

Northern Lights YMCA-Dickinson Center Pool Schedule

April 15th-June 1st

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-8:55am	Lap (6), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-11:30pm	Lap (4), Daycare Lessons (2)
11:30pm-1:00pm	Lap (3), Open (3)
1:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	Lap (3), Open (3)
5:00pm-7:10pm	Swim Lessons (3) , Lap (3)
7:10pm-8:45pm	Lap (3), Open (3)
TUESDAY	
5:00am-6:00am	Lap (3), Open (3)
6:00am-7:00am	Lap (3), Open (3)
7:00am-8:25am	Lap (3), Open (3)
8:30am-9:30am	Water Aerobics (6)
9:30am-10:00am	Lap (3), Open (3)
10:00pm-10:45pm	Aqua Energy (6)
10:45pm-2:20pm	Lap (3), Open (3)
2:20pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	Lap (3), Open (3)
6:15pm-7:45pm	Swim Lessons(3), SO Training(2) Lap (1)
7:45pm-8:45pm	Lap (3), Open (3)
WEDNESDAY	
5:00am-8:55am	Lap (6), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-10:55pm	Lap (3), Open (3)
11:00pm-12:pm	Lap (3), Open (3)
12:00pm-2:00pm	Lap (3), Open (3)
2:00pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	Lap (3), Open (3)
5:00pm-7:10pm	Swim Lessons (3) , Lap (3)
7:10pm-8:45pm	Lap (3), Open (3)

THURSDAY	
5:00am-6:00am	Lap (3), Open (3)
6:00am-7:00am	Lap (3), Open (3)
7:00am-8:25am	Lap (3), Open (3)
8:30am-9:30am	Water Aerobics (6)
9:30am-10:00am	Lap (3), Open (3)
10:00pm-10:45pm	Aqua Energy (6)
10:45pm-2:20pm	Lap (3), Open (3)
2:20pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	Lap (3), Open (3)
6:15pm-6:55pm	Open (3), SO Training(2) Lap (1)
6:55pm-8:45pm	Lap (3), Open (3)
FRIDAY	
5:00am-7:00am	Lap (6)
7:00am-8:00am	MASTER SWIM(3) Lap (3)
9:00am-10:00am	Water Aerobics (6)
10:00am-10:45am	Lap (3), Open (3)
10:50pm-12:pm	Lap (3), Open (3)
12:00pm-2:15pm	Lap (3), Open (3)
2:15pm-3:30pm	Lap (3), Open (3)
3:30pm-5:00pm	Lap (3), Open (3)
5:00pm-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-3:00pm	Lap (3), Open (3)
3:00pm-4:45pm	Lap (3), Open (3)
5:00pm-6:30pm	Lap/open (3), KAYAK CLASS(3)

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 changes.