



eliminating racism
empowering women
ywca

Large Pool Schedule

Effective November 20, 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 whirl pool 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	12:00p-3:45p 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		1:00p-5:45p POOL CLOSED	
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			



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Small Pool Schedule

Effective November 20, 2023

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		5:00-7:45pm Family Swim
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		
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)	4:00-6:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-6:00pm Swim Lessons (Pool closed to non-swim lesson participants)			
7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm Evening Water Walking	7:00-8:45pm Open Swim			