

# AQUATICS CENTER SCHEDULE: September 2024

## RECREATION POOL

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

**SCHEDULE NOTES:**

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

**Swim Team Practices:**

There will be limited lane space in the COMP Pool Monday - Friday mornings and evenings and Saturday morning during **ALL** practice times. **MASTERS** is included in the times below

M/W/F - Start 6/3 COMP Pool

•TBD - AM Times

•12:00P - 1:00P

•3:30P - 8:00P

TU/TH - Start 9/3 COMP Pool

•3:30P - 8:00P

SAT - Starts 9/7 COMP Pool

•7:00A - 11:00A

**Water Polo:** SUNDAYS

Comp Pool Lanes 0-6

•4:00P-5:30P

**Group Swim Lessons:**

There will be limited lane space in the REC Pool Monday-Saturday during ALL Group Swim Lessons times

M/W Start 9/04 REC Pool Open Area & Lanes 1-2

•2:45P -3:15P

•4:30P-8:00P

TU/TH Start 9/05 REC Pool Open Area & Lane 1

•8:45A -10:00A

•1:30P-3:00P

•4:30P-8:00P

SAT Starts 9/07 REC Pool Open Area & Lane 1

•9:00A-1:30P

**Group/Camp/SFC:** There

will be limited lane space in the REC Pool weekdays during ALL Group/Camp/SFC Swim times.

M-F - REC Open Area & Lane 3

•11:00A-1:00P

TH - REC Open Area & Lane 3

•11:30A -1:00P

•3:30P-4:30P

# AQUATICS CENTER SCHEDULE: September 2024

COMPETITION POOL

<b>SCHEDULE KEY:</b> <i>*See schedule notes on back of schedule.</i>	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
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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			Lap Swim			
4:30PM - 6:30PM	Waterpolo					Lap Swim			Lap Swim			
6:30PM - 7:00PM	Lap Swim					Lap Swim			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			Lap Swim			
6:30AM - 7:00AM	Lap Swim					Lap Swim			Lap Swim			
7:00AM - 9:00AM	Lap Swim					Lap Swim			Lap Swim			
9:00AM - 10:00AM	Lap Swim					Lap Swim			Lap Swim			
10:00AM - 11:00AM	Deep Water fitness		Lap Swim			Lap Swim			Lap Swim			
11:00AM - 11:15AM	Lap Swim					Lap Swim			Lap Swim			
11:15AM - 12:00PM	Masters Swimming					Lap Swim			Lap Swim			
12:00PM - 1:00PM	Lap Swim					Lap Swim			Lap Swim			
1:00PM - 3:45PM	Lap Swim					Lap Swim			Lap Swim			
3:45PM - 4:00PM	Lap Swim					Lap Swim			Lap Swim			
4:00PM - 5:00PM	GSL	HAC		Hillsborough Aquatic Club			Hillsborough Aquatic Club					
5:00PM - 6:30PM	HAC		Hillsborough Aquatic Club			Hillsborough Aquatic Club						
6:30PM - 7:00PM	Carolina Aquatic Team			Carolina Aquatic Team			HAC		Lap Swim			
7:00PM - 8:00PM	Lap Swim					Lap Swim			Lap Swim			
8:00PM - 9:00PM	Lap Swim					Lap Swim			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	Lap Swim					Lap Swim			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			
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			Lap Swim			
3:45PM - 4:00PM	Lap Swim					Lap Swim			Lap Swim			
4:00PM - 5:00PM	Lap Swim		HAC			Hillsborough Aquatic Club						
5:00PM - 6:00PM	GSL	Lap Swim		Hillsborough Aquatic Club			Hillsborough Aquatic Club					
6:00PM - 7:00PM	Carolina Aquatic Team			Carolina Aquatic Team			Lap Swim		Lap Swim			
7:00PM - 8:00PM	Lap Swim					Lap Swim			Lap Swim			
8:00PM - 9:00PM	Lap Swim					Lap Swim			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			Lap Swim			
6:30AM - 7:00AM	Lap Swim					Lap Swim			Lap Swim			
7:00AM - 9:00AM	Lap Swim					Lap Swim			Lap Swim			
9:00AM - 10:00AM	Lap Swim					Lap Swim			Lap Swim			
10:00AM - 11:00AM	Deep Water fitness		Lap Swim			Lap Swim			Lap Swim			
11:00AM - 11:15AM	Lap Swim					Lap Swim			Lap Swim			
11:15AM - 12:00PM	Masters Swimming					Lap Swim			Lap Swim			
12:00PM - 1:00PM	Lap Swim					Lap Swim			Lap Swim			
1:00PM - 3:45PM	Lap Swim					Lap Swim			Lap Swim			
3:45PM - 4:00PM	Lap Swim					Lap Swim			Lap Swim			
4:00PM - 5:00PM	GSL	HAC		Hillsborough Aquatic Club			Hillsborough Aquatic Club					
5:00PM - 6:30PM	HAC		Hillsborough Aquatic Club			Hillsborough Aquatic Club						
6:30PM - 7:00PM	Carolina Aquatic Team			Carolina Aquatic Team			HAC		Lap Swim			
7:00PM - 8:00PM	Lap Swim					Lap Swim			Lap Swim			
8:00PM - 9:00PM	Lap Swim					Lap Swim			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	Lap Swim					Lap Swim			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			
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			Lap Swim			
3:45PM - 4:00PM	Lap Swim					Lap Swim			Lap Swim			
4:00PM - 5:00PM	Lap Swim		HAC			Hillsborough Aquatic Club						
5:00PM - 6:00PM	GSL	Lap Swim		Hillsborough Aquatic Club			Hillsborough Aquatic Club					
6:00PM - 7:00PM	Carolina Aquatic Team			Carolina Aquatic Team			Hillsborough Aquatic Club		Lap Swim			
7:00PM - 8:00PM	Lap Swim					Lap Swim			Lap Swim			
8:00PM - 9:00PM	Lap Swim					Lap Swim			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			Lap Swim			
6:30AM - 7:00AM	Lap Swim					Lap Swim			Lap Swim			
7:00AM - 9:00AM	Lap Swim					Lap Swim			Lap Swim			
9:00AM - 10:00AM	Lap Swim					Lap Swim			Lap Swim			
10:00AM - 11:00AM	Deep Water fitness		Lap Swim			Lap Swim			Lap Swim			
11:00AM - 11:15AM	Lap Swim					Lap Swim			Lap Swim			
11:15AM - 12:00PM	Masters Swimming					Lap Swim			Lap Swim			
12:00PM - 1:00PM	Lap Swim					Lap Swim			Lap Swim			
1:00PM - 3:45PM	Lap Swim					Lap Swim			Lap Swim			
3:45PM - 4:00PM	Lap Swim					Lap Swim			Lap Swim			
4:00PM - 5:00PM	GSL	HAC		Hillsborough Aquatic Club			Hillsborough Aquatic Club					
5:00PM - 6:30PM	HAC		Hillsborough Aquatic Club			Hillsborough Aquatic Club						
6:30PM - 7:00PM	Carolina Aquatic Team			Carolina Aquatic Team			HAC		Lap Swim			
7:00PM - 8:00PM	Lap Swim					Lap Swim			Lap Swim			
8:00PM - 9:00PM	Lap Swim					Lap Swim			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 - 8:00AM	Lap Swim					Lap Swim			Lap Swim			
8:00AM - 10:00AM	Lap Swim					Lap Swim			Lap Swim			
10:00AM - 11:00AM	Carolina Aquatic Team			Carolina Aquatic Team			Hillsborough Aquatic Club		Lap Swim			
11:00AM - 11:30AM	Lap Swim					Lap Swim			Lap Swim			
11:30AM - 9:00PM	Lap Swim					Lap Swim			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\**