



# Salem Family YMCA Gym Schedule

## March 1- 31 2026

	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	Open Gym 8:00am-3:15pm *See party note below*			
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	Open Gym 12-5:45pm	Open Gym 1-4pm	Open Gym 12-5:45pm *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		Volleyball Clinics first 3 Wednesdays 5:45-7:15pm	Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35	Closed for Pickleball 5:45-7:45pm			
4:00 PM									
5:00 PM		Pick-up Basketball 5:45-6:45pm half courts			Volleyball 7-9:50pm		Pick-up Basketball 5:45-6:45pm half courts		
6:00 PM									
7:00 PM	Adult Basketball Full Court 7-9pm	Open Gym 7:15 -9:50pm	Volleyball 7-9:50pm						
8:00 PM									
9:00 PM	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.