



Northern Lights YMCA Delta - POOL Schedule

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

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SUN	CLOSED UNTIL 11:00 AM				LAP 11 - 12:30	LESSONS 12:30-1:15	OPEN 1:15-7:00				CLOSED AT 7 PM		
MON	LAP SWIM 5:30 - 7:00 AM	OPEN 7:00-8:00	Water Aerobics 8:00 - 9:00 AM	TWINGES 9:30-10:30	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN 1:00-4:30				LESSONS 4:30-6:00	H2O Aerobic 6:00 - 6:45	OPEN SWIM * 6:45 - 8:30 PM
TUE	LAP SWIM 5:30 - 7:00AM	OPEN/LAP 7:00-8:30	Water in Motion 8:30 - 9:30 AM	OPEN/LAP 9:30-12:00		LAP 12 - 1 PM	H.S. Lessons 1-2:45	OPEN 2:45-8:30					
WED	LAP SWIM 5:30 - 7:00 AM	OPEN 7:00-8:00	Water Aerobics 8:00 - 9:00 AM	TWINGES 9:30-10:30	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN 1:00-4:30				LESSONS 4:30-6:00	H2O Aerobic 6:00 - 6:45	OPEN SWIM * 6:45 - 8:30 PM
THU	LAP SWIM 5:30 - 7:00AM	OPEN/LAP 7:00-8:30	Water in Motion 8:30 - 9:30 AM	OPEN/LAP 9:30-12:00		LAP 12 - 1 PM	H.S. Lessons 1-1:45	OPEN 1:45-8:30					
FRI	LAP SWIM 5:30 - 7:00 AM	OPEN/LAP 7:00-8:00	Water Aerobics 8:00 - 9:00 AM	TWINGES 9:30-10:30	SENIOR SWIM 11 - 12	LAP 12 - 1 PM	OPEN 1:00-8:30						
SAT	CLOSED UNTIL 7:00 A.M.	OPEN / LAP 7:00- 9:00 AM	LESSONS 9:00-12:00			LAP 12 - 1 PM	OPEN 1:00 - 8:30 PM						

Building Hours of Operation

Mon-Fri 5:00 am to 9:00 pm

Saturday 7:00 am to 9:00 pm

Sunday 11:00 am to 7:00 pm

Updated 4/22/21

■ SHADED AREAS INDICATE OPEN TIMES

Check out our website at www.nlymca.com

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
Please NOTE: In the event of Lightning in the area, the Pool & Hot Tub will close until 30 minutes after last evidence of lightning.