

**Gym - East - WINTER**

Monday - Friday 6AM-6PM. Our Cool School Program will use the West Gym. Sat &amp; Sun follow schedule below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-11:00 AM Adult	5:00-11:00 AM Adult	5:00-11:00 AM Adult	5:00-11:00 AM Adult	5:00-11:00 AM Adult	6:00-7:30 AM Open	9:00-5:00 PM Open
11:00-5:00 PM Open	11:00-4:30 PM Open	11:00-5:00 PM Open	11:00-4:30 PM Open	11:00-10:00 PM Open	7:30-11:45AM Programs	
5:00-7:30 PM Programs	4:30-7:30 PM Adult Basketball	5:00-7:30 PM Programs	4:30-7:30 PM Adult Basketball		11:45-2:30 PM High School/ Adult Basketball	
7:30-10:00 PM Open	7:30-10:00 PM Open	7:30-10:00 PM Open	7:30-10:00 PM Open		2:30-6:00 PM Open	

**Gym - East & West - WINTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-11:00 AM Adult	5:00-11:00 AM Adult	5:00-11:00 AM Adult	5:00-11:00 AM Adult	5:00-11:00 AM Adult	6:00-8:00 AM Open	9:00-5:00 PM Open
11:00-5:00 PM Open	11:00-4:30 PM Open	11:00-5:00 PM Open	11:00-4:30 PM Open	11:00-10:00 PM Open	8:00-11:45AM Programs	
5:00-7:30 PM Programs	4:30-7:30 PM Adult Basketball	5:00-7:30 PM Programs	4:00-7:30 PM Adult Basketball		11:45-2:30 PM High School/ Adult Basketball	
7:30-10:00 PM Open	7:30-10:00 PM Adult Basketball	7:30-10:00 PM Open	7:30-10:00 PM Adult Basketball		2:30-6:00 PM Open	

Gym availability subject to change due to weather/other circumstances. Dubuque Y Programs will have priority over gym space.

# Large Pool – WINTER

Effective Labor Day to 11-1-2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:45 AM Adult Swim	5:00-8:30 AM Adult Swim	5:00-8:00 AM Adult Swim	5:00-8:30 AM Adult Swim	5:00-8:00 AM Adult Swim	6:00-8:15 AM Adult Swim	9:00-11:00 AM Adult Swim
7:45-9:30 AM Programs Exercise Lanes	8:00-9:30 AM Adult Swim Exercise Lanes	8:00-11:00 AM Programs Exercise Lanes	8:30-9:30 AM Programs Exercise Lanes	8:00-11:00 AM Programs Exercise Lanes	8:15-12:30 PM Programs Exercise Lanes	11:00-4:45 PM Open
9:30-11:00 AM Programs Exercise Lanes	9:30-10:00 AM Programs Exercise Lanes	11:00-1:30 PM Adult Swim Exercise Lanes	9:30-11:00 AM Programs Exercise Lanes	11:00-1:30 PM Adult Swim Exercise Lanes	12:30-5:45 PM Open	
11:00-1:30 PM Adult Swim Exercise Lanes	10:00-1:30 PM Adult Swim Exercise Lanes	1:30-3:30 PM Open	11:00-1:30 PM Adult Swim Exercise Lanes	1:30-9:45 PM Open	<p><b>ADULT EXERCISE</b> 6 lanes in the big pool will be available during this time for age 18 and up, for any form of exercise (Lap Swimming, Water Walking, Aqua Jogging, Biking, etc.).</p> <p><b>EXERCISE LANES</b> A minimum of 2 or 3 lanes in the big pool will be available during this time for any age, for any form of exercise (Lap Swimming, Water Walking, Aqua Jogging, Biking, etc.).</p> <p><b>Swim Team Home Meets:</b>  <b>Large Pool will be closed</b> December 3, January 7, January 28, &amp; February 12.</p>	
1:30-3:30 PM Open	1:30-3:30 PM Open	3:30-6:30 PM Programs Exercise Lanes	1:30-3:30 PM Open			
3:30-6:00 PM Programs Exercise Lanes	3:30-6:30 PM Programs Exercise Lanes	6:30-7:15 PM Programs Exercise Lanes	3:30-6:30 PM Programs Exercise Lanes			
6:00-9:00 PM Programs	6:30-9:00 PM Programs	7:15-9:45 PM Open	6:30-9:00 PM Programs			
9:00-9:45 PM Open	9:00-9:45 PM Open		9:00-9:45 PM Open			

# Small Pool - WINTER

Effective Labor Day to 11-1-2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00 AM Adult Swim	5:00-9:30 AM Adult Swim	5:00-8:00 AM Adult Swim	5:00-8:00 AM Adult Swim	5:00-8:00 AM Adult Swim	6:00-9:00 AM Adult Swim	9:00-11:00 AM Adult Swim
8:00-9:00 AM Programs	9:30-11:00 AM Preschool Adult Swim	8:00-9:00 AM Programs	8:00-9:00 AM Programs	8:00-9:00 AM Programs	9:00-12:30 PM Programs	11:00-4:45 PM Open
9:00-11:00 AM Preschool/ Programs	11:00-1:30 PM Adult Swim	9:00-9:45 AM Adult Swim	9:00-10:30 AM Preschool/ Adult Swim	9:00-10:00 AM Adult Swim	12:30-5:45 PM Open	
11:00-12:00 PM Programs	1:30-2:15 PM Programs	9:45-11:00 AM Preschool	10:30-12:00 PM Programs	10:00-11:00 AM Preschool Adult Swim		
12:00-1:30 PM Adult Swim	2:15-3:30 PM Open	11:00-12:00 PM Programs	12:00-1:00 PM Adult Swim	11:00-12:00 PM Programs		
1:30-3:30 PM Open	3:30-7:15 PM Programs	12:00-1:30 PM Adult Swim	1:00-1:45 PM Programs	12:00-9:45 PM Open		
3:30-7:15 PM Programs	7:15-9:45 PM Open	1:30-2:45 PM Preschool Open	1:45-3:00 PM Open			
7:15-9:45 PM Open		2:45-3:30 PM Open	3:00-7:15 PM Programs			
		3:30-7:15 PM Programs	7:15-9:45 PM Open			
		7:15-9:45 PM Open				

### PROGRAMS

Adults are allowed in the small pool during programs but we ask that you allow for adequate space during all programs. The program has priority over the pool. If there are no programs due to a break in the schedule, program time may be used as OPEN time.

### OPEN

3 lanes and the entire small pool will be available during this time for anyone. Please note a parent or adult member must accompany all youth members under the age 8 during OPEN times.

### PRESCHOOL/ADULT SWIM

The Y's Preschool programs will use up to half of the small pool. A lane divider will separate the pool in half.