



# Salem Family YMCA Gym Schedule January 1-30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	**FRIDAY	**Saturday	**Sunday
5:00 AM	Open Gym 5-8am	Open Gym 5-11am	Open Gym 5-8am	Open Gym 5-11am	Open Gym 5-8am		
6:00 AM							
7:00 AM							
8:00 AM	Closed for Pickleball 8-11am		Closed for Pickleball 8-11am		Closed for Pickleball 8-11 am	Winter Basketball 8am-12pm	
9:00 AM							
10:00 AM							
11:00 AM	Closed for Maintenance 11am-12pm	Closed for Pickleball 11am-1pm	Closed for Maintenance 11am-12pm	Closed for Pickleball 11am-1pm	Closed for Maintenance 11am-12pm		
12:00 PM							
1:00 PM	Open Gym 12-7pm	Open Gym 1-4pm	Homeschool Fitness 1-2pm	Open Gym 1-4pm	Open Gym 12-5:45pm *See party note below*	Open Gym 12:00-3:15pm *See party note below*	Open Gym 1:00-3:15pm *See party note below*
2:00 PM							
3:00 PM		Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35	Open Gym 2-7pm	Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35	Closed for Pickleball 5:45-7:45pm	Closed for Pickleball 3:45-5:45pm	Closed for Ladies Pickleball 3:30-5:45pm
4:00 PM							
5:00 PM		Pick-up Basketball 5:45-6:45pm half courts		Pick-up Basketball 5:45-6:45pm half courts			
6:00 PM							
7:00 PM	Adult Basketball Full Court 7-9pm	Volleyball 7-9:50pm		Volleyball 7-9:50pm	Open Gym 7:45-8:50pm		
8:00 PM							
9:00 PM	Open Gym 9-9:50pm		Open Gym 9-9:50pm				

**Pick-up Games are for ages 16 and older.**

**Youth under the age of 8 years require adult supervision.**

\*Due to birthday parties, please check the Welcome Desk for Gym availability on Friday evenings and weekends\*  
For Pickleball clinics, check the schedule at the Welcome Desk. Offered some Thursdays from 9:30am-11am.