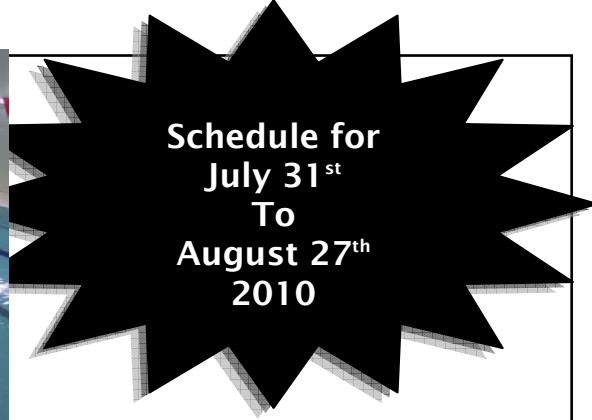


# Member *Benefits*



## HAVERHILL YMCA POOL SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5:30 - 8 am(4) 11- 12:00pm(4) 7:30-9:15pm(1)	5:30 -7:45am(4) 10:30-12:00pm(4) 7:15 -9:15pm(1)	5:30 - 8am(4) 11:00-12:00pm(4) 7:30-9:15pm(1)	5:30 - 8am(4) 10:30 -12:00 pm(4) 7:00-9:15pm(1)	5:30-7:40am(4) 11-12:00pm(4) 8:30-9:15pm(1)	6:30-7:30am(4) 7:30-8:30am(1) 1:00- 4:45pm(1)	11:45- 2:45pm(1)
<b>Open/Family Swim</b>	2:00-3:30pm(4) 7:30-9:15pm(3)	2:00-3:30pm(4) 7:15 -9:15pm(3)	2:00- 3:30pm (4) 7:30-9:15pm(3)	2:00-3:30pm(4) 7:00-9:15pm(3)	2:00 -4pm(4) 8:30-9:15pm(3)	1:00- 4:45pm(3)	11:45- 2:45pm(3)
<b>Swim Team</b>					5:15-6:30pm (4)		8-9 am(4)
<b>Water Aerobics</b>	8-8:45am(4) 6:30-7:30pm (4)	7:45-8:45am(4)	8-8:45am(4) 6:30-7:30pm(4)	8:00 - 8:45am(4)	7:45-8:45am(4) 6:30-7:30pm(4)	7:30-8:30am(3)	
<b>Water Walking/ Hydropower</b>	8:45-9:30am		8:45-9:30am	8:45-9:30am	8:45-9:30am		
<b>Arthritis Exercise</b>	10-10:45am(4)		10-10:45am(4)		10-10:45am(4)		
<b>Aqua Cardio Blast</b>			5:45-6:30pm(4)				
<b>Special Usages</b>	Groveland Camp 12 - 1:00pm Gymnastics & Trips Camps 1 - 2:00pm	Groveland PS 10 - 10:30am Groveland Camp 12 - 1:00pm Gymnastics & Trips Camps 1 - 2:00pm	Groveland Camp 12 - 1:00pm Gymnastics & Trips Camps 1 - 2:00pm	Groveland PS 10 - 10:30am Groveland Camp 12 - 1:00pm Gymnastics & Trips Camps 1 - 2:00pm	Groveland Camp 12 - 1:00pm Gymnastics & Trips Camps 1 - 2:00pm Friday Fun Nights 7:30 - 8:30pm	B-day 5-6:00pm(4) Y-Night 6-8:00pm(4)	B-day 2:45- 3:45(4)

(#) = number of lanes allotted to each activity

We try to accommodate as many groups as we can in the pool. The pool schedule may change due to member and program needs. Thanks for your understanding, please see the Aquatic Director Roshelle Ogden with any questions or concerns.

This scheduled was last updated on July 31, 2010

# Member *Benefits*

## HAVERHILL YMCA

### Haverhill YMCA

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

### Hours of Pool

#### Operation

#### Monday- Fridays

5:30am to 9:45pm

#### Saturday

6:30am to 4:45pm

#### Sunday

8:00am to 4:45pm

### Question or comments about this schedule?

#### Contact:

Roshelle Ogden  
Aquatics Director  
Ogdenr@northshoreymca.org



We build strong kids, strong families, strong communities.

### Pool Etiquette:

All swimmers must take a cleansing shower before entering the pool.  
Any children under the age of 6 or needing any floatation must be accompanied by a parent or guardian in the water.  
Please respect all posted rules and listen to all aquatics staff, they are there for your safety.  
Jumping is allowed( but no twists, flips, or going in backwards) Diving is allowed only in 9 feet.  
Food, gum, drinks or glass are not allowed in the pool area.  
Some of the swim times listed are shared with other programs. This may cut down on the number of lanes available but it allows us to serve as many members as we can in this fashion. Your comments are welcomed!

### Birthday Parties:

An aquatic birthday party is a great way to celebrate any child's birthday! Rentals are available Saturday and Sunday afternoons. The party includes the use of our warm kid-friendly pool and a party room for cake and presents. Please inquire at the front desk for more details.

### Exercise Class Descriptions:

#### Water Aerobics:

This class is designed to get that heart pumping using the water around us to work as resistance as well as our support. Very good class to help get you more active.

#### Water Walking:

This class is held completely in the deep end still with aerobics exercises but in a zero gravity environment to reduce strain on your joints.

#### Hydropower Combo Class:

This class combines deep and shallow exercises to get a good sampling of both. From time to time we switch from using the aqua belts to the noodles for our floatation.

#### Arthritis Exercise:

This class is focused on our joints stretching and improving range of motion. It is low impact with many different exercises that we stick to.

Go to [www.northshoreymca.org](http://www.northshoreymca.org) for Group Exercise, Pool schedule, Gym schedules and more!