



LARGE POOL SCHEDULE – NOVEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| <p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Aqua Fitness Kim</p> <p>9:15a-10:00a Water Fitness Member Led</p> | <p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Deep Water Aerobics Linda</p> <p>9:15-9:50a Water Bike Linda</p> | <p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Aqua Fitness Kim</p> <p>9:15a-10:00a Water Fitness Member Led</p> | <p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Deep Water Aerobics Linda</p> <p>9:15-9:50a 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 Aqua Fitness Kim</p> <p>9:15a-10:00a Water Fitness Member Led</p> | <p>6:00a-5:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:15-9a 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>5:15-6:00p Water Bootcamp Michelle (closed to water walkers)</p> | <p>4:00p-6:00p Swim Lessons 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>5:15-6:00p Water Bootcamp Michelle (closed to water walkers)</p> | <p>4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p> | | | |
| <p>6:00p-9:00p Dubuque YMCA Dolphins Swim Team Practice</p> | <p>6:00p-9:00p Dubuque YMCA Dolphins Swim Team Practice</p> | <p>7:00p-9:00p Dubuque YMCA Dolphins Swim Team Practice</p> | <p>6:00p-9:00p Dubuque YMCA Dolphins Swim Team Practice</p> | | | |



SMALL POOL SCHEDULE – NOVEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| 8:00-9:00am Warm Water Aerobics Teresa | 8:00-10:30am Water Walking | 8:00-9:00am Warm Water Aerobics Teresa | | 8:00-10:30am Water Walking | 8:00-9:00am Warm Water Aerobics Teresa | 8:00-8:30am Open Swim | 8:00-10:30am Water Walking |
| 9:00-11:00am Water Walking/PT | 10:30-11:00am Dotty Ball | 9:00-11:00am Water Walking | 10:30-11:00am Dotty Ball | 10:30-11:00am Dotty Ball | 9:00-11:00am Water Walking | 10:30-11:00am Dotty Ball | 8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants) |
| 11:00am-12:00pm Water Aerobics Cathy | 11:00am-12:00pm Aqua Toning Cathy | 11:00am-12:00pm Water Aerobics Cathy | | 11:00am-12:00pm Aqua Toning Cathy | 11:00am-12:00pm Warm Water Aerobics Cathy | | |
| 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 | | 9:00am-5:45pm Open Swim |
| 1:00-4:00pm Open Swim | 1:00-4:00pm Open Swim | 1:00-4:00pm Open Swim | | 1:00-4:00pm Open Swim | 2:30-7:45pm 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) | | | |
| 7:00-8:45pm Open Swim | 7:00-8:45pm Open Swim | 7:00-8:45pm Open Swim | | 7:00-8:45pm Open Swim | | | |

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.