



Salem Family YMCA Gym Schedule

April 1-31

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | **FRIDAY | **Saturday | **Sunday |
|-------------------|--------------------------------------|--|--|--|--|---|---|
| 5:00am | Open Gym 5-8am | Open Gym 5-11:00 am | Open Gym 5-8am | Open Gym 5-11am | Open Gym 5-8am | Closed | *Please note for Pickleball Clinics check at the Welcome Desk for the schedule as they are not offered every week. They are offered most Thur's from 9:30am-11am. |
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 8:00am | Closed for Pickleball 8-11am | Closed for Pickleball 11am | *Pickleball Clinics/ Pickleball Strength & Conditioning Program 9:30am-11am | Closed for Pickleball 8-11 am | 7:30am-8:15am | | |
| 9:00am | | | | | Weekend Warrior 8:15-9am | | |
| 10:00am | | | | | | | |
| 11:00am | Open Gym 11-1:15pm | Closed for Pickleball 11-1pm | Open Gym 11-1:15pm | Closed for Pickleball 11-1pm | Open Gym 11-1:15pm | 9:00 am-3:45 pm | |
| 12:00 PM | | | | | | | |
| 1:00pm | Gym closed for Maint. 1:15-2 | Open Gym 1pm-4pm | Gym closed for Maint. 1:15-2 | Open Gym 1-4 pm | Gym closed for Maint. 1:15-2 | Open Gym 9:00-3:15pm** (See party note below) | |
| 2:00pm | Open Gym 2-7pm | | Open Gym 2-7 pm | | Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35 | | |
| 3:00pm | | | | | | | |
| 4:45 PM 5:00pm | Open Gym 2-7pm | Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35 | Open Gym 2-7 pm | Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35 | Open Gym 2-5:45pm** (See party note below) | Closed for Pickleball 3:45-5:45pm | |
| 5:30pm | | Pick up Basketball 5:45-6:45pm half courts | | Pick up Basketball 5:45-6:45pm half courts | | | Closed for Pickleball 5:45-7:45pm |
| 6:00 PM | | | | | | | |
| 7:00pm | Adult Basketball Full Court 7-9pm | Volleyball 7-9:50pm | Adult Basketball Full Court 7-9pm | Volleyball 7-9:50pm | Open Gym 7:45-8:50pm | Closed for Ladies Pickleball 3:30-5:45pm | |
| 8:00pm | Open Gym 9-9:50pm | | Open Gym 9-9:50pm | | | | |
| 9:00 PM | | | | | | | |

Pick-up Games are for ages 16 and up

Youth under the age of 8 years require adult supervision.

****Due to birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends****

**** Due to Spring Sports and the weather, please check with the Welcome Desk for Gym availability on Saturday mornings****