

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEEN/ADULT SWIM	5:00am-7:00am (4 lanes) 7:00am-2:15pm (5+ lanes) 2:15pm-3:30pm (4 lanes) 3:30pm-4:30pm (1lanes) 6:00pm-7:30pm (2 lanes) 7:30pm-8:30pm (5 lanes) 8:30pm-9:30pm (6+ lanes) Swim Team 1/16 9:30am-11:30am 2 lap lanes No Lap Lane 4:30pm-6:00	5:30am-7:30am (3 lanes) 7:30am-10:30am (5 lanes) 10:30am-2:15pm (4+ lanes) 2:15pm-3:00pm (4 lanes) 3:00pm-4:30pm (1 lane) 6:30pm-7:30pm (3+ lanes) 7:30pm-9:30pm (5+ lanes) No Lap Lane 4:30pm-6:00 SwimMeet 1/3 1/10 1/24 No Lap Lane 4:30pm-6:45pm	5:00am-7:30am (4 lanes) 7:30am-9:00am (5+ lanes) 9:00-10:45 (5 lanes) 10:45pm--3:00pm (5+ lanes) 3:00pm-4:30pm (1 lane) 6:00pm-7:30pm (2 lanes) 7:30pm-8:30pm (3 lanes) 8:30pm-9:30pm (6+ lanes) No Lap Lane 4:30pm-6:00	5:30am-7:30am (3 lanes) 7:30am-10:30am (5 lanes) 10:30am-2:15pm (4+lanes) 2:15pm-3:15pm (4+ lanes) 3:15pm-4:30pm (1 lane) 6:30pm-7:30pm (3 lanes) 7:30pm-8:30pm (4 lanes) 8:30pm-9:30pm (6+ lanes) No Lap Lane 4:30pm-6:00	5:00am-9:30am (4 lanes) 9:30am-3:00pm (4+ lanes) 3:00pm-4:30pm (2 lanes) 6:00pm-6:30pm (2 lanes) 6:30pm-9:30pm (4 lanes) No Lap Lane 4:30pm-6:00 SwimMeet 1/19 No Lap Lane 4:30pm-6:45pm	6:00am-10:00am (2+lanes) 10:00am-12:00pm (3 lanes) 12:00pm-6:30pm (4+ lanes)	7:00am-11:30am (6 lanes) 11:30am-3:00pm (4 lanes) 3:00pm-6:30pm (4 lanes)
Upon arrival, please ask a lifeguard for a lap lane.							
YOUTH/TEEN AND FAMILY RECREATION	2:15pm-3:30pm (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-6:30pm (4 lanes)	11:30am-3:00pm (3-4 middle lanes)
WATER AEROBICS	7:00pm-8:00pm Aqua Aerobics	12:00pm-1:00pm Aqua Aerobics	8:30am-9:30am Aqua Aerobics	7:00pm-8:00pm Aqua Aerobics	9:00am-10:00am Aqua Aerobics		

LYNCH/VAN OTTERLOO YMCA

BIG POOL SCHEDULE, WINTER SESSION JAN 2– FEB 19

For more information about this schedule, contact Susan Guertin, Aquatics Director, at 781-990-7009 or guertins@northshoreymca.org.





Lynch/van Otterloo YMCA

Big Pool Schedule

Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
781-631-9622

IMPORTANT INFORMATION

Big Pool Schedule Descriptions

Teen/Adult 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.

Youth/Teen & Family Rec Swim: Come and join the fun during one or our open rec swim times. The following safety rules are in effect during all open Swim times:

- Non-swimmers are not permitted in the big pool.
- All children under the age of 5 and who do not need a bubble may swim with an adult in the water.
- No rough housing or jumping on or near fellow swimmers
- No running on the pool deck
- 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 Fitness Classes:

Aqua Aerobic: 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.

Aqua Zumba: This class provides various Latin American rhythms and dances we love from our zumba class. We have modified and adapted to the aquatic environment with our losing the basic identity and flavor that makes zumba so much fun.

Lynch/van Otterloo YMCA Hours of Operation

Monday - Friday: 5:00am to 10:00pm
Saturday: 6:00am to 7:00pm
Sunday: 7:00am to 7:00pm

Babysitting Hours:

Monday-Friday: 8:00am to 2:00pm
3:00pm to 7:30pm
Saturday: 7:45am to 1:00pm
Sunday: 8:00am to 11:30am

Question or comments about this schedule?

Contact:
Susan Guertin
Aquatics Director
781-990-7009 or email at
guertins@northshoreymca.org

Interested in having a BIRTHDAY PARTY
at the YMCA?

Contact Erin Lovenberg at 781-990-7006 or
lovenberge@northshoreymca.org
for more information and to schedule your party!