



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							
8:15 PM							
8:30 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 8:30-9:15am Aqua Fitness with Kim	5:00AM - 7:00PM LAP SWIM 8:30-9:15am Deep Water Aerobics with Linda	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 8:30-9:15am Aqua Fitness with Kim	5:00AM - 7:45PM LAP SWIM 8:30-9:15am Deep Water Aerobics with Linda	6:00AM - 5:45PM LAP SWIM 8:15-9:00am Water Bootcamp Michelle (closed to water walkers)
9:00 AM	9:15-10:00am Water Fitness Member Led	9:15-10:00am Water Bike Linda	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	8:00AM - 3:45PM LAP SWIM Aqua Dance 9:30AM-10:30AM There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated
9:15 AM							
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	5:15-6:00pm 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		
5:15 PM							
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	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							
8:15 PM							
8:30 AM	8:00-9:00am Warm Water Aerobics with Teresa		8:00-9:00am Warm Water Aerobics with Teresa		8:00-9:00am Warm Water Aerobics with Teresa	8:00-8:30am Open Swim	
9:00 AM		8:00-10:30am Water Walking		8:00-10:30am Water Walking		8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)	
9:15 AM							
9:30 AM	9:00-11:00am Water Walking & Physical Therapy		9:00-11:00am Water Walking		9:00-11:00am Water Walking		
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	
10:45 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 Aqua Toning 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			
12:45 PM							
1:00 PM					12:00-2:30pm Water Walking & Physical Therapy	9:00am-5:45pm Open Swim	10:30am-3:45pm Open Swim
2:00 PM							
2:15 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 PM							
3:00 PM							
3:45 PM							
4:00 PM	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	2:30-7:45pm Open Swim					
5:00 PM							
5:45 PM							
6:00 PM							
6:45 PM							
7:00 PM							
7:45 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			
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.