



Large Pool Schedule

Effective March 2024

*** The Dubuque Special Olympics swim team will be practicing in three lanes in the lap pool Friday, March 1st, 8th & 22nd***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Water Aerobics Kim</p> <p>9:15a-10a Low-Level Water Aerobics Chris</p>	<p>5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Water Aerobics Linda</p> <p>9:15a-9:50a Water Bike Linda</p>	<p>5:00a-7:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Water Aerobics Kim</p> <p>9:15a-10a Low-Level Water Aerobics Chris</p>	<p>5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Water Aerobics Linda</p> <p>9:15a-9:50a Water Bike Linda</p>	<p>5:00a-7:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Water Aerobics Kim</p> <p>9:15a-10a Low-Level Water Aerobics Chris</p> <p>5:00a-7:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>5:00p-6:00p Special Olympics Swim Team Practice</p>	<p>6:00a-5:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Water Bootcamp Michelle (closed to water walkers during this time)</p>	<p>8:00a-3:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p>
<p>4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>5:30p-6:15p Water Bootcamp Michelle (closed to water walkers during this time)</p>	<p>4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>5:30p-6:15p Water Bootcamp for Beginners Michelle</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>5:30p-6:15p Water Bootcamp Michelle (closed to water walkers during this time)</p>	<p>4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p>			
<p>6:00p-8:00p YMCA Dolphins Swim Team Practice</p>	<p>6:00p-8:00p YMCA Dolphins Swim Team Practice</p>	<p>7:00p-8:00p YMCA Dolphins Swim Team Practice</p>	<p>6:00p-8:00p YMCA Dolphins Swim Team Practice</p>			
<p>8:00p-8:45p Lap Swim</p>	<p>8:00p-8:45p Lap Swim</p>	<p>8:00p-8:45p Lap Swim</p>	<p>8:00p-8:45p Lap Swim</p>			



Small Pool Schedule

Effective March 2024

Monday	Tuesday	Wednesday		Thursday	Friday		Saturday	Sunday
8:00-9:00am Water Aerobics Teresa	8:00-10:30am Water Walking	8:00-9:00am Water Aerobics Teresa		8:00-10:30am 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		
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		12:00-5:45pm Open Swim	10:30am-12:00pm Open 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			12:00-3:45pm Family Swim
1:00-4:00pm POOL CLOSED	1:00-4:00pm Open Swim	1:00-4:00pm POOL CLOSED		1:00-4:00pm Open Swim	2:30-5:00pm Open Swim			
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)	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)	5:00-7:45pm Family Swim			
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				

Open Swim -The pool is open to all ages for recreational swimming (not intended for water walking)

Family Swim – The pool is open to parents with their children.

Dotty Ball – A fun interactive game where you attempt to keep the ball from touching the water! Water walking is allowed during this time as well.