

LARGE POOL SCHEDULE - DECEMBER 2024

SWIM MEET: December 7, 2024 (The pool will be closed to members starting at 10AM - CLOSE)
CHRISTMAS EVE: 5AM-NOON, CHRISTMAS DAY: CLOSED, NEW YEARS EVE: 5AM-NOON, NEW YEARS DAY: 7AM-NOON

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
5:00 AM													
6:00 AM													
6:30 AM													
7:00 AM													
7:30 AM	-												
8:00 AM	5:00AM - 6:		5:00AM -		5:00 A M . 7:		5:00AM -		5:00AM -		6:00AM -		
8:15 PM	00PM		6:00PM		5:00AM - 7: 00PM		6:00PM		7:45PM		5:45PM	8:15-9:00am Water Bootcamp	
8:30 AM		8:30-9:15am		8:30-9:15am Deep Water	001 101	8:30-9:15am		8:30-9:15am Deep Water	7.401 111	8:30-9:15am		Michelle (closed	
9:00 AM	LAP SWIM	Aqua Fitness with Kim	LAP	Aerobics with Linda	LAP SWIM	Aqua Fitness with Kim	LAP	Aerobics with Linda	LAP	Aqua Fitness with Kim	LAP	to water walkers)	0.004M 0.45DM
9:15 AM	There are always 3 lap	9:15-10:00am	SWIM	9:15-9:50am	There are	9:15-10:00am	SWIM	9:15-9:50am	SWIM	9:15-10:00am	SWIM		8:00AM - 3:45PM
9:30 AM	lanes open &	Water Fitness Member Led	There are always 3 lap	Water Bike Linda	always 3 lap lanes open &	Water Fitness Member Led	There are always 3 lap	Water Bike Linda	There are	Water Fitness Member Led	There are always 3 lap		LAP SWIM
10:00 AM	30 minutes per lap	Welliber Lea	lanes open &	Linda	30 minutes per lap	Wellber Lea	lanes open &	Linda	always 3 lap lanes open &	Wichiber Lea	lanes open &		There are always 3 lap lanes open
11:00 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		& 30 minutes per lap lane unless otherwise stated
12:00 PM			otherwise stated				otherwise stated		otherwise stated		otherwise stated		
1:00 PM													
2:00 PM													
3:00 PM	-												
4:00 PM 5:00 PM	-												
	5:15-6:00pm	4:00-6:00pm Swim Lessons		4:00-6:00pm Swim Lessons		5:15-6:00pm		4:00-6:00pm Swim Lessons					
5:15 PM	Water Bootcamp Michelle (closed to					Water Bootcamp Michelle (closed to							
5:45 PM	water walkers)					water walkers)							
6:00 PM													
7:00 PM	6:00-9:00pm		6:00-9:00pm		7:00-9:00pm		6:00-9:00pm						
7:45 PM	Dubuque Dolphins		Dubuque Dolphins		Dubuque Dolphins		Dubuque Dolphins						
8:00 PM	Swim Team Practice		Swim Team Practice		Swim Team Practice		Swim Team Practice						
8:45 PM													
9:00 PM													



SMALL POOL SCHEDULE - DECEMBER 2024

SWIM MEET: December 7, 2024 (The pool area will be busy - Large pool will be closed to members but the small pool and hot tub will remain open)

CHRISTMAS EVE: 5AM-NOON, CHRISTMAS DAY: CLOSED, NEW YEARS EVE: 5AM-NOON, NEW YEARS DAY: 7AM-NOON

	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		
0.15 PW	8:00-9:00am		8:00-9:00am		8:00-9:00am	8:30-9:00am		
	Warm Water Aerobics		Warm Water Aerobics		Warm Water Aerobics	Swim Lessons (Pool closed to non-swim lesson participants)		
8:30 AM	with Teresa		with Teresa		with Teresa			
9:00 AM		8:00-10:30am		8:00-10:30am			8:00-10:30am	
9:15 AM		Water Walking		Water Walking			Water Walking	
9:30 AM 10:00 AM	9:00-11:00am		9:00-11:00am		9:00-11:00am			
10:00 AM	Water Walking &		Water Walking		Water Walking			
10:30 AM	Physical Therapy	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	9:00am-5:45pm Open Swim	10:30am-3:45pm Open Swim	
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 12:45 PM	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking				
1:00 PM	Water Walking	Trater Training	vvater vvalking	Trace Training	12:00-2:30pm Water Walking & Physical			
2:00 PM					Therapy			
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 5:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm				
5:45 PM	Swim Lessons (Pool closed to non-swim	Swim Lessons (Pool closed to non-swim	Swim Lessons (Pool closed to non-swim	Swim Lessons	2:30-7:45pm Open Swim			
6:00 PM	lesson participants)	lesson participants)	lesson participants)	(Pool closed to non-swim lesson participants)	Open Swiiii		_	
6:45 PM	,	p. 100 p. 1100 /	, , , , , , , , , , , , , , , , , , , ,	, , , , , , , , , , , , , , , , , , , ,				
7:00 PM								
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								
5.00 FIVI								

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.