

AQUATICS CENTER SCHEDULE: SEPTEMBER 2025

RECREATION POOL

WELCOME BACK! RECREATION POOL WILL OPEN 9/02/25 AT 5:30AM

SCHEDULE KEY: WLAP: Walk Lap Lanes OPEN: Open Swim Area SLAP: Swim Lap Lanes OLAP: Open Lap Lanes	SFC: Swim for Charlie WF: Water Fitness GSL: Group Swim Lessons GS: Group Swim	SCHEDULE NOTES:
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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 - 10:45AM	OPEN	WF	WF	OLAP	OLAP
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

•4:00P-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

•8:00A-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:

SEP 15TH - SEP 30TH

M-F REC OpenArea&Lane 3

•11:00A-1:00P

GROUP SWIMS:

SEP 23RD, 26TH, 30TH

M-F REC OpenArea&Lane 3

•10:30A-12:00P **9/26**

•1:30P-3:00P **9/23 & 9/30**

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

Modified Hours

Sep 2nd and Sep 3rd

5:30AM – 3:30PM

Normal Hours Resume Sep 4th

Mon-Sat 5:30AM – 9:00PM

Sunday 12:00PM – 7:00PM

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: SEPTEMBER 2025

COMPETITION POOL

WELCOME BACK! COMPETITION POOL WILL OPEN 9/04/25 AT 5:30AM

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:

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 9/5 COMP Pool

•5:30A - 6:30A
•6:30A - 7:45A
•12:00P - 1:00P
•4:00P - 8:00P

TU/TH - Start 9/4 COMP Pool

•6:30A - 7:45A
•4:00P - 8:00P

SAT - Starts 9/6 COMP Pool

•7:00A - 8:30A
•10:00A - 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 is/are included in the dates/times below:

NO SWIM MEETS

Water Polo:

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

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											
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											
7:45AM - 10:00AM											
10:00AM - 11:00AM											
11:00AM - 12:00PM											
12:00PM - 1:00PM											
1:00PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:30PM											
6:30PM - 8:00PM											
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											
1:00PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:30PM											
6:30PM - 8:00PM											
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											
7:45AM - 11:00AM											
11:00AM - 12:00PM											
12:00PM - 1:00PM											
1:00PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:30PM											
6:30PM - 8:00PM											
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 - 9:30AM											
9:30AM - 10:15AM											
10:15AM - 11:00AM											
11:00AM - 1:00PM											
1:00PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:30PM											
6:30PM - 8:00PM											
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											
7:45AM - 10:00AM											
10:00AM - 11:00AM											
11:00AM - 12:00PM											
12:00PM - 1:00PM											
1:00PM - 4:00PM											
4:00PM - 5:00PM											
5:00PM - 6:30PM											
6:30PM - 8:00PM											
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											
10:00AM - 11:15AM											
11:15AM - 9:00PM											

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