

# AQUATICS CENTER SCHEDULE: MAY 2024

## RECREATION POOL

**SCHEDULE KEY:**

WLAP = Walk Lap Swim Lanes

SFC = Swim for Charlie

OPEN = Open Swim Area

WF = Water Fitness

SLAP = Swim Lap Lanes

GSL = Group Swim Lessons

OLAP = Open Lap Lanes

**SCHEDULE NOTES:**

Swim Team Practices take place on weekday evenings and Saturday mornings. There will be limited competition pool lane availability from 4:00 to 8:00pm every weekday.

Water Polo will use 6 lanes in the Competition Pool on Sundays from 4:00-5:30pm

April/May Group Swim Lessons  
Start Dates:

- M/W Start 4/29 @ 5:20p-7:35p  
Rec Pool Lane1
- Tu/Th Start 4/30 @ 5:20p-7:35p  
Rec Pool Lane1
- SAT starts 5/4 @ 9:15a-1:15p  
Rec Pool Lane1

SUNDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
12:00PM - 6:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
6:00PM - 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	SFC/OLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SLAP	WLAP	SLAP
1:00PM - 4:45PM	OPEN	OPEN	OLAP	WLAP	SLAP
4:45PM - 7:15PM	OPEN	OPEN	OLAP	OLAP	GSL
7:15PM - 8:00PM	OPEN	OPEN	OLAP	OLAP	GSL
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	OPEN	OPEN	WLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 4:45PM	OPEN	OPEN	SLAP	WLAP	SLAP
4:45PM - 5:15PM	OPEN	OPEN	SLAP	WLAP	GSL
5:15PM - 7:05PM	OPEN	OPEN	OLAP	OLAP	GSL
7:05PM - 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 - 11:00AM	OPEN	OPEN	SFC/OLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SLAP	WLAP	SLAP
1:00PM - 4:45PM	OPEN	OPEN	OLAP	WLAP	SLAP
4:45PM - 7:15PM	OPEN	OPEN	OLAP	OLAP	GSL
7:15PM - 8:00PM	OPEN	OPEN	OLAP	OLAP	GSL
8:00PM - 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 - 11:00AM	OPEN	OPEN	WLAP	WLAP	SLAP
11:00AM - 1:00PM	OPEN	SFC	SFC/OLAP	WLAP	SLAP
1:00PM - 4:45PM	OPEN	OPEN	SLAP	WLAP	SLAP
4:45PM - 5:15PM	OPEN	OPEN	SLAP	WLAP	GSL
5:15PM - 7:05PM	OPEN	OPEN	OLAP	OLAP	GSL
7:05PM - 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 - 10:45AM	OPEN	WF	WF	OLAP	OLAP
9:45AM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP
SATURDAY	OPEN AREA	OPEN AREA	LANE 3	LANE 2	LANE 1
5:30AM - 9:15AM	OPEN	OPEN	OLAP	OLAP	OLAP
9:15AM - 9:45AM	OPEN	GSL	OLAP	OLAP	OLAP
9:45AM - 12:05PM	OPEN	OPEN	OLAP	OLAP	GSL
12:05PM - 4:45PM	OPEN	OPEN	OLAP	OLAP	GSL
4:45PM - 5:15PM	OPEN	OPEN	OLAP	OLAP	GSL
5:15PM - 9:00PM	OPEN	OPEN	OLAP	OLAP	OLAP

# AQUATICS CENTER SCHEDULE: MAY 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											
4:30PM - 6:30PM	Waterpolo					Lap Swim						
6:30PM - 7:00PM	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 - 7:45AM	Lap Swim											
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim				Lap Swim
8:30AM - 10:00AM	Deep Water fitness		Lap Swim		Lap Swim			Lap Swim				Lap Swim
10:00AM - 11:00AM	Lap Swim											
11:00AM - 11:15AM	Lap Swim											
11:15AM - 12:00PM	Lap Swim											
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim											
3:45PM - 4:00PM	Lap Swim											
4:00PM - 5:00PM	Lap Swim		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
5:00PM - 6:30PM	GSL		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
6:30PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			HAC		Hillsborough Aquatic Club		
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			HAC		Hillsborough Aquatic Club		
8:00PM - 9:00PM	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											
6:30AM - 7:45AM	Lap Swim											
7:45AM - 8:30AM	Lap Swim											
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim				Lap Swim
10:00AM - 11:00AM	Lap Swim											
11:00AM - 11:15AM	Lap Swim											
11:15AM - 12:00PM	Lap Swim											
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim											
3:45PM - 4:00PM	Lap Swim											
4:00PM - 5:00PM	Lap Swim		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
5:00PM - 6:00PM	GSL		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
6:00PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club		Hillsborough Aquatic Club		
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club		Hillsborough Aquatic Club		
8:00PM - 9:00PM	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											
6:30AM - 7:45AM	Lap Swim											
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim				Lap Swim
8:30AM - 10:00AM	Deep Water fitness		Lap Swim		Lap Swim			Lap Swim				Lap Swim
10:00AM - 11:00AM	Lap Swim											
11:00AM - 11:15AM	Lap Swim											
11:15AM - 12:00PM	Lap Swim											
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim											
3:45PM - 4:00PM	Lap Swim											
4:00PM - 5:00PM	Lap Swim		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
5:00PM - 6:30PM	GSL		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
6:30PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			HAC		Hillsborough Aquatic Club		
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			HAC		Hillsborough Aquatic Club		
8:00PM - 9:00PM	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											
6:30AM - 7:45AM	Lap Swim											
7:45AM - 8:30AM	Lap Swim											
8:30AM - 10:00AM	Lap Swim				Lap Swim			Lap Swim				Lap Swim
10:00AM - 11:00AM	Lap Swim											
11:00AM - 11:15AM	Lap Swim											
11:15AM - 12:00PM	Lap Swim											
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim											
3:45PM - 4:00PM	Lap Swim											
4:00PM - 5:00PM	Lap Swim		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
5:00PM - 6:00PM	GSL		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
6:00PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club		Hillsborough Aquatic Club		
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			Hillsborough Aquatic Club		Hillsborough Aquatic Club		
8:00PM - 9:00PM	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											
6:30AM - 7:45AM	Lap Swim											
7:45AM - 8:30AM	Lap Swim				Lap Swim			Lap Swim				Lap Swim
8:30AM - 10:00AM	Deep Water fitness		Lap Swim		Lap Swim			Lap Swim				Lap Swim
10:00AM - 11:00AM	Lap Swim											
11:00AM - 11:15AM	Lap Swim											
11:15AM - 12:00PM	Lap Swim											
12:00PM - 1:00PM	Masters Swimming					Lap Swim						
1:00PM - 3:45PM	Lap Swim											
3:45PM - 4:00PM	Lap Swim											
4:00PM - 5:00PM	Lap Swim		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
5:00PM - 6:30PM	GSL		Laps Swim		HAC		Hillsborough Aquatic Club				Hillsborough Aquatic Club	
6:30PM - 7:00PM	Carolina Aquatic Team				Carolina Aquatic Team			HAC		Hillsborough Aquatic Club		
7:00PM - 8:00PM	Carolina Aquatic Team				Carolina Aquatic Team			HAC		Hillsborough Aquatic Club		
8:00PM - 9:00PM	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											
8:00AM - 10:00AM	Lap Swim											
10:00AM - 11:00AM	Carolina Aquatic Team				Carolina Aquatic Team			Lap Swim				Lap Swim
11:00AM - 11:30AM	Lap Swim											
11:30AM - 9:00PM	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\*