

Member Benefits



We build strong kids, strong families, strong communities.



CAPE ANN YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Classes	9:45am-10:15am (Teeny Sports Jam Age 2-3 with Parent)	10:30am-11:15am (Sticks and Racquets Age 3-5)	Play Dates** 10:00am-11:00am	9:15am-9:50am (Sports and Splash Age 3-5) 10:00am-10:30am (Teeny Sports Jam Age 2-3 with Parent) 3:30pm-4:15pm (Quick Start Tennis Age 4-6)	Play Dates** 10:00am-11:00am	8:00am-12:00am (Youth Indoor Soccer League Age 3.5-5)	
Youth Classes	Home school Open Gym 2:00pm-3:00pm 3:30pm-4:15pm (Sticks and Racquets Age 3-5)	3:30pm-4:15pm (Football Skills Age 5-7) 4:15pm-5:00pm (Junior Sports Jam Age 7-10)	3:30pm-4:10pm (Sports and Splash Ages 3-5)	34:30pm-5:15pm (Quick Start Tennis Age 7-9) 3:30pm-5:15pm (Tennis League Practice Age 5-10)	Home school Open Gym 2:00pm-3:00pm Friday Night Fun 4:30pm-8:00pm	8:30am-12:00am (Youth Indoor Soccer League Grades K-3)	
Adult Fitness Classes	6:00am-7:00am 8:30am-9:30am		6:00am-7:00am 8:30am-9:30am		6:00am-7:00am 8:30am-9:30am		
Pick Up Sports and Leagues	Noon Hoops 12:00pm-1:30pm Pick Up Soccer 8:00pm-9:30pm	Noon Hoops 12:00pm-1:30pm	Noon Hoops 12:00pm-1:30pm 30+ Basketball League 6:30pm-10:00pm	Noon Hoops 12:00pm-1:30pm	Noon Hoops 12:00pm-1:30pm		Pick Up Basketball 9:00am-11:00am
YMCA Member Open Gym	7:00am-8:30am 10:15am-12:00pm 4:15pm-8:00pm	5:30am-10:30am 11:15am-3:30pm 5:00pm-9:30pm	7:00am-8:30am 11:00am-12:00pm 2:00pm-3:15pm 4:15pm-6:30pm	5:30am-9:00am 10:45am-12:00pm 2:00pm-3:15pm 5:30-9:30pm	7:00am-8:30am 11:00am-12:00pm 2:00pm-4:00pm 8:00pm-9:30pm	7:00am- 8:00am 12:00am-5:30pm* *Call for Availability	7:00am- 9:00am 11:00am- 4:00pm* *Call for Availability
Birthday Parties						12:00pm-5:00pm	12:30pm-2:30pm

Go to www.northshoreymca.org for online registration!

Member *Benefits*

CAPE ANN YMCA



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Schedule for
February 27
To
April 30

71 Middle Street
Gloucester, MA 01930
978-283-0470
www.northshoreymca.org

Hours of Operation

Monday-Friday

5:30am to 9:30pm

Saturday

7:00am to 5:30pm

Sunday

7:00am to 4:00pm

Babysitting Hours

(free with family membership)

Monday-Friday

8:30am-1:00pm

Monday-Thursday

4:00pm-7:00pm

Saturday

8:00am-11:30am

Open Gym

- All ages and activities are welcome in the gym during YMCA Member Open Gym time. An adult must be present with children under the age of 6 years old.
- During Birthday Party time on Saturday and Sunday the gym may be rented. When it is not rented for parties it is available for Please contact the Front Desk for an up-to-date schedule
- Basketballs are available to members at the front desk.

Pick Up Sports

- There are times the gymnasium is reserved for adult pick up sports (ages 14 and up). All members are welcome to join. If no sport is being played during that allotted time, then the gym may be used as open gym.

Play Dates

- Play Dates are available for families with children under the age of 6. Sports equipment will be made available for this time. All members welcome! This is free with Family or Youth Memberships.

Etiquette and Notices

- Please respect the gym by keeping it clean and leaving equipment in the condition that you found it.
- Food and drinks are not allowed in the gym. **Gum is also not allowed.**
- Please do not climb or move the equipment stored in the gym. It is for program use only under supervision.
- There will be NO DUNKING on the Junior Hoops. Dunking or hanging on rims will result in membership suspension. These hoops are for children only.
- If you wish to use any sports equipment that is not out in the gym, please speak to a staff member!

Birthday Parties

The Cape Ann YMCA offers several different styles of birthday parties such as gymnastics, Dance (e.g. ballet, hip-hop), sports and pool parties. Parties in the gym can be reserved for Saturday or Sundays. For more information about Sports, Gymnastics or Dance parties please call Katy Milne, Youth and Sports Director, at 978-283-0470 x 1714 or milnek@northshoreymca.org,

Go to www.northshoreymca.org for online registration!