



Salem Family YMCA Gym Schedule

May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday	
5:00am	Open Gym 5:00-9:00am	Boot Camp 5:15-6:15am	Open Gym 5:00-9:00am	Open Gym 5:00-10:30am	Boot Camp 5:15-6:15am	Open Gym 7:30am-5:50pm (Due to Inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)		
6:00 AM		Open gym 6:15-10:30am			Closed for Pickleball 8:30- 9:00am 1/2 Court 9:00-11:00am Full Court			Closed for Pickleball 8:30-9:00am 1/2 Court 9:00-11:30am Full Court
7:00 AM								
8:00am								
9:00am								
10:00am	Boot Camp 10:30-11:30am		Boot Camp 10:30-11:30am					
11:00am	Open Gym 11:00am-1:00pm	Open Gym 11:00-1:00pm	Open Gym 11:00am-8:50pm (Due to Inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)					
12:00pm	Homeschool Gym 1:00-2:00pm	Homeschool Gym 1:00-2:00pm						
1:00pm								
2:00pm				Open Gym 11:30-6:00pm	Open Gym 11:30 - 6:00pm			
3:00pm								
4:00pm						Open Gym 2:00-6:00pm		
5:00pm								
6:00pm								
7:00pm	Adult Basketball 7:30-9:00pm Full Court	Adult Basketball 7:30-9pm Full Court						
8:00pm								
9:00 PM			Open Gym 9:00-9:50pm	Open Gym 9:00-9:50pm				
9:50 PM								

Open Gym
1:00-5:50pm
(Due to Inflatable birthday parties, please check with the Welcome Desk for Gym availability on Friday evenings and weekends)

Pickleball 5:30-7:30pm

Pick-up Games are for ages 16 and up

Youth under the age of 8 years require adult supervision.