**DOWD POOL SCHEDULE JANUARY 2021**

**COOL POOL**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUN** | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** |
| CLOSED | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 7:00a-12PM  OPEN |
|  | 1:00-4:00PM  CLOSED | 1:00-4:00PM  CLOSED | 11:00-12:00PM  WATER FITNESS | 1:00-4:00PM  CLOSED | 1:00-4:00PM  CLOSED | 12-4PM  CLOSED |
|  | 4:00-9:00PM OPEN | 4:00-9:00PM OPEN | 4:00-7:00PM OPEN | 4:00-9:00PM OPEN | 4:00-9:00PM OPEN |  |
|  | 7:00-8:00PM  MASTERS |  | 7:00-8:00PM  MASTERS |  |  |  |
|  | 8:00-9:00PM OPEN |  | 8:00-9:00PM OPEN |  |  |  |

**WARM POOL**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUN** | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** |
| CLOSED | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 6:00-1:00PM OPEN | 7:00a-12PM  OPEN |
|  | 8:30-9:30AM  WATER FITNESS  ‘ | 1:00-4:00PM  CLOSED | 1:00-4:00PM  CLOSED | 1:00-4:00PM  CLOSED | 1:00-4:00PM  CLOSED | 12:00-4:00PM  CLOSED |
|  | 1:00-4:00PM  CLOSED |  |  |  |  |  |
|  | 4:00-9:00PM OPEN | 4:00-9:00PM  OPEN | 4:00-9:00PM  OPEN | 4:00-9:00PM  OPEN 9: | 4:00-9:00PM  OPEN |  |

POOL CLOSED

1 LANE RESERVED

2 LANES RESERVED

LAP LANE | SINGLE LANE

This reservation is for single swimmer/household lap swim. Members of the same household may use the same lap lane during their reserved time.

LAP LANE | SHARED LANE

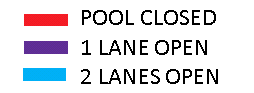
This reservation is for an individual swimmer who will share a lane with a second individual reservation not from the same household, yielding two swimmers in the lane who will start on opposite ends of the pool.

PRIVATE LESSONS

Whether you are interested in getting comfortable in the water for the first time, improving your form or swimming faster, we can develop a program to suit your needs. An instructor will work with you to determine the best path to help you achieve your personal goals. **Contact > DowdSwimLessons@ymcacharlotte.org**

MASTERS

A program by the United Masters Swimming, the USMS provides organized workouts, competitions, clinics and workshops for adults 18 years and older. Whether you swim for physical fitness benefits or are a competitive swimmer, you can improve your stroke technique and physical fitness in this program. All skill levels are welcome. **Contact> DowdSwimLessons@ymcacharlotte.org**





POOL CLOSED

1 LANE RESERVED

2 LANES OPEN