

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM Free to YMCA Members	5:30am - 8:00am (4 Lanes) 11:00am - 1:30pm(4Lanes) 7:30pm - 9:15pm (1 Lane)	5:30am - 7:45am (4 Lanes) 11:00am - 1:00pm (4Lanes) 1:00pm - 2:00pm (1Lane) 5:45pm - 7:30pm (1 Lane)	5:30am - 8:00am (4 Lanes) 11:00am - 1:30pm(4Lanes) 7:30pm - 9:15pm (1 Lane)	5:30am - 8:00am (4 Lanes) 11:00am - 12:30pm (4Lanes)	5:30am - 7:45am (4 Lanes) 11:00am - 12:30pm(4Lanes) 8:30pm - 9:15pm (1 Lane)	6:30am - 8:30am (4 Lanes) 7:30am - 8:40am (1 Lane) 12:45pm - 4:45pm (1 Lane)	11:00am - 2:45pm (1 Lane)
Open/ FAMILY SWIM Free to YMCA Members	1:30pm - 4:00pm (4 Lanes) 6:30pm - 7:30pm(2 Lane) 7:30pm - 9:15pm (3 Lanes)	1:00pm - 2:00pm (3Lanes) 2:30pm - 3:30pm (4 Lanes) 5:45pm - 7:30pm (3 Lanes)	1:30pm - 3:30pm (4 lanes) 6:30pm - 7:30pm(2 Lane) 7:30pm - 9:15pm (3 Lanes)	12:30pm - 2:00pm (4 Lanes) 2:30pm - 4:00pm (4 Lanes)	1:30pm - 4:25pm (4 lanes) 6:30pm - 7:30pm(2 Lane) 8:30pm - 9:15pm (3 Lanes)	12:45pm - 4:45pm (3 Lanes)	11:00am - 2:45pm(3 Lanes)
Arthritis Exercise Free to YMCA Members	10:05am -10:50am		10:05am -10:50am		10:05am -10:50am		
WATER AEROBICS Free to YMCA Members	8:00am - 8:45am	7:45am - 8:45am	8:00am - 8:45am	8:00am - 8:45am	7:45am - 8:45am	7:30am - 8:30am (3 Lanes)	
Adult Water Fitness Free to YMCA Members	6:30pm - 7:30pm(2 Lane)		6:30pm - 7:30pm(2 Lane)		6:30pm - 7:30pm(2 Lane)		
Water Walking/ Hydropower Free to YMCA Members	9:00am- 9:45am		9:00am- 9:45am		9:00am- 9:45am		
SWIMMING AND DIVING LESSONS To take a lesson, sign up at the Front Desk	9:30am - 10:00am 4:00pm - 6:30pm	9:00am - 10:00am 1:00pm - 2:30pm 3:30pm - 6:30pm	9:00am - 10:00am 1:30pm - 2:30pm 3:30pm - 6:30pm	9:00am - 10:00am 1:30pm - 2:30pm 4:00pm - 7:30pm	9:30am - 10:00am 4:00pm - 5:15pm	8:45am - 12:45pm	8:15am - 11:00am
YNS SHARKS SWIM TEAM		7:30-9:15pm (4 Lanes)	5:45pm - 6:30pm (1 Lane)	7:30-9:15pm (4 Lanes)		5:15-6:30pm (4 Lanes)	
Special Usages		Preschool Lessons 10:00am - 11:00am After School Program 4:55pm - 5:40pm		Preschool Lessons 10:00am - 11:00am	Kindergarten 12:30pm-1:30pm Friday Fun Night 7:30pm - 8:30pm	B-day Parties 5:00pm - 6:00pm Y Night 6:00pm - 9:00pm	B-day Parties 2:45pm - 3:45pm

Haverhill YMCA AQUATICS SCHEDULE

www.northshoreymca.org



Last Updated: 01/11/12

For more information about this schedule, contact Roshelle Ogden Aquatics Director, at 978-374-0506 or ogdenr@northshoreymca.org.



Haverhill YMCA

Important Aquatics Information

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

POOL SAFETY RULES

- **Follow all lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required** before entering the pool. This is Massachusetts State Law (and a good idea!)
- **Do not run** on the pool deck.
- **Any swimmers with bubbles** must be accompanied by an adult in the water.
- **Any children 6 years and under** must be accompanied by a parent or guardian in the water unless they pass the deep-end test.
- Only **swim diapers** are allowed in the pool.
- Swim bubbles are the **only floatation devices** allowed in the pool. They are also available for sale at the front desk.
- **Bathing suits must be worn.** No cut-offs or t-shirts are allowed for health reasons.
- People with **open wounds, rashes or sores** are not allowed to swim until they have healed
- **Horseplay** is not allowed.
- **Noodles** are available for Open/ Family Swim.
- **Kickboards, barbells, and other pool toys** are for swim lessons and Water Aerobics only.
- **Food, gum, and glass** are not allowed on the pool deck.

Adult Water Fitness

This is a non-instructed time where adults may use the pool for their own workout needs.

LAP SWIM ETIQUETTE

- Lap swimmers must share lanes if there is not an open lane.
- Swimming should be in a circle-swim pattern, making a loop. This allows the maximum number of swimmers per lane.
- Please swim in designated lap swim only.
- Acknowledge and respect your fellow swimmers when you are sharing a lane.
- If you are swimming faster than someone you are sharing a lane with, gently tap their foot to let them know you are behind them, then proceed to pass.

OPEN / FAMILY SWIM ETIQUETTE

- Children who are not toilet trained must wear a swim diaper.
- Any swimmers wearing a bubble must be accompanied by an adult in the water.
- Any children 6 years and under must be accompanied by a parent or guardian in the water unless they pass the deep-end test.

Interested in having a **BIRTHDAY PARTY** at the YMCA?

Contact Roshelle Ogden at 978-374-0506 or ogdenr@northshoreymca.org for more information and to schedule your party!