



MEMBER BENEFITS SCHEDULE

STERLING CENTER APRIL 30TH – JULY 17

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Rec. Swim	8am-6:15pm	8am-6:15pm	8am-6:15pm	8am-6:15pm	8am-6:15pm	9am-7:45pm	9am-7:45pm
Family Swim	8am-6:15pm 7:15pm-9:45pm	8am-6:15pm 7:15pm-9:45pm	8am-6:15pm 7:15pm-9:45pm	8am-6:15pm 7:15pm-9:45pm	8am-6:15pm 7:15pm-9:45pm	9am-7:45pm	9am-7:45pm
Lap Swim Ages 16+	5am-9:45pm	5am-9:45pm	5am-9:45pm	5am-9:45pm	5am-9:45pm	6am-7:45pm	7am-7:45pm
Water Aerobics Class 1 hr *Zumba	8:00am 10:30am 6:15pm*	8:00am 10:30am 6:15pm	8:00am 10:30am 6:15pm	8:00am 10:30am 6:15pm	8:00am 9:30am* 10:30am		
Rock Wall				Adult 18+ 6pm-7:30pm	Family 5pm-6:30		
Adult/Teen Open Gymnasium Ages 14 +	8am-12pm 2pm-5pm (Gym A)	5am-6pm 8pm-10pm (Gym A)	8am-12pm 2pm-6pm (Gym A)	5am-5pm (Gym A)	8am-12pm 2pm-5pm (Gym A)	Noon -8pm (Gym A)	7am-3pm (Gym A)
Youth/Family Open Gymnasium	9-12pm 2pm-6pm (Gym B)	9am-4pm 8pm-10pm (Gym B)	9am-12pm 2pm-6pm (Gym B)	9am-7pm (Gym B)	9am-12pm 2pm-5pm (Gym B)	Noon -8pm (Gym B)	7am-3pm (Gym B)
Adult Pick up Basketball	5am-8am 12pm-2pm (Gym A & B)		5am-8am 12pm-2pm (Gym A & B)		5am-8am 12pm-2pm (Gym A & B)		
Open Gymnastics P-Preschool, Y-Youth T-Tumble	11:45am-12:30pm -P 12:45pm-1:45pm - T	11:45am-12:30pm-P 12:45pm-1:45pm-T	11:45am-12:30pm-P 12:45pm-1:45pm-T		12:45pm-1:30pm-P	8am-8:45am-P	9am-9:45am-Y 10am-11am -T 2pm-2:45pm -P 3pm-3:45pm-Y
Fitness Center Ages 14+	5am-10pm	5am-10pm	5am-10pm	5am-10pm	5am-10pm	6am-8pm	7am-8pm

Kids' Club is more than babysitting. The space has been designed to provide interest areas for infants, toddlers, preschoolers and youth to encourage activity, socialization and exploration. Open Monday–Thursday 7:45am–7:30pm, Friday 7:45am–7:00pm and Saturday 8:00am–noon.

The Sterling YMCA offers over 80 FREE exercise classes each week. Schedules are available at the front desk or on line www.northshoreymca.org