

Northern Lights YMCA-Dickinson Center Pool Schedule

May 29th 2023—July 2nd 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-8:55am	Lap (6), Open (3)
8:55am-10:00am	Water Aerobics (6)
10:00am-10:45pm	Lap (4), Daycare Lessons (2)
10:45pm-12:pm	DAY CAMP
12:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:00pm	DAY CAMP
3:00pm-6:15pm	Lap (3), Open (3)
6:15pm-7:10pm	Swim Lessons (3), Lap (3)
7:10pm-8:45pm	Lap (3), Open (3)
TUESDAY	
5:00am-7:15am	Lap (3), Open (3)
7:15am-8:15am	NLY SWIM TEAM
8:25am-9:30am	Water Aerobics (6)
9:30am-10:00am	Lap (3), Open (3)
10:00am-10:45am	Aqua Energy (6)
10:45pm-12:pm	DAY CAMP
12:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:00pm	DAY CAMP
3:00pm-6:15pm	Lap (3), Open (3)
6:15pm-7:45pm	Swim Lessons (4), Lap (2)
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-10:45pm	Lap (4), Daycare Lessons (2)
10:45pm-12:pm	DAY CAMP
12:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:00pm	DAY CAMP
3:00pm-6:15pm	Lap (3), Open (3)
6:15pm-7:10pm	Swim Lessons (3), Lap (3)
7:10pm-8:45pm	Lap (3), Open (3)

THURSDAY	
5:00am-7:15am	Lap (3), Open (3)
7:15am-8:15am	NLY SWIM TEAM
8:25am-9:30am	Water Aerobics (6)
9:30am-10:00am	Lap (3), Open (3)
10:00am-10:45am	Aqua Energy (6)
10:45pm-12:pm	DAY CAMP
12:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:00pm	DAY CAMP
3:00pm-6:15pm	Lap (3), Open (3)
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-10:45am	Lap (3), Open (3)
10:45pm-12:pm	DAY CAMP
12:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:00pm	DAY CAMP
3:00pm-8:45pm	Lap (3), Open (3)
SATURDAY	
7:00am-8:00am	Lap (6)
8:00am-9:30am	Swim Lessons (3), Lap (3)
9:30am-4:45pm	Lap (3), Open (3)

Closed MEMORIAL DAY

****NOTE****

***DAY CAMP, Night Swim Lessons,
and NLY SWIM TEAM start June 5th!***

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