

DOWD POOL SCHEDULE

Jan 1-Feb 29



COOL POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
12:00-7:45PM OPEN	5:00-9:30A OPEN	5:00-6:00A OPEN	5:00-9:30A OPEN	5:00-9:30A OPEN	5:00-9:45P OPEN	7:30A-7:45P OPEN
	9:30-10:30A Cardio Fitness	6:00-7:00A Cardio Fitness	9:30-10:30A Cardio Fitness	9:30-10:30A Cardio Fitness		
	10:30A-6:30P OPEN	7:00A-12:15P OPEN	10:30A-6:30P OPEN	10:30A-12:15P OPEN		
	6:30-8:30P Masters Swim	12:15-1:15P Masters Swim	6:30-8:30P Masters Swim	12:15-1:15P Masters Swim		
	8:30-10:45P OPEN	1:15-4:30P OPEN	8:30P-10:45P OPEN	1:15-4:30P OPEN		
		4:30-6:15P Swim Team Practice		4:30-6:15P Swim Team Practice		
		6:15-10:45P OPEN		6:15-10:45P OPEN		

WARM POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
12:00-7:45P OPEN	5:00-8:30A OPEN	5:00-8:30A OPEN	5:00-8:30A OPEN	5:00-8:30A OPEN	5:00-8:30A OPEN	7:30-8:00A OPEN
	8:30-9:30A Cardio Fitness	8:30-9:30A Extreme Cardio	8:30-9:30A Cardio Fitness	8:30-9:30A Extreme Cardio	8:30-9:30A Cardio Fitness	8:00-8:50A Cardio Fitness
	9:30-10:00A OPEN	9:30-10:30A Swim Lessons	9:30-10:30A Swim Lessons	9:30-10:30A Cardio Fit Lite	9:30-10:30A OPEN	9:00A-12:00P Swim Lessons
	10:30-11:30A AquaYoga (starts in February)	10:30-11:30A OPEN	10:30-11:30A Cardio Fitness	10:30-11:30A Cardio Fitness	10:30-11:30A AquaYoga (starts in February)	12:00-7:45P OPEN
	11:30A-12:30P Cardio Fitness	11:30A-12:30P Water Stretch	11:30-12:30P Cardio Fitness	11:30A-12:30P Water Stretch	11:30A-12:30P Cardio Fitness	
	12:30-5:30P OPEN	12:30-3:00P OPEN	12:30-3:00P OPEN	12:30-3:00P OPEN	12:30-9:45P OPEN	
	5:30-6:30P Cardio Fitness Swim Lessons	3:00-5:00P Swim Lessons	5:30-6:30P Cardio Fitness Swim Lessons	3:00-5:00P Swim Lessons		
	6:30-10:45P OPEN	5:00-7:00P OPEN	6:30-10:45P OPEN	5:00-10:45P OPEN		
		7:00-8:30P Adult Lessons				
		8:30-10:45P OPEN				

- POOL CLOSED
- 1 LANE OPEN
- 2 LANES OPEN