



March is all about Movement and Motivation! Spring is almost here, and March is the perfect time to refresh your routine, reset your goals, and get moving! Longer days and warmer weather mean more opportunities to move. Whether you are building strength, improving endurance, or just getting back into a routine, every workout counts. It is time to show up for yourself!

Salem Community Center Annual Membership Sale — 15% OFF!
March 15-April 15, 2026

Now is the perfect time to join or renew your membership! For a limited time, enjoy **15% off all Paid-in-Full Annual Memberships** at the Salem Community Center.

- ✓ Save on individual and family memberships
- ✓ Enjoy full access to fitness facilities, group classes, and amenities
- ✓ One payment, one full year of health, fun, and community

This sale is ideal for families planning a full year of activities, fitness, and programs including summer swim lessons, fit kids summer camps and party rentals!

Stop by the front desk to take advantage of this special offer before it ends.

March Fitness Challenge

Join our **March Move Challenge**! Complete 15 workouts anywhere at SCC/CP this month and be entered to win SCC swag and free personal training sessions. All activities count, fitness floor, pool, pickleball or walking club, you chose your favorite exercise! At the end of the month check with the front desk to see if you qualify to be entered!

Wellness Tip of the Month

Fuel your workouts with seasonal foods such as leafy greens, citrus fruits, and lean proteins help support recovery and energy levels. Do not forget to hydrate, water is always best but if you need an extra boost try a low calorie sports drink!

Nutrition Spotlight: Smart Choices When Eating Out

Busy schedules and better weather do not mean healthy eating has to take a back seat. When dining out, a few simple choices can help you stay energized and satisfied:

When dining out, try these simple strategies:

- **Build your plate with balance:** aim for a lean protein, plenty of vegetables, and a smart carb choice.
- **Choose cooking methods wisely:** grilled, baked, roasted, or steamed options are often lighter than fried or heavily breaded items.

- **Watch portions:** restaurant servings are often larger than needed, consider sharing a dish, boxing up half, or ordering an appetizer as your main meal.
- **Be mindful of sauces and dressings:** ask for them on the side so you can control how much you use.
- **Do not skip meals beforehand:** arriving overly hungry can make it harder to make satisfying choices.
- **Hydrate first:** drinking water before and during your meal can help with energy, digestion, and portion awareness.

Great go-to menu choices include grilled chicken or fish, salads with protein, veggie-packed bowls, wraps, soups, and stir-fries. Enjoying your favorite foods occasionally is part of a healthy, sustainable approach. One meal does not define your habits; make the next choice a supportive one!

American Red Cross Lifeguard Training at the Salem Community Center

Looking for a rewarding job where you can make a real difference? The Salem Community Center is proud to offer American Red Cross Lifeguard Training Classes, designed to prepare participants with the skills and confidence needed to save lives and keep our community safe.

This nationally recognized certification course blends classroom learning with hands-on, in-water training. Participants will learn essential lifeguarding skills, including water rescues, accident prevention, CPR, first aid, and AED use.

Why Train with Us?

- American Red Cross certified instruction
- Experienced, professional instructors
- Hands-on practice in a real aquatic facility
- Great opportunity for teens and adults seeking flexible, meaningful work

Class Dates & Times:

March Class: 21st, 22nd, 28th, 29th

10 AM—3 PM

Prerequisite session: March 11th—6-7:30 PM

April Class: 11th, 12th, 18th, 19th

10 AM—3 PM

Prerequisite session: April 1st—6-7:30 PM

May Class: 16th, 17th, 23rd, 24th

10 AM—3 PM

Prerequisite session: May 6th—6-7:30 PM

Registration Information: Register online, over the phone or in person with the front desk.

Spots are limited, sign up early and take the first step toward becoming a certified lifeguard at the SCC!

Sports at SCC and CenterPlex

Spring is just around the corner and we are thrilled to gear up for another exciting season of youth sports at the Salem Community Center! From dance and tumble classes to fun-filled basketball clinics, baseball, tot soccer and flag football, there is something for every young athlete this season. Our programs are designed to help kids build confidence, make new friends, learn new skills, and stay active in a positive and welcoming environment. Whether your child is trying something for the first time or continuing a passion, we cannot wait to see them shine on the court, field, or dance floor this season. Here's to a fun and active March full of energy, learning, a little extra luck of the Irish, and plenty of St. Patrick's Day spirit!

Thank You to Salem Community Foundation

The SCC and CenterPlex sports programs are incredibly grateful for our continued partnership with the Salem Community Foundation. For more than six decades, the Salem Community Foundation has supported initiatives that enrich the quality of life throughout our area, including making possible the facilities and programs that benefit our youth today. With the support of the foundation's generous donation, every child in our Pre-K division was able to participate free of charge. This year, we proudly welcomed 150 pre-k athletes, and each child received a ball to take home. Their generous investment in community wellness and recreation helps ensure that children and families have access to inspiring activities right here in Salem.

A huge **THANK YOU** to the Salem Community Foundation for their continued commitment to our youth and our community

Winter 2026, Tot Basketball Ages 3-5



Member Appreciation Day – March 30!

Join us on March 30 for our Member Appreciation Day at Salem Community Center. This special day is dedicated to thanking our amazing members for being part of our community. Everyone did a spectacular job getting their workouts in during the brutal weather this winter so we want to celebrate you!

Here is what you can look forward to:

- Complimentary group fitness classes
- Refreshments and snacks
- Music, fun, and community vibes
- Exclusive member-only promotions and discounts

Whether you are here for the workouts, the sport games, or the friendships, we appreciate the energy and positivity you bring to our center every day.

Mark your calendar for March 30 and come celebrate with us. We cannot wait to see you there!

Thank you for being part of our family!

Important Dates in March

- March 1-29th: Women On Weights
 - March 9: Book Exchange for National Reading Month – Drop off your old books and pick up new ones!
 - March 2-8 drop off books (limit 5 per person, novels and/or short stories)
 - March 16 – April 20th: Tai Chi
 - March 17: Wear Green Workout Day
 - March 30: Member Appreciation Workout + Refreshments
 - Annual Membership Sale: March 15-April 15, 2026
 - Summer Swim Lessons: Registration Opening Soon!
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Stay Connected

Make sure to follow us on social media and visit our website, salemcommunitycenter.com for more exciting updates.