



YMCA of Delta County - GYM Schedule

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

February 2010

SUN	CLOSED UNTIL NOON		YOUTH SPORTS Noon - 3:15 pm		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	CHILDCARE / OPEN 1 - 3 PM	OPEN GYM 3 - 4:15 PM	GROUP FITNESS 4:15 - 7:15	OPEN GYM 7:15 - 10:00 PM	
O		CHILDCARE / OPEN 9 - 12						
N								
T	Basic 6:30-6 am	LOW STRETCH 9:30 - 10:30	OPEN B-BALL 12 - 1	CHILDCARE / OPEN 2 - 3 PM	OPEN GYM 3 - 4:30	GROUP FITNESS 4:30 - 5:30	YOUTH SPORT 5:30 - 6:30	
U	OPEN GYM 6:30 - 9:30 AM	OPEN GYM 10:30 - 12	OPEN B-BALL 12 - 1	Wee Be Fit 2 - 3 PM	OPEN GYM 1:00 - 5:30 PM	YOUTH SPORT 5:30 - 6:30 PM	OPEN GYM 6:30 - 10:00 PM	
E	OPEN GYM 5:30 - 9:00 AM	CHILDCARE / OPEN 9 - 12		OPEN GYM 1:00 to 4:15 PM				
W	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	GROUP FITNESS 4:15 - 7:15	OPEN GYM 7:15 - 10:00 PM	
E		CC / OPEN GYM 9 - 10						
D		PARENT - TOT 10 - 11						
		CC / OPEN GYM 11 - 12						
T	Basic 6:30 am	LOW STRETCH 9:30 - 10:30	OPEN B-BALL 12 - 1	CHILDCARE / OPEN 1 - 3 PM	OPEN GYM 1 - 4:30 PM	GROUP FITNESS 4:30 - 5:30	YOUTH SPORT 5:30 - 6:30	
H	OPEN GYM 6:30 - 9:30 AM	OPEN GYM 10:30 - 12	OPEN B-BALL 12 - 1				OPEN GYM 6:30 - 10:00 PM	
U	OPEN GYM 5:30 - 9:00 AM	CHILDCARE / OPEN 9 - 12		CHILDCARE / OPEN 1 - 3 PM	OPEN GYM 3:00 - 4:15 PM	YOUTH SPORT 4:15 - 5:30 PM		
F	OPEN GYM 5:30 - 9:00	CHILDCARE / Wee Be FIT 10:15 - 11:15	OPEN B-BALL 12 - 1	CHILDCARE / OPEN 2 - 3 PM	OPEN GYM 3 - 4:15 PM	GROUP FITNESS 4:15 - 5:30	OPEN GYM 5:30 - 10:00 PM	
R		CHILD CARE 9 - 12						
I		OPEN GYM 9 - 12						
S	CLOSED UNTIL 7:00 A.M.	OPEN GYM 7:00 AM - 10 PM		OPEN GYM 1 - 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

Gym Notices: Gym Closed on Saturday, February 6th - All Day *** Gym Closed from 6 to 9 pm on Saturday, February 27th



YMCA of Delta County - POOL Schedule

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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	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
TUE	LAP SWIM 5:30 - 8:00 AM	Water Aerobics 8 - 9 AM	ADULT SWIM LESSONS 9 - 10 AM	ISD SWIM 10 - 12 PM	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN / LAP SWIM 3 - 4 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	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
THU	LAP SWIM 5:30 - 8:00 AM	Water Aerobics 8 - 9 AM	ADULT SWIM LESSONS 9 - 10 AM	ISD SWIM 10 - 12 PM	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN SWIM 1 - 2 PM	OPEN SWIM / AQUA THERAPY 2-3 PM	OPEN / LAP SWIM 3 - 4 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	OPEN SWIM 3:30 - 6 PM	LESSONS 6 - 9:45 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

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 shared with a pool rental on Friday, February 5th from 1 - 2 pm ** Pool will be closed: Saturday, February 6th - All Day

Updated 1/25/10