



eliminating racism  
empowering women  
**ywca**

# Large Pool Schedule

Effective January 2023

\*\*\*THE DUBUQUE YMCA WILL BE HOSTING A SWIM MEET ON SATURDAY, 1/14 AND 1/28.

THE LAP POOL WILL BE CLOSED TO MEMBERS BEGINNING AT 10:30AM THROUGH THE REMAINDER OF THE DAY\*\*\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-7:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-6:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	6:00a-11a Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	
8:30a-9:15a Water Aerobics Chris C.	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Chris C.	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Chris C.	8:30a-9:15a Water Bootcamp Michelle	8:00a-10:30a Lap Swim
9:15a-10a Low-Level Water Aerobics Chris	9:15a-9:50a Water Bike Linda	9:15a-10a Low-Level Water Aerobics Chris	9:15a-9:50a Water Bike Linda	9:15a-10a Low-Level Water Aerobics Chris		
						10:30a-3:45p Open/Lap Swim
					11:00A-5:45p Open Swim	
2:00p-4:00p Open Swim	2:00p-4:00p Open Swim	2:00p-4:00p Open Swim	2:00p-4:00p Open Swim	3:00p-7:45p Open Swim		
4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.			
5:15p-6p Water Bootcamp Michelle		5:15p-6p Water Bootcamp Michelle				
6:00p-9:00p YMCA Dolphins Swim Team Practice	6:00p-9:00p YMCA Dolphins Swim Team Practice	7:00p-9:00p YMCA Dolphins Swim Team Practice	6:00p-9:00p YMCA Dolphins Swim Team Practice			



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00a-9:00a Water Aerobics Teresa	8:00a-11:00a Water Walking	8:00a-9:00a Water Aerobics Teresa	8:00a-11:00a Water Walking	8:00a-9:00a Water Aerobics Teresa	7:00a-8:00a Open Swim	8:00a-10:30a Water Walking
9:00a-11:00a Water Walking/PT		9:00a-11:00a Water Walking		9:00a-11:00a Water Walking	8:00a -12:00p Swim Lessons (Pool closed to non-swim lesson participants)	
11:00a-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	12:00p-5:45p Open Swim	10:30a-3:45p Open Swim
12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-2:30p Physical Therapy (pool closed to members)		
1:00p-4:00p Open Swim	1:00p-4:00p Physical Therapy (pool closed to members)	1:00p-4:00p Open Swim	1:00p-4:00p Open Swim	2:30p-7:45p Open Swim		
4:00p-7:00p Swim Lessons (Pool closed to non-swim lesson participants)	4:00p-6:00p Swim Lessons (Pool closed to non-swim lesson participants)	4:00p-7:00p Swim Lessons (Pool closed to non-swim lesson participants)	4:00p-6:00p Swim Lessons (Pool closed to non-swim lesson participants)			
6:00p-8:45p Open Swim	6:00p-8:45p Open Swim	6:00p-8:45p Open Swim	6:00p-8:45p Open Swim			