



Salem Family YMCA Gym Schedule

June 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 8-11am | Closed for Pickleball 8-11 am | Closed for Pickleball 8-11 am | | | | |
| 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 | Open Gym 8:00am-3:15pm *See party note below* | | | |
| 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* | | | | |
| 2:00 PM | | | | | | | | | |
| 3:00 PM | | | | | | | | | |
| 4:00 PM | | Half Open Gym 4-6:45pm Swim Team Half gym 4:30-5:15 | | Pick-up Basketball 5:45-6:45pm half courts | Half Open Gym 4-6:45pm Swim Team Half gym 4:30-5:15 | Closed for Pickleball 5:45-7:45pm | Closed for Pickleball 3:45-5:45pm | | |
| 5:00 PM | | | | | | | | | |
| 6:00 PM | | Adult Basketball Full Court 7-9pm | | Volleyball 7-9:50pm | Pick-up Basketball 5:45-6:45pm half courts | Volleyball 7-9:50pm | Open Gym 7:45-8:50pm | | |
| 7:00 PM | | | | | | | | | |
| 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.