



Join us for



Volunteer Recognition Day!

April 28, 2017 – 6 to 9pm

Volunteers are the backbone of the YMCA. Volunteers not only founded the YMCA, but operated it in its entirety in the early days. The involvement of thousands of talented, committed individuals greatly extends the range, quality and variety of YMCA programs.

Therefore we would like to thank you for your service by opening up our Salem Branch for just our volunteers and their families on Friday night, April 28th, from 6:00pm to 9:00pm.

No membership required!

- Free parking!
- Food
- Special group fitness, aqua fitness, sports clinics, and dance classes for all ages
- And access to all the wonderful equipment rooms, gyms, and pool

Salem Branch Location

Address: 685 Court St. NE

Salem, OR 97301

Phone: (503) 581-YMCA (9622)

Kindly RSVP by April 14, 2017

To Nancy Umeda at numeda@theyonline.org

Scheduled Activities

Time	Location	What
6:00 to 8:00	YAC - 1st floor	Healthy Snacks
6:00 to 9:00	Child Watch - Basement	Drop in care for ages 6 weeks to 10 years old
6:00 to 9:00	Gym - 1st floor	Obstacle Course (Parent & Child designed for children 3 and up)
6:00 to 9:00	Mat Room - 3rd floor	Open Gymnastics (Parent & Child designed for children 3 and up)
6:00 to 9:00	Gym 1	Open for basketball
6:00 to 8:30	Pools - Basement	Open
6:00 to 6:20	Gym - 1st floor	Family Zumba
6:30 to 6:50	Kells Room - 1st floor	Dance Class
	Spin Room - 2nd floor	Spin class (designed for anyone that can fit on an adult size bike)
	Y's Owl Room - 1st floor	Sweet Pea Yoga (Parent & Child Class designed for children under the age of 3)
7:00 to 7:20	Gym - 1st floor	Family Zumba
	Kells Room - 1st floor	Dance Class
	Y's Owl Room - 1st floor	Dance & Music (Parent & Child Class designed for children under the age of 3)
	YAC Carpet Area - 1st floor	Parent and Child STEM Activity (designed for children in grades K-5)
7:30 to 7:50	Anderson Room - 2nd floor	Boot Camp
	Kells Room - 1st floor	Dance Class
8:00 to 8:20	Gym - 1st floor	Family Zumba
	Kells Room - 1st floor	Dance Class
8:30 to 8:50	Kells Room - 1st floor	Dance Class

Subject to change