

# Member Benefits



We build strong kids, strong families, strong communities.

**Schedule for  
August 4<sup>th</sup> to  
August 27<sup>th</sup>, 2010**

## STERLING YMCA INDOOR 6 LANE POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swimfit Masters Team</b>	6:00am-7:00am	12:00pm-1:00pm	6:00am-7:00am	12:00pm-1:00pm			
<b>Swim Team</b>		5:30am-6:30am		5:30am-6:30am			
<b>Family Swim</b>	7:30pm - 9:45pm	7:30pm - 9:45pm	7:30pm - 9:45pm	7:30pm - 9:45pm	7:30pm - 9:45pm		
<b>Lap Swim</b>	1:00 pm - 9:45pm 3 lanes	1:00 pm - 9:45pm 3 lanes	1:00 pm - 5:00pm 3 lanes 5:00pm-7:30 pm 1 lane Meter 7:30pm - 9:45pm 3 lanes	1:00 pm - 9:45pm 3 lanes	1:00 pm - 5:00pm 3 lanes 5:00pm-7:30 pm 1 lane Meter 7:30pm - 9:45pm 3 lanes		
<b>Open Rec</b>	1:00 pm - 6:15pm 3 lanes	1:00 pm - 6:15pm 3 lanes	1:00 pm - 6:00pm 3 lanes	1:00 pm - 6:15pm 3 lanes	1:00 pm - 6:15pm 3 lanes		
<b>Water Aerobics</b>	8:00am-9:00am 10:45am-11:45am 6:15pm-7:15pm	8:00am-9:00am 10:45am-11:45am 6:15pm-7:15pm	8:00am-9:00am 10:45am-11:45am	8:00am-9:00am 10:45am-11:45am 6:30pm-7:30pm	8:00am-9:00am 10:45am-11:45am 6:30pm-7:30pm		

# Member Benefits



We build strong kids, strong families, strong communities.

**Schedule for  
August 4th -  
August 29, 2008.**

## STERLING YMCA 8 LANE POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Rec</b>	8am - 1:00pm (then in 6 Lane Pool) 2 lanes & well	8am - 1:00pm (then in 6 Lane Pool) 2 lanes & well	8am - 1:00pm (then in 6 Lane Pool) 2 lanes & well	8am - 1:00pm (then in 6 Lane Pool) 2 lanes & well	8am - 1:00pm (then in 6 Lane Pool) 2 lanes & well	9am-7:30pm	9am-7:30pm
<b>Y Camp</b>	9:30am - 11:45 am 2 lanes 1:00 pm - 4:00 pm 6 lanes	9:30am - 11:45 am 2 lanes 1:00 pm - 4:00 pm 6 lanes	9:30am - 11:45 am 2 lanes 1:00 pm - 4:00 pm 6 lanes	9:30am - 11:45 am 2 lanes 1:00 pm - 4:00 pm 6 lanes	9:30am - 11:45 am 2 lanes 1:00 pm - 4:00 pm 6 lanes		
<b>Lap Swim</b>	5:00 am - 9:30am 6 Lanes 9:30am - 11:45a 2 Lanes 11:45am-1:00pm 6 lanes	5:00 am - 9:30am 6 Lanes 9:30am - 11:45am 2 Lanes 11:45am-1:00pm 6 lanes	5:00 am - 9:30am 6 Lanes 9:30am - 11:45am 2 Lanes 11:45am-1:00pm 6 lanes	5:00 am - 9:30am 6 Lanes 9:30am - 11:45am 2 Lanes 11:45am-1:00pm 6 lanes	5:00 am - 9:30am 6 Lanes 9:30am - 11:45am 2 Lanes 11:45am-1:00pm 6 lanes	6:00am - 7:45pm 6 Lanes	6:00am - 6:45pm 6 Lanes
<b>Master's Swim</b>	7:15 - 8:45 pm 6 lanes		7:30 pm - 9:00 pm 6 lanes		7:30 - 9:00pm Meters		8:30 am - 10:00 a
<b>Swim Team</b>	5:00 pm - 6:30 pm 6 lanes	5:00 pm - 6:30 pm 6 lanes	5:00 pm - 6:30 pm 6 lanes	5:00 pm - 6:30 pm 6 lanes	5:00 pm - 6:30 pm 6 lanes		

Pool schedule may change at anytime due to member needs, closure to the outdoor pool, camp needs, or swim class requirements.  
This scheduled was last updated on August 4, 2010

# STERLING YMCA

## Member Benefits



### 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 9:00pm  
**Saturday**  
6:00am to 8:00pm  
**Sunday**  
7:00am to 7:00pm

### Babysitting Hours

*(free with family membership)*

**Monday-Friday**  
7:45am to 7:30pm  
**Saturday**  
6:00am to 8:00pm  
**Sunday**  
8:00 am to 12:00 pm

**Question or  
comments about this  
schedule?**

Contact:  
John Ogden  
Regional Aquatics Director  
ogdenj@northshoreymca.org

### Pool Schedule Descriptions

**Adult Lap Swim:** Lap swimming is a great way to get fit and stay in shape. At the Sterling YMCA, lap lanes are always provided for YMCA members. Lap swim lanes are only for individuals who are capable of swimming from one length of the pool to the other without stopping. Additional adult rec swim is available weekday mornings.

**Family Swim:** Want to splash in the water together? Family swim time (Free to YMCA members) is available every day at the Sterling YMCA and additional time is set aside at the Cabot Street warm-water pool. The following safety rules are in effect during all Family Swim times:

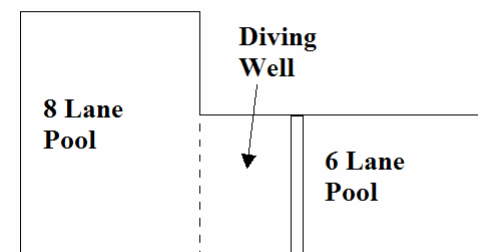
- The lifeguard on duty has final authority on all safety issues - respect their decisions!
- No rough housing or jumping on or near fellow swimmers
- No running on the pool deck
- No swimming underneath the bulkhead
- Non-swimmers are not allowed in the deep end of the pool
- All swimmers under 7 years old must be accompanied in the water by an adult
- 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 assisted for 25 yards on their stomach with good horizontal body position and demonstrate the ability to submerge completely and tread water.

**Water Aerobics:** Our free Water Aerobics classes offer participants the chance to get a great workout in the pool and tailor their experience to their fitness level. Offered at convenient times throughout the week, all Water Aerobics classes are drop-in and open to all YMCA members.

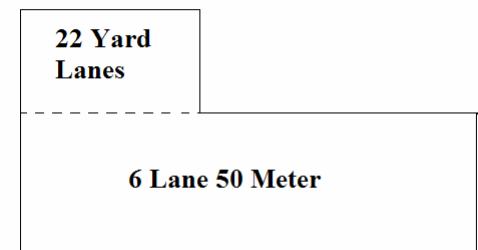
### Have a Splash at a YMCA Pool Birthday Party!

Would your child enjoy splashing with their friends in the pool on their birthday? The YMCA offers exciting pool parties and the use of our inflatable rock slide to help you celebrate your child's special day in style. Every birthday party includes a staff member to assist you and a party room for food and presents. To schedule your party, contact Carol Meyer, Associate Regional Aquatics Director at 978-564-3906 or meycerc@northshoreymca.org

### Normal Set-up



### Meter Set-up



**Fall Swim Lessons start September 7<sup>th</sup>! Check out the Fall I program guide for the schedule of classes.**

### Swim Team New Swimmer Evaluations

August 24 -26, 2010 5-7pm  
No experience needed, drop in for a 15 minute evaluation.