



MEMBER BENEFITS SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CABOT STREET APRIL 30TH-JUNE 17TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Rec. Swim	9am-12pm	5pm-7pm	11:15am-1pm		9am-1pm 4:00pm-6:45pm		Closed
Arthritis Class, Flex & Stretch**		11am-11:45am Arthritis Class		11am-11:45am Flex & Stretch			Closed
St. Mary's School		9am -1pm	10:30am -1pm	8:45 -1pm			
Open Gymnasium	12pm-2pm 5pm-7pm	1pm-2:30pm 7pm-8pm	1pm-2:30pm 6:30pm-8:00pm	1pm-2pm 5pm-6pm	1:30pm-2:30pm	8am - 2:pm	Closed
Fitness Center Ages 14+	6:30am-8pm	6:30am-8pm	6:30am-8pm	6:30am-8pm	6:30am-6pm	8am-2pm	Closed

** Arthritis Class is a Fee based class

CABOT YMCA

254 Essex Street
Beverly, MA 01915
978-922-0990

www.northshoreymca.org

Hours of Operation

Monday – Thursday

6:30am-8:00pm

Friday 6:30am-7:00pm

Saturday

8:00am – 2:00pm

Sunday

Closed

Gym Etiquette

The YMCA wants to ensure that the gym is a safe and wholesome environment for all.

- Refrain from the use of foul or offensive language. Many children and families are sharing this space.
- Be respectful of the activities of others. What you are doing in the gym should not prevent others from enjoying the space.
- Please throw all trash in the receptacles provided. Loose bottles and trash present a safety hazard to those using the gym.
- Treat equipment as if it were your own.

Pool Etiquette

The following safety rules are in effect during all open swim times:

- The lifeguard on duty has final authority on all safety issues. Please respect their decisions.
- No running on the pool deck.
- No swimming underneath the bulkhead.
- Non-swimmers are not allowed in the deep end of the pool.
- All swimmers under 7 must be accompanied in the water by an adult 18 years or older.
- Lap Swimming: The Y will provide a minimum of 1 lap lane.
- 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 25 yards unassisted on their stomach, demonstrate the ability to submerge completely and tread water for 30 seconds.