



This month we are gearing up for our summer schedules with expanded programs across wellness, aquatics, sports, and senior activities plus plenty of options for families to stay engaged and moving. Whether you are looking to build strength, learn a new skill, or simply spend quality time together, there is something here for everyone. Be sure to check out important program registration dates and information.

Facility-Wide Highlights

May Monthly Sale!

Ready to kick-start your summer fitness journey? For a limited time, May 1 – June 30, take advantage of our special offer: **2 months for just \$89, classes are included!** Now is the perfect time to commit, enjoy full access to our equipment, pool, classes, sauna and locker rooms!

Summer Holiday Schedule:

May 25 Memorial Day – Closed
July 4 – Closed
September 7 Labor Day - Closed

Summer Building Hours: Starting June 1, 2026

Monday – Thursday: 6a-8p
Friday: 6a-6p
Saturday/Sunday: 8a-3p

Summer Childcare and Children's Fitness Center Hours:

Tuesday/Wednesday/Thursday: 9a-12p
Monday – Thursday: 5-7:30p

Parents are welcome to supervise their own child in this space when the area is not monitored by SCC staff

Pool Closure Notice

Please be advised that the pool will be closed from August 22 through September 7. This date is subject to change.

This temporary shutdown is necessary to complete the normal **routine maintenance** as well as the **replacement of the overhead skylight**. These improvements are important to ensure the safety, functionality, and long-term quality of the facility.

We appreciate your patience and understanding during this time. The pool is expected to reopen on September 8 with normal operating hours. More information will follow.

Lobby Lighting Update

We hope you enjoy the recent lighting improvements in the SCC lobby. The upgraded fixtures are designed to create a brighter, more welcoming space for everyone.

Thank you for your patience during the installation process. We appreciate your feedback and hope the enhanced lighting makes your experience even better.

Wellness

This season, we are offering a variety of opportunities to help you stay active, reduce stress, and build healthy habits. As schedules shift and days grow longer, summer is the perfect time to refocus on well-being and try something new. Here is what is happening to keep you moving!

- Walking Club at CenterPlex on Tuesday and Thursday mornings, 8 am sharp! We will head outdoors on particularly beautiful days.
- A new session of Tai Chi begins May 11, all levels welcomed.
- Summer Water Aerobics at Firestone (two 6-week sessions available)

Calling all Weekend Warriors! Start the weekend off right at 8 AM Saturday with a Spin class followed by 9 AM Yoga. When the mornings warm up, we will be out in the Courtyard!

Calling all Kids! Summer Fitness program to look forward to:

- Fit Kids Variety 6-pack (activity program with both a June and a July session)
- Teen Strength

More information to come!

Aquatics

Summer is a great time to enjoy swimming, but it is important to stay safe in and around the water. Here are a few Water Safety Tips to remember as you stay cool by the pool!

- Never swim alone. Always use the buddy system, even for strong swimmers.
- Watch children constantly. Stay within arm's reach of young kids—no distractions, no phone scrolling.
- Know your limits. Don not overestimate stamina, especially in lakes or the ocean.
- Learn to float and tread water. These are lifesaving basic skills.
- Use life jackets when needed. Especially for children, weak swimmers, and open water. Use U.S. Coast Guard approved jackets.

Knowing how to swim is another key part of safety. Basic swimming skills and water confidence can make a big difference in an emergency. The Salem Community Center offers year-round group and private swimming lessons for kids and adults. Here are our upcoming summer sessions!

June Session

Saturdays, June 6 - 27

Signups begin on Sunday, May 17, 2026**

Abbreviated 4-week session

July Session

Saturdays, July 11 - August 1

Signups begin on Sunday, May 17, 2026

Abbreviated 4-week session

**Must sign up for the same level if registering for both summer sessions

CenterPlex Sports

As we wrap up a busy and exciting winter and spring sports season, we want to thank all of our athletes, coaches, families, and supporters for their hard work and dedication. From practices to competitions, it has been a season full of growth, teamwork, and memorable moments.

Now, we look ahead to an exciting summer filled with opportunities for our community. We're excited for summer sports camps, the upcoming United Quilt Guild's 14th Biennial quilt show (June 19-20) the Fandemonia card and game show (July 17-19) and the Direction Home of Eastern Ohio Senior Olympics (July 29-31), all events that continue to bring people together and celebrate talent, activity, and connection for everyone in the community.

Calling all Pickleball players! As the weather warms up the temperature stays cool at the CP. Stay consistent with your game by playing Monday-Friday, 9-11:30 am and Monday evenings from 7-9pm.

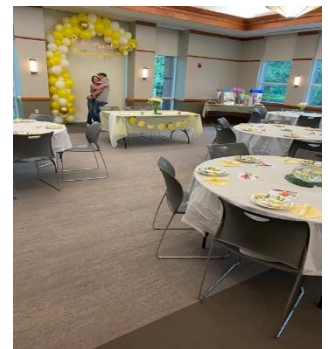
For more information on sports camps, summer programs and clinics please visit our website: saalemcommunitycenter.com

Rentals

Where events become experiences! The SCC is the place for your next occasion.

Party Special - Members \$210 & Non-Members \$255

- 3 Hours in a preset room (seating for 35)
- 1 1/2 hours of pool or gym time
- Party Attendant on site



Do not worry about the weather, rain or heat will not ruin your celebration at the Salem Community Center. Book any non-activity party in July or August and receive 10% off!

Senior Programs

Whether it is exercise, stretching, or simply enjoying the social side of staying active, we are here to help you make the most of the summer season in a safe and welcoming environment! We have a few announcements and reminders to take you into the months ahead.

Date Change - SCC FREE Senior Health Fair – Date Change

- Mark your calendar...The SCC Senior Health Fair has been changed from June 8 to **Monday, September 21**, 9:30 am to Noon. Additional information coming soon!
- GAS CARD DRAWING IN JULY – Swipe your SilverSneakers, Renew Active or Silver&Fit SCC membership card 11 times in July to be entered into our July Gas Card Drawings.

Looking for something to do with your grandkids this summer? Bring them in for FREE the **First Tuesday of June, July, August and September**. Simply swipe your card at the Front Desk and sign a waiver for the grand kids and they will be able to join you in class, walking the track, using the basketball courts or enjoying the pool. Keep in mind, the grandkids must be supervised by you while at the SCC.

Grilled Peach Sundaes with Honey-Lime Yogurt

Here is a dessert that feels indulgent but is actually light and nutritious! Enjoy this at your next summer picnic.

Ingredients:

- 4 ripe peaches, halved and pitted
- 1 tablespoon olive oil or melted coconut oil
- 1 cup plain Greek yogurt
- 1 tablespoon honey
- Zest + juice of 1 lime
- ¼ teaspoon cinnamon
- 2 tablespoons chopped pistachios or almonds
- Optional: fresh mint for garnish

Instructions:

1. **Heat the grill (or grill pan):** Medium heat works best.
2. **Prep the peaches:** Lightly brush cut sides with oil and sprinkle with a tiny bit of cinnamon.
3. **Grill:** Place peaches cut-side down for about 3–4 minutes until you get nice grill marks and they soften.
4. **Make the yogurt drizzle:** Mix Greek yogurt, honey, lime zest, and lime juice until smooth.
5. **Assemble:** Place warm peaches in a bowl, spoon yogurt mixture over top, and sprinkle with nuts.
6. **Finish:** Add fresh mint if you want a pop of color and freshness.

Stay Connected:

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