



YMCA of Delta County - GYM Schedule

2001 North Lincoln Road - Escanaba, MI 49829 - 906-789-0005

December 20 to 31, 2009

SUN	CLOSED UNTIL NOON		OPEN GYM NOON - 6:45 PM		CLOSED AT 6:45 P.M.	
M	OPEN GYM 5:30 - 9:00 AM	OPEN GYM 9 to 12	OPEN B-BALL 12-1	CHILD CARE / OPEN 1-3 PM	OPEN GYM 3-4:15 PM	GROUP FITNESS 4:15 - 7:15
O	SCHOOL'S OUT FUN DAYS 9:00 - 5:30					
N	SCHOOL'S OUT FUN DAYS 9:00 - 5:30					
T	Basic 6:30-6 am	OPEN GYM 9 - 10:30	LOW STRETCH 10:30 - 11:30	OPEN B-BALL 12-1	OPEN GYM 1-4:30	FITNESS 4:30-5:30
U	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
E	OPEN GYM 5:30 - 9:00 AM	OPEN GYM 9 to 12	OPEN B-BALL 12-1	CHILD CARE / OPEN 1-3 PM	OPEN GYM 3-4:15 PM	GROUP FITNESS 4:15 - 7:15
W	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
E	OPEN GYM 5:30 - 9:00 AM	OPEN GYM 9 - 10:30	LOW STRETCH 10:30 - 11:30	OPEN B-BALL 12-1	OPEN GYM 1-4:30 PM	GROUP FITNESS 4:30 - 7:30
D	Basic 6:30-6 am	OPEN GYM 5:30 - 9:00 AM	CHILD CARE / OPEN 9-12	CHILD CARE / OPEN 1-3 PM	OPEN GYM 3:00 - 7:30	OPEN GYM 7:15 - 10:00 PM
T	OPEN GYM 5:30 - 9:00 AM	CHILD CARE / Wcs Be FIT 10:15 - 11:15	CHILD CARE / Wcs Be FIT 10:15 - 11:15	CHILD CARE / Wcs Be FIT 9-12	OPEN GYM 3-4:15 PM	OPEN GYM 6:30 - 10:00 PM
H	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
U	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
F	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
R	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
I	OPEN GYM 5:30 - 9:00 AM	SCHOOL'S OUT FUN DAYS 9:00 - 5:30				
S	CLOSED UNTIL 7:00 A.M.	OPEN GYM 7:00 AM - 10 PM				

Hours of Operation

Mon-Fri 5:30 am to 10:00 pm

Saturday 7:00 am to 10:00 pm

Sunday 12:00 pm to 7:00 pm

Updated 12/18/09

SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Gym Notices: 1/2 Gym Closed from 4:00 to 9:00 p.m. on Friday, December 4th, Gym Closed 8:45 to 10:15 am on Saturday, December 5th, Gym Closed from 4 to 10 pm on Friday, December 18th, 1/2 of Gym Closed from 8 am to 5:30 pm on December 21, 22, 23, 28, 29, and 30. YMCA will be closed at Noon on December 24th, All Day on December 25th, Closed at 5 pm on December 31st and All Day on January 1st.



YMCA of Delta County - POOL Schedule

2001 North Lincoln Road - Escanaba, MI 49829 - 906-789-0005

December 20, 2009

SUN	CLOSED UNTIL NOON				LAP 12-1 PM	OPEN SWIM 1 - 6:45 PM		CLOSED AT 7:00 P.M.		
M	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges 9 - 10 AM	Lessons 10 - 11	LAP 12 - 1 PM	OPEN / School's Out Fun Days SWIM 2 - 3:30 PM	OPEN SWIM 3:30 to 6:00 pm	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 9:45 PM	
O	LAP / OPEN SWIM 5:30 - 10:00 AM				LAP 12 - 1 PM	OPEN / School's Out Fun Days SWIM 2 - 4 PM	SWIM TEAM 4 - 6:30 PM		OPEN SWIM* 6:30 - 9:45 PM	
N	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges 9 - 10 AM	Lessons 10 - 11	LAP 12 - 1 PM	OPEN / School's Out Fun Days SWIM 2 - 3:30 PM	OPEN SWIM 3:30 to 6:00 pm	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 9:45 PM	
T	LAP / OPEN SWIM 5:30 - 10:00 AM				LAP 12 - 1 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN / LAP 3 - 4 PM	SWIM TEAM 4 - 6:30 PM		OPEN SWIM* 6:30 - 9:45 PM
U	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges 9 - 10 AM	Lessons 10 - 11	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM 1 - 2 PM	SWIM TEAM 3:30 - 6 PM		OPEN SWIM 6 - 9:45 PM
F	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges 9 - 10 AM	LAP SWIM 10 - 11	LAP 12 - 1 PM	OPEN SWIM 1 - 3:30 PM	OPEN SWIM 1 - 2 PM	SWIM TEAM 3:30 - 6 PM		OPEN SWIM 6 - 9:45 PM
R	LAP / OPEN SWIM 5:30 - 10:00 AM				LAP 12 - 1 PM	OPEN SWIM 1 - 3:30 PM	OPEN SWIM 1 - 2 PM	SWIM TEAM 3:30 - 6 PM		OPEN SWIM 6 - 9:45 PM
I	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges 9 - 10 AM	Lessons 10 - 12	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM 1 - 2 PM	SWIM TEAM 3:30 - 6 PM		OPEN SWIM 6 - 9:45 PM
S	CLOSED UNTIL 7:00 A.M.	OPEN / LAP 7 - 10 AM	LESSONS 10 - 12 PM	LAP 12 - 1 PM	OPEN / LAP SWIM 1 - 9:45 PM					

Updated 12/18/09

SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Pool Notices: All Swimmers Must Demonstrate the Ability to Swim the Length of the Pool Before Entering the Deep End During Open Swims - Lifeguard to Administer Test *** Lap Lanes May be Inserted Upon Request Providing Space Availability During Evenings
 ** Pool will be closed: From 3:30 to 7:00 pm on Friday, Dec 4th, From 3:30 to 10 pm on Friday, Dec 18th ** School's Out Fun Day Participants will Share Open Pool from 2:00 to 3:30 pm on Dec 21, 22, 23, 28, 29 and 30. **YMCA will Close: At Noon on Dec 24, All Day on Dec 25, and at 5pm on Dec 31.