

Northern Lights YMCA-Dickinson Center Pool Schedule

January 2, 2023 to February 17, 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-7:00am	KHS Swim Team (3) ,Lap (3)
7:00am-8:55am	Lap (3), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	KHS Swim Team (6)
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-7:00am	KHS Swim Team (3) ,Lap (3)
7:00am-8:25am	Lap (3), Open (3)
8:25am-9:30am	Water Aerobics (6)
9:30am-10:00am	Lap (3), Open (3)
10:00am-10:45am	Water In Motion (6)
10:45am-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	KHS Swim Team (6)
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-1:30pm	Daycare Lessons (2) , Lap (4)
1:30pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	KHS Swim Team (6)
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-7:00am	KHS Swim Team (3) ,Lap (3)
7:00am-8:25am	Lap (3), Open (3)
8:25am-9:30am	Water Aerobics (6)
9:30am-10:00am	Lap (3), Open (3)
10:00am-10:45am	Water In Motion (6)
10:45am-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	KHS Swim Team (6)
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-8:15am	Lap (3), Open (3)
8:15am-8:55am	Lap (3), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	KHS Swim Team (6)
5:00pm-6:00pm	Lap (3), ASFC (3)
5:45pm-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)

Aquatics is looking for help teaching swim lessons. If you are interested in working with our youth, Let Anna know!

Please check with front desk or Facebook page to see when pool will be closed for Swim meets.

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.