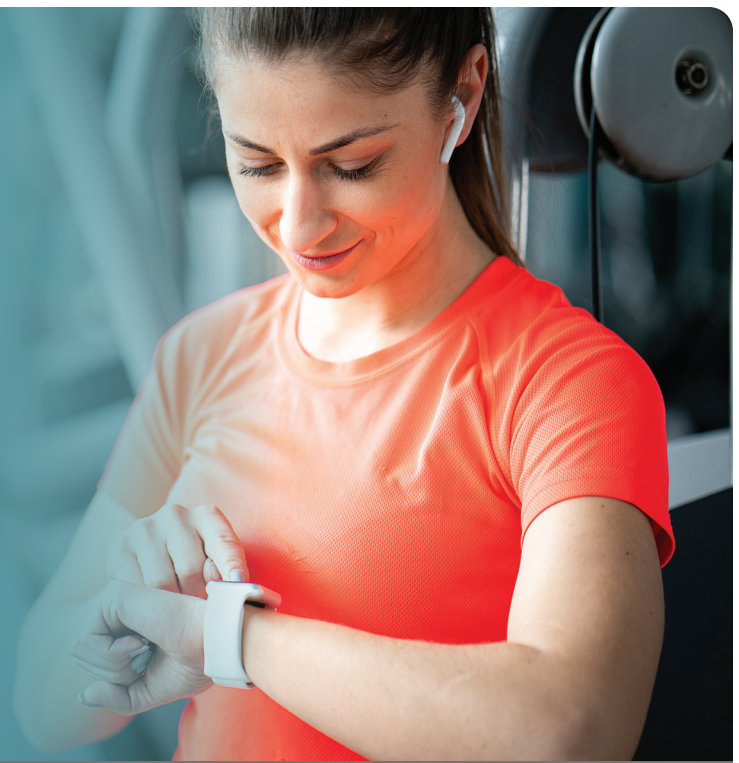




DELHI

ATHLETIC CLUB

at Delhi Towne Square



Club and Amenity Hours of Operation

Building Hours

Monday – Thursday: 5 a.m. – 9 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday and Sunday: 7 a.m. – 6 p.m.

Kid Towne Hours

Monday – Saturday: 8 a.m. – 12 p.m.

Monday – Thursday: 5 – 8 p.m.

Warm Water Pool Hours

Monday – Thursday: 5 a.m. – 8:45 p.m.

Friday: 5 a.m. – 7:45 p.m.

Saturday and Sunday: 7 a.m. – 5:45 p.m.

Warm Water Pool available for family swim, water walking and leisure swimming while aquatics classes are not in session (see group fitness schedule).

Warm Water Pool does not have a lifeguard on duty. Swimming alone is not recommended, and all children must be supervised.

Lap Pool Hours

Mon., Wed. and Fri.: 6 – 10 a.m. and 5 – 8 p.m.

Tues. and Thurs.: 6 a.m. – 1 p.m. and 5 – 8 p.m.

Saturday and Sunday: 8 a.m. – 12 p.m.

Lap Pool may only be used when a lifeguard is present.

Due to a national lifeguard shortage, Lap Pool may not be available during scheduled times—check Delhi Athletic Club website prior to arrival.

Main Studio, Cycle Studio and Mind Body Studio Hours

Monday – Thursday: 5 a.m. – 9 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday and Sunday: 7 a.m. – 6 p.m.

Reserved for Group Exercise Classes during scheduled class times (see group fitness schedule).

Available for stretching, functional training and personal training when classes are not in session.