



Northern Lights YMCA - DELTA - GYM Schedule

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

February 2012

SUN	CLOSED UNTIL 11 AM		YOUTH SPORT 11: AM - 3:30 PM		OPEN GYM 3:30 PM - 6:45 PM		CLOSED AT 6:45 P.M.	
M	OPEN 5-6	FIT 6-6:30 am	OPEN GYM 6:30 - 9:15 AM	FIT 9:15-10 AM	OPEN GYM 10 to 12	CHILDWARE / OPEN 1-4:15 PM	GROUP FITNESS 4:15 - 7:30 PM	OPEN GYM 7:30 - 10:00 PM
O	OPEN GYM 5-9 AM		CHILDWARE / OPEN 9-12		OPEN B-BALL 12-1	YOUTH SPORT 5:30 - 7:45 PM		OPEN 7:45 - 10:00 PM
N	OPEN GYM 5-9:30 AM		FITNESS / CHILDWARE GYM CLASSES 9:30 - 11:30		OPEN B-BALL 12-1	CHILDWARE / OPEN 1-3:30 PM	GROUP FITNESS 3:30 - 6 PM	OPEN GYM 7:00 - 10:00 PM
T	OPEN GYM 5-9:00 AM		CHILDWARE / OPEN 9-12		OPEN B-BALL 12-1	YOUTH SPORT* 5-7 PM		
U	OPEN 5-6	FIT 6-6:30 am	OPEN GYM 6:30 - 9:15 AM	FIT 9:15-10 AM	OPEN B-BALL 12-1	CHILDWARE / OPEN 1-4:15 PM	GROUP FITNESS 4:15 - 7:30 PM	OPEN GYM 7:30 - 10:00 PM
E	OPEN GYM 5-9 AM		CHILDWARE / OPEN 9-12		OPEN B-BALL 12-1	YOUTH SPORT 3:30 - 7:45 PM		OPEN 7:45 - 10:00 PM
W	OPEN 5-6	FIT 6-6:30 am	OPEN GYM 6:30 - 9:15 AM	FIT 9:15-10 AM	OPEN B-BALL 12-1	CHILDWARE / OPEN 1-3:30 PM	GROUP FITNESS 3:30 - 6 PM	OPEN GYM 8:15 - 10:00 PM
H	OPEN GYM 5-9:00 AM		CHILDWARE / OPEN 9-12		OPEN B-BALL 12-1	YOUTH SPORT* 5-7 PM		
T	OPEN GYM 5:00 - 9:00		CHILDWARE / OPEN 9-12		OPEN B-BALL 12-1	CHILDWARE / OPEN 1-2 PM	FITNESS 4:15 - 5:15 PM	OPEN GYM 5:15 - 10:00 PM
U	OPEN GYM 5:00 - 9:00		OPEN GYM 9-12		OPEN B-BALL 12-1	OPEN GYM 1-10 PM		
F	CLOSED UNTIL 7:00 A.M.		OPEN GYM 7:00 AM - 10 PM					

Hours of Operation

Mon-Fri 5:00 am to 10:00 pm
 Saturday 7:00 am to 10:00 pm
 Sunday 11:00 am to 7:00 pm

Updated 1/26/12

SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Gym Notices: The Entire Gym will be Closed on Sat, Feb 4th from 7 AM to 8PM ** 1/2 Of the Gym Closed Fri, Feb 24th from 9 AM to 4:30 PM for School's Out Friday *** 1/2 of Gym Closed Fri, Feb 24th from 5 - 8:30 PM for Sweetheart Sock Hop



Northern Light YMCA - DELTA - POOL Schedule

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

F e b r u a r y 2 0 1 2

S U N	CLOSED UNTIL 11:00 AM				LAP 11 AM - 1 PM	OPEN SWIM 1 - 6:45 PM				CLOSED AT 7:00 P.M.			
M O N	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges / Water Jogging 9 - 10 AM	LAP / LESSONS 10 - 11	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN 1- 1:30	LESSONS / OPEN 1:30 - 2:30	OPEN / LAP SWIM 2:30 - 3:30PM	LEARN TO SWIM 3:30 - 4:30 pm	LESSONS 4:30 - 6:00 PM	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 9:45 PM
T U E	OPEN / LAP SWIM 5:30 - 9:00 AM	Water Aerobics 8:30 - 9:25 AM	Water Aerobics 9:30 - 10	ISD SWIM 10 - 12 PM	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN SWIM 3-3:45 PM	SWIM TEAM 3:45 - 6:30 PM	LESSONS 6:30 - 7:15	OPEN SWIM* 7:15 - 9:45 PM		
W E D	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges / Water Jogging 9 - 10 AM	LAP / LESSONS 10 - 11	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN 1- 1:30	LESSONS / OPEN 1:30 - 2:30	OPEN / LAP SWIM 2:30 - 3:30PM	LEARN TO SWIM 3:30 - 4:30 pm	LESSONS 4:30 - 6:00 PM	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 9:45 PM
T H U	OPEN / LAP SWIM 5:30 - 9:00 AM	Water Aerobics 8:30 - 9:25 AM	Water Aerobics 9:30 - 10	ISD SWIM 10 - 12 PM	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN 3- 3:45 PM	SWIM TEAM 3:45 - 6:30 PM	LESSONS 6:30 - 7:15	OPEN SWIM* 7:15 - 9:45 PM		
F R I	LAP SWIM 5:30 - 7:00 AM	Water Aerobics 7 - 9 AM	Twinges / Water Jogging 9 - 10 AM	LAP SWIM 10 - 11	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN SWIM 1 - 3:45 PM	SWIM TEAM 3:45 - 6:30 PM	OPEN SWIM 6:30 - 9:45 PM				
S A T	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								

SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Updated 1/26/12

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 on Sat, Feb 4th from 7 AM to 8 PM ** Open Swim will be shared with Schools Out Fundays from 2 - 3:30 on Feb 24th.