



Northern Lights YMCA Delta - POOL Schedule

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

J
u
l
y
2
0
2
1

SUN	CLOSED											
MON	LAP SWIM 5:30 - 6:45 AM	ADVANCED SWIM TEAM 6:45-8:00	WATER JOGGING 8:00-9:00		TWINGES 9:30-10:30		SENIOR SWIM 11 - 12	LAP 12 - 1 PM	DAY CAMP 1:00-4:30	SWIM TEAM 4:30-5:45	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 8:30 PM
TUE	LAP SWIM 5:30 - 7:00 AM	OPEN/LAP 7:00-8:30	Water in Motion 8:30 - 9:30		OPEN/LAP 9:30-11:00		LESSONS 11:00-12:00	LAP 12 - 1 PM	DAY CAMP 1:00-4:30		LESSONS 5:00-7:00	OPEN SWIM* 7:00 - 8:30 PM
WED	LAP SWIM 5:30 - 6:45 AM	ADVANCED SWIM TEAM 6:45-8:00	WATER JOGGING 8:00-9:00		TWINGES 9:30-10:30		SENIOR SWIM 11 - 12	LAP 12 - 1 PM	DAY CAMP 1:00-4:30	SWIM TEAM 4:30-5:45	H2O Aerobic 6:00 - 6:45	OPEN SWIM* 6:45 - 8:30 PM
THU	LAP SWIM 5:30 - 7:00 AM	OPEN/LAP 7:00-8:30	Water in Motion 8:30 - 9:30		OPEN/LAP 9:30-11:00		LESSONS 11:00-12:00	LAP 12 - 1 PM	DAY CAMP 1:00-4:30		LESSONS 5:00-7:00	OPEN SWIM* 7:00 - 8:30 PM
FRI	LAP SWIM 5:30 - 7:00 AM	OPEN/LAP 7:00-8:00	WATER JOGGING 8:00-9:00		TWINGES 9:30-10:30		SENIOR SWIM 11 - 12	LAP 12 - 1 PM	DAY CAMP 1:00-4:30	OPEN SWIM* 4:30 - 8:30 PM		
SAT	CLOSED UNTIL 7:00 A.M.	OPEN 7:00- 12:00						LAP 12 - 1 PM	OPEN SWIM 1:00 - 4:45 PM	CLOSED AT 5:00 P.M.		

Hours of Operation
 Mon-Fri
 5:00 am to 9:00 pm
 Saturday
 7:00 am to 5:00 pm
 Sunday
 Closed

Updated 6/29/21

☐ 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.