

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT REC SWIM	7:00am -8:00am (2 lanes) 11:30am-1:00pm (1 lane) 5:30pm-6:30pm (1 lane) 7:15pm-9:00pm (1+ lane)	5:30am-8:30am (2 lanes) 11:15am-1:00pm (1lane) 4:30pm-5:30pm (1 lane) 8:00pm-9:00pm (1+lane)	7:00am-9:00am (2 lanes) 11:45am-1:00pm (1 lane) 4:30pm-5:30pm (1 lane) 8:00pm-9:00pm (2 lane)	5:30am-9:00am (1 lane) 11:45am-1:00pm (1 lane) 6:45pm-9:00pm (2 lanes)	7:00am-9:00am (2 lanes) 12:00pm-1:00pm (1 lane) 4:00pm-5:00pm (1 lane) 8:00pm-9:00pm (2 lanes)	7:00am-8:00am (2 lanes)	8:00am-9:00am (2 lanes)
	Upon arrival, please ask a lifeguard for a lap lane.						
PRESCHOOL OPEN TIME	10:45am-11:30am 2:00pm-3:30pm	12:30pm-1:00pm 2:00pm-3:00pm	2:00pm-3:00pm	12:30pm-1:00pm 2:00pm-3:15pm	2:00pm-3:15pm	12:15pm-4:00pm	1:00pm-6:30pm
YOUTH/FAMILY RECREATION	2:00pm-3:30pm 5:00pm-6:30pm	2:00pm-3:00pm 4:30pm-5:30pm 6:30pm-8:00pm	2:00pm-3:00pm 4:30pm-5:30pm	2:00pm-3:15pm 4:15pm-6:00pm	2:00pm-3:15pm 4:00pm-5:00pm 6:00pm-8:00pm	12:15pm-4:00pm	1:00pm-6:30pm
WATER SLIDE (SPACE LIMITED)	5:00pm-5:30pm	6:30pm-7:30pm		4:30pm-6:00pm	6:00pm-8:00pm	2:00pm-4:00pm	2:30pm-6:30pm
WATER FITNESS	8:00am-9:00am Aqua Zumba	8:30am-9:30am Aqua Aerobics	7:00pm-8:00pm Aqua Zumba	5:30am-6:30am Aqua Aerobics 9:00am-10:00am Aqua Aerobics		8:00am-9:00am Aqua Aerobics	

LYNCH/VAN OTTERLOO YMCA SMALL POOL SCHEDULE WINTER SESSION JAN 2-FEB 19

For more information about this schedule,
contact Susan Guertin, Aquatics Director, at
guertins@northshoreymca.org.





Lynch/van Otterloo YMCA

Small Pool Schedule

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

IMPORTANT INFORMATION

Small 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 Swim: This time is designated for the preschool swimmer.

Youth/Teen and Family Rec Swim: We have designated times for each age/family group to come and enjoy the pool.

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

- No rough housing or jumping on or near fellow swimmers
- No running on the pool deck
- Non-swimmers are not allowed in the pool without a bubble and must be accompanied by an adult.
- All swimmers 5 years and under 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 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!