

AQUATICS CENTER SCHEDULE: JULY 2024

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 - 10:30AM	OPEN	OPEN	WLAP	WLAP	SLAP
10:30AM-12:00PM	GS	GS	GS	OLAP	OLAP
12:00PM - 1:00PM	OPEN	GSL	OLAP	OLAP	OLAP
1:30PM - 3:00PM	GS	GS	GS	OLAP	OLAP
3:00PM - 3:45PM	OPEN	GSL	OLAP	OLAP	GSL
3:45PM - 5:15PM	OPEN	OPEN	SLAP	WLAP	OLAP
5:15PM - 7:35PM	OPEN	OPEN	OLAP	GSL	GSL
7:35PM - 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	OLAP
12:00PM - 1:00PM	OPEN	GSL	OLAP	OLAP	OLAP
1:30PM - 3:00PM	GS	GS	GS	OLAP	OLAP
3:00PM - 3:45PM	OPEN	GSL	OLAP	OLAP	GSL
3:45PM - 5:15PM	OPEN	OPEN	SLAP	WLAP	OLAP
5:15PM - 7:35PM	OPEN	OPEN	OLAP	OLAP	GSL
7:35PM - 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	WLAP	WLAP	SLAP
10:30AM-12:00PM	GS	GS	GS	OLAP	OLAP
12:00PM - 1:00PM	OPEN	GSL	OLAP	OLAP	OLAP
1:30PM - 3:00PM	GS	GS	GS	OLAP	OLAP
3:00PM - 3:45PM	OPEN	GSL	OLAP	OLAP	GSL
3:45PM - 5:15PM	OPEN	OPEN	SLAP	WLAP	OLAP
5:15PM - 7:35PM	OPEN	OPEN	OLAP	GSL	GSL
7:35PM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
THURSDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 9:00AM	OPEN	OPEN	OLAP	OLAP	OLAP
9:00AM - 9:45AM	OPEN	WF	WF	WLAP	SLAP
9:45AM - 10:30AM	OPEN	OPEN	WLAP	WLAP	SLAP
10:30AM-12:00PM	GS	GS	GS	OLAP	OLAP
12:00PM - 1:00PM	OPEN	GSL	OLAP	OLAP	OLAP
1:30PM - 3:00PM	GS	GS	GS	OLAP	OLAP
3:00PM - 3:45PM	OPEN	GSL	OLAP	OLAP	GSL
3:45PM - 5:15PM	OPEN	OPEN	SLAP	WLAP	OLAP
5:15PM - 7:35PM	OPEN	OPEN	OLAP	OLAP	GSL
7:35PM - 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 - 10:30AM	OPEN	WF	WF	OLAP	WF
10:30AM-12:00PM	GS	GS	GS	OLAP	OLAP
12:00PM - 1:00AM	OPEN	GSL	OLAP	OLAP	OLAP
1:30PM - 3:00PM	GS	GS	GS	OLAP	OLAP
3:00PM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
SATURDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
7:00AM - 9:15AM	OPEN	OPEN	OLAP	OLAP	OLAP
9:15AM - 1:20PM	OPEN	GSL	OLAP	OLAP	GSL
1:20PM - 2:30PM	OPEN	OPEN	OLAP	OLAP	OLAP
2:30PM - 4:25PM	OPEN	GSL	OLAP	OLAP	GSL
4:25PM - 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 - COMP Pool
 • 2:00A - 9:00A
 • 12:00P-1:00P
 • 3:00P-8:00P
TU/TH Start - COMP Pool
 • 3:00P-8:00P
SAT Starts - COMP Pool
 • 3:00A-10:00A

Water Polo: SUNDAYS
 Comp Pool Lanes 0-6
 • 3:00P-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 5/29 REC Pool Open Area & Lanes 1-2
 • 1:15P-7:35P
TU/TH Start 5/30 REC Pool Open Area & Lane 1
 • 4:5A -10:30A
 • 12:15P -12:45P
 • 3:00P-3:34P
 • 3:50P-4:20P
 • 1:15P-7:35P
SAT Starts 6/1 REC Pool Open Area & Lane 1
 • 1:5A-1:25P
 • 3:0P-4:25P

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

MONDAY - FRIDAY REC Pool Open Areas & Lane 3
 • 10:30A-12:00P
 • 3:00P-3:00P

AQUATICS CENTER SCHEDULE: July 2024

COMPETITION POOL

SCHEDULE KEY:
**See schedule notes on back of schedule.*

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

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						
4:30PM - 6:30PM	Waterpolo					Lap Swim						
6:30PM - 7:00PM	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						
6:30AM - 7:00AM	Lap Swim					Lap Swim						
7:00AM - 9:00AM	Lap Swim					Hillsborough Aquatic Club						
9:00AM - 10:00AM	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						
11:15AM - 12:00PM	Lap Swim					Lap Swim						
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim					Lap Swim						
3:45PM - 4:00PM	Lap Swim					Lap Swim						
4:00PM - 5:00PM	GSL	Laps Swim	HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club			
5:00PM - 6:30PM	Carolina Aquatic Team					Carolina Aquatic Team		HAC		Hillsborough Aquatic Club		
6:30PM - 7:00PM	Lap Swim					Lap Swim						
7:00PM - 8:00PM	Carolina Aquatic Team					Carolina Aquatic Team		HAC		Hillsborough Aquatic Club		
8:00PM - 9:00PM	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						
6:30AM - 7:45AM	Lap Swim					Lap Swim						
7:45AM - 8:30AM	Lap Swim					Lap Swim						
8:30AM - 10:00AM	Lap Swim					Lap Swim						
10:00AM - 11:00AM	Lap Swim					Lap Swim						
11:00AM - 11:15AM	Lap Swim					Lap Swim						
11:15AM - 12:00PM	Lap Swim					Lap Swim						
12:00PM - 1:00PM	Lap Swim					Lap Swim						
1:00PM - 3:45PM	Lap Swim					Lap Swim						
3:45PM - 4:00PM	Lap Swim					Lap Swim						
4:00PM - 5:00PM	GSL	Laps Swim	HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club			
5:00PM - 6:00PM	Carolina Aquatic Team					Carolina Aquatic Team		Lap Swim				
6:00PM - 7:00PM	Lap Swim					Lap Swim						
7:00PM - 8:00PM	Lap Swim					Lap Swim						
8:00PM - 9:00PM	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						
6:30AM - 7:00AM	Lap Swim					Lap Swim						
7:00AM - 9:00AM	Lap Swim					Hillsborough Aquatic Club						
9:00AM - 10:00AM	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						
11:15AM - 12:00PM	Lap Swim					Lap Swim						
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim					Lap Swim						
3:45PM - 4:00PM	Lap Swim					Lap Swim						
4:00PM - 5:00PM	GSL	Laps Swim	HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club			
5:00PM - 6:30PM	Lap Swim					Lap Swim		HAC		Hillsborough Aquatic Club		
6:30PM - 7:00PM	Carolina Aquatic Team					Carolina Aquatic Team		Hillsborough Aquatic Club				
7:00PM - 8:00PM	Lap Swim					Lap Swim						
8:00PM - 9:00PM	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						
6:30AM - 7:45AM	Lap Swim					Lap Swim						
7:45AM - 8:30AM	Lap Swim					Lap Swim						
8:30AM - 10:00AM	Lap Swim					Lap Swim						
10:00AM - 11:00AM	Lap Swim					Lap Swim						
11:00AM - 11:15AM	Lap Swim					Lap Swim						
11:15AM - 12:00PM	Lap Swim					Lap Swim						
12:00PM - 1:00PM	Lap Swim					Lap Swim						
1:00PM - 3:45PM	Lap Swim					Lap Swim						
3:45PM - 4:00PM	Lap Swim					Lap Swim						
4:00PM - 5:00PM	GSL	Laps Swim	HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club			
5:00PM - 6:00PM	Carolina Aquatic Team					Carolina Aquatic Team		Hillsborough Aquatic Club				
6:00PM - 7:00PM	Lap Swim					Lap Swim						
7:00PM - 8:00PM	Lap Swim					Lap Swim						
8:00PM - 9:00PM	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						
6:30AM - 7:00AM	Lap Swim					Lap Swim						
7:00AM - 9:00AM	Lap Swim					Hillsborough Aquatic Club						
9:00AM - 10:00AM	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						
11:15AM - 12:00PM	Lap Swim					Lap Swim						
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim					Lap Swim						
3:45PM - 4:00PM	Lap Swim					Lap Swim						
4:00PM - 5:00PM	GSL	Laps Swim	HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club			
5:00PM - 6:30PM	Carolina Aquatic Team					Carolina Aquatic Team		HAC		Hillsborough Aquatic Club		
6:30PM - 7:00PM	Lap Swim					Lap Swim						
7:00PM - 8:00PM	Lap Swim					Lap Swim						
8:00PM - 9:00PM	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						
8:00AM - 10:00AM	Lap Swim					Hillsborough Aquatic Club						
10:00AM - 11:00AM	Lap Swim					Lap Swim						
11:00AM - 11:30AM	Lap Swim					Lap Swim						
11:30AM - 9:00PM	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