



Salem Family YMCA Gym Schedule

Apr 1- 30 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 12-9:50pm	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							
4:00 PM		Half Open Gym 4-6:45pm Swim Team Half gym 4:45-5:35		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
5:00 PM		Pick-up Basketball 5:45-6:45pm half courts		Pick-up Basketball 5:45-6:45pm half courts			
6:00 PM		Adult Basketball Full Court 7-9pm		Volleyball 7-9:50pm		Volleyball 7-9:50pm	Volleyball 7-9:50pm
7:00 PM							
8:00 PM	Open Gym 9-9:50pm						
9:00 PM							

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.