

Thriving Teens – May 2023



Thrive Café
Hours:
 4:00–8:00pm
 Monday– Friday
 Food available
 upon request :)
 Ages: 11–17 yrs



Summer Hours:

COMING SOON



***Requires**

YMCA
 685 Court St. Ne
 Salem, OR 97301

Mon	Tue	Wed	Thu	Fri
Teen talks / Gym	Art / Swim	Track/ Gym	College–Career/ Swim	Community Service
1 5:00– *Teen Advisory 6:00– Ping Pong 7:00– Teen Volleyball	2 5:00– *Free Choice 6:00– Mario Kart 7:00– *Swim	3 5:00– *Track 6:00– Computers 7:00– Teen Pick-up Ball	4 5:00– Tutoring 6:00– * 7:00– *Swim	5 Normal Hours– 4–8pm
8 5:00– *YMCA Info 6:00– Connect 4 7:00– Teen Volleyball	 9 5:00– *Mom Baskets 6:00– SuperSmash 7:00– *Swim	10 5:00– *Track 6:00– Computers 7:00– Teen Pick-up Ball	 11 5:00– Tutoring 6:00– *Money 101 7:00– *Swim	 12 5:00– Service Project 6:00– Adventure League 7:00– Gaming
15 5:00– *Mental Health 6:00– Mega Jenga 7:00– Teen Volleyball	16 5:00– *Paint by Number 6:00– JustDance 7:00– *Swim	17 5:00– *Track 6:00– Computers 7:00– Teen Pick-up Ball	18 5:00– Tutoring 6:00– *Early College Credit 7:00– *Swim	19 5:00– Service Project 6:00– Adventure League 7:00– Gaming
22 5:00– *What’s up? 6:00– Just Dance 7:00– Teen Volleyball	 23 5:00– *Abstract 6:00– Kirby’s World 7:00– *Swim	24 5:00– *Track 6:00– Computers 7:00– Teen Pick-up Ball	25 5:00– Tutoring 6:00– 7:00– *Swim	 26 5:00– Service Project 6:00– Adventure League 7:00– Gaming
29 Teen Resource Fair 1–4pm	30	31		

Contact Lisa Niemeyer for more information :

Email– lniemeyer@theyonline.org : Call/Text 971-825-3811 : Instagram @SalemFamilyYMCA Teens