



# YMCA of Delta County - GYM Schedule

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

# J a n u a r y 2 0 1 0

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 CHILD/CARE / OPEN 9 - 12	OPEN B-BALL 12 - 1	CHILD/CARE / OPEN 1 - 3 PM OPEN GYM 3 - 4:15 PM	GROUP FITNESS 4:15 - 7:15	OPEN GYM 7:15 - 10:00 PM
T	Basic 6-6:30 am OPEN GYM 6:30 - 9:30 AM	LOW STRETCH 9:30 - 10:30 OPEN GYM 10:30 - 12	OPEN B-BALL 12 - 1	WEE BE FIT 2 - 3 PM OPEN GYM 3 - 4:30	GROUP FITNESS 4:30 - 7:30	OPEN GYM 7:30 - 10:00 PM
W	OPEN GYM 5:30 - 9:00 AM	CHILD/CARE / OPEN 9 - 12	OPEN B-BALL 12 - 1	OPEN GYM 1:00 to 5:30 PM	YOUTH BASKETBALL 5:30 - 7:30	OPEN GYM 7:30 - 10:00 PM
TH	OPEN GYM 5:30 - 9:00 AM	CC / OPEN GYM 9 - 10 PARENT - TOT 10 - 11 OPEN GYM 10:30 - 12 CC / OPEN GYM 11 - 12	OPEN B-BALL 12 - 1	CHILD/CARE / OPEN 1 - 3 PM OPEN GYM 3 - 4:15 PM	GROUP FITNESS 4:15 - 7:15	OPEN GYM 7:15 - 10:00 PM
F	Basic 6-6:30 am OPEN GYM 6:30 - 9:30 AM	LOW STRETCH 9:30 - 10:30 CHILD/CARE / OPEN 9 - 12	OPEN B-BALL 12 - 1	OPEN GYM 1 - 4:30 PM CHILD/CARE / OPEN 1 - 3 PM	GROUP FITNESS 4:30 - 7:30	OPEN GYM 7:30 - 10:00 PM
SAT	CLOSED UNTIL 7:00 A.M.	OPEN GYM 9 - 12 CHILD/CARE / WEE BE FIT 10:15 - 11:15 CHILD CARE 9 - 12	OPEN B-BALL 12 - 1	OPEN GYM 3 - 4:15 PM	GROUP FITNESS 4:15 - 5:30	OPEN GYM 5:30 - 10:00 PM
		OPEN GYM 9 - 12		OPEN GYM 1 - 10 PM		
		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 11/30/09

SHADED AREAS INDICATE OPEN TIMES

Check out our website at [www.ymcadelta.org](http://www.ymcadelta.org)

Gym Notices: YMCA closed on January 1st \*\* Gym Closed on Saturday, January 2nd until 6 pm for Home Swim Meet \*\*  
1/2 of Gym Closed on Friday, January 29th from 8:30 to 5:30 for School's Out Fun Day.



# YMCA of Delta County - POOL Schedule

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# J a n u a r y 2 0 1 0

S U N	CLOSED UNTIL NOON				LAP 12-1 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 9 - 10 AM	Lessons 10 - 11	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	LESS / OPEN 1:30 - 2	OPEN / LAP SWIM 2 - 3:30 PM	LESSONS 3:30 - 6:00 PM	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 9:45 PM
T U E	LAP SWIM 5:30 - 8:00 AM	Water Aerobics 8 - 9 AM	ADULT SWIM LESSONS 9 - 10 AM	ISD SWIM 10 - 12 PM	SWIM 10 - 12 PM	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN / SWIM / AQUA THERAPY 2-3 PM	SWIM TEAM 4 - 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 9 - 10 AM	Lessons 10 - 11	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	LESS / OPEN 1:30 - 2	OPEN / LAP SWIM 2 - 3:30 PM	LESSONS 3:30 - 6:00 PM	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 9:45 PM
T H U	LAP SWIM 5:30 - 8:00 AM	Water Aerobics 8 - 9 AM	ADULT SWIM LESSONS 9 - 10 AM	ISD SWIM 10 - 12 PM	SWIM 10 - 12 PM	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN / SWIM / AQUA THERAPY 2-3 PM	SWIM TEAM 4 - 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 9 - 10 AM	LAP SWIM 10 - 11	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN SWIM 1 - 3:30 PM	SWIM TEAM 3:30 - 6 PM	OPEN SWIM 6 - 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						

**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](http://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  
 YMCA will be Closed on January 1st \*\* Pool will be closed: From 7:00 am until 6:00 pm on Saturday, January 2nd  
 \*\*\* School's Out Fun Day Participants will Share Open Pool on Friday, January 29th from 2:00 to 3:30 PM