

LYNCH/VAN OTTERLOO YMCA

February Vacation Week – 15th to 20th
No Swim, Gymnastics, Sports or Fitness paid programs running during February Vacation.
Open times below are in addition to our regular schedules.

	Sunday 2/14	Monday 2/15	Tuesday 2/16	Wednesday 2/17	Thursday 2/18	Friday 2/19	Saturday 2/20
Preschool Open Gymnastics Ages 7 & under		1:30pm – 2:30pm	1:30pm – 2:30pm	1:30pm – 2:30pm	1:30pm – 2:30pm		
Youth Open Gymnastics Ages 8-14		2:45pm – 3:45pm	2:45pm – 3:45pm	2:45pm – 3:45pm	2:45pm – 3:45pm		10:30am-11:30am
Water Slide	12:15pm-5:30pm	1:00pm-3:00pm 5:00pm – 8:00pm	1:00pm-3:00pm 5:00pm – 8:00pm	1:00pm-3:00pm 5:00pm – 8:00pm	1:00pm-3:00pm 5:00pm – 8:00pm	1:00pm-3:00pm 5:00pm – 8:00pm	10:00am-12:00pm 2:00pm-4:00pm
Youth/Teen Recreations Swim	Big Pool 11:30am - 5:30pm (2 middle lanes) Small Pool 12:15pm-5:30pm I	Big Pool 12:00pm - 7:30pm (2 middle lanes) Small Pool 10:00am-11:30am (Preschool Swim) 1:00pm - 8:00pm	Big Pool 12:00pm - 7:30pm (2 middle lanes) Small Pool 10:00am-11:30am (Preschool Swim) 1:00pm - 8:00pm	Big Pool 12:00pm - 7:30pm (2 middle lanes) Small Pool 10:00am-11:30am (Preschool Swim) 1:00pm - 8:00pm	Big Pool 12:00pm - 7:30pm (2 middle lanes) Small Pool 10:00am-11:30am (Preschool Swim) 1:00pm - 8:00pm	Big Pool 12:00pm - 8:00pm (2 middle lanes) Small Pool 10:00am-11:30am (Preschool Swim) 1:00pm - 8:00pm	Small Pool 10:00am-4:00pm Big Pool 11:00am – 6:30pm (2 lanes)
Family Swim	Big Pool 11:30am - 5:30pm (2 middle lanes) Small Pool 12:15pm-5:30pm I	Small Pool 1:00pm – 8:00pm	Small Pool 1:00pm – 8:00pm	Small Pool 1:00pm – 8:00pm	Small Pool 1:00pm – 8:00pm	Small Pool 1:00pm – 8:00pm	Small Pool 10:00am-4:00pm
Gymnasium	Side A 9:00am – 5:45 pm (Youth & families) Side B 11:15 – 5:45 (Teen & Adults)	Side A 1:15pm – 6:45pm (Teens & Adults) Side B 1:15 pm– 3:00pm (Youth & Families) 4:30pm – 6:45pm (Youth & Families)	Side A 1:15pm – 6:00pm (Teens & Adults) Side B 1:15 pm– 3:00pm (Youth & Families) 4:30pm – 6:00pm (Youth & Families)	Side A 1:15pm – 6:45pm (Teens & Adults) Side B 1:15 pm– 3:00pm (Youth & Families) 4:30pm – 6:45pm (Youth & Families)	Side A 1:15pm – 6:45pm (Teens & Adults) Side B 1:15 pm– 3:00pm (Youth & Families) 4:30pm – 6:45pm (Youth & Families)	Side A 1:15pm – 5:15pm (Teens & Adults) Side B 1:15 pm– 3:00pm (Youth & Families) 4:30pm – 5:15pm (Youth & Families)	Side A 9:00am – 4:00pm (Youth & Families) Side B 9:00am-4:00pm (Teens & Adults)
Fitness Classes		10:30am Family Zumba Aerobic Room 1	10:30am Youth/Teen Zumba Aerobic Room 1				
Rock Wall		2:00pm – 5:30pm	2:00pm – 5:30pm	2:00pm – 5:30pm	2:00pm – 5:30pm	2:00pm – 5:30pm	

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No Swim, Gymnastics and Sports or Fitness Paid Programs running during February Vacation.

Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
781.631.9622

www.northshoreymca.org

Hours of Operation

Monday - Friday

5:00am to 10:00pm

Saturday

6:00am to 7:00pm

Sunday

7:00am to 6:00pm

Babysitting Hours:

Monday-Friday

8:00am - 2:00pm

3:00pm - 7:30pm

Saturday

8:00am - 1:00pm

Sunday

8:00am - 11:30am

February Vacation Schedule

Preschool Open Gymnastics: Designated for children ages 7 & under (with parent supervision) who would like the opportunity to enjoy the gymnastics equipment.

Youth Open Gymnastics: Designated for Boy ages 8 to 11 and Girls ages 8 to 14. All children ages 8 to 11 must have parent supervision. This open gymnastics time will let children Tumble, jump and twist in a supervised environment.

Family Swim: Want to splash in the water together? Family swim time is available every day at the Leggs Hill YMCA in the warm water pool. All children must be accompanied by adults during "family swim". The following safety rules are in effect during all Family Swim times:

- The lifeguard on duty has final authority on all safety issues - respect their decisions!
- No rough housing or jumping on or near fellow swimmers - No running on the pool deck
- Swim Caps must be worn - Non-swimmers are not allowed in the deep end of the pool
- Lifeguards will require a Swim Test of any swimmer of questionable ability wishing to use the deep end. To pass a swim test the participant must be able to swim unassisted for 25 yards on their stomach (one length of the pool), with good horizontal body position and demonstrate the ability to submerge completely.

Water Slide: **guidelines regulated by the Board of Health:**

- You must be 48" tall or able to swim one pool length unassisted to ride this slide.
- Form line on pool deck, not on stairs - No tubes, mats, or life jackets permitted in flume.
- Only one rider at a time. No doubles, trains or chains. - No diving or jumping from flume.
- Enter slide in sitting position. - Wait for lifeguard's starting instructions before riding
- Ride slide feet first either sitting or lying down on back. - Keep arms and feet inside flume.
- Exit splashdown pool area immediately.

*Pregnant women and people with a heart or back condition should not use the slide

Youth/Teen Rec Swim- Children ages 6 and up are allowed to swim. Parents may accompany any children who can not swim by themselves.

Teen/Adult Open Gym: Designated gym space is available to teens (age 14 and up) and adults to use. No full court basketball games allowed.

Youth/Family Open Gym: Gym space is available for families (adults must accompany children age 5-13).

Rock Wall Etiquette

The YMCA wants to ensure that the Rock Wall is a safe and wholesome environment for all who want to use it. The follow expectations are in place for all Members:

- Refrain from the use of foul or offensive language.
- Please remove all loose items before using the rock wall.
- All climbers must be checked in by staff
- Be safe at all times and most important... HAVE FUN!
- NO Food (GUM) or beverage allowed in rock wall area.
- Sneakers and helmets (you may bring your own) are required
- Long hair must be tied back.

Fitness Classes: All free fitness classes will run as regularly scheduled. In addition to the regularly scheduled classes, a special family Zumba will run (all ages welcome). Additionally, a special youth/teen Zumba class is available for ages 10 and up.