

LARGE POOL SCHEDULE - JANUARY 2025

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:00 AM														
6:00 AM														
6:30 AM														
7:00 AM														
7:30 AM	5:00AM -		5:00AM -				5:00AM -		5:00AM -		6:00AM -			
8:00 AM	6:00PM		6:00PM		5:00AM -		6:00PM		7:45PM		5:45PM			
8:15 PM	0.00FW		0.001 141		7:00PM		0.001 141		7.401 111		J. 731 IVI	8:15-9:00am Water Bootcamp		
8:30 AM	LAP SWIM	8:30-9:15am Aqua Fitness with Kim	LAP SWIM	8:30-9:15am Deep Water Aerobics	LAP SWIM There are	8:30-9:15am Aqua Fitness	LAP SWIM	8:30-9:15am Deep Water Aerobics	LAP SWIM	8:30-9:15am Aqua Fitness	LAP Mi	Michelle (closed to water walkers)		
9:00 AM				with Linda		with Kim		with Linda		with Kim			8:00AM -	· 3:45PM
9:15 AM	always 3 lap lanes open &	9:15-10:00am Water Fitness	There are always 3 lap	9:15-9:50am Water Bike	always 3 lap lanes open &	9:15-10:00am Water Fitness	There are always 3 lap	9:15-9:50am Water Bike	There are always 3 lap	9:15-10:00am Water Fitness	There are always 3 lap		1.45.6	3\A/IB#
9:30 AM	30 minutes per lap lane unless	Member Led	lanes open &	Linda	30 minutes per lap	Member Led	lanes open &	Linda	lanes open &	Member Led	lanes open &		LAP S	SVVIIVI
10:00 AM	otherwise stated		30 minutes per lap lane unless		otherwise stated		30 minutes per lap lane unless		30 minutes per lap lane unless		30 minutes per lap lane unless		There are always & 30 minutes per	
11:00 AM			otherwise stated				otherwise stated		otherwise stated		otherwise stated		otherwis	
12:00 PM			Stateu				Stateu		Statou		Stateu			
1:00 PM														
2:00 PM 3:00 PM														
4:00 PM														
5:00 PM	Water Bootcamp	4:00-6:00pm Swim Lessons		4:00-6:00pm Swim Lessons				4:00-6:00pm						
5:15 PM				5:15-6:00pm Water Boot Camp		5:15-6:00pm Water Bootcamp		Swim Lessons						
5:45 PM	Michelle (closed to water walkers)			101 (Michelle)		Michelle (closed to water walkers)								
6:00 PM														
7:00 PM	6:00-9:00pm Dubuque Dolphins Swim Team Practice		6:00-9:00pm Dubuque Dolphins Swim Team Practice		7:00-9:00pm Dubuque Dolphins Swim Team Practice		6:00-9:00pm Dubuque Dolphins Swim Team Practice							
7:45 PM														
8:00 PM														
8:45 PM														
9:00 PM														



SMALL POOL SCHEDULE - JANUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM								
6:00 AM								
7:00 AM								
8:00 AM 8:15 PM						8:00-8:30am Open Swim		
8:30 AM	8:00-9:00am Warm Water Aerobics with Teresa		8:00-9:00am Warm Water Aerobics with Teresa		8:00-9:00am Warm Water Aerobics with Teresa	8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)		
9:00 AM		8:00-10:30am		8:00-10:30am			8:00-10:30am Water Walking	
9:15 AM		Water Walking		Water Walking				
9:30 AM	9:00-11:00am		9:00-11:00am		9:00-11:00am			
10:00 AM	Water Walking &		Water Walking		Water Walking			
10:15 AM	Physical Therapy							
10:30 AM		10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am			
10:45 AM		Dotty Ball	Dotty Ball	Dotty Ball	Dotty Ball			
11:00 AM	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm			
11:30 AM	Water Aerobics	Aqua Toning	Water Aerobics	Aqua Toning	Water Aerobics			
11:45 AM	with Cathy	Cathy	with Cathy	Cathy	with Cathy			
12:00 PM	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm		9:00am-5:45pm		
12:45 PM	Water Walking	Water Walking	Water Walking	Water Walking	12:00-2:30pm		10.00 0.15	
1:00 PM					Water Walking & Physical	Open Swim	10:30am-3:45pm	
2:00 PM					Therapy		Open Swim	
2:15 PM	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm				
2:30 PM	Open Swim	Open Swim	Open Swim	Open Swim				
3:00 PM								
3:45 PM								
4:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	2:30-7:45pm			
5:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				
5:45 PM	(Pool closed to non-swim	(Pool closed to non-swim	(Pool closed to non-swim	(Pool closed to non-swim	Open Swim			
6:00 PM	lesson participants)	lesson participants)	lesson participants)	lesson participants)				
6:45 PM								
7:00 PM		7.00.0.45	7.00.0.45					
7:45 PM	7:00-8:45pm	7:00-8:45pm	7:00-8:45pm	7:00-8:45pm				
8:00 PM	Open Swim	Open Swim	Open Swim	Open Swim				
8:45 PM 9:00 PM								
9.00 PIVI								

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

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.