

# Member *Benefits*

LYNCH/VAN OTTERLOO YMCA

## YGYM TIME

We build strong kids. strong families. strong communities.

Schedule for  
Summer  
June 26  
To  
September 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult/Teen Open Gym		5:30pm-7:00pm (Side A)	5:30pm-7:15pm (Side A)	4:00pm-4:45pm (Side B)		9:00am-4:00pm (Side B)	12:30pm-5:45pm (Side B)
Youth/Family Open Gym	4:00pm-4:45pm (Side A)	4:00pm-5:30pm (Side A)	4:00pm-5:30pm (Side A)	4:00pm-4:45pm (Side A)	4:00pm-6:00pm (Side A)	9:00am-4:00pm (Side A)	12:30pm-5:45pm (Side A)
Open Gym for All	2:15pm-4:45pm (Side B)	3:15pm-7:00pm (Side B) 9:00pm-9:45pm (Side A & B)		9:00pm-9:45pm (Side A & B)	2:30pm-6:00pm (Side B) 8:00pm-9:45pm (Sides A & B)	6:00pm-6:45pm (Side A & B)	
Drop-in Programs		Adult Pick-Up Basketball 7:00pm-9:00pm (Side A & B)			Family Night 6:00pm-8:00pm (Sides A & B)	Adult Pick-Up Basketball 4:00pm-6:00pm (Side A & B)	Adult Drop-In Volleyball 9:00am-12:00pm (Side B)

\*On Saturday, August 7<sup>th</sup>, the gym is closed. 3 on 3 Basketball Tournament will be going on.

# Member Benefits

**Lynch/van Otterloo YMCA**  
40 Leggs Hill Road  
Marblehead, MA 01945  
781.631.9622  
[www.northshoreymca.org](http://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

## Summer Babysitting Hours:

### Monday-Thursday

8:00am to 1:00pm

3:00pm to 7:30pm

### Friday

8:00am to 1:00pm

### Saturday

7:45am to 12:00pm

### Sunday

8:00am to 11:00am

## Question or comments about this schedule?

Contact:

Karl Mayer at

781.990-7013 or email

[mayerk@northshoreymca.org](mailto:mayerk@northshoreymca.org)

or Emily Hudak at

[hudake@northshoreymca.org](mailto:hudake@northshoreymca.org)



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## Gym Activity Descriptions

**Adult/Teen Open Gym:** Designated gym space is available to teens (age 14 and up) and adults to use. No full court basketball games allowed.

**Youth/Family Open Gym:** Gym space is available for families (adults must accompany children age 5-13).

**Open Gym for All:** Space is available to all ages. Please be respectful of the activities of others. No full court basketball games allowed.

**Drop in Programs:** Designated sides of the gym are for various drop in program that are free with membership.

**Family Night:** Side A is available for families. Children must be accompanied by an adult. Side B is available for teens and adults. No full court basketball games allowed.

\* **Please note:** Our schedules are subject to change. Please refer to the website and gym bulletin board for changes.

## Gym Etiquette

The YMCA wants to ensure that the gym is a safe and wholesome environment for all who want to use it. The following expectations are in place for all Members:

- Refrain from the use of foul or offensive language.
- Be respectful of the activities of others. What you are doing in the gym should not prevent others from enjoying the space.
- Please throw all trash in the receptacles provided.
- Appropriate footwear required no black soled marking sneakers.

## Gym Information

- The gym is divided into two sections, Side A and Side B. Side A is the side when you first enter the gym. Side B is on the other side of the red curtain.
- Many classes and gym times are held at specific times, please adhere to the gym schedule provided.

## Birthday Parties

Sports Birthday Parties are available. For more information please contact Birthday Party Coordinator, Erin Lovenberg at 781-631-9622 x 1406 or through email at [lovenberge@northshoreymca.org](mailto:lovenberge@northshoreymca.org).