

Northern Lights YMCA–Dickinson Center

Pool Schedule

December 23, 2017—January 6, 2018

Lap swim times may include swimmers, water walkers, or joggers.

(#)-indicates lane spaces available for each activity, this does not indicate the number of lane lines being used.

Please see the lifeguard on duty for additional pool rules and procedures, including how to circle swim.

The Y reserves the right to alter the schedule without prior notice.

Please check with the lifeguard for any changes.

MONDAY—CLOSED

~~5:00–8:00am Lap (6)~~
~~8:00–9:00am Lap (3), Open (3)~~
9:00am–10:00am **Water Aerobics (6)**
~~10am–11:00am Lap (3), Open (3)~~
~~11:00am–12:00pm Lap (3), Senior Swim (3)~~
12:00pm–1:30pm Lap (6)
1:30pm–3:30pm Lap (3), Open (3)
3:30pm–4:45pm **KHS SWIM TEAM (6)**
4:45pm–6:45pm **Swim Lessons (3), NLY (3)**
6:45pm–9:45pm Lap (3), Open (3)

THURSDAY

5:00–7:00am Lap (6)
7:00am–8:30am Lap (3), Open (3)
8:30am–9:30am **Water Aerobics (6)**
9:30am–11:00am Lap (3), Open (3)
11:00am–12:00pm Lap (3), Senior Swim (3)
12:00pm–1:30pm Lap (6)
1:30pm–3:30pm Lap (3), Open (3)
3:30pm–4:45pm **KHS SWIM TEAM (6)**
4:45pm–6:45pm **POOL CLOSED (NLY, ALT)**
6:45–9:45pm Lap (3), Open (3)

TUESDAY

5:00–7:00am Lap (6)
7:00am–8:30am Lap (3), Open (3)
8:30am–9:30am **Water Aerobics (6)**
9:30am–11:00am Lap (3), Open (3)
11:00am–12:00pm Lap (3), Senior Swim (3)
12:00pm–1:30pm Lap (6)
1:30pm–3:30pm Lap (3), Open (3)
3:30pm–4:45pm **KHS SWIM TEAM (6)**
4:45pm–6:00pm **POOL CLOSED (NLY SWIM TEAM)**
6:00pm–7:45pm Lap (3), Open (3)
7:45pm–9:45pm Lap (3), Open (3)

FRIDAY

5:00–6:00am Lap (6)
6:00am–7:00am Lap (3), Open (3)
7:00am–9:00am Lap (3), Open (3)
9:00am–10:00am **Water Aerobics (6)**
10am–11:00am Lap (3), Open (3)
11:00am–12:00pm Lap (3), Senior Swim (3)
12:00pm–1:30pm Lap (6)
1:30pm–3:30pm Lap (3), Open (3)
3:30pm–4:45pm **KHS SWIM TEAM (6)**
4:45pm–9:45pm Lap (3), Open (3)

WEDNESDAY

5:00–6:00am Lap (6)
6:00am–7:00am Lap (3), Open (3)
7:00am–9:00am Lap (3), Open (3)
9:00am–10:00am **Water Aerobics (6)**
10am–11:00am Lap (3), Open (3)
11:00am–12:00pm Lap (3), Senior Swim (3)
12:00pm–1:00pm **CLOSED FOR CLEANING**
1:00pm–3:30pm Lap (3), Open (3)
3:30pm–4:45pm **KHS SWIM TEAM (6)**
4:45pm–7:15pm **Swim Lessons (3), Open/Lap (3)**
7:15pm–9:45pm Lap (3), Open (3)

SATURDAY

7:00am–8:00am Lap (6)
8:00am–10:15am Lap (3), Open (3)
10:15am–9:45pm Lap (3), Open (3)

SUNDAY

11:00am–3:30pm Lap (3), Open (3)
3:30pm–4:45pm Lap (3), Open (3)

NLYMCA is closed December 24th, 25th, and January 1 and will be closing at 5pm on December 31st.