



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN GYM POLICIES

- **OPEN GYM IS FOR MEMBERS ONLY.**
- **The schedule is subject to change without notice.**

SHEBOYGAN FALLS YMCA GYM SCHEDULE										
MARCH 11 - APRIL 22, 2023										
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
5:00am	Adult Basketball		Adult Basketball		Adult Basketball					
5:30am										
6:00am										
6:30am										
7:00am							Gym			
7:30am							OPEN			
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®					
8:30am										
9:00am	Power Yogalates	Essential	Power Yogalates	Essential						
9:30am		Senior Fitness		Senior Fitness						
10:00am					Child					
10:30am		Child	Child	Child	Care					
11:00am		Care	Care	Care						
11:30am										
12:00pm	Adult Basketball	Women's	Adult Basketball	Women's	Adult Basketball					
12:30pm		Pickleball		Pickleball						
1:00pm		↓		↓						
1:30pm	Gym		Gym							
2:00pm	OPEN		OPEN							
2:30pm	Child ½	Child ½ Gym	Child ½ Gym	Child ½ Gym	Child ½ Gym					
3:00pm	Care Gym	Care OPEN	Care OPEN	Care OPEN	Care OPEN	CLOSED				
3:30pm	↓ OPEN	↓	↓	↓	↓					
4:00pm		Sports of		Volleyball	Nerf Battle					
4:30pm	↓	All Sorts		Skills	Fridays					
5:00pm	Gym	Mighty Mite	Pee Wee	Basketball	½ Gym					
5:30pm	OPEN	Basketball	Basketball	Skills	½ Gym Pickleball	SUNDAY				
6:00pm		Gym	↓	Gym OPEN	Open	Noon-4pm				
6:30pm		OPEN				Gym Open				
7:00pm			Tae Kwon Do	Closed 4/20						
7:30pm				MS Volleyball	↓	Closed 4/23				
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED					