



Train. Play. Thrive. Make the Most of the Last Month of Summer!

August is the perfect time to finish your summer strong and gear up for an exciting fall season. Whether you're hitting the gym, signing your child up for sports, taking a class, or relaxing in the sauna or hot tub, we have something for everyone.

Important Reminders:

- Annual Pool Maintenance, NO access to the Natatorium: **August 22nd – Labor Day**
- The last “Bring your grandchild for FREE day” is **Tuesday, September 2nd**
- Save-the-date for the SCC SENIOR HEALTH FAIR – **Monday, September 21, from 9:30am-Noon** – FREE
- In observance of **Labor Day**, we will be **closed on Monday, September 7**. We will resume normal business hours on **Tuesday, September 8**

End of Summer Savings are here!

August 1 – Labor Day!

Make the most of August with **50% OFF Day Passes every Sunday!** Then take your fitness to the next level and **purchase an Annual Paid-in-Full Membership and get 3 MONTHS FREE!**

Don't let these hot summer deals slip away. Join today, save big, and stay strong all year long!

- Every Sunday in August through Labor Day – Half Price Day Passes!
- Purchase an annual membership Paid-in-Full in August and get 3 Months Free!
 - 3 months will be added to the end of your membership

Fall Sports and Recreational Programs - Registration is OPEN!

It's time to lace up your shoes to run, put your goggles on to swim or get out those dance shoes... get ready for another exciting season!

Our youth sports and rec programs help young athletes develop confidence, improve skills, build teamwork, and most importantly, have fun! Whether your child is new to sports or returning for another season, they'll enjoy quality instruction and a positive environment where every person has the opportunity to succeed.

Fall Sports and Programs Include:

Instructional Volleyball League:

- Sunday's, September 6-October 11

Flag Football at Center Circle:

- September 1 – October 8

Dance and Tumble: August is your final chance to enjoy our summer tumbling and dance classes before we kick off our fall schedule in September!

- Tuesday's – Tumble Class
- Wednesday – Dance Class
- Adults – Do not miss our NEW adult dance class with Ellen.... Coming this Fall!

Swim Lessons:

- September 19- October 31

Register today! Many divisions and levels fill quickly, so do not miss your chance to join the action.

Fit Kids Running: Building Healthy Habits for Life

Looking for a fun way to keep your child active when they go back to school? The Fit Kids Running Program is an exciting and energetic way to get kids moving, build healthy habits, and boost confidence, all while having a blast! Designed for children of all fitness levels, this program encourages a love for running through age-appropriate training and goal setting. **Registration opens August 10!**

Women's Night Out – Designer Purse Bingo!

Tickets Are On Sale NOW!

Grab your sisters, coworkers, neighbors, and best friends for one of our favorite events of the year!

This is the 16th Annual **Designer Purse Bingo Night**, a fun and fabulous fundraiser supporting kids' fitness and sports programs.

Event Details:

- **Date:** Wednesday, October 7, 2026
- **Time:** 4:30 PM – 8:00 PM
- **Location:** Salem Community Center
- **Tickets:** \$45 (Includes 10 bingo rounds and dauber, dinner and a specialty drink)
- Extra bingo cards and games available for purchase along with raffles. **Back by popular demand, chances to win a diamond with our "Clutches and Carats" game!**

Play for a chance to win brand-name handbags from designers like **Kate Spade, Michael Kors, Coach**, and more!

All proceeds go toward youth fitness and sports programs along with needed equipment for kids' programs including fit kids, kid's gym, tumble, sports leagues, and all things fitness.

Sponsorships are still available, call the SCC for details!

Stay Active in Addition to Weight Training

Looking for something new other than weights? The SCC facility offers a variety of recreational opportunities for members of all ages, including:

- Pickleball

- Walking Track at SCC and CenterPlex
- Open Gym
- Basketball Courts
- Pool – lap and recreational swimming
- Dry Sauna Recovery
- Water and Land Classes
- Family Recreation Time
- One-on-One experience with a Personal Trainer
- Tai Chi Classes – ALL levels welcome! Coming FALL 2026

There are countless ways to stay moving while having fun at the SCC!

Facility Construction Updates

Big things are happening! We are currently in the middle of some exciting upgrades:

- **Lobby/Community Room Painting Project:** We are launching an upgraded color palate on the lobby and Community Room walls along with door frames! Work will begin around **August 24** and continue through Labor Day. The lobby will remain open and our painters will work around you!
 - **Lighting in the Front Meeting Rooms:** As part of our ongoing facility improvements, we are upgrading the chandelier lighting in the front meeting rooms to energy-efficient LED fixtures. This upgrade will provide brighter, more consistent lighting while improving energy efficiency and reducing maintenance. This upgrade will take place in August.
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Red, White & Blue Recovery Yogurt Parfait – Celebrating America 250!

Cool down after your workout with this refreshing, protein-packed treat. Loaded with antioxidants, muscle-repairing protein, and hydrating fruit, it's the perfect way to celebrate summer with fresh fruit while supporting recovery.

Ingredients (Serves 2)

- 2 cups plain Greek yogurt
- 1 cup fresh strawberries, sliced
- 1 cup fresh blueberries
- ¼ cup granola
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)
- Fresh mint leaves for garnish

Directions

1. Divide the Greek yogurt between two glasses or bowls.
2. Layer strawberries along the sides to create a vibrant red layer.
3. Add a layer of yogurt, followed by blueberries for the blue layer.
4. Sprinkle with granola and chia seeds for crunch and added fiber.
5. Drizzle lightly with honey, if desired.
6. Garnish with fresh mint and serve chilled.

Let's make the end of summer strong and Stay Connected!

Make sure to follow us on social media and visit our website, salemcommunitycenter.com, for more exciting updates! Questions? Call us at (330) 332-5885.