

## **LARGE 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													
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM	5:00AM - 6:		5:00AM -				5:00AM -		5.00 A M		6:00AM -		
8:15 PM	00PM		6:00PM		5:00AM - 7: 00PM		6:00PM		5:00AM - 7:45PM		5:45PM	8:15-9:00am Water Bootcamp	
8:30 AM		8:30-9:30am	0.001	8:30-9:15am Deep Water	OUPIVI	8:30-9:30am	0.000	8:30-9:30am Deep Water	7.451 1	8:30-9:15am	01.101.111	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)	
9:15 AM	There are	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	always 3 lap 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	9:30-10:30am	LAP SWIM
10:00 AM	30 minutes per lap lane unless	Welliber Lea	lanes open &	Liliua	30 minutes per lap	Welliber Led	lanes open &	Liliua	always 3 lap lanes open &	Welliber Lea	lanes open &	Aqua Dance with Nicolle (2	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	lanes)	& 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					Water Bootcamp							
5:45 PM	Michelle (closed to water walkers)					Michelle (closed to 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**

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

B00-90		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2004M   2004	5:00 AM							
Sign	6:00 AM							
S.00-9:00am   Warm Water Aerobics   With Toresa   S.00-9:00am   Warm Water Aerobics   With Toresa   S.00-9:00am   Warm Water Aerobics   S.00-9:00am   Warm Water Aerobics   S.00-9:00am   Warm Water Aerobics   S.00-10:30am   Water Walking   S.00-10:30am   S.00-10:30am   S.00-10:30am   Water Walking   S.00-10:30am   S.00-10:30am   S.00-10:30am   S.00-10:30am   S.00-10:30am   Water Walking   S.00-10:30am								
8:00-9:00am   Warm Water Aerobics   With Teresa   8:00-9:00am   Warm Water Aerobics   With Teresa   8:00-10:30am   Water Walking   9:00-11:00am   Water Walking   0:30-11:00am   Dotty Ball   11:00am-12:00pm   Water Aerobics   With Carbon   Water Walking   0:30-11:00am   Dotty Ball   11:00am-12:00pm   Water Aerobics   Aqua Toning   Cathy   Water Walking   Water Walking   Water Walking   Water Walking   0:30-11:00am   Dotty Ball   11:00am-12:00pm   Water Aerobics   Aqua Toning   Cathy   Water Walking   Water Wa								
Warm Water Aerobics   Warm Water Aerobics   Warm Water Aerobics   With Teresa   Signature   Water Walking   Signature   Sign	8:15 PM	0.00.00		0.00.000		0.00.00		
10.30							Swim Lessons (Pool closed to non-swim	
9:00-11:00am   Water Walking   0:30-11:00am   Dotty Ball   10:30-11:00am   10:30-11:00am   Dotty Ball   10:30-11:00am   10:30-11:00am   10:30-11:00am   10:30-11:00am   10:30-11	8:30 AM	with Teresa		with Teresa		with Teresa		
9:00-11:00am   Water Walking & Physical Therapy   10:30-11:00am   Water Walking   10:30-11:00am   Dotty Ball   10:30-11:00am   10:30-11:00am   10:30-11:00am   10:30-11:00am   10:30-11:00am	9:00 AM		8:00-10:30am		8:00-10:30am			8:00-10:30am
9:00-11:00am   Water Walking & Physical Therapy   10:30-11:00am   Dotty Ball   11:00am-12:00pm   Water Aerobics   Aqua Toning   Cathy   Water Aerobics   With Cathy   Cathy   Water Walking   Water Walking   Water Walking   Water Walking   12:00-1:00pm   Water Walking   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   10:30am-3:45pm   Open Swim   Open			Water Walking		Water Walking		9:00am-5:45pm	10:30am-3:45pm
10:130   M		9:00-11:00am						
10:30 AM   10:30-11:00am   Dotty Ball   10:30-11:00am   11:00-4:00pm   Dotty Ball   10:30-11:00am   Dotty Ball   11:00-4:00pm   Dotty Ball   11:00-4:00pm   Dotty Ball   12:00-1:00pm   Dotty Ball   12:0				Water Walking		Water Walking		
10.45 AM		Physical Therapy	10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am		
11:30 AM   Water Aerobics   Aqua Toning   Water Aerobics   Aqua Toning   Cathy   Cathy   Cathy   Cathy   Cathy     12:00 PM   12:00-1:00pm   Water Walking   Water Walking   Water Walking   Water Walking     100 PM   2:15 PM   Open Swim     1:00-4:00pm   Open Swim   Open Swim     0 Open Swim   Open Swim     2:30 PM   3:00 PM   Swim Lessons   (Pool closed to non-swim lesson participants)     1:00-7:00pm   Swim Lessons   (Pool closed to non-swim lesson participants)     1:00-8:45pm   Open Swim   Open Swim     1:00-8:45pm   Open Swim   Open Swim   Open Swim     1:00-8:45pm   Open Swim   Open Swim   Open Swim     1:00-8:45pm   Open Swim   Open Swim   Open Swim   Open Swim     1:00-8:45pm   Open Swim   Open Swim   Open Swim   Open Swim     1:00-8:45pm   Open Swim   Open S				10100 111000				
11:45 AM	11:00 AM	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	Aqua Toning	11:00am-12:00pm		
12:00 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   12:00 -2:30pm   Water Walking   12:00 -2:30pm   Water Walking   12:00 -2:30pm   Water Walking & Physical Therapy   1:00 -4:00pm   Open Swim		Water Aerobics	Aqua Toning	Water Aerobics		Water Aerobics		
1.00 PM   1.00 -4:00 pm   1.00 -4:00 pm   1.00 -4:00 pm   1.00 -4:00 pm   Open Swim   Op			,	,	,	with Cathy		
1:00 PM								
1:00-4:00pm	-	vvater vvaiking	vvaler vvalking	vvater vvaiking	vvaler vvalking			
1:00-4:00pm								
Color   Colo		1:00 4:00nm	1:00 4:00nm	1:00 1:00nm	1:00 4:00nm	morupy		
3:00 PM   4:00-7:00pm   4:00-7:00pm   Swim Lessons   Pool closed to non-swim lesson participants)   Fool PM   Fool PM   Fool PM   Fool PM   Fool PM   Pool	2:30 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)  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 PM  7:00 PM  7:00-8:45pm Open Swim  Open Swim  Open Swim  Open Swim  Open Swim	3:00 PM							
4:00-7:00pm								
Swiff Lessons Sw		4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm			
6:00 PM         lesson participants)         lesson participants)         lesson participants)           6:45 PM         7:00 PM         7:00-8:45pm         7:00-8:45pm         7:00-8:45pm           7:45 PM         Open Swim         Open Swim         Open Swim								
6:45 PM         7:00 PM           7:00 PM         7:00-8:45 pm         7:00-8:45 pm           7:45 PM         7:00-8:45 pm         7:00-8:45 pm           8:00 PM         Open Swim         Open Swim           8:45 PM         Open Swim         Open Swim						Open Swim		
7:45 PM         7:00-8:45pm         7:00-8:45pm         7:00-8:45pm           8:00 PM         Open Swim         Open Swim         Open Swim           8:45 PM         Open Swim         Open Swim		1000011 participanto)	1033011 participants)	1000011 participanto)	1000011 participants)			
8:00 PM	7:00 PM							
8:45 PM	7:45 PM		7:00-8:45pm					
		Open Swim	Open Swim	Open Swim	Open Swim			
	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.