

LARGE POOL SCHEDULE - FEBRUARY 2025

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
5:00 AM 6:00 AM 6:30 AM 7:00 AM													
7:30 AM													
8:30 AM 8:35 PM 8:30 AM 9:00 AM 9:15 AM 9:30 AM 10:00 AM 11:00 AM 12:00 PM 2:00 PM 3:00 PM	5:00AM - 6: 00PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:30-9:15am Aqua Fitness with Kim 9:15-10:00am Water Fitness Member Led	5:00AM - 6:00PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:30-9:15am Deep Water Aerobics with Linda 9:15-9:50am Water Bike Linda	5:00AM - 7: 00PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:30-9:15am Aqua Fitness with Kim 9:15-10:00am Water Fitness Member Led	5:00AM - 6:00PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:30-9:15am Deep Water Aerobics with Linda 9:15-9:50am Water Bike Linda	5:00AM - 7:45PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:30-9:15am Aqua Fitness with Kim 9:15-10:00am Water Fitness Member Led	6:00AM - 5:45PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:15-9:00am Water Bootcamp Michelle (closed to water walkers)	8:00AM - 3:45PM LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated
5:00 PM 5:15 PM 5:45 PM	5:15-6:00pm Water Bootcamp Michelle (closed to water walkers)	4:00-6:00pm Swim Lessons		4:00-6:00pm Swim Lessons		5:15-6:00pm Water Bootcamp Michelle (closed to water walkers)		4:00-6:00pm Swim Lessons					
6:00 PM 7:00 PM 7:45 PM	6:00-9:00pm Dubuque Dolphins		6:00-9:00pm Dubuque Dolphins		7:00-9:00pm Dubuque Dolphins Swim Team Practice		6:00-9:00pm Dubuque Dolphins Swim Team Practice						
8:00 PM 8:45 PM 9:00 PM	Swim Team Practice		Swim Team Practice										



SMALL POOL SCHEDULE - FEBRUARY 2025

S00-900		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2009M	5:00 AM							
8.00-9.00am 8.00-10.30am Warm Water Aerobics with Teresa 8.00-10.30am Water Walking 9.00-11.00am Dotty Ball 10.30-11.00am Dotty Ball 11.00am-12.00pm Water Aerobics with Cathy with Cathy with Cathy with Cathy 12.00-1.00pm Water Walking Physical Therapy 12.00-1.00pm Water Walking Physical Therapy 1.00-4.00pm 1.00-4.00pm 1.00-4.00pm 1.00-4.00pm 1.00-4.00pm Water Walking Water Walking Water Walking Physical Therapy Physical The	6:00 AM							
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8:00-9:00am Warm Water Aerobics Warm Water Walking Secondary Water Walking Secondary S								
Warm Water Aerobics With Teresa	8:15 PM							
9.00-11:00am Water Walking 9:00-11:00am Water Walking 0:00-10:00am 0:00-1:00am 0:00am 0:00-1:00am 0:00am 0:00a	8:30 AM	Warm Water Aerobics		Warm Water Aerobics		Warm Water Aerobics	Swim Lessons (Pool closed to non-swim	
9.13 Mater Water	9:00 AM		8·00-10·30am		8·00-10·30am			
9:00-11:00am Water Walking Dotty Ball Dot	9:15 AM							
10:00 AM 9.00	9:30 AM	0.00 44.00	-	9:00-11:00am		9:00-11:00am		
10:15 AM Physical Therapy 10:30 -11:00am Dotty Ball 10:30 -11:00am Dotty Ball 11:00am 10:30 -11:00am Dotty Ball 11:00am 10:30 -11:00am Dotty Ball 11:00am 11:00am 12:00pm Mater Aerobics May a Toning Water Aerobics With Cathy Cathy Water Aerobics With Cathy Cathy Water Walking Doen Swim Open Swim	10:00 AM							
10.45 AM	10:15 AM							
11:00 AM 11:00 am -12:00 pm Mater Aerobics Aqua Toning Cathy Water Aerobics Cathy Water Aerobics With Cathy 12:00 PM 12:00 -1:00 pm Water Walking Water Walking 12:00 PM 12:00 -1:00 pm Water Walking Water Walking 12:00 PM 12:00 -1:00 pm Water Walking 12:00 PM Water Walking Water Walking 12:00 PM Water Walking 12:00 PM Water Walking 12:00 -1:00 pm 12:00 -1:00 pm Water Walking 12:00 -1:00 pm	10:30 AM			10100 111000111				
11:30 AM Water Aerobics Aqua Toning Water Aerobics Cathy Water Aerobics Cathy Water Aerobics Cathy Water Aerobics Water Walking 12:00-1:00pm Water Walking Water Walking Water Walking Water Walking 12:00-2:30pm Water Walking Physical Therapy 9:00am-5:45pm Open Swim			Dotty Ball	Dotty Ball	Dotty Ball	Dotty Ball		
11:45 AM								
12:00 PM 12:00 -1:00pm Water Walking Physical Therapy P:00am-5:45pm Open Swim								
12:45 PM		•	•	•	•	with Catrly		
1:00 PM								
1:00-4:00pm		Trator Training	Trator Training	Trator Training	Trator training			
1:00-4:00pm								
Company	2:15 PM	4.00 4.000	4:00 4:000	1:00 4:00	1,00 4,000	morupy		
3:00 PM 3:45 PM 4:00 PM 5:00 PM 5:00 PM 6:00 PM 6:00 PM 6:00 PM 7:00 PM 8:00 PM 8:00 PM 8:00 PM 10 PM 7:00 PM 10	2:30 PM							
4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants) Prior Spend Prior P	3:00 PM	Open Cilini	Spon Summ	Spon Simin	Spon Simil			
4:00-7:00pm 4:00-7:00pm 4:00-7:00pm 5wim Lessons Swim Lessons (Pool closed to non-swim lesson participants) (Pool	3:45 PM							
Swim Lessons (Pool closed to non-swim lesson participants) (Pool clo	4:00 PM	4·00-7·00pm	4:00-7:00pm	4·00-7·00pm	4:00-7:00nm			
6:00 PM lesson participants) lesson participants) lesson participants) lesson participants) lesson participants) 7:00 PM					Swim Lessons (Pool closed to non-swim	2:30-7:45pm		
6:45 PM 7:00 PM 7:45 PM Open Swim Op						Open Swim		
7:00 PM 7:45 PM 8:00 PM Open Swim		lesson participants)	lesson participants)	lesson participants)	lesson participants)			
7:45 PM 7:00-8:45pm 7:00-8:45pm 7:00-8:45pm Open Swim								
8:00 PM								
8:45 PM	_							
		Open Swim	Open Swim	Open Swim	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.