

# Northern Lights YMCA-Dickinson Center Pool Schedule

Sept. 4th—Oct 8th

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

THURSDAY	
5:00am-7:15am	Lap (3), Open (3)
7:15am-8:15am	Lap (3), Open (3)
8:25am-9:30am	<b>Water Aerobics (6)</b>
9:30am-10:00am	Lap (3), Open (3)
10:00am-10:45am	<b>Aqua Energy (6)</b>
10:45pm-12:pm	Lap (3), Open (3)
12:00pm-1:45pm	Lap (3), Open (3)
1:45pm-3:00pm	Lap (3), Open (3)
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	<b>Water Aerobics (6)</b>
10:00am-10:45am	Lap (3), Open (3)
10:45pm-12:pm	Lap (3), Open (3)
12:00pm-4:00pm	Lap (3), Open (3)
4:00pm-5:00pm	Lap (3), <b>ASFC</b>
3:00pm-8:45pm	Lap (3), Open (3)
SATURDAY	
7:00am-8:00am	Lap (6)
8:00am-9:30am	<b>Swim Lessons (3)</b> , Lap (3)
9:30am-8:45pm	Lap (3), Open (3)
SUNDAY	
11:00am-5:00pm	Lap (3), Open (3)
5:00pm-6:15pm	Lap (3), Open (3)
6:15pm-6:45pm	Lap (3), Open (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 any changes.***