



# MEMBER BENEFITS SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STERLING CENTER FEB. 28-APRIL 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Rec. Swim</b>	8am-5pm 7:15-9:45pm	8am-5pm 7:15-9:45pm	8am-5pm 7:15-9:45pm	8am-5pm 7:15-9:45pm	8am-5pm 7:15-9:45pm	9am-7:45pm	9am-7:45pm
<b>Lap Swim</b> (Ages 16+ years)	5am-9:45pm	5am-9:45pm	5am-9:45pm	5am-9:45pm	5am-9:45pm	6am-7:45pm	7:00am-7:45pm
<b>Water Aerobics</b> (Class length 1 hr)	8:00am 10:45am 6:15pm	8:00am 10:45am 6:15pm	8:00am 10:45am 6:15pm	8:00am 10:45am 6:15pm	8:00am 10:45am 6:15pm		
<b>Youth/Family Open Gymnasium</b>	9-12pm 2-5pm (Gym B)	9-5pm (Gym B)	9-12pm 2-5pm (Gym B)	9am-5pm (Gym B)	9-12pm 2-5pm (Gym B)	2-6pm (Gym B)	7-11am 2:30-3pm (Gym B)
<b>Adult/Teen Open Gymnasium</b> (Ages 14 +)	2-4pm (Gym A)	9-10am Noon-4pm 9-10pm (Gym A)	2-4pm (Gym A)	9-10am Noon-4pm (Gym A)	9-10am 2-4pm (Gym A)	2-6pm (Gym B)	7-11am 2:30-3pm (Gym A)
<b>Adult Pick up Basketball</b>	5am-8am 12pm-2pm (Gym A & B)		5am-8am 12pm-2pm (Gym A & B)		5am-8am 12pm-2pm (Gym A & B)		
<b>Open Gymnastics</b> (P-Preschool, Y-Youth, A-Adult)	12:45-1:30pm(P)	12:45-1:30pm(P)	12:45-1:30pm(P)	1:15-2:00pm (Home School) 1:30-2:30(A)	12:45-1:30pm(P) 1:30-2:30(A)	8-8:40am(P)	9-9:45am(Y) 2-2:45pm(P) 3-3:45pm(Y)
<b>Open Rock Climbing</b> (Teen Center)				6-7pm Adult Open	4-5:30pm Ages 6 & up		
<b>Fitness Center</b> (Ages 14+ years)	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	6:00am-8:00pm	7:00am-8:00pm

\*For information regarding our more than 80 FREE group exercise classes, please see our separate group exercise Schedule with class descriptions!

## Sterling YMCA

254 Essex Street

Beverly, MA 01915

978.927.6855

[www.northshoreymca.org](http://www.northshoreymca.org)

### Hours of Operation

#### Monday–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: Bill Petryszyn

Senior Membership Director

[petryszynb@northshoreymca.org](mailto:petryszynb@northshoreymca.org)

978-564-3911

### Special Events

Some events will take place in the facility, causing an alteration to this schedule. Special events will be announced in the facility.

**We strive to ensure that changes to the schedule are clear and accurate. This Schedule is subject to change at the Y's discretion.**

**\*Sterling Gym will be closed from March 28<sup>th</sup>–April 1<sup>st</sup>. We are refinishing the gym floor.**

### Gym Etiquette

The YMCA wants to ensure that the gym is a safe and wholesome environment for all.

- Refrain from the use of foul or offensive language. Many 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.

### Pool Etiquette

The following safety rules are in effect during all open swim times:

- The lifeguard on duty has final authority on all safety issues. Please respect their decisions.
- No running on the pool deck.
- No swimming underneath the bulkhead.
- Non-swimmers are not allowed in the deep end of the pool.
- All swimmers under 7 must be accompanied in the water by an adult 18 years or older.
- Lap Swimming: The Y will provide a minimum of 1 lap lane.
- Lifeguards will require a Swim Test of any swimmer of questionable ability wishing to use the deep end. To pass a swim test, the participant must be able to swim 25 yards unassisted on their stomach, demonstrate the ability to submerge completely and tread water for 30 seconds.

### Gymnastics Center

The following rules apply to Open Gymnastic Time:

- Parents must stay with children under the age of 6.
- Family membership: Free Youth Membership: Parent must pay \$5 to accompany child if parent plans to participate on gymnastics floor.
- Be respectful of the activities of others. No horseplay will be tolerated.
- Participants must review posted rules in Gymnastics Room before entering the floor.
- The open gymnastics supervisor has final authority on all safety issues. Please respect their decisions.

### Birthday Parties & Rentals

Pool Parties, Gymnastic Parties, Sports Parties, Gladiator Parties, Pool Rentals and Gym Rentals are all available. For more information please contact the appropriate director.

Pool Parties/Rentals: Carol Meyer, Associate Director of Aquatics: 978-564-3906 or [meyerc@northshoreymca.org](mailto:meyerc@northshoreymca.org)

Sports, Gladiator, Gym Rentals: Kevin Murphy, Sports Director. 978-564-3842 or [murphyk@northshoreymca.org](mailto:murphyk@northshoreymca.org)

Gymnastics: Eva Van Ness, Gymnastics Director.: 978-564-3903 or [vannesse@northshoreymca.org](mailto:vannesse@northshoreymca.org)

