

Member Benefits

YGYMNASTICS™

Schedule for
Sept 6th
to
Oct. 31st 2010

	Monday	Wednesday	Thursday	Saturday	Sunday
Preschool Open Gym	3:00-3:40pm		11:30-12:10pm	8:00-8:40a.m.	
Youth Open Gym		8:00-9:00pm			
Family Open Gym				12:45-1:30pm.	11:00-12:00pm
Gym Stars Gymnastics Team Open Gym				11:00-12:30pm the 2 nd Sat of each month	

HAVERHILL YMCA

Haverhill YMCA

81 Winter Street
Haverhill, MA 01830
978-374-0506
www.northshoreymca.org

Hours of Operation

Monday-Friday

5:00am to 10:00pm

Saturday

6:00am to 8:00pm

Sunday

8:00am to 5:00pm

Question or comments about this schedule?

Contact:
Judy Dugar
Gymnastic Director
dugarj@northshoreymca.org

Preschool Open Gym – This is a time for parents and their children up to age 6 to enjoy time together in the gymnastic center.

Youth Open Gym – This is a time for children in grades 1-8 to enjoy the gymnastic center.

Family Open Gym – This is a time for children of any age to enjoy time in the gymnastic center along with their parent.

Gymnastics Team Open Gym-This is a time for the girls on our Gym Stars gymnastics team to enjoy a little extra practice on their routines or skills. This is limited to the team girls. The second Sat of every month.

Open Gym Rules

Parent must stay with any children under the age of 6 in the gymnastic center
Please keep all food and drinks out of the gymnastic center.
Jump in one direction only on the tumble trak.
When using the bars, please keep hands on at all times. No hanging from knees.
Please do not take out any additional equipment from around the sides of the gym.
Gum is not allowed in the gymnastic center.
Please remove shoes before entering gymnastic center.
The trampoline is closed during open gym.