

Northern Lights YMCA-Dickinson Center Pool Schedule

March 13, 2023 to April 28 2023

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.

MONDAY	
5:00am-6:00am	Lap (6)
6:00am-8:55am	Lap (3), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-12:00pm	Lap (3), Open (3)
12:00pm-2:30pm	3rd Grade Lessons
2:30pm-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	Swim Lessons (3), NLY SWIM TEAM (3)
6:15pm-7:10pm	Swim Lessons (3), Lap (3)
7:10pm-8:45pm	Lap (3), Open (3)
TUESDAY	
5:00am-6:00am	Lap (6)
6:00am-8:25am	Lap (3), Open (3)
8:25am-9:30am	Water Aerobics (6)
9:30am-10:15am	3rd Grade Lessons
10:15am-11:00am	Aqua Energy (6)
11:00am-12:00pm	Lap (3), Open (3)
12:00pm-2:30pm	3rd Grade Lessons
2:30pm-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	NLY SWIM TEAM (6)
6:15pm-7:45pm	Swim Lessons (4), Lap (2)
7:45pm-8:45pm	Lap (3), Open (3)
WEDNESDAY	
5:00am-6:00am	Lap (6)
6:00am-8:55am	Lap (3), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-12:00pm	Daycare Lessons (2), Lap (4)
12:00pm-2:30pm	3rd Grade Lessons
2:30pm-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	Swim Lessons (3), Lap (3)
6:15pm-7:10pm	Swim Lessons (3), Lap (3)
7:10pm-8:45pm	Lap (3), Open (3)

THURSDAY	
5:00am-6:00am	Lap (6)
6:00am-8:55am	Lap (3), Open (3)
8:25am-9:30am	Water Aerobics (6)
9:30am-11:00am	3rd Grade Lessons
11:00am-12:00pm	Lap (3), Open (3)
12:00pm-2:00pm	3rd Grade Lessons
2:00pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	NLY SWIM TEAM (6)
6:15pm-8:45pm	Lap (3), Open (3)
FRIDAY	
5:00am-6:00am	Lap (6)
6:00am-8:55am	Lap (3), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-10:40am	3rd Grade Lessons
11:00am-11:45am	Aqua Energy (6)
12:00pm-2:00pm	3rd Grade Lessons
2:00pm-6:00pm	Lap (3), Open (3) ASFC@4-5pm
6:00pm-8:45pm	Lap (3), Open (3)
SATURDAY	
7:00am-8:00am	Lap (6)
8:00am-9:30am	Swim Lessons (3), Lap (3)
9:30am-8:45pm	Lap (3), Open (3)
SUNDAY	
11:00am-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	NLY SWIM TEAM (6)
6:15pm-6:45pm	Lap (3), Open (3)

***Note* NLY Swim team is done March 19th**

***NOTE* Spring break April 3rd-10th. No 3rd grade Lessons, but day camp will be in pool 1pm-2pm**

School's back in session, kids will periodically be in the pool on School Out Days.

The Y reserves the right to alter the schedule without prior notice. Please check with the life-guard for any changes.