



Salem Family YMCA Gym Schedule

April 1-30

	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	Open Gym 7:30am-5:50pm (Due to Inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)		
6:00 AM			Swim Team 6-7am					Open Gym 6:15-9
7:00 AM			Open Gym 7-9am					
8:00am	Closed for Pickleball 8:00-11:00am 11-11:30 1/2 court	Open Gym 6:15am-10:30pm	Closed for Pickleball 8:00-11:00am 11-11:30 1/2 court	Closed for Pickleball 8:00-11:00am 11-11:30 1/2 court				
9:00am								
10:00am								
11:00am	Open Gym 11:00am-7:30pm	Boot Camp 10:30-11:30am		Boot Camp 10:30-11:30am	Open Gym 11-8:50pm (Due to inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)			
12:00pm								
1:00pm								
2:00pm								
3:00pm								
4:00pm								
5:00pm								
6:00pm			Fit Families 5:30-7pm			Boot Camp 6-7pm		
7:00pm			Volleyball 7:00-9:50pm			Volleyball 7:00-9:50pm		
8:00pm		Adult Basketball 7:30-9:00pm Full Court		Adult Basketball 7:30-9pm Full Court				
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.