



COOL POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
CLOSED	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	7:00A - 4:00P OPEN
	1:00P - 4:00P CLOSED	9:30A - 10:30A WATER FITNESS	11:00A - 12:00P WATER FITNESS	1:00P - 4:00P CLOSED	1:00P - 4:00P CLOSED	
	4:00P - 9:00P OPEN	1:00P - 4:00P CLOSED	4:00P - 7:00P OPEN	4:00P - 9:00P OPEN	4:00P - 9:00P OPEN	
	7:00P - 8:00P MASTERS	4:00P - 9:00P OPEN	7:00P - 8:00P MASTERS			
	8:00-9:00PM OPEN		8:00-9:00PM OPEN			

WARM POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
CLOSED	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	5:30A - 1:00P OPEN	7:00A - 4:00A OPEN
	8:30A - 9:30A WATER FITNESS	1:00P - 4:00P CLOSED	1:00P - 4:00P CLOSED	10:00A - 11:00A WATER FITNESS	9:00A - 10:00A WATER FITNESS	8:00A - 9:00A WATER FITNESS
	1:00P - 4:00P CLOSED	4:00P - 9:00P OPEN	4:00P - 9:00P OPEN	1:00P - 4:00P CLOSED	1:00P - 4:00P CLOSED	9:00A - 4:00P OPEN
	4:00P - 9:00P OPEN	6:00P - 7:00P GROUP LESSONS		4:00P - 9:00P OPEN	4:00P - 9:00P OPEN	
				6:00P - 8:00P GROUP LESSONS		

- POOL CLOSED
- 1 LANE RESERVED
- 2 LANES RESERVED
- 3 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.

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 OPEN

 2 LANES OPEN

 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**

 POOL CLOSED

 1 LANE RESERVED

 2 LANES OPEN