

## Salem Family YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Process

Walk in or call for information about membership options.

Self Refer

Yes

YMCA of Virginia's Blue Ridge

<https://ymcavbr.org/>

<https://ymcavbr.org/locations/salem/salem-family-ymca/>

Main

(540) 387-9622

1126 Kime Lane

24153 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:30 am-6:00 pm

Sunday: 1:00 pm-6:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

The Salem Family Y's recreation and fitness facility includes a cool-water lap pool, warm water family pool, swimming lessons for youth and seniors, water exercise and arthritis classes, exercise equipment, fitness classes, yoga, and active older adult programs. Personal Training and health assessments are available.

Call for information about basketball and volleyball pick-up times.

Visit the website to view the Program Guide which gives activities in each of the 4 seasons.

Service Area(s)

Botetourt County

,

Craig County

,

Roanoke City

,

Roanoke County

,

Salem City