

Member Benefits

SALEM YMCA

YGYM TIME

We build strong kids, strong families, strong communities.

Schedule for
February 27th 2010
to
April 30th 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick-Up Basketball		12:00pm-2:00pm (A)		12:00pm-2:00pm (A)			6:00pm-8:00pm(A)
Adult Pick-Up Volleyball	8:00pm-10:00pm (A)		8:00pm-10:00pm (A)				
Womans Pick-Up Basketball		6:00pm -8:00pm (A)					
Open Gym	9:00am-10:00pm (A) 12:00apm-2:00pm(A) 12:00pm-3:00pm (B)	9:00am-10:00am (A) 6:00am- 10:00am(B)	9:00am-10:00am (A) 12:00apm-2:00pm(A) 6:00am -3:00pm (B)	9:00am-10:00pm (A) 6:00am- 10:00pm (B)	9:00am-10:00am (A) 12:00pm-2:00pm(A) 12:00pm-2:00pm (B) 6:00pm-9:00pm(B)	6:00am-12:00pm(B) 4:00pm-7:00pm (B)	2:00pm-6:00pm (B)
Family Open Gym						4:00pm-7:00pm(A)	12:00pm-2:00pm(B)
Preschool Open Play	11:00am -12:00pm (B) GYMNASTICS	9:00am -9:40am (B) SPORTS		9:00am -9:40am (B) OPEN	9:15am -10:00am (W) Open Dance 11:00am - 12:00am (B) OPEN		
Youth/Teen Open Gym	7:00pm -9:00pm (B)		6:00pm-9:00pm (B)	6:00pm-9:00pm(B)	6:00pm-9:00(A)	12:00pm-5:00pm(B)	10:00am - 12:00pm(B)

A = Ames Hall

B = Lobby Gym

W= Whipple Room

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Salem YMCA

One Sewall Street
Salem, MA 01970
978.744.0351
www.northshoreymca.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:

Mary Sholds

Member Service Director

sholdsm@northshoreymca.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.northshoreymca.org for Group Exercise, Pool schedule, Gym schedules and more!