



Salem Family YMCA Gym Schedule

February 1-28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday		
5:00am	Open Gym 5:00 -9:00am	Boot Camp 5:15am-6:15am	Open Gym 5-6 am	Open Gym 5:00-10:30 am	Boot Camp 5:15-6:15am				
6:00 AM			Swim Team 6-7am						
7:00 AM			Open Gym 7-9am						
8:00am	Closed for Pickleball 8:00-11:00am 11:30 1/2 court	Open Gym 6:15am-10:30pm	Closed for Pickleball 8:00-11:00am 11:30 1/2 court	Open Gym 6:15-9					
9:00am									
10:00am									
11:00am	Open Gym 11:00am-7:30pm	Boot Camp 10:30-11:30am	Open Gym 11:00-7:30pm	Boot Camp 10:30-11:30am	Open Gym 11-8:50pm <small>(Due to inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)</small>			Open Gym 7:30am-5:50pm <small>(Due to inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)</small>	Open Gym 1:00-5:50pm <small>(Due to inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)</small>
12:00pm									
1:00pm									
2:00pm									
3:00pm									
4:00pm									
5:00pm									
6:00pm		Fit Families 6-7pm		Open Gym 11:30-6:00pm		Open Gym 11:30 - 6pm	Boot Camp 6-7pm		
7:00pm									
8:00pm		Adult Basketball 7:30-9:00pm Full Court		Volleyball 7:00-9:50pm		Adult Basketball 7:30-9pm Full Court	Volleyball 7:00-9:50pm		
9:00 PM	Open Gym 9:00-9:50pm	Open Gym 9:00-9:50pm							
9:50 PM									
Pick-up Games are for ages 16 and up									
Youth under the age of 8 years require adult supervision.									