

AQUATICS CENTER SCHEDULE: October 2024 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 - 10:00AM												
10:00AM - 11:00AM	Deep Water Fitness											
11:00AM - 12:00PM											SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:30PM	Hillsborough Aquatic Club											
6:30PM - 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	Hillsborough Aquatic Club											
5:00PM - 6:00PM	Hillsborough Aquatic Club											
6:00PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 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 - 11:00AM												
11:00AM - 12:00PM											SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:30PM	Hillsborough Aquatic Club											
6:30PM - 7:00PM	Carolina Aquatic Team											
7:00PM - 8:00PM	Carolina Aquatic Team											
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 - 11:00AM												
11:00AM - 1:00PM											SFC	
1:00PM - 3:30PM												
3:30PM - 4:00PM	GSL											
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:00PM	Hillsborough Aquatic Club											
6:00PM - 7:00PM	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 - 6:30AM	Masters Swimming											
6:30AM - 10:00AM												
10:00AM - 11:00AM	Deep Water Fitness											
11:00AM - 12:00PM											SFC	
12:00PM - 1:00PM	Masters Swimming											
1:00PM - 3:30PM	HSS											
3:30PM - 4:00PM												
4:00PM - 5:00PM	Hillsborough Aquatic Club											
5:00PM - 6:30PM	Hillsborough Aquatic Club											
6:30PM - 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 - 10:00AM	Hillsborough Aquatics Club											
10:00AM - 11:00AM	Carolina Aquatic Team											
11:00AM - 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
 •12:00P - 1:00P
 •3:30P - 8:00P

TU/TH - Start 9/3 COMP Pool
 •3:30P - 8:00P
 SAT - Starts 9/7 COMP Pool
 •7:00A - 11:00A

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

CAT's TRICK or TREAT SWIM MEET (POOL AREA CLOSED):
 •FRI 25TH - 5:00P - 9:00P
 •SAT 26TH - 6:30A - 7:00P
 •SUN 27TH - 6:30A - 7:00P

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