



LARGE POOL SCHEDULE JANUARY 2026

SWIM MEETS ON JAN.10 & 31

	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 - 6:00PM	5:00AM - 6:00PM	5:00AM - 7:00PM	5:00AM - 6:00PM	5:00AM - 7:45PM	6:00AM - 5:45PM	8:00AM - 3:45PM
8:15 PM						8:15-9:00am Water Bootcamp Michelle (closed to water walkers)	
8:30 AM	LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	
9:00 AM							
9:15 AM		8:30-9:15am Aqua Fitness with Kim	8:30-9:15am Deep Water Aerobics with Linda	8:30-9:15am Deep Water Aerobics with Linda	8:30-9:15am Aqua Fitness with Kim		LAP SWIM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated
9:30 AM		9:15-10:00am Water Fitness Member Led	9:15-10:00am Water Fitness Member Led	9:15-10:00am Water Fitness Member Led	9:15-10:00am Water Fitness Member Led		
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		4:00-6:00pm Swim Lessons	4:00-6:00pm Swim Lessons	4:00-6:00pm Swim Lessons			
5:15 PM	5:15-6:00pm Water Bootcamp Michelle (closed to water walkers)		5:15-6:00pm Water Bootcamp Michelle (closed to water walkers)				
5:45 PM							
6:00 PM							
7:00 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			
7:45 PM							
8:00 PM							
8:45 PM							
9:00 PM							



SMALL POOL SCHEDULE JANUARY 2026

	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				8:00-9:00am Warm Water Aerobics with Teresa		8:00-8:30am Open Swim		8:00-10:30am Water Walking			
8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)																
8:15 PM																
8:30 AM	9:00-11:00am Water Walking & Physical Therapy		8:00-10:30am Water Walking		9:00-11:00am Water Walking		8:00-10:30am Water Walking		9:00-11:00am Water Walking		9:00am-5:45pm Open Swim		8:00-10:30am Water Walking			
9:00 AM																
9:15 AM																
9:30 AM																
10:00 AM																
10:15 AM																
10:30 AM			10:30-11:00am Dotty Ball		10:30-11:00am Dotty Ball		10:30-11:00am Dotty Ball						10:30am-3:45pm Open Swim			
10:45 AM																
11:00 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 Water Aerobics with Cathy									
11:30 AM																
11:45 AM																
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 & Physical Therapy							
12:45 PM																
1:00 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		9:00am-5:45pm Open Swim		10:30am-3:45pm Open Swim			
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 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									
7:45 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.