

AQUATICS CENTER SCHEDULE: April 2024

RECREATION POOL

SCHEDULE KEY:	WLAP = Walk Lap Swim Lanes	SFC = Swim for Charlie
	OPEN = Open Swim Area	WF = Water Fitness
	SLAP = Swim Lap Lanes	GSL = Group Swim Lessons
	OLAP = Open Lap Lanes	

SCHEDULE NOTES:

Swim Team Practices take place on weekday evenings and Saturday mornings. 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 4:00-5:30pm

Thursday, April 25th

Senior Games

Starting at 10:00am
(Will Occupy 7-8 Lanes in Competition Pool until 12:00/12:30pm)

**Lifeguard Certification
Classes: April 26th - 28th**

**Lifeguard Instructor
Certification Classes:
April 12th - 14th**

Will be using various lanes space in both the Recreation Pool and Competition Pool (lane use is determined by class size)

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

AQUATICS CENTER SCHEDULE: April 2024

COMPETITION POOL

SCHEDULE KEY:

**See schedule notes on back of schedule.*

MST = Masters Swim Team
 GSL = Group Swim Lessons
 LAP = Lap Swim Lane

SFC = Swim for Charlie
 CAT = Carolina Aquatic Team
 HAC = Hillsborough Aquatic Club

HS = High School Swim
 WF = Water Fitness
 WP = Water Polo

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 Swim					Lap Swim					
4:30PM - 6:30PM	Waterpolo					Lap Swim					
6:30PM - 7:00PM	Lap Swim										
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	Masters Swimming					Lap Swim					
6:30AM - 7:45AM	Lap Swim				Lap Swim			Lap Swim			
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim			
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim			
10:00AM - 11:00AM	Deep Water fitness		Lap Swim		Lap Swim			Lap Swim			Lap Swim
11:00AM - 11:15AM	Lap Swim				Lap Swim			Lap Swim			
11:15AM - 12:00PM	Lap Swim				Lap Swim			Lap Swim			
12:00PM - 1:00PM	Masters Swimming					Lap Swim					
1:00PM - 3:45PM	Lap Swim					Lap Swim					
3:45PM - 4:00PM	Lap Swim					Lap Swim					
4:00PM - 5:00PM	Lap Swim				Hillsborough Aquatic Club			Hillsborough Aquatic Club			
5:00PM - 6:30PM	GSL	Laps Swim		HAC	Hillsborough Aquatic Club			Hillsborough Aquatic Club			
6:30PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
8:00PM - 9:00PM	Lap Swim										
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	Masters Swimming					Lap Swim					
6:30AM - 7:45AM	Lap Swim				Lap Swim			Lap Swim			
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim			
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim			
10:00AM - 11:00AM	Lap Swim				Lap Swim			Lap Swim			
11:00AM - 11:15AM	Lap Swim				Lap Swim			Lap Swim			SFC
11:15AM - 12:00PM	Lap Swim				Lap Swim			Lap Swim			
12:00PM - 1:00PM	Lap Swim				Lap Swim			Lap Swim			
1:00PM - 3:45PM	Lap Swim					Lap Swim					
3:45PM - 4:00PM	Lap Swim					Lap Swim					
4:00PM - 5:00PM	Lap Swim				Hillsborough Aquatic Club			Hillsborough Aquatic Club			
5:00PM - 6:00PM	GSL	Laps Swim		HAC	Hillsborough Aquatic Club			Hillsborough Aquatic Club			
6:00PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
8:00PM - 9:00PM	Lap Swim										
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	Masters Swimming					Lap Swim					
6:30AM - 7:45AM	Lap Swim				Lap Swim			Lap Swim			
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim			
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim			
10:00AM - 11:00AM	Deep Water fitness		Lap Swim		Lap Swim			Lap Swim			Lap Swim
11:00AM - 11:15AM	Lap Swim				Lap Swim			Lap Swim			
11:15AM - 12:00PM	Lap Swim				Lap Swim			Lap Swim			
12:00PM - 1:00PM	Masters Swimming					Lap Swim					
1:00PM - 3:45PM	Lap Swim					Lap Swim					
3:45PM - 4:00PM	Lap Swim					Lap Swim					
4:00PM - 5:00PM	Lap Swim				Hillsborough Aquatic Club			Hillsborough Aquatic Club			
5:00PM - 6:30PM	GSL	Laps Swim		HAC	Hillsborough Aquatic Club			Hillsborough Aquatic Club			
6:30PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
8:00PM - 9:00PM	Lap Swim										
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	Masters Swimming					Lap Swim					
6:30AM - 7:45AM	Lap Swim				Lap Swim			Lap Swim			
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim			
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim			
10:00AM - 11:00AM	Lap Swim				Lap Swim			Lap Swim			
11:00AM - 11:15AM	Lap Swim				Lap Swim			Lap Swim			SFC
11:15AM - 12:00PM	Lap Swim				Lap Swim			Lap Swim			
12:00PM - 1:00PM	Lap Swim				Lap Swim			Lap Swim			
1:00PM - 3:45PM	Lap Swim					Lap Swim					
3:45PM - 4:00PM	Lap Swim					Lap Swim					
4:00PM - 5:00PM	Lap Swim				Hillsborough Aquatic Club			Hillsborough Aquatic Club			
5:00PM - 6:00PM	GSL	Laps Swim		HAC	Hillsborough Aquatic Club			Hillsborough Aquatic Club			
6:00PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
8:00PM - 9:00PM	Lap Swim										
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	Masters Swimming					Lap Swim					
6:30AM - 7:45AM	Lap Swim				Lap Swim			Lap Swim			
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim			
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim			
10:00AM - 11:00AM	Deep Water fitness		Lap Swim		Lap Swim			Lap Swim			Lap Swim
11:00AM - 11:15AM	Lap Swim				Lap Swim			Lap Swim			
11:15AM - 12:00PM	Lap Swim				Lap Swim			Lap Swim			
12:00PM - 1:00PM	Masters Swimming					Lap Swim					
1:00PM - 3:45PM	Lap Swim					Lap Swim					
3:45PM - 4:00PM	Lap Swim					Lap Swim					
4:00PM - 5:00PM	Lap Swim				Hillsborough Aquatic Club			Hillsborough Aquatic Club			
5:00PM - 6:30PM	GSL	Laps Swim		HAC	Hillsborough Aquatic Club			Hillsborough Aquatic Club			
6:30PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club			
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8:00PM - 9:00PM	Lap Swim										
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 Swim										
7:00AM - 9:00AM	Lap Swim				Hillsborough Aquatic Club						
9:00AM - 10:00AM	Lap Swim				Lap Swim						
10:00AM - 11:00AM	Carolina Aquatic Team				Carolina Aquatic Team			Lap Swim			
11:00AM - 11:30AM	Lap Swim				Lap Swim			Lap Swim			
11:30AM - 9:00PM	Lap Swim										

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

Schedule is subject to change without notice