










ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRESCHOOL GYMNASTICS AGES 2-7 YEARS	1:15pm to 2:15pm 	1:45pm to 2:30pm 	1:45pm to 2:30pm 		1:45pm to 2:30pm 		
YOUTH GYMNASTICS BOYS & GIRLS 8-14 YEARS						5:30pm to 6:15pm or 6:15 pm to 7:00pm 	
OPEN GYMNASTICS FOR MIDDLE SCHOOL TEEN HOURS					6:45 pm to 7:10 pm 7:10pm to 7:35 pm Or 7:35 pm to 8:00 		
FAMILY OPEN GYMNASTICS AGES 2 - 10					6:00pm to 6:35pm Online sign-up! 	8:15am to 8:55am or 11:30am to 12:10pm or 12:15pm to 12:55pm Online sign-up! 	4:00pm to 4:40pm or 4:40pm to 5:20pm or 5:20pm to 6:00pm Online sign-up! 

LYNCH/VAN OTTERLOO YMCA GYMNASTICS SCHEDULE WINTER SESSION, JAN 2-FEB 19

For more information about this schedule, contact
Danielle Walker, Gymnastics Director,
at walkerd@northshoreymca.org.

NEW THIS SESSION:

All open gymnastics requires advance sign-up:
www.northshoreymca.org/lvoopengym.cfm 

Registration opens 24 hours before start time.
Please register for 1 time slot only.
Teens must now register online.





Lynch/van Otterloo YMCA

Gymnastics Schedule

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

IMPORTANT INFORMATION

Gymnastics Activity Descriptions

Preschool Open Gymnastics: Designated for children ages 2-7 years (with parent supervision) who would like the opportunity to enjoy the gymnastics equipment. In order to ensure the safest possible environment open gym times will be limited to a max of 20 families. Members must register online in order to participate.

Youth Open Gymnastics: Designated for ages 8 to 14 years to enjoy the gymnastics center. Parental supervision is required for all children ages 8 to 10 years. Members must register online in order to participate.

Family Open Gymnastics: Designated for families to come in and enjoy the facilities and have family fun time together. Please note: For the safety of all, children under the age of 2 are not permitted to attend open Gymnastics. In order to ensure the safest possible environment open gym times will be limited to a max of 20 families. Online sign ups for Friday night, Saturday and Sunday family open time. Members must register online in order to participate.

Online Sign-Ups: **NEW THIS SESSION:**

All open gymnastics requires advance sign-up: www.northshoreymca.org/looopengym.cfm

1 Reservation = 1 parent + 3 children. Registration opens 24 hours in advance. Members may only register for one open gymnastics per day. If you have any questions or concerns please contact, Amanda Mentuck at 781-990-7012 or email mentucka@northshoreymca.org.

Gymnastics Etiquette:

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

- If families have children in two different age groups of children, please join the younger open gymnastics time.
- NO Food (GUM) or beverage allowed in gymnastics center.
- Please remove shoes and all loose items from yourself before using gymnastics facilities.
- Parents are responsible for supervising their children at all times.
- 1 person at a time on all gymnastics equipment.
- No jumping from beam mat down to the trampoline.
- Open Gym participants are not allowed to use the chalk or use the High bars
- Pit blocks cannot be removed from pit at anytime, and should not be damaged by shredding or ripping.
- Be Safe at all times and most important... HAVE FUN!
- NO ADULTS on the gymnastics equipment!

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:

Danielle Walker

Gymnastics Director

781-990-7011 or email at

walkerd@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!