OPEN	LAP	LAP	LAP
4:45PM - 7:15PM	OPEN	OPEN	LAP	LAP	GSL
7:15PM - 8:00PM	OPEN	OPEN	LAP	WF	GSL
8:00PM - 9:00PM	OPEN	OPEN	LAP	LAP	LAP
TUESDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 8:30AM	OPEN	OPEN	LAP	LAP	LAP
8:30AM - 9:15AM	OPEN	WF	WF	LAP	LAP
9:15AM - 11:00AM	OPEN	OPEN	LAP	LAP	LAP
11:00AM - 1:00PM	OPEN	LAP	LAP	LAP	LAP
1:00PM - 4:45PM	OPEN	OPEN	LAP	LAP	LAP
4:45PM - 5:15PM	OPEN	OPEN	LAP	LAP	GSL
5:15PM - 7:05PM	OPEN	OPEN	LAP	LAP	LAP
7:05PM - 7:35PM	OPEN	OPEN	LAP	LAP	GSL
7:35PM - 9:00PM	OPEN	OPEN	LAP	LAP	LAP
WEDNESDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 8:00AM	OPEN	OPEN	LAP	LAP	LAP
8:00AM - 9:45AM	OPEN	WF	WF	LAP	LAP
9:45AM - 11:00AM	OPEN	OPEN	LAP	LAP	LAP
11:00AM - 1:00PM	OPEN	LAP	LAP	LAP	LAP
1:00PM - 4:45PM	OPEN	OPEN	LAP	LAP	LAP
4:45PM - 7:15PM	OPEN	OPEN	LAP	LAP	GSL
7:15PM - 8:00PM	OPEN	OPEN	LAP	WF	GSL
8:00PM - 9:00PM	OPEN	OPEN	LAP	LAP	LAP
THURSDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 9:00AM	OPEN	OPEN	LAP	LAP	LAP
9:00AM - 9:45AM	OPEN	WF	WF	LAP	LAP
9:45AM - 11:00AM	OPEN	OPEN	LAP	LAP	LAP
11:00AM - 1:00PM	OPEN	LAP	LAP	LAP	LAP
1:00PM - 4:45PM	OPEN	OPEN	OPEN	LAP	LAP
4:45PM - 5:15PM	OPEN	OPEN	LAP	LAP	GSL
5:15PM - 7:05PM	OPEN	OPEN	LAP	LAP	LAP
7:05PM - 7:35PM	OPEN	OPEN	LAP	LAP	GSL
7:35PM - 9:00PM	OPEN	OPEN	LAP	LAP	LAP
FRIDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 8:00AM	OPEN	OPEN	LAP	LAP	LAP
8:00AM - 10:45AM	OPEN	WF	WF	LAP	LAP
9:45AM - 9:00PM	OPEN	OPEN	LAP	LAP	LAP
SATURDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 9:15AM	OPEN	OPEN	LAP	LAP	LAP
9:15AM - 9:45AM	OPEN	GSL	LAP	LAP	LAP
9:45AM - 12:05PM	OPEN	OPEN	LAP	LAP	GSL
12:05PM - 4:45PM	OPEN	OPEN	LAP	LAP	LAP
4:45PM - 5:15PM	OPEN	OPEN	LAP	LAP	GSL
5:15PM - 9:00PM	OPEN	OPEN	LAP	LAP	LAP