



YMCA of Delta County - GYM Schedule

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

March 9 to 16, 2009

SUN	CLOSED UNTIL NOON				OPEN GYM NOON - 7:00 PM				CLOSED AT 7:00 P.M.			
MON	OPEN GYM 5:30 - 9:00 AM		OPEN GYM 9 to 12			OPEN B-BALL 12 - 1	CHILDCARE / OPEN 1 - 3 PM	OPEN GYM 3 - 4:15 PM	AEROBICS 4:15 - 8:15		OPEN GYM 8:15 - 10:00 PM	
	CC / OPEN GYM 9 - 10	PARENT - TOT 10 - 11	CC / OPEN GYM 11 - 12	OPEN GYM 1:00 - 2:30PM	S. O. BASKETBALL 2:30 - 4:00 PM		OPEN GYM 4:00 - 8:15 PM					
TUE	OPEN 5:30-6 Basic 6-6:30 am	OPEN GYM 6:30 - 9:00 AM		OPEN GYM 9 - 10:30	LOW STRETCH 10:30 - 11:30	OPEN 11:30 - 12	OPEN B-BALL 12 - 1	Wee Be Fit 1 - 2 PM	CHILDCARE / OPEN 2 - 3 PM	OPEN GYM 3 - 4:30	AEROBICS 4:30 - 7:30	OPEN GYM 7:30 - 10:00 PM
	OPEN GYM 5:30 - 9:00 AM		CHILDCARE / OPEN 9 - 12			OPEN GYM 1:00 - 2:30PM		S. O. BASKETBALL 2:30 - 4:00 PM	OPEN GYM 4:00 - 7:30 PM			
WED	OPEN GYM 5:30 - 9:00 AM		OPEN GYM 9 to 12			OPEN B-BALL 12 - 1	CHILDCARE / OPEN 1 - 3 PM	OPEN GYM 3 - 4:15 PM	AEROBICS 4:15 - 8:15		OPEN GYM 8:15 - 10:00 PM	
	CC / OPEN GYM 9 - 10	PARENT - TOT 10 - 11	CC / OPEN GYM 11 - 12	OPEN GYM 1:00 - 8:15 PM								
THU	OPEN 5:30-6 Basic 6-6:30 am	OPEN GYM 6:30 - 9:00 AM		OPEN GYM 9 - 10:30	LOW STRETCH 10:30 - 11:30	OPEN 11:30 - 12	OPEN B-BALL 12 - 1	OPEN GYM 1 - 4:30 PM		AEROBICS 4:30 - 7:30	OPEN GYM 7:30 - 10:00 PM	
	OPEN GYM 5:30 - 9:00 AM		CHILDCARE / OPEN 9 - 12			CHILDCARE / OPEN 1 - 3 PM		OPEN GYM 3 - 7:30 PM				
FRI	OPEN GYM 5:30 - 9:00		CHILDCARE / OPEN 9 - 12			OPEN B-BALL 12 - 1	Wee Be Fit 1 - 2 PM	CHILDCARE / OPEN 2 - 3 PM	OPEN GYM 3 - 4:15 PM	AEROBICS 4:15 - 6:30	OPEN GYM 6:30 - 10:00 PM	
	OPEN GYM 9 - 12			OPEN GYM 1:00 - 6:00 PM			PARENT'S NIGHT OUT or OPEN* See Schedule Below for Dates 6 - 10					
SAT	CLOSED UNTIL 7:00 A.M.	OPEN GYM 7 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 3/9/09

■ SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Gym Notices: Gym will be Closed on Friday, March 13th from 4 until close and Saturday, March 14th All Day due to home swim meet **
 Parent's Night Out in Gym on March 20 from 6 to 10 p.m. *** Teen Dance in Gym Saturday, March 28th from 7 to 9:30 pm



YMCA of Delta County - POOL Schedule

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

March 9 to 16, 2009

SUN	CLOSED UNTIL NOON					LAP 12 - 1 PM	OPEN SWIM 1 - 6:45 PM					CLOSED AT 7:00 P.M.	
MON	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	OPEN 1-1:30	LESS / OPEN 1:30-2	OPEN / LAP SWIM 2 - 3:30 PM	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
TUE	LAP SWIM 5:30 - 8:00 AM	Water Aerobics 8 - 9 AM	ADULT SWIM LESSONS 9 - 10 AM	ISD SWIM 10 - 12 PM		LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN / LAP 3 - 4 PM	SWIM TEAM 4:00 - 6:30 pm		LESSONS 6:30 - 7:15	OPEN SWIM* 7:15 - 9:45 PM
WED	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	OPEN 1-1:30	LESS / OPEN 1:30-2	OPEN / LAP SWIM 2 - 3:30 PM	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
THU	LAP SWIM 5:30 - 8:00 AM	Water Aerobics 8 - 9 AM	ADULT SWIM LESSONS 9 - 10 AM	ISD SWIM 10 - 12 PM		LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN / LAP 3 - 4 PM	SWIM TEAM 4:00 - 6:30 pm		LESSONS 6:30 - 7:15	OPEN SWIM* 7:15 - 9:45 PM
FRI	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 - 6:00 pm		OPEN SWIM 6 - 9:45 PM		
SAT	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 3/9/09

■ SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Pool Notices: The Pool will be closed from 8:45 to 10 pm on March 10th for Kayaking Class. The Pool will be Closed on Friday, March 13th from 4 until 10 pm and Saturday, March 14th all day due to home swim meet ** Parent's Night Out will Share Open Pool Time from 6 - 9 PM on March 20th ** All Swimmers Must Demonstrate the Ability to Swim the Length of the Pool Before Entering the Deep End During Open Swims - Lifeguard Available to Administer Test ** Lap Lanes May be Inserted Upon Request Providing Space Availability During Evenings