

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM Free to YMCA Members	5:30am - 7:30am (6 Lanes) 7:30am - 9:00am (2 Lanes) 9:00am - 10:30am (1 Lane) 10:30am- 4:00pm (3 Lanes) 4:00pm - 6:00pm (1 Lane) 6:00pm- 8:00pm (2 Lanes) 8:30pm-9:30pm (3 lanes)	5:30am - 6:00am (6 Lanes) 6:00am - 7:30am (6 Lanes) 7:30am - 8:30am (2+ Lanes) 8:30am-4:00pm (3 Lanes) 4:00pm - 5:05pm (1 Lane) 5:05pm - 9:30pm (2 Lanes)	5:30am - 7:30am (6 Lanes) 7:30am - 9:00am (3 Lanes) 9:00- 10:30am (2 Lanes) 10:30am - 4:15pm (3 Lanes) 4:15pm - 5:15pm (1 Lane) 5:15pm - 8:30pm (2 Lanes) 8:30pm - 9:30pm (3 Lanes)	5:30am - 7:30am (6 Lanes) 7:30am - 9:00am (2+ Lanes) 9:00am - 10:15am (2 Lanes) 10:15am - 3:30pm (3 Lanes) 3:30pm -5:00pm (2 Lanes) 5:05pm - 7:15pm (3 Lanes) 7:15pm - 9:30pm (3 Lanes)	5:30am - 7:30am (6 Lanes) 7:30am - 9:00am (2 Lanes) 9:00am - 3:30pm (3 Lanes) 3:30pm - 7:15pm (3 Lanes) 7:15pm - 9:30pm (3 Lanes)	7:00am - 8:00am (4+ Lanes) 8:00am - 9:00am(3 Lanes) 9:00am - 10:40am (1 Lane) 10:40am-7:00pm (3 Lanes)	7:00am - 9:00am (6 Lanes) 9:00am - 5:00pm (3 Lanes)
FAMILY SWIM Children must be accompanied in the pool with an adult	12:00pm -2:00pm (3 Lanes) 6:00pm - 8:15pm (2 Lanes) 7:30pm - 9:30pm (3 Lanes)	9:00am -11:00am (3 Lanes) Play Dates! 12:00pm - 2:00pm (3 Lanes) 7:15pm - 9:30pm (3 Lanes) Shallow only from 7:15pm-8:15pm	12:00pm - 2:00pm (3 Lanes) 7:00pm - 9:30pm (3 Lanes)	9:00am -11:00am (3 Lanes) Play Dates! 12:00pm - 2:00pm (3 Lanes) 7:15pm - 9:30pm (3 Lanes) Shallow only from 7:15pm-8:15pm	12:00pm - 2:00pm (3 Lanes)	8:00am - 9:00am (3 Lanes) Shallow End 10:40am - 1:00pm (3 Lanes) 5:00pm - 7:00pm (3Lanes)	9:45am - 12:00pm (3 Lanes)
OPEN REC Children who are strong swimmers can swim without an adult	2:00pm - 3:30pm (3 Lanes) 5:00pm-7:30pm(2 Lanes)	2:00pm - 3:30pm (3 Lanes) 5:15pm-7:15pm (3Lanes)	2:00pm - 3:30pm (3 Lanes) 5:15pm-6:00pm (2 lanes)	2:00pm - 3:30pm (3 Lanes)	2:00pm - 3:30pm (3 Lanes) 3:30pm - 5:00pm (2 Lanes)	1:00pm - 5:00pm (3 Lanes) If there is no birthday party scheduled - Call the front desk for availability	12:00pm - 1:30pm (3 Lanes) 1:30pm - 3:30pm (3 Lanes) If there is no birthday party scheduled - Call the front desk for availability 3:30pm - 5:00pm (Shallow)
WATER AEROBICS Free to YMCA Members - drop-in anytime!	7:30am - 8:30am (3 Lanes) 11:15am - 12:00pm (3 Lanes)	7:30am - 8:30am (3 + Lanes) 11:15am - 12:00pm (3 Lanes)	7:30am - 8:30am (3 Lanes) 11:15am - 12:00pm (3 Lanes) 6:15pm-7:00pm (2 Lanes) Aqua Zumba	7:30am - 8:30am (3+ Lanes) 11:15am - 12:00pm (3 Lanes)	7:30am - 8:30am (3 Lanes) 11:15am - 12:00pm (3 Lanes)		9:00am-9:45am Aqua Zumba
SWIMMING / DIVING LESSONS To take a lesson, sign up at the Front Desk	9:00am-10:40am (3 Lanes) 3:30pm - 5:05pm (2 Lanes)	3:30pm - 5:05pm (3 Lanes) 7:15-8:15pm (Deep End)	9:00am - 10:40am (2 Lanes) 3:30pm - 5:05pm (3 Lanes)	9:00am - 10:40am (3 Lanes) 3:30pm - 5:05pm (2 Lanes) 7:15pm - 8:15pm (Deep End)	9am - 10:40am (3 Lanes) Friday Night Fun 5:30pm - 7:00pm (2 Lanes) 7:00pm - 9:30pm (3 Lanes)	8:00 am-9:00am (Deep End) 9:00am - 10:40am (5 Lanes) 10:40am - 11:35am (3 Lanes)	4:00pm- 5:00pm (Deep End)
YNS SHARKS SWIM TEAM	9:00am - 10:30am (2 Lanes) 3:30pm-6:00pm (3 Lanes) 7:15pm - 8:30pm (2 Lanes)	4:15pm - 6:30pm (2 Lanes) 5:00-6:30pm (1 Lane)	9:00am - 10:30am (2 Lanes) 4:15pm - 6:45pm (2 Lanes) 7:15pm - 8:30pm (2 Lanes)	4:15pm- 5:00pm (2 Lanes) 5:15 - 7:15pm (3 Lanes) 7:00pm - 8:30pm (2 Lanes)	9:00am - 10:30am (2 Lanes)	7:00am - 8:15am (2 Lanes) 8:15am - 9:00am (2 Lanes)	
BIRTHDAY PARTIES Have your party at the YMCA!						1:00pm - 2:00pm (3 Lanes) 4:00pm - 5:00pm (3 Lanes)	1:30pm - 2:30pm (3 Lanes)

CAPE ANN YMCA AQUATICS SCHEDULE

Schedule subject to change on
Holidays and School
Vacations. Please call ahead
for available swim times.



Last Updated: 1/13/12

For more information about this schedule, contact
Katy Milne, Youth Services Director, at
978-283-0470 or milnek@northshoreymca.org.



Cape Ann YMCA

Important Aquatics Information

Schedule subject to change on
Holidays and School
Vacations. Please call ahead
for available swim times.

Cape Ann YMCA
71 Middle Street
Gloucester, MA
978.283.0470

POOL SAFETY RULES

- **Follow all lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required** before entering the pool. This is Massachusetts State law (and a good idea!)
- **Do not run** on the pool deck.
- **Children swimming with bubbles** must be accompanied by an adult in the water.
- Only **swim diapers** are allowed in the pool.
- Swim bubbles are the **only floatation devices** allowed in the pool. They are available for sale at the front desk.
- **Bathing suits must be worn.** No cut-offs or t-shirts are allowed for health reasons.
- People with **open wounds, rashes or sores** are not allowed to swim.
- **Horseplay** is not allowed.
- **Noodles** are available for Family Swim and Open Rec.
- **Kickboards, barbells and other pool toys** are for swim lessons and Water Aerobics only.
- **Food, gum and glass** are not allowed on the pool deck.
- **Jumping and Diving** is for the deep end only.

LAP SWIM ETIQUETTE

- Lap swimmers must share lanes if there is not an open lane.
- Swimming should be in a circle-swim pattern, making a loop. This allows the maximum number of swimmers per lane (8).
- Please swim in designated lap swim only.
- Acknowledge and respect your fellow swimmers when you are sharing a lane.
- If you are swimming faster than someone you are sharing a lane with, gently tap their foot to let them know you are behind them, then proceed to pass.

FAMILY SWIM/OPEN REC ETIQUETTE

- Children who are not toilet trained must wear a swim diaper.
- Swimmers wearing bubbles must be accompanied by an adult in the water.
- During Family Swim, swimmers must be accompanied by an adult.

Interested in having a **BIRTHDAY PARTY** at the YMCA?

Contact Katy Milne at 978-283-0470 or
milnek@northshoreymca.org for more information
and to schedule your party!