

AQUATICS CENTER SCHEDULE: JULY 2026

RECREATION POOL

SCHEDULE KEY:	OPEN: Open Swim Area	SFC: Swim for Charlie
	WLAP: Walk Lap Lanes	WF: Water Fitness
	SLAP: Swim Lap Lanes	GSL: Group Swim Lessons
	OLAP: Open Lap Lanes	GS: 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 - 10:30AM	OPEN	OPEN	WLAP	WLAP	SLAP
10:30AM - 12:00PM	GS	GS	GS/OLAP	WLAP	SLAP
12:00PM - 1:00PM	OPEN	OPEN	OLAP	WLAP	SLAP
1:00PM - 3:00PM	GS	GS	GS/OLAP	WLAP	SLAP
3:00PM - 5:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
5:00PM - 7:30PM	OPEN	OPEN	OLAP	OLAP	GSL
7:30PM - 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 - 10:30AM	OPEN	OPEN	WLAP	WLAP	SLAP
10:30AM - 12:00PM	GS	GS	GS/OLAP	WLAP	SLAP
12:00PM - 1:00PM	OPEN	OPEN	OLAP	WLAP	SLAP
1:00PM - 3:00PM	GS	GS	GS/OLAP	WLAP	SLAP
3:00PM - 4:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
4:00PM - 7:30PM	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 - 10:30AM	OPEN	OPEN	OLAP	WLAP	SLAP
10:30AM - 12:00PM	GS	GS	GS/OLAP	WLAP	SLAP
12:00PM - 1:00PM	OPEN	OPEN	OLAP	WLAP	SLAP
1:00PM - 3:00PM	GS	GS	GS/OLAP	WLAP	SLAP
3:00PM - 3:30PM	OPEN	OPEN	OLAP	WLAP	SLAP
5:00PM - 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 - 10:30AM	OPEN	OPEN	WLAP	WLAP	SLAP
10:30AM - 12:00PM	GS	GS	GS/OLAP	WLAP	SLAP
12:00PM - 1:00PM	OPEN	OPEN	OLAP	WLAP	SLAP
1:00PM - 3:00PM	GS	GS	GS/OLAP	WLAP	SLAP
3:00PM - 4:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
4:00PM - 7:30PM	OPEN	OPEN	OLAP	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	GS/OLAP	WLAP	SLAP
12:00PM - 1:00PM	OPEN	OPEN	OLAP	WLAP	SLAP
1:00PM - 3:00PM	GS	GS	GS/OLAP	WLAP	SLAP
3:00PM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
SATURDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
7:00AM - 8:30AM	OPEN	OPEN	OLAP	OLAP	OLAP
8:30AM - 12:00PM	OPEN	GSL	OLAP	GSL	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

•9:15A-11:30A-

•4:00P-7:30P

SAT REC Pool Open Area & Lane 1

•8:30A-12:00P

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

KIDPLEX/GROUP SWIMS:

JULY 1ST - JUNE 30TH

M-F REC OpenArea&Lane 3

•10:30A-12:00P

•1:30A-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:

NO SWIM MEETS

LIFEGUARD CERTIFICATION COURSES:

Portions of the REC Pool and COMP Pool, along with adjacent porins of the Aquatic Center deck space will be CLOSED to patron use during ALL American Red Cross Lifeguard Certification Courses.

COURSE WEEKEDS

•JULY 17TH- 19TH

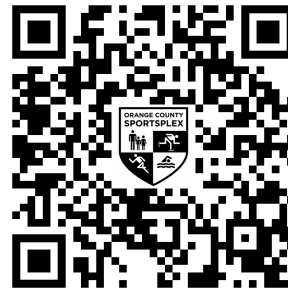
•JULY 25TH RE-CERT ONLY

CLASS TIMES

•5:00P - 9:00P - FRI

•9:00A - 7:00P - SAT

•10:00A - 6:00 - SUN



For questions or to inquire about lane space/pool rentals, please contact ANNA VARNELL at avarnell@oc-sportsplex.com or 919.644.0339 ext. 229.

Schedule is subject to change without notice

AQUATICS CENTER SCHEDULE: JULY 2026

COMPETITION POOL

SCHEDULE KEY:	MST: Masters Swim Team	SFC: Swim for Charlie	HSS: High School Swim
	GSL: Group Swim Lessons	CAT: Carolina Aquatic Team	WF: Water Fitness
	BLANK: Open Swim Lane	HAC: Hillsborough Aquatic Club	WP: Water Polo

SCHEDULE NOTES:

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 - 7:00AM												
7:00AM - 8:30AM												
8:30AM - 9:00AM					Hillsborough Aquatic Club							
9:00AM-10:00AM												
10:00AM - 11:00AM		OCEAN MOTION										
11:00AM - 12:00PM		Masters Swimming										
12:00PM - 1:00PM												
1:00PM - 4:00PM												
4:00PM - 5:00PM					Hillsborough Aquatic Club							
5:00PM - 6:30PM		GSL										
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 - 4:00PM												
4:00PM - 5:00PM		GSL							Hillsborough Aquatic Club			
5:00PM - 6:30PM												
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 - 7:00AM												
7:00AM - 8:30AM												
8:30AM - 9:00AM					Hillsborough Aquatic Club							
9:00AM-10:00AM												
10:00AM - 12:00PM												
12:00PM - 1:00PM		Masters Swimming										
1:00PM - 4:00PM												
4:00PM - 5:00PM								Hillsborough Aquatic Club				
5:00PM - 6:30PM		GSL										
6:30PM - 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 - 9:30AM												
8:30AM - 9:30AM								Hillsborough Aquatic Club				
9:30AM - 10:00AM												
10:00AM - 4:00PM												
4:00PM - 5:00PM		GSL										
5:00PM - 6:30PM							Hillsborough Aquatic Club					
6:30PM - 8:00PM		Carolina Aquatic Team										
8:00PM - 9:00PM												
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5:30AM - 6:30AM		Masters Swimming										
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9:00AM-10:00AM												
10:00AM - 11:00AM		OCEAN MOTION										
11:00AM - 12:00PM		Masters Swimming										
12:00PM - 1:00PM												
1:00PM - 4:00PM												
4:00PM - 5:00PM							Hillsborough Aquatic Club					
5:00PM - 6:30PM												
6:30PM - 8:00PM		Carolina Aquatic Team										
8:00PM - 9:00PM												
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 - 8:30AM												
8:30AM - 10:00AM					Hillsborough Aquatics Club							
10:00AM - 11:00 AM												
11:00AM - 12:00PM		GSL										
12:00PM - 9:00PM												

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 SWIM & HIGH SCHOOLS** are included in the times below.

M/W/F - COMP Pool

- 5:30A - 6:30A
- 7:00A - 10:00A
- 12:00P - 1:00P
- 4:00P - 8:00P

TU/TH - COMP Pool

- 8:30A - 10:00A
- 4:00P - 8:00P

SAT - COMP Pool

- 7:00A - 11:15A
- 10:00A - 11:15A

Water Polo:

SUNDAYS Comp Pool Lanes 0-6
• 4:00P-5:30P

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:

NO SWIM MEETS

LIFEGUARD CERTIFICATION COURSES:

Portions of the REC Pool and COMP Pool, along with adjacent porins of the Aquatic Center deck space will be CLOSED to patron use during ALL American Red Cross Lifeguard Certification Courses.

COURSE WEEKENDS

- JULY 17TH- 19TH
- JULY 25TH RE-CERT ONLY

CLASS TIMES

- 5:00P - 9:00P - FRI
- 9:00A - 7:00P - SAT
- 10:00A - 6:00 - SUN

**COMP POOL FLIPPED TO SHORT COURSE METERS
MAY 3RD - AUG. 2ND**

The Comp Pool lap will turn from 25 yards to 25 meters. This adds 7.02 feet of distance to the length of a lap and a few inches to the width of the lanes. The new direction of swimming will be parallel with the bulkhead (from the bleachers to the score board). There will be 10 lanes total with lane 1 running along the bulkhead, and lane 10 will run along the dive blocks.