



# MEMBER BENEFITS SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CABOT STREET FEB. 28-APRIL 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Rec. Swim</b>	9:00am-Noon	10:30-11am 5:15-7:00pm	11:15-Noon 3:00-5:00pm	10:00-11am	9:00am-Noon		Closed
<b>Arthritis Class, Flex &amp; Stretch</b>		11am-Noon Arthritis Class		11am-Noon Flex & Stretch			Closed
<b>Open Gymnasium</b>	Noon-2pm 4:30-8:00pm	5:00-8:00PM	Noon-2pm 4:30-8:00pm *Last Wed. of each month, closed at 6pm	Noon-2pm 4:30-8:00pm	Noon-2pm 4:30-6:00PM	After April 2 <sup>nd</sup> : 8am-2:00pm	Closed
<b>Fitness Center (Ages 14+ years)</b>	6:30am-8:00pm	6:30am-8:00pm	6:30am-8:00pm	6:30am-8:00pm	6:30am-6:00pm	8:00am-2:00pm	Closed

### Cabot YMCA

254 Cabot Street  
Beverly, MA 01915  
978-922-0990  
www.northshoremca.org

### Hours of Operation

#### Monday-Friday

5:00am to 10:00pm

#### Saturday

6:00am to 8:00pm

#### Sunday

7:00am to 8:00pm

### Special Events

Some events will take place in the facility, causing an alteration to this schedule. Special events will be announced in the facility.

**We strive to ensure that changes to the schedule are clear and accurate. This Schedule is subject to change at the Y's discretion.** \*Closed Tuesday, April 5<sup>th</sup> from 5-Close.

**Gym Etiquette:** The Y wants to ensure that the gym is a safe and wholesome environment for all who want to use it.

- Refrain from the use of foul or offensive language. Many small children and families are sharing this space.
- Be respectful of the activities of others and the equipment provided by the Y.
- Please throw all trash in the receptacles provided. Loose bottles and trash can present safety hazards.

### Pool Etiquette and Safety Regulations:

- Jumping is allowed in the deep end of the pool.
- Showers are required of all participants before entering the pool.
- Parents must accompany any children swimming with assistance of a bubble
- Food, gum, and drinks are not permitted in pool area.
- No running on pool deck.

Questions or comments about this schedule? Contact: Bill Petryszyn, Senior Membership Director at 978-564-3911 or [petryszynb@northshoremca.org](mailto:petryszynb@northshoremca.org)