

Member Benefits

LYNCH/VAN OTTERLOO YMCA



We build strong kids, strong families, strong communities.

Schedule for
Spring 1
February 27th
To
April 30th

BIG POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Adult Lap Swim	5:00am-7:30am (4 lanes) 7:30am-2:15pm (5+ lanes) 2:15pm-3:30pm (4 lanes) 3:30pm-4:30pm (1 lane) 4:30pm-6:00pm (2 lane) 6:00pm-6:30pm (2 lanes) 6:30pm-7:30pm (5 lanes) 7:30pm-8:30pm (5 lanes) 8:30pm-9:30pm (5+ lanes)	5:30am-7:30am (3 lanes) 7:30am-10:30am (5 lanes) 10:30am-2:15pm (4+ lanes) 2:15pm-3:00pm (5 lanes) 3:15pm-4:30pm (2 lanes) 4:30pm-6:00pm (2 lane) 6:00pm-6:30pm (2 lanes) 6:30pm-9:00pm (6 lanes) 9:00pm-9:30pm (8 lanes)	5:00am-7:30am (4 lanes) 7:30am-9:00am (5+ lanes) 9:00am-10:00am (3 lanes) 10:00am-2:15pm (4 lanes) 2:15pm-3:00pm (4+ lanes) 3:00pm-4:30pm (1 lane) 4:30pm-6:00pm (2 lane) 6:00pm-6:30pm (2 lanes) 6:30pm-7:30pm (5 lanes) 7:30pm-8:30pm (5 lanes) 8:30pm-9:30pm (8 lanes)	5:30am-7:30am (3lanes) 7:30am-10:30am (5 lanes) 10:30am-2:15pm (4+lanes) 2:15pm-3:15pm (4+ lanes) 3:15pm-4:30pm (2 lane) 4:30pm-6:00pm (2 lane) 6:00pm-6:30pm (2 lanes) 6:30pm-7:30pm (6 lanes) 7:30pm-8:30pm (4 lanes) 8:30pm-9:30pm (6+lanes)	5:00am-7:00am (4 lanes) 7:00am-8:30am (5+ lanes) 8:30am-9:30am (2 lanes) 9:30am-3:00pm (4 lanes) 3:00pm-4:30pm (2 lanes) 4:30pm-6:00pm (2 lane) 6:00pm-6:30pm (2 lanes) 6:30pm-9:30pm (4 lanes)	6:00am-9:00am (2+lanes) 9:00am-12:00pm (3 lanes) 12:00pm-4:30pm (4 lanes) 4:30pm-6:30pm (4 lanes)	7:00am-11:00pm (6 lanes) 11:00am-3:30pm (4 lanes) 3:30pm-5:30pm (3 lanes)
Youth/Teen And Family Recreation	2:15pm-3:30pm (2 lanes) 6:30pm-7:30pm (2 lanes)	2:15pm-3:00pm (2 lanes)	2:15pm-3:00pm (2 lanes)	2:15pm-3:15pm (2 lanes)	2:15pm-3:00pm (3 lanes) 6:30pm-8:30pm (2 lanes middle)	1:30pm-4:30pm (4 lanes) 4:30pm-6:30pm (4 lanes)	11:30am-3:30pm (3-4 middle lanes)
Water Aerobics	7:30pm-8:30pm		9:00am-10:00am 7:30pm-8:30pm	7:30pm-8:30pm	8:30am-9:30am		

Member Benefits



Schedule for
Spring 1
February 27th
To
April 30th

Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
781.631.9622

www.northshoreymca.org

Hours of Operation

Monday - Friday

5:00am to 10:00pm

Saturday

6:00am to 7:00pm

Sunday

7:00am to 6:00pm

Babysitting Hours:

Monday-Friday

8:00am to 2:00pm

3:00pm to 7:30pm

Saturday

7:45am to 1:00pm

Sunday

8:00pm to 11:00am

Question or comments about this schedule?

Contact:

Susan Guertin

Aquatics Director

781-990-7009 or email at

guertins@northshoreymca.org

Pool Schedule Descriptions

Teen/Adult Lap Swim: Lap swimming is a great way to get fit and stay in shape. At the Lynch/van Otterloo YMCA, lap lanes are provided for YMCA members except during swim team practice and when there is a High School or YMCA duel meet. Lap swim lanes are only for individuals 13 and up who are capable of swimming from one length of the pool to the other without stopping. Time is also available in the warm water pool for lap swimming. See small pool schedule.

Open Youth/Teen Rec Swim- Children ages 6 and up are allowed to swim. Parents may accompany any children who can not swim by themselves.

Family Swim: Want to splash in the water together? Family swim time is available every day at the Lynch/van Otterloo YMCA warm water pool. All children must be accompanied by adults during "family swim." 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
- Non-swimmers are not allowed in the deep end of the pool. They need to be with a parent in the water in the area marked by the safety line.
- Lifeguards will require a Swim Test. To pass a swim test the participant must be able to swim unassisted for 25 yards on their stomach (one length of the pool), with good horizontal body position and be comfortable submerging and/or putting face in the water for more than 5 seconds.

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. Every birthday party includes a staff member to assist you and a party room for food and presents. To schedule your party, contact Erin Lovenberg, Birthday Coordinator at 781-990-7012 or e-mail at lovenberge@northshoreymca.org

NO SHOES ON DECK PLEASE