



CHRISTMAS EVE: 6AM-NOON, CHRISTMAS DAY: CLOSED, NEW YEARS EVE: 6AM-NOON, NEW YEARS DAY: 7AM-NOON

| MONDAY | | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|----------|--|---|--|---|--|---|--|---|-----------------|---|-----------------|---|-----------------|---|
| 5:00 AM | 5:00AM - 6:00PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | 5:00AM - 6:00PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | 5:00AM - 7:00PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | 5:00AM - 6:00PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | 5:00AM - 7:45PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | 6:00AM - 5:45PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | 8:00AM - 3:45PM | LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated |
| 6:00 AM | | | | | | | | | | | | | | |
| 6:30 AM | | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | | | | |
| 7:30 AM | | | | | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | | | | | |
| 8:15 PM | | | | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | | | |
| 9:00 AM | 8:30-9:30am Aqua Fitness with Kim | 8:30-9:15am Deep Water Aerobics with Linda | 8:30-9:30am Aqua Fitness with Kim | 8:30-9:30am Deep Water Aerobics with Linda | 8:30-9:15am Aqua Fitness with Kim | 8:15-9:00am Water Bootcamp Michelle (closed to water walkers) | | | | | | | | |
| 9:15 AM | 9:15-10:00am Water Fitness Member Led | 9:15-9:50am Water Bike Linda | 9:15-10:00am Water Fitness Member Led | 9:15-9:50am Water Bike Linda | 9:15-10:00am Water Fitness Member Led | 9:30-10:30am Aqua Dance with Nicolle (2 lanes) | | | | | | | | |
| 9:30 AM | | | | | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | | | |
| 12:00 PM | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | | | | |
| 5:15 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 | | | | | | | | | |
| 5:45 PM | | | | | | | | | | | | | | |
| 6:00 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 | | | | | | | |
| 7:00 PM | | | | | | | | | | | | | | |
| 7:45 PM | | | | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | |
| 8:45 PM | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | |



SMALL POOL SCHEDULE - DECEMBER 2024

CHRISTMAS EVE: 6AM-NOON, CHRISTMAS DAY: CLOSED, NEW YEARS EVE: 6AM-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 | 8:00-9:00am Warm Water Aerobics with Teresa | 8:00-10:30am Water Walking | 8:00-9:00am Warm Water Aerobics with Teresa | 8:00-10:30am Water Walking | 8:00-9:00am Warm Water Aerobics with Teresa | 8:00-8:30am Open Swim | 8:00-10:30am Water Walking | |
| 8:15 PM | | | | | | 8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants) | | |
| 8:30 AM | | | 9:00-11:00am Water Walking & Physical Therapy | | 9:00-11:00am Water Walking | 9:00-11:00am Water Walking | | 9:00-11:00am Water Walking |
| 9:00 AM | | | | | | | | |
| 9:15 AM | | | | | | | | |
| 9:30 AM | | | | | | | | |
| 10:00 AM | | | | | | | | |
| 10:15 AM | 10:30-11:00am Dotty Ball | 10:30-11:00am Dotty Ball | 10:30-11:00am Dotty Ball | 10:30-11:00am Dotty Ball | | | | |
| 10:30 AM | | | | | | | | |
| 10:45 AM | 11:00am-12:00pm Water Aerobics with Cathy | 11:00am-12:00pm Aqua Toning Cathy | 11:00am-12:00pm Water Aerobics with Cathy | 11:00am-12:00pm Aqua Toning Cathy | 11:00am-12:00pm Water Aerobics with Cathy | | | |
| 11:00 AM | | | | | | | | |
| 11:30 AM | | | | | | | | |
| 11:45 AM | 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 PM | | | | | | | | |
| 12:45 PM | 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 | | | |
| 1:00 PM | | | | | | | | |
| 2:00 PM | | | | | | | | |
| 2:15 PM | | | | | | | | |
| 2:30 PM | | | | | | | | |
| 3:00 PM | | | | | | | | |
| 3:45 PM | | | | | | | | |
| 4:00 PM | 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 PM | | | | | | | | |
| 5:45 PM | | | | | | | | |
| 6:00 PM | | | | | | | | |
| 6:45 PM | 7:00-8:45pm Open Swim | 7:00-8:45pm Open Swim | 7:00-8:45pm Open Swim | 7:00-8:45pm Open Swim | | | | |
| 7:00 PM | | | | | | | | |
| 7:45 PM | | | | | | | | |
| 8:00 PM | | | | | | | | |
| 8:45 PM | | | | | | | | |
| 9:00 PM | | | | | | | | |

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.