

Indoor Pool Schedule

9/14/09-11/29/09

Fall Hours:

Mon-Thurs 5:15a-9:40 p

Fri 5:15-8:45 Sat 7:15a-5:45

Sun 8:15a-5:45



We build strong kids, strong families, strong communities.

Peabody-Lynnfield YMCA

259 Lynnfield St.

Peabody, MA 01960

978-977-9622

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim	12:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00	
Parent/Child Swim			7:00-8:00 PM		7:00-8:00 PM		
Adult Rec	8:00-10:30 am	5:00-9:00 am	5:00-9:00AM	5:00-9:00 am	5:00-9:00 am	5:00-9:00 am	7:00-8:30 am
Adult Lap Swim	8:00-10:30 (4) 10:30-4:00 (1-2) 4:00-5:45 (2-3)	5:00-9:00AM (4) 9:00-12:30 (1) 12:30-4:00(3) 4:00-7:30 (1) 7:30-9:40 (2-3)	5:00-9:00AM (4) 9:00-12:30 (1) 12:30-4:00(3) 4:00-7:30 (1) 7:30-9:40 (2-3)	5:00-9:00AM (4) 9:00-12:30 (1) 12:30-4:00(3) 4:00-7:30 (1) 7:30-9:40 (2-3)	5:00-9:00AM (4) 9:00-12:30 (1) 12:30-4:00(3) 4:00-7:30 (1) 7:30-9:40 (2-3)	5:00-9:00AM (4) 9:00-11:30 (1) 12:30-4:00(3) 4:00-7:30 (1) 7:30-8:45 (2-3)	7:00-8:30 (4) 8:30-12:30 (1) 12:30-5:45 (1-2)
Swim Lessons (see brochure)	10:30-1:00	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	8:30-12:30
Swim Team		4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	
Open Rec. Swim	1:00-5:45 (3)	2:00-4:00(3) 4:00-6:00 (1)	2:00-4:00(3) 4:00-6:00 (1)	2:00-4:00(3) 4:00-6:00 (1)	2:00-4:00(3) 4:00-6:00 (1)	2:00-4:00(3) 4:00-6:30 (1) 6:30-8:00(4)	1:00-5:45 (3)
Water Fitness		8:30-9:00AM 9:00-10:00 AM 6:30-7:15 PM 7:15-8:00 PM	9:00-10:00 AM 6:30-7:30 PM	8:30-9:00AM 9:00-10:00 AM 6:30-7:15 PM 7:15-8:00 PM	9:00-10:00 AM 6:30-7:30 PM	8:30-9:00AM 9:00-10:00 AM	
Pool Rentals	1:00-4:00 by Reservation						1:00-4:00 by Reservation

Definition of Swims:

Family Swim/ Parent & Child Swim: Children under 14 must be accompanied with a parent or adult care giver in the water with them.

PARENTS CANNOT BE SITTING ON POOL EDGE FOR THIS SWIM.

Adult Lap Swim: Lanes designated for individuals over the age of 14 who wish to swim in continuous lengths of the pool

Adult Rec Swim: For individuals over the age of 14 who wish to swim but may not want to swim continuously.

Open Rec Swim: For individuals of all ages. An adult must be in the water with all non-swimmers and/or children under the age of six.

Pool Schedule subject to Change, Call 978-977-9622 to verify.

All swimmers required to take soap shower to swim in the pool.

All children under 6 or non-swimmers must be accompanied by an adult in the pool.