

Charlotte Aquatic Center Weekly Update

Schedule for the week of October 18th—23rd

Main Pool



	Monday	Tuesday	Wednes-	Thursday	Friday	Saturday
6:00 - 9:00	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED
9:00 - 12:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:00 - 3:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
3:00-6:00	Varsity Swim	Varsity Swim	Varsity Swim	Varsity Swim	Varsity Swim	CLOSED
6:00 - 9:00	Lessons	OPEN	Lessons	OPEN	OPEN	CLOSED

Therapy Pool

	Monday	Tuesday	Wednes-	Thursday	Friday	Saturday
6:00 - 9:00	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED
9:00 - 12:00	Physical Thera-	OPEN	Physical Thera-	OPEN	Physical Thera-	OPEN
12:00 - 3:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
3:00-6:00	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED
6:00 - 9:00	Lessons	OPEN	Lessons	OPEN	OPEN	CLOSED

The last two months have been so much fun for me getting to know everyone and helping to make the CAC shine top to bottom. One goal I had as CAC supervisor was to get the pool fully open 6am-9pm M-F. I am so proud to announce that next week, that goal becomes reality. Thank you to Josh Owen for running both lifeguarding courses and thanks to all our new guards for coming out of retirement to help us out!!



Another goal continues to be increased programming at the CAC. We have water exercise classes happening again in the therapy pool. For the first time we are offering bussing from school to lessons for Parkview and Washington students. CUE kids walk over after school, and we still offer our traditional evening classes. We have had a diving camp and will now be offering diving lessons. More programs are coming soon—main pool water exercise will be starting soon!

Fiscal responsibility is very important as we grow our programming. In order to continue offering a variety of water exercise opportunities, membership benefits will be slightly changing January 1st. Membership will now include 75% off of **water exercise classes**, so an exercise class that costs a non member \$40 will cost a member \$10. This change in policy will not take effect until January 1, 2022. I hope you can understand that this change is made to help our CAC be the best place it can be.

—Julie



Welcome to our newest lifeguards, Bonnie Bowles, Cindy Cook, and Jeff MacNamee. We are so happy to welcome them to our CAC team. Because of their arrival, we are able to open our pool for 15 hours each day, Monday through Friday. We will keep our normal 8am-3pm hours on Saturday and closed on Sundays. Stop in to say hello and thank you to our new guards.



Today we said goodbye to Josh Owen, our head lifeguard. He will be greatly missed around here. Josh is leaving to finish up his degree in education. We are so proud of him and wish him the best in all his future endeavors. A great big thank you to Josh for all the hard work he has put in and the fantastic job he did training all of our guards.

We Did It!

The pool is open 6am-9pm Monday - Friday!

Water Exercise Schedule

Tues/Thurs	9:30 am /10:30 am
Mon/Wed	6pm



Lap Lane Information

No Worry lap lane hours:

Mon—Fri

6am-3pm, 6pm-9pm

1 Lap Lane Only

M—F 3:00—6:00