

Member *Benefits*

STERLING YMCA

YGYM TIME

We build strong kids, strong families, strong communities.

**Schedule for
June 26th
To
Sept. 1st**

	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-10pm (Gym A)	9am-10am 12pm-4pm 5pm-6pm (Gym A)	2pm-10pm (Gym A)	9am-10pm 12pm-2pm 6:30pm-10pm (Gym A)	9am-10am 2pm-6pm (Gym A)	2:00pm-6:00pm	7am-12pm 1pm-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 1pm-3pm (Gym B)
Fitness		5:30pm-6:30pm (Gym A)					
Open Gymnastics						9am-9:45am pre-school 10am-10:45am Youth	
YNS SHARKS SWIM TEAM		Dry land Practice 4pm-4:45pm		Dry Land Practice 5:30pm-6:30pm Synchro team			

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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

Babysitting Hours

(free with family membership)

Monday-Friday

7:45am to 2:00pm

Monday-Thursday

3:00pm to 7:30pm

Friday

3:00pm to 7:00pm

Saturday

8:00am to 12:00pm

Children must be at least 3 months of age.

Question or comments about this schedule?

Contact: Kevin Murphy
Sports Director

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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 Fall II session that will use all or part of the gym.

AAU Basketball Tournament May 8th 8am to 8pm

AAU Basketball Tournament May 29th 8am to 8pm

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.

Open Gymnastics: Free play time in the gymnastics center. Parents must accompany and supervise any children. All children must be YMCA members to use the facility.

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