



# YAQUATICS™

We build strong kids, strong families, strong communities.

## Sterling Indoor 8 Lane Pool

**Sterling Center YMCA**  
254 Essex St  
Beverly, MA 01915

**Key:**  
 Member Usage  
 Y Programs

### Hours of Operation

Monday thru Friday  
5:00am to 10:00pm

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Saturday  
6:00am to 8:00pm

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Sunday  
7:00am to 8:00pm

Times	Monday								Tuesday								Wednesday								Thursday								Friday								Saturday								Sunday								Times																								
	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8		L1	L2	L3	L4	L5	L6	L7	L8																
5AM	Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim																5AM																								
5:30	Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim																5:30																								
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7:30	Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								7:30																
8:00	Open Swim/Adult Rec								Lap Swim								Open Swim/Adult Rec								Lap Swim								Open Swim/Adult Rec								Lap Swim								Open Swim/Adult Rec								Lap Swim								Lap Swim								8:00								
8:30	Lap Swim								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								8:30								
9:00	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								9:00
9:30	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								9:30
10:00	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								10:00
10:30	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								10:30
11:00	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								11:00
11:30	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								11:30
12PM	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								12PM
12:30	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								12:30
1:00	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								1:00
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2:30	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								2:30
3:00	Lap Swim								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								3:00
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6:00	h2o Aerobics								Lap Swim								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								6:00
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9:00	h2o Aerobics								Lap Swim								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Open Swim/Adult Rec								Lesson								Lap Swim								9:00
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Any Questions please contact the Aquatics Office  
Daniel Sebens 978-927-6855 x 1206 sebensd@northshoreymca.org

Pool schedule may change at any time due to program needs, pool rentals, member needs, or closure of the pool at any time. Schedule last updated **10/30/09**

### Babysitting Hours

Monday-Thursday	Friday	Saturday	Sunday
7:45am-7:30pm	7:45am-7:00pm	7:45am-12pm	1-4pm



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# Sterling Indoor 6 Lane Pool

Times	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday						Times						
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6							
5AM																																																	5AM
5:30							Swim Practice												Swim Practice						Bishop Fenwick Practice												5:30												
6:00	Master's Swim Practice												Master's Swim Practice																		Swim Practice						Swim Practice						6:00						
6:30							6:30																																										
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8:30																															Swim Practice						Swim Practice						8:30						
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11:30																																																	11:30
12PM							Master's Swim Practice												Master's Swim Practice																		12PM												
12:30													12:30																																				
1:00																															Birthday Party Rental Block						1:00												
1:30	Outside Group Lessons												Outside Group Lessons						Outside Group Lessons						Outside Group Lessons												1:30												
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3:00							Swim Practice												Swim Practice						Swim Practice						Birthday Party Rental Block						3:00												
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