



YMCA of Delta County - GYM Schedule

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

J u l y 2 0 1 0

S U N	CLOSED											
M O N	OPEN GYM 5:30 - 8:00 AM	OPEN GYM 5:30 AM to Noon	OPEN B-BALL 12 - 1	OPEN GYM 1 - 4:15 PM	GROUP FITNESS 4:15 - 8:15 PM	OPEN GYM 8:15 - 10:00 PM						
T U E	Basic 6-6:30 am 5:30-6	OPEN GYM 6:30 - 9:30 AM	LOW STRETCH 9:30 - 10:30	WEE BE FIT 1 - 2	CHILD CARE/ OPEN 2 - 3 PM	GROUP FITNESS 4:30 - 7:00 PM	OPEN GYM 7:00 - 10:00 PM					
W E D	OPEN GYM 5:30 - 8:00 AM	OPEN GYM 5:30 AM to Noon	OPEN B-BALL 12 - 1	OPEN GYM 1 - 4:15 PM	GROUP FITNESS 4:15 - 8:15 PM	OPEN GYM 8:15 - 10:00 PM						
T H U	Basic 6-6:30 am 5:30-6	OPEN GYM 6:30 - 9:30 AM	LOW STRETCH 9:30 - 10:30	WEE BE FIT 1 - 2 PM	CHILD CARE/ OPEN 2 - 3 PM	GROUP FITNESS 4:30 - 7:00 PM	OPEN GYM 7:00 - 10:00 PM					
F R I	OPEN GYM 5:30 - 8:00 AM	OPEN GYM 5:30 to 12	OPEN B-BALL 12 - 1	CHILD CARE / OPEN 1 - 3 PM	GROUP FITNESS 4:15 - 5:15	OPEN GYM 5:15 - 10:00 PM	OPEN GYM 5:30 - 10 PM					
S A T	CLOSED UNTIL 7:00 A.M.	OPEN GYM 7 AM - 5 PM										CLOSED AT 5:00 PM

Summer Hours of Operation
 Mon-Fri 5:30 am to 10:00 pm
 Saturday 7:00 am to 5:00 pm
 Sunday Closed

☐ SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.ymcadelta.org

Gym Notices: No Notices at this Time!

Updated 7/5/10



YMCA of Delta County - POOL Schedule

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

J U N E 2 0 1 0

SUN	CLOSED										
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	LESSONS / OPEN 1 - 2 pm	OPEN SWIM / DAY CAMP 2:00 - 3:30 pm	OPEN / LAP SWIM 3:30 - 6:00 PM	H2O Aerobics 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	LESSONS 10 - 12	LESSONS 10 - 12	LAP 12 - 1 PM	OPEN / Aqua Therapy 1 - 2	OPEN SWIM / DAY CAMP 2:00 - 3:30 pm	OPEN SWIM TEAM 4 - 5:45 PM	LESSONS 5:45 - 6:30	OPEN SWIM* 6:30 - 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	LESSONS / OPEN 1 - 2 pm	OPEN SWIM / DAY CAMP 2:00 - 3:30 pm	OPEN / LAP SWIM 3:30 - 6:00 PM	H2O Aerobics 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	LESSONS 10 - 12	LESSONS 10 - 12	LAP 12 - 1 PM	OPEN / Aqua Therapy 1 - 2	OPEN SWIM / DAY CAMP 2:00 - 3:30 pm	OPEN SWIM TEAM 4 - 5:45 PM	LESSONS 5:45 - 6:30	OPEN SWIM* 6:30 - 9:45 PM
FRI	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 - 2	OPEN SWIM / DAY CAMP 2:00 - 3:30 pm	OPEN SWIM* 3:30 - 9:45 PM		
SAT	CLOSED UNTIL 7:00 A.M.	OPEN / LAP 7 - 10 AM	LAP 12 - 1 PM	OPEN / LAP SWIM 1 - 4:45 PM	CLOSED AT 5:00 PM						

Updated 7/5/10

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 Available to Administer Test ** Lap Lanes May be Inserted Upon Request Providing Space Availability During Evenings *** Please NOTE: Due to Lighting, the Pool & Hot Tub will close until 30 minutes after last evidence of lighting.

Summer Hours of Operation
Mon-Fri 5:30 am to 10:00 pm
Saturday 7:00 am to 5:00 pm
Sunday Closed