



Member *Benefits*

STERLING YMCA GYM SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)		
Adult/Teen Open Gym	2pm-4pm (Gym A)	9am-10am 12pm-4pm 9pm-10pm (Gym A)	2pm-4pm (Gym A)	9am-10pm 12pm-4pm (Gym A)	9am-10am 2pm-4pm (Gym A)	2:00pm-6:00pm	7am-12pm 2:30pm-3pm Gym A
Youth/Family Open Gym	9am-12pm (Gym B) 2pm-5pm	9am-5pm (Gym B)	9am-12pm (Gym B) 2pm-5pm	9am-5pm (Gym B)	9am-12pm 2pm-5pm (Gym B)	2pm-6pm (Gym B)	7am-11am 2:30pm-3pm (Gym B)
Kiwanis Basketball practice	Gym A & B 5pm-7pm	Gym A & B 5pm-9pm	Gym A & B 5pm-7pm	Gym A 5pm-6pm	Gym A 5pm-6pm		
Kids Fun Night					6pm -9pm		
Youth Basketball						Rookie basketball 8AM - 1pm Ends 3/5/11	Hoops Skills plus basketball clinic 1pm-2:30pm
After school program	4pm- 6pm side A	4pm-6pm side A	4pm-6pm side A	4pm-6pm side A	4pm- 6pm side A		
Adult Basketball league	30+ basketball league 7pm-10pm		50+ basketball league 7pm-10pm Ends 4/6/11	35+ basketball league 6pm-11pm Ends 3/24/11			

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STERLING YMCA

Sterling YMCA

254 Essex Street
Beverly, MA 01915
978.927.6855

www.northshoreymca.org

Hours of Operation

Monday-Thursday

5:00am to 10:00pm

Friday

5:00am to 10:00pm

Saturday

6:00am to 8:00pm

Sunday

7:00am to 8:00pm

Kids Club

(free with family membership)

Monday-Thursday

7:45am to 7:30pm

Friday

7:45pm to 7:00pm

Saturday

8:00am to 12:00noon

Children must be at least 3 months of age.

Questions or comments about this schedule?

Contact: Kevin Murphy
Sports Director
murphyk@northshoreymca.org

Schedule for
February 28th
To
April 24th

Special Events

Some events will take place in the gym, causing an alteration to the gym schedule. Below is a list of events during the winter session that will use all or part of the gym.

March 28th to April 1st the Sterling gym will be closed to be resurfaced.

We strive to ensure that changes to the gym schedule are clear and accurate. We will update this schedule whenever a new event is added in the gymnasium.

Gym Activity Descriptions

Adult Pickup Basketball: The entire gym (both A and B) are used for pick-up basketball.

Teen/Adult Open Gym: Designated gym space is available to teens (age 14 and up) and adults to use.

Youth/Family Open gym: Gym space is available for families (adults must accompany children age 0 – 5)

Open Gym: Space is available to all who want to use it. Please be respectful of the activities of others.

Gym Etiquette

The YMCA wants to ensure that the gym is a safe and wholesome environment for all who want to use it. The following expectations are in place for all Members:

- 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. 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 (because it is!).

Birthday Parties & Gym Rentals

Sports Birthday Parties, Gladiator Birthday Parties and Gym Rentals are all available in the Douglas Stephens Teen Center Gym. For more information please contact Kevin Murphy, Sports Director, at 978-927-6855 x 138 or email murphyk@northshoreymca.org