

AQUATICS CENTER SCHEDULE: MARCH 2025

RECREATION POOL

SCHEDULE KEY:	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 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 - 3:30PM	OPEN	OPEN	OLAP	WLAP	SLAP
3:30PM - 8:00PM	OPEN	OPEN	OLAP	GSL	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
9:00AM - 11:15AM	GSL	OPEN	OLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 3:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
3:30PM - 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 - 3:30PM	OPEN	OPEN	OLAP	WLAP	SLAP
3:30PM - 8:00PM	OPEN	OPEN	OLAP	GSL	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	GSL	WF	WF	WLAP	SLAP
9:00AM - 11:15AM	GSL	OPEN	WLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 3:30PM	OPEN	OPEN	WLAP	WLAP	SLAP
3:30PM - 4:30PM	OPEN	GS	WLAP	WLAP	GSL
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 - 10:45AM	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	GSL	GSL
1:30PM - 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 1-2
•3:30P-7:30P

TU/TH REC Pool Open Area & Lane 1-2
•9:00A -11:30A
•3:30P-7:30P

SAT REC Pool Open Area & Lane 1-2
•8:15A-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:
MARCH 1ST – MARCH 28TH
M-F REC OpenArea&Lane 3
•11:00A-1:00P
TU/TH REC OpenArea&Lane 3
•3:30P-4:30P

GROUP SWIMS:
MARCH 17TH – APRIL 4TH
M-F REC OpenArea&Lane 3
•10:30A-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:

NO SWIM MEETS

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

AQUATICS CENTER SCHEDULE: MARCH 2025

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 - 7:45AM	Masters Swimming										
7:45AM - 10:00AM											
10:00AM - 11:00AM	OCEAN MOTION										
11:00AM - 12:00PM											SFC
12:00PM - 1:00PM	Masters Swimming										
1:00PM - 3:30PM											
3:30PM - 4:00PM	GSL										
4:00PM - 5:00PM											
5:00PM - 6:45PM	Hillsborough Aquatic Club										
6:45PM - 7:00PM	Carolina Aquatic Team										
7:00PM - 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 - 11:00AM											
11:00AM - 1:00PM											SFC
1:00PM - 3:30PM											
3:30PM - 4:00PM	GSL										
4:00PM - 5:00PM											
5:00PM - 6:15PM	Hillsborough Aquatic Club										
6:15PM - 6:45PM	Carolina Aquatic Team										
6:45PM - 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 - 7:45AM	Masters Swimming										
7:45AM - 11:00AM											
11:00AM - 12:00PM											SFC
12:00PM - 1:00PM	Masters Swimming										
1:00PM - 3:30PM											
3:30PM - 4:00PM	GSL										
4:00PM - 5:00PM											
5:00PM - 6:15PM	Carolina Aquatic Team										
6:15PM - 7:00PM	Hillsborough Aquatic Club										
7:00PM - 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 - 9:30AM											
9:30AM - 10:15AM											GSL
10:15AM - 11:00AM											
11:00AM - 1:00PM											SFC
1:00PM - 3:30PM											
3:30PM - 4:00PM	GSL										
4:00PM - 5:00PM											
5:00PM - 6:15PM	Hillsborough Aquatic Club										
6:15PM - 6:45PM	Carolina Aquatic Team										
7:00PM - 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 - 7:45AM	Masters Swimming										
7:45AM - 10:00AM											
10:00AM - 11:00AM	OCEAN MOTION										
11:00AM - 12:00PM											SFC
12:00PM - 1:00PM	Masters Swimming										
1:00PM - 3:30PM											
3:30PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:45PM	Hillsborough Aquatic Club										
6:45PM - 7:00PM	Carolina Aquatic Team										
7:00PM - 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 - 10:00AM											Hillsborough Aquatics Club
10:00AM - 11:15AM	Carolina Aquatic Team										
11:15AM - 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 & HIGH SCHOOL(S)** is/are included in the times below:
M/W/F - Start 6/3 COMP Pool
 •5:30A - 6:30A
 •6:30A - 7:45A
 •12:00P - 1:00P
 •3:30P - 8:00P
TU/TH - Start 9/3 COMP Pool
 •6:30A - 7:45A
 •3:30P - 8:00P
SAT - Starts 9/7 COMP Pool
 •7:00A - 11:00A

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

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

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