

AQUATICS CENTER SCHEDULE: JANUARY 2026

RECREATION POOL

SWIM INTO 2026 WITH ORANGE COUNTY SPORTSPLEX

WLAP: Walk Lap Lanes

SFC: Swim for Charlie

OPEN: Open Swim Area

WF: Water Fitness

SLAP: Swim Lap Lanes

GSL: Group Swim Lessons

OLAP: Open Lap Lanes

GS: Group Swim

SCHEDULE KEY:

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 - 4:45PM	OPEN	OPEN	OLAP	WLAP	SLAP
4:45PM - 7:30PM	OPEN	OPEN	OLAP	OLAP	GSL
7:15PM - 8:00PM	OPEN	WF	WF	OLAP	OLAP
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	GSL	OPEN	OLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:30PM - 3:00PM	GS	GS	WLAP	WLAP	SLAP
1:00PM - 4:00PM	OPEN	OPEN	WLAP	WLAP	SLAP
4:00PM - 7:30PM	OPEN	OPEN	SLAP	WLAP	GSL
7:30PM - 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 - 4:45PM	OPEN	OPEN	OLAP	WLAP	SLAP
4:45PM - 7:30PM	OPEN	OPEN	OLAP	OLAP	GSL
7:15PM - 8:00PM	OPEN	WF	WF	OLAP	OLAP
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 - 9:15AM	OPEN	WF	WF	WLAP	SLAP
9:15AM - 11:00AM	GSL	OPEN	WLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 3:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
1:30PM - 3:00PM	GS	GS	WLAP	WLAP	SLAP
3:30PM - 4:30PM	OPEN	GS	WLAP	WLAP	SLAP
4:00PM - 7:30PM	OPEN	OPEN	SLAP	WLAP	GSL
7:30PM - 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 - 10:00AM	OPEN	WF	WF	OLAP	OLAP
10:00AM - 11:00AM	OPEN	OPEN	OLAP	WF	WF
10:30AM - 12:00PM	GS	GS	WLAP	WLAP	SLAP
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 - 8:00AM	OPEN	OPEN	OLAP	OLAP	OLAP
8:00AM - 12:00PM	OPEN	GSL	OLAP	OLAP	GSL
12:00PM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP

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

M/W REC Pool Open Area & Lanes 1

- 5:00P-7:30P

TU/TH REC Pool Open Area & Lane 1

- 5:15A -11:30A

- 5:00P-7:30P

SAT REC Pool Open Area & Lane 1

- 8:00A-12:00P

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

SWIM FOR CHARLIE:

JAN 6TH - JAN 30TH

M-F REC OpenArea&Lane 3

- 1:00A-1:00P

GROUP SWIMS:

NO GROUP SWIM AT THIS TIME

M-F REC OpenArea&Lane 3

- 10A-12:00P

- 1:30P-3:00P

Swim Meets:

The COMP Pool will be CLOSED to patron use during ALL High School swim meets. The AQUATICS Department will be CLOSED to patron use during ALL Swim Club swim meets. CLUB & HIGH SCHOOL Swim Meets is/are included in the dates/times below:

CAT Frozen Frenzy Swim Meet

AQUATIC CENTER CLOSED

- FRI JAN 9th (Evening)
- SAT JAN 10th (Majority Day)
- SUN JAN 11th (All Day)

YBAC Blizzard Swim Meet

AQUATIC CENTER CLOSED

- SAT JAN 17th (Majority Day)
- SUN JAN 18th (All Day)

AQUATIC CENTER CLOSED

THURSDAY JAN 1ST

For questions about the schedule or to inquire about group swim/pool rentals, please contact ANNA VARNELL (Aquatics Director) at avarnell@oc-sportsplex.com or 919.644.0339 ext. 229

Schedule is subject to change without notice

AQUATICS CENTER SCHEDULE: JANUARY 2026

COMPETITION POOL

SWIM INTO 2026 WITH ORANGE COUNTY SPORTSPLEX

SCHEDULE KEY:		MST: Masters Swim Team		SFC: Swim for Charlie		HSS: High School Swim		SCHEDULE NOTES:			
		GSL: Group Swim Lessons		CAT: Carolina Aquatic Team		WF: Water Fitness					
BLANK: Open Swim Lane		HAC: Hillsborough Aquatic Club		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											
4:30PM - 6:30PM	Water Polo										
6:30PM - 7:00PM											
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										
6:30AM - 7:45AM	High School Swim			HAC		High School Swim					
7:45AM - 10:00AM											
10:00AM - 11:00AM	OCEAN MOTION										
11:00AM - 12:00PM											SFC
12:00PM - 1:00PM	Masters Swimming										
1:00PM - 4:00PM											
4:00PM - 5:00PM						GSL	Hillsborough Aquatic Club				
5:00PM - 6:30PM	GSL			Carolina Aquatic Team							
6:30PM - 8:00PM	Carolina Aquatic Team										
8:00PM - 9:00PM											
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											
6:30AM - 7:45AM	High School Swim			High School Swim							
7:45AM - 11:00AM											
11:00AM - 1:00PM											SFC
1:00PM - 4:00PM											
4:00PM - 5:00PM	High School Swim			GSL	Hillsborough Aquatic Club						
5:00PM - 6:30PM	GSL			Carolina Aquatic Team							
6:30PM - 8:00PM	Carolina Aquatic Team										
8:00PM - 9:00PM											
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										
6:30AM - 7:45AM	High School Swim			High School Swim							
7:45AM - 11:00AM											
11:00AM - 12:00PM											SFC
12:00PM - 1:00PM	Masters Swimming										
1:00PM - 4:00PM											
4:00PM - 5:00PM	High School Swim			GSL	Hillsborough Aquatic Club						
5:00PM - 6:30PM	GSL			Carolina Aquatic Team							
6:30PM - 8:00PM	Carolina Aquatic Team										
8:00PM - 9:00PM											
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											
6:30AM - 7:45AM	High School Swim			High School Swim							
7:45AM - 9:30AM											
9:30AM - 10:15AM											GSL
10:15AM - 11:00AM											
11:00AM - 1:00PM											SFC
1:00PM - 4:00PM											
4:00PM - 5:00PM	High School Swim			GSL	Hillsborough Aquatic Club						
5:00PM - 6:30PM	GSL			Carolina Aquatic Team							
6:30PM - 8:00PM	Carolina Aquatic Team										
8:00PM - 9:00PM											
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										
6:30AM - 7:45AM	High School Swim			HAC		High School Swim					
7:45AM - 10:00AM											
10:00AM - 11:00AM	OCEAN MOTION										
11:00AM - 12:00PM											SFC
12:00PM - 1:00PM	Masters Swimming										
1:00PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:30PM											
6:30PM - 8:00PM	Carolina Aquatic Team						Hillsborough Aquatic Club				
8:00PM - 9:00PM	Carolina Aquatic Team										
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											
7:00AM - 8:00AM											
8:00AM - 10:00AM											
10:00AM - 11:15AM	Carolina Aquatic Team						Hillsborough Aquatics Club				
11:15AM - 9:00PM											

For questions about the schedule or to inquire about group swim/pool rentals, please contact ANNA VARNELL (Aquatics Director) at avarnell@oc-sportsplex.com or 919.644.0339 ext. 229

Schedule is subject to change without notice

Swim Team Practices:

There will be limited lane space in the COMP Pool Monday - Friday mornings and Saturday morning during ALL practice times. **MASTERS SWIM & HIGH SCHOOLS** are included in the times below.

M/W/F - COMP Pool

- 6:30A - 6:30A
- 6:30A - 7:45A
- 1:00P - 1:00P
- 8:00P - 8:00P

TU/TH - COMP Pool

- 6:30A - 7:45A
- 8:00P - 8:00P

SAT - COMP Pool

- 8:30A - 8:30A
- 11:15A - 11:15A

Swim Meets:

The COMP Pool will be CLOSED to patron use during ALL High School swim meets. The AQUATICS Department will be CLOSED to patron use during ALL Swim Club swim meets. CLUB & HIGH SCHOOL Swim Meets are included in the dates/times below:

HIGH SCHOOL MEETS:

COMP POOL CLOSED!

- WED Jan 7th (9:30AM-1:30PM)
- THU Jan 8th (8:00PM-CLOSE)
- MON Jan 12th (2:00PM-5:30PM)
- TUE Jan 20th (7:00PM-CLOSE)
- WED Jan 21st (8:00PM-CLOSE)
- THU Jan 22nd (12:30PM-4:30PM)
- THU Jan 22nd (7:00PM-CLOSE)

CLUB MEETS:

CAT Frozen Frenzy Swim Meet

AQUATIC CENTER CLOSED

- SAT JAN 17th (Majority Day)
- SUN JAN 18th (All Day)

YBAC Blizzard Swim Meet

AQUATIC CENTER CLOSED

- SAT JAN 17th (Majority Day)
- SUN JAN 18th (All Day)

Water Polo:

SUNDAYS Comp Pool Lanes 0-6

- 8:00P-5:30P

AQUATIC CENTER CLOSED

THURSDAY JAN 1ST