



Large Pool Schedule

Effective December 2023

The Dubuque YMCA Dolphins Swim Team will be practicing every Monday – Thursday in November from 6PM – 9PM. The lap pool will be closed during this time. The Small pool and whirlpool will remain open. **Lap Pool will CLOSE at 11:30AM for the day on Saturday, December 9 for our Dolphins Swim Meet. The Small pool and whirlpool will remain open.**

| 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-12:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane. | 6:00a-1:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane. | |
| 8:30a-9:15a Water Aerobics Chris | 8:30a-9:15a Water Aerobics Linda | 8:30a-9:15a Water Aerobics Chris | 8:30a-9:15a Water Aerobics Linda | 8:30a-9:15a Water Aerobics Chris | 8:30a-9:15a Water Bootcamp Michelle | 8:00a-12:00p 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 | | |
| | | | | 12:00p – 4:00p POOL CLOSED | 1:00p-5:45p POOL CLOSED | 12:00p-3:45p POOL CLOSED |
| 2:00p-4:00p Open Swim | 2:00p-4:00p Open Swim | 2:00p-4:00p Open Swim | 2:00p-4:00p 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. | 4:00p-7:45p Open Swim | | |
| 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 | | | |



Small Pool Schedule

Effective December 2023

*****Swimming lessons will end on Thursday, December 14 due to account for the holiday season the month of December only. The small pool will therefore be open to all members from 4-7PM Monday – Thursday starting Monday, December 18.*****

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|-------------------------------|
| 8:00-9:00am Water Aerobics Teresa | 8:00-11:00am Water Walking | 8:00-9:00am Water Aerobics Teresa | 8:00-11:00am Water Walking | 8:00-9:00am Water Aerobics Teresa | 8:00-12:00pm Swim Lessons (Pool closed to non swim lesson participants) | 8:00-10:30am Water Walking |
| 9:00-11:00am Water Walking/PT | 10:30-11am Dotty Ball | 9:00-11:00am Water Walking 10:30-11am Dotty Ball | 10:30-11am Dotty Ball | 9:00-11:00am Water Walking 10:30-11am Dotty Ball | | 10:30am-12:00pm Open Swim |
| 11:00am-12:00pm Water Aerobics Cathy | 11:00am-12:00pm Water Aerobics Cathy | 11:00am-12:00pm Water Aerobics Cathy | 11:00am-12:00pm Water Aerobics Cathy | 11:00am-12:00pm Water Aerobics Cathy | 2:30-5:45pm Open Swim | 12:00-3:45pm Family Swim |
| 12:00-1:00pm Water Walking | 12:00-1:00pm Water Walking | 12:00-1:00pm Water Walking | 12:00-1:00pm Water Walking | 12:00-2:30pm Water Walking/Physical Therapy | | 1:00-4:00pm POOL CLOSED |
| 1:00-4:00pm POOL CLOSED | 1:00-4:00pm POOL CLOSED | 1:00-4:00pm POOL CLOSED | 1:00-4:00pm POOL CLOSED | 2:30-4:00pm Open Swim | 5:00-7:45pm Family Swim | |
| 4:00-6:00pm Swim Lessons (Pool closed to non-swim lesson participants) | 4:00-6:00pm Swim Lessons (Pool closed to non-swim lesson participants) | 4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants) | 4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants) | 7:00-8:45pm Evening Water Walking | | 7:00-8:45pm Open Swim |
| 7:00-8:45pm Open Swim | 7:00-8:45pm Open Swim | | | | | |