

Member Benefits

SALEM



GYM TIME

Schedule for
April 24th 2011
To
June 24th 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick-Up Basketball		12:00pm-2:00pm		12:00pm-2:00pm(6:00pm-8:00pm Ames Hall Ends May 15
Adult Pick-Up Volleyball Ames Hall	8:00pm-10:00pm Ends May 18th		8:00pm-10:00 Ends May 18th				
Open Gym	11:00am-2:00pm 6:00pm-8:00pm	11:00am-2:00pm 6:00pm-8:00pm	11:00am-2:00pm 6:00pm-8:00pm	11:00am-2:00pm 6:00pm-8:00pm(11:00am-2:00pm 6:00pm-8:00pm		9:00am-5:00pm
Kids Club	10:00am-11:00am	10:00am-11:00am	9:00am-10:00am (B)				
Early Learning Center		9:00am-10:00am	11:00am-12:00pm (B)	9:00am-10:00am	9:00am-12:00pm		
Preschool Member Open Play	8:45am-9:45am	11:00am – 12:00pm			1:00pm-2:00pm(
Youth/Teen Open Gym	6:00pm-9:00pm	6:00pm-9:00pm	6:00pm-9:00pm	6:00pm-9:00pm	6:00pm-9:00pm	12:00pm-5:00pm	

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Salem YMCA

One Sewall Street
Salem, MA 01970
978.744.0351
www.northshoremca.org

Hours of Operation

Monday-Friday

5:00am to 10:00pm

Saturday

6:00am to 7:00pm

Sunday

7:00am to 6:00pm

Babysitting Hours

(free with family membership)

Monday-Sunday

8:30am to 1:30pm

Monday-Thursday

5:00pm to 7:30pm

Question or comments about this schedule?

Contact:

Heidi Sanchez

Member Service Representative
sanchezh@northshoremca.org



Gym Schedule Descriptions

Open Gym: Recreational Gym Time For All Ages For Basketball Or Other Sports Activities.

Preschool Open Gym: Recreational gym time for ages 1-5 accompanied by an adult.

Teen Open Gym: Recreational Gym Time For Teens Ages 13-18 For Basketball Or Other Sports Activities.

Youth Open Gym: Recreational Gym Time For Youths Ages 6-12 For Basketball Or Other Sports Activities.

Family Open Gym: A time for the whole family to play together. Children must be accompanied by an adult.

Adult Pick-Up Basketball: Join With Other Adults And Hoop It Up. These Pick Up Games Are For Adults 18+

Adult Pick-Up Volleyball: Join With Other Adults And Serve Up Some Volleyball In This Pick-Up League For Adults 18+

Gym Etiquette and Notices

Proper Gym Attire Consisting Of Comfortable Clothes And Sneakers Are Required.

Basketballs Are Available To Sign Out At The Front Desk.

In Keeping With The Four Core Values Of Caring, Honesty, Respect And Responsibility, Please Share The Gym And Enjoy Your Time At The Y!

Birthday Parties

Gym Birthday Parties Are Now Available! Celebrate A Great Birthday With A Choice Of Games And Sports. Please Inquire At The Front Desk Or Follow The Birthday Party Link On This Site For More Information On Party Options And Pricing.

Go to www.northshoremca.org for Group Exercise, Pool schedule, Gym schedules and more!