

Member *Benefits*

LYNCH/VAN OTTERLOO YMCA



We build strong kids, strong families, strong communities.



SMALL POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Rec Swim	5:30am-8:00am (2 lanes) 11:30am-12:30pm (1 lane) 5:00pm-6:30pm (1 lane) 7:00pm-9:00pm (1+ lane)	5:30am-8:30am (2 lanes) 11:15am-12:00pm (2 lanes) 5:00pm-5:30pm (1 lane) 7:30pm-9:00pm (1+lane)	530am-8:30am (2 lanes) 11:15am-12:15pm (1 lane) 12:15pm-1:00pm (2 lanes) 4:30pm-5:30pm (1 lane) 7:30pm-9:00pm (1+ lane)	5:30am-9:00am (2 lanes) 11:15am-12:00pm (2 lanes) 4:15pm-5:30pm (1 lane) 8:00pm-9:00pm (2 lanes)	5:30am-8:30am (2 lanes) 11:15am-12:15 (1 lane) 12:15pm-1:00pm (2 lanes) 4:00pm-5:00pm (1 lane) 8:00pm-9:00pm (2 lanes)	7:30am-9:00am (2 lanes)	8:00am-9:00am (2 lanes)
Preschool Open Time	8:00am-9:00am 12:30pm-1:00pm 2:00pm-3:30pm	9:00am-10:00am 11:15am-12:00pm 12:30pm-1:00pm 2:00pm-3:00pm	12:15pm-1:00pm 2:00pm-3:00pm	9:00am-10:00am 11:15am-12:00pm 12:30pm-1:00pm 2:00pm-3:15pm	12:15pm-1:00pm 2:00pm-3:15pm	12:15pm-4:00pm	12:15pm-5:30pm
Youth/Family Recreation	2:00pm-3:30pm 5:00pm-6:30pm	2:00pm-3:00pm 4:30pm-5:30pm 6:30pm-7:30pm	2:00pm-3:00pm 4:30pm-5:30pm 6:15pm-6:45pm 6:45pm-7:30pm	2:00pm-3:15pm 4:15pm-5:30pm 6:45pm-8:00pm	2:00pm-3:15pm 4:00pm-5:00pm 6:00pm-8:00pm	12:15pm-4:00pm	12:15pm-5:30pm
Water Slide (Space limited)	3:00pm-3:30pm 5:00pm-6:30pm	6:30pm-7:30pm	4:30pm-5:30pm 6:45pm-7:30pm	4:15pm-5:30pm 6:15pm-8:00pm	4:00pm-5:00pm 6:00pm-8:00pm	2:00pm-4:00pm	2:30pm-5:30pm
Family Swim	5:00pm-6:30pm	6:30pm-7:30pm	6:15pm-6:45pm (Shallow end) 6:45pm-7:30pm	6:15pm-8:00pm	6:00pm-8:00pm	12:15pm-4:00pm	12:15pm-5:30pm
Water Aerobics	8:00am-9:00am	6:00am-7:00am 8:30am-9:30am		6:00am-7:00am 9:00am-10:00am		8:00am-9:00am	

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Schedule for
Spring 1
February 27
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

Adult Rec Swim: Our small pool will be available to adult during the allotted time indicated. This time is available for you to swim laps, exercise or water walk.

Preschool Open Time- Children under the age of six are allowed to swim with a parent.

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. 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
- All swimmers under 6 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 (one length of the pool), with good horizontal body position and demonstrate the ability to submerge completely.

Water Slide: **guidelines regulated by the Board of Health:**

- You must be 48" tall or able to swim one pool length unassisted to ride this slide.
- Form line on pool deck, not on stairs
- No tubes, mats, or life jackets permitted in flume.
- Only one rider at a time. No doubles, trains or chains.
- No diving or jumping from flume.
- Enter slide in sitting position.
- Wait for lifeguard's starting instructions before riding
- Ride slide feet first either sitting or lying down on back.
- Keep arms and feet inside flume.
- Exit splashdown pool area immediately.

*Pregnant women and people with a heart or back condition should not use the slide

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