

Member Benefits

IPSWICH FAMILY YMCA



We build strong kids, strong families, strong communities.

Schedule for
Nov 28, 2011
to
Feb 3, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim		9:15-10:15 AM (5)	9:30 AM-10:30 PM (5)	10:30-11:00 AM (5)		11:15 AM-12:15 PM (5)	10:45 AM-1:30 PM (5)
Lap Swim	5:45-8:30 AM (6) At least one lap lane is available all day. 9:00-9:45 PM (6)	5:45-9:15 AM (6) At least one lap lane is available all day. 9:00-9:45 PM (6)	5:45-8:30 AM (6) At least one lap lane is available all day. 9:00-9:45 PM (6)	5:45-9:30 AM (6) At least one lap lane is available all day. 9:00-9:45 PM (6)	5:45-8:30 AM (6) At least one lap lane is available all day.	7:00-9:00AM (4) At least one lap lane is available all day.	8:00-9:00 AM (6) At least one lap lane is available all day.
Open Rec	10:30-2:30 PM (5) 5:00-5:30 PM (5) 8:30-9:45 PM (2)	12:00-2:30 PM (5) 5:15-6:00 PM (3) 8:00-9:00 PM (Shallow end only)	11:15-1:30 PM (5) 5:15-6:15 PM (Shallow end only) 6:15-7:30 PM (3) 8:30-9:45 PM (2)	12:00-1:45 PM (5) 4:45-6:00 PM (5) 5:30-6:00 PM (3) 8:00-9:00 PM (Shallow end only)	9:30 AM-2:30 PM (5) 4:00-5:30 PM (5) 7:30-9:45 PM (4)	12:15 AM-5:45PM (5)	1:30 AM-4:45 PM (5)
Aqua Aerobics	8:30-9:30 AM (5)	11:00AM-12:00PM (5)		11:00AM-12:00PM (5)			
Drop-In Swim			7:30-8:30 PM (3)				
Aqua Zumba			8:30-9:30AM (5)		8:30-9:30 AM (5)		

Member Benefits

IPSWICH FAMILY YMCA **YAQUATICS**TM

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Schedule for
Nov 28, 2011
to
Feb 3, 2012

Ipswich Family YMCA

110 County Road
Ipswich, MA 01938
978.356.9622
www.northshoreymca.org

Hours of Operation

Monday-Friday

5:45am to 10:00pm

Saturday

7:00am to 6:00pm

Sunday

8:00am to 5:00pm

Babysitting Hours

(free with family membership)

Monday-Friday

8:30am to 12:30pm

Mon-Thursday

4:00pm to 6:00pm

Saturday

8:30am to Noon

Contact Info

Ashley Osburn
Aquatic Director
osburna@northshoreymca.org
978-356-9622 x 1307

Pool Schedule Descriptions

Aqua Aerobics - Classes that improve your cardiovascular system as well as tone and strengthen muscles using the support and resistance of the water.

Aqua Zumba - Core dance workout set to music.

Family Swim - Children must be accompanied in the water with a parent or adult caregiver. Toys and noodles are allowed at this time. Children who are not toilet trained **MUST WEAR SWIM DIAPERS**, not regular disposable or cloth diapers.

Lap Swim - Lanes designated for individuals over age 16 who wish to swim in continuous lengths of the pool.

Open Rec - All ages and activities. An adult must enter the water with non-swimmers and/or children under the age of six.

Pool Etiquette and Notices

- Swimsuits must be worn at all times.
- Please shower and tie hair back before entering the pool.
- Children not toilet trained **MUST WEAR SWIM DIAPERS**.
- Non-swimmers and children under the age of 6 must be accompanied by an adult in the water.
- Patrons must follow lifeguard instructions.
- Swimmers may be asked to take a swim test consisting of swimming 25 yards.

Birthday Parties

Book your birthday party on a Saturday or Sunday afternoon at the YMCA. Enjoy one hour of swimming followed by one hour in the party area. Call the YMCA at 978,356.9622 to reserve your party today.

Go to www.northshoreymca.org to register online!