

# Dubuque Community Y Building Schedule

(September 7, 2011– October 31, 2011)

## Winter Building Hours

**Monday thru Friday** 5:00 am – 9:45 pm  
**Saturday** 6:00 am – 6:00 pm  
**Sunday** 11:00 am – 5:00 pm

The Y facilities are subject to closure due to bad weather conditions or special events.

## Notice:

The Dubuque Community Y will be CLOSED:  
**Monday, September 5, 2011** Labor Day

Please expect more kids at the DCY on early out and non-school days:

<b>9/14 - Early out</b>	<b>10/19 - Early out</b>
<b>9/28 - Early out</b>	<b>10/26 - No school</b>
<b>10/7 - No school</b>	<b>10/27 - No school</b>
	<b>10/28 - No school</b>

## LARGE POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:30 am Adult Lanes	5:00-8:30 am Adult Lanes	5:00-8:30 am Adult Lanes	5:00-8:30 am Adult Lanes	5:00-8:30 am Adult Lanes	6:00-8:00 am Adult Lanes	Open at 11:00 am
8:30-9:30 am Lessons Exercise Lanes	8:30-9:30 am Lessons Exercise Lanes	8:30-9:30 am Lessons Exercise Lanes	8:30-9:30 am Lessons Exercise Lanes	8:30-9:30 am Lessons Exercise Lanes	8:00-11:30 am Lessons Exercise Lanes	
9:30-10:30 am OPEN Exercise Lanes	9:30-10:30 am OPEN Exercise Lanes	9:30-10:30 am OPEN Exercise Lanes	9:30-10:30 am OPEN Exercise Lanes	9:30-10:30 am OPEN Exercise Lanes		11:00-12:00 pm Adult Lanes
10:30-11:15 am Lessons Exercise Lanes	10:30-11:15 am Lessons Exercise Lanes	10:30-11:15 am Lessons Exercise Lanes	10:30-11:15 am Lessons Exercise Lanes	10:30-11:15 am Lessons Exercise Lanes	11:30-1:00 pm Adult Lanes	
11:15-1:30 pm Adult Lanes	11:15-1:30 pm Adult Lanes	11:15-1:30 pm Adult Lanes	11:15-1:30 pm Adult Lanes	11:15-1:30 pm Adult Lanes	1:00-6:00 pm OPEN Exercise Lanes	12:00-5:00 pm OPEN Exercise Lanes
1:30-3:30 pm OPEN Exercise Lanes	1:30-3:30 pm OPEN Exercise Lanes	1:30-3:30 pm OPEN Exercise Lanes	1:30-3:30 pm OPEN Exercise Lanes	1:30-3:30 pm OPEN Exercise Lanes		
3:30-7:15 pm Lessons Exercise Lanes	3:30-7:15 pm Lessons Exercise Lanes	3:30-7:15 pm Lessons Exercise Lanes	3:30-7:15 pm Lessons Exercise Lanes	3:30-4:15 pm Lessons Exercise Lanes		
7:15-9:45 pm OPEN Exercise Lanes	7:15-9:45 pm OPEN Exercise Lanes	7:15-9:45 pm OPEN Exercise Lanes	7:15-9:45 pm OPEN Exercise Lanes	4:15-9:45 pm OPEN Exercise Lanes		

## SMALL POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00 am Adult	5:00-9:00 am Adult	5:00-8:00 am Adult	5:00-9:00 am Adult	5:00-8:00 am Adult	6:00-9:15 am Adult	Open at 11:00 am
8:00-Noon Lessons	9:00-11:15 Lessons	8:00-Noon Lessons	9:00-Noon Lessons	8:00-Noon Lessons	9:15-11:30 am Lessons	
Noon-1:30 pm Adult	11:15-Noon OPEN Noon-1:30 pm Adult	Noon-1:30 pm Adult	11:15-Noon OPEN Noon-1:30 pm Adult	Noon-1:30 pm Adult	11:30-6:00 pm OPEN	11:00-12:00 pm Adult
1:30-4:15pm OPEN	1:30-2:15 pm Lessons	1:30-2:15 pm Lessons	1:30-2:15 pm Lessons	1:30-2:15 pm Lessons		12:00-5:00 pm OPEN
4:15-6:30 pm Lessons	2:15-4:15 pm OPEN	2:15-4:15 pm OPEN	2:15-4:15 pm OPEN	2:15-9:45 pm OPEN		
6:30-9:45 pm OPEN	4:15-6:30 pm Lessons 6:30-9:45 pm OPEN	4:15-6:30 pm Lessons 6:30-9:45 pm OPEN	4:15-6:30 pm Lessons 6:30-9:45 pm OPEN			

**Open** = All Y Members (A parent or adult member must accompany all youth members under age 8 during OPEN times)

**Adult Lanes**= 6 lanes for adults (Lap Swimming, Water Walking, Aqua Jogging, etc.)

**Exercise Lanes** = A minimum of 2 or 3 lanes. (Lap Swimming, Water Walking, Aqua Jogging, etc.)

**Lessons** = All DCY Programs (Water Aerobics, Swim Lessons, Childcare, etc.)

*Adults, please allow for adequate space during all lessons. The lesson has priority over the pool.*

If there are no lessons due to a break in the program, lesson time may be used as OPEN time. Please ask the lifeguard on duty.

## GYM – EAST SIDE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00 am ADULT	5:00-8:00 am ADULT	5:00-8:00 am ADULT	5:00-8:00 am ADULT	5:00-8:00 am ADULT	6:00-8:30 am ADULT	Open at 11:00 am
8:00-10:00 am OPEN	8:00-11:30 am OPEN	8:00-10:00 am OPEN	8:00-11:30 am OPEN	8:00-10:00 am OPEN	8:30-11:45 am DCY Program	
10:00-11:30 am DCY Program		10:00-11:30 am DCY Program		10:00-11:30 am DCY Program	11:45-2:30 pm High School Adult Basketball	11:00-3:00 pm Elementary Jr. High
11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	2:30-6:00 pm OPEN	3:00-5:00 pm Elem./Jr. High Family
1:30-4:30 pm OPEN	1:30-3:30 pm OPEN 3:30-4:30 DCY Program	1:30-4:30 pm OPEN	1:30-3:30 pm OPEN 3:30-4:30 DCY Program	1:30-9:45 pm OPEN		
4:30-8:00 pm DCY Program	4:30-7:30 pm Adult Basketball	4:30-7:00 pm DCY Programs	4:30-7:30 pm Adult Basketball			
8:00-9:45 pm OPEN	7:30-9:45 pm High School Adult Basketball	7:00-9:45 pm OPEN	7:30-9:45 pm High School Adult Basketball			

## GYM – WEST SIDE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00 am ADULT	5:00-8:00 am ADULT	5:00-8:00 am ADULT	5:00-8:00 am ADULT	5:00-8:00 am ADULT	6:00-8:30 am ADULT	Open at 11:00 am
8:00-10:00 am OPEN	8:00-11:30 am OPEN	8:00-10:00 am OPEN	8:00-11:30 am OPEN	8:00-10:00 am OPEN	8:30-11:45 am DCY Program	
10:00-11:30 am DCY Program		10:00-11:30 am DCY Program		10:00-11:30 am DCY Program	11:45-2:30 pm High School/Adult Basketball	11:00-3:00 pm Adult High School
11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	11:30-1:30 pm Adult Basketball	2:30-5:00 pm OPEN	3:00-5:00 pm Elem./Jr. High Family
1:30-4:30 pm OPEN	1:30-4:30 pm OPEN	1:30-4:30 pm OPEN	1:30-4:30 pm OPEN	1:30-4:30 pm OPEN	5:00-6:00 pm Family	
4:30-8:00 pm DCY Program	4:30-7:00 pm Adult Basketball	4:30-7:00 pm DCY Program	4:30-7:30 pm Adult Basketball	4:30-7:30 DCY Program		
8:00-9:45 pm OPEN	7:30-9:45 pm High School/Adult Basketball	7:00-9:45 pm OPEN	7:30-9:45 pm High School/Adult Basketball	7:30-9:45 pm OPEN		

Open = All Y Members

\*A parent or adult member must accompany all youth members under age 8 during open times.

## WELLNESS CENTER\* and WEIGHT ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00 am High School/ Adult	5:00-7:00 am High School/ Adult	5:00-7:00 am High School/ Adult	5:00-7:00 am High School/ Adult	5:00-7:00 am High School/ Adult	6:00-Noon ADULT	Open at 11:00 am
7:00-2:30 pm ADULT	7:00-2:30 pm ADULT	7:00-2:30 pm ADULT	7:00-2:30 pm ADULT	7:00-2:30 pm ADULT	Noon-6:00 pm OPEN	
2:30-4:30 pm OPEN	2:30-4:30 pm OPEN	2:30-4:30 pm OPEN	2:30-4:30 pm OPEN	2:30-4:30 pm OPEN		
4:30-7:00 pm Adult	4:30-7:00 pm Adult	4:30-7:00 pm Adult	4:30-7:00 pm Adult	4:30-7:00 pm Adult		2:00-5:00 pm OPEN
7:00-9:45 pm OPEN	7:00-9:45 pm OPEN	7:00-9:45 pm OPEN	7:00-9:45 pm OPEN	7:00-9:45 pm OPEN		

Open = Adult/High School/Middle School/Ages 10-11\*

\*A parent or adult member must accompany all youth members age 10-11 during open times.

\*Children under the age of 10 are not allowed in the Wellness Center

\*An orientation is recommended for all members using the Wellness Center.

## RACQUETBALL COURTS

Racquetball courts are available for use.

Courts may be reserved 3 days in advance.

## TEEN CENTER

Monday & Wednesday

Tuesday, Thursday, & Friday

Early Release Days

Non-School Days

2:30-8:00 pm

2:30-6:00 pm

1:00-6:00 pm

1:00-6:00 pm