



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN GYM POLICIES

- **OPEN GYM IS FOR MEMBERS ONLY!**
- **This schedule subject to change without notice.**

SHEBOYGAN FALLS YMCA GYM SCHEDULE

FEBRUARY 5 - MARCH 23, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Adult Basketball		Adult Basketball		Adult Basketball	
5:30am						
6:00am						
6:30am						
7:00am						
7:30am						
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	Youth
8:30am						Bball
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance	
9:30am		Senior Fitness		Senior Fitness	Class	
10:00am	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	
10:30am	Child Care	Child Care	Child Care	Child Care	Child Care	
11:00am	↓	↓	↓	↓	↓	
11:30am	↓	↓	↓	↓	↓	
12:00pm	Adult Basketball	Ladies Pickball	Adult Basketball	Ladies Pickleball	Adult Basketball	
12:30pm		↓		↓		
1:00pm						
1:30pm						
2:00pm	Child		Child		Child	
2:30pm	Care	↓	Care	↓	Care	
3:00pm		Child		Child		CLOSED
3:30pm		Care		Care		
4:00pm	↓	Classic Gym		Girl's Vball Skills	Gaga Ball/Nerf	
4:30pm		Games	Pee Wee Basketball	↓	↓	
5:00pm	Bball	Mighty Mite	(4:30-5:15pm)	1/2 Gym	1/2 Gym	
5:30pm	Practice	Basketball	Gym	Rental	Rental	SUNDAY
6:00pm	↓	Bball	Open	North Ct	North Ct	Noon - 4pm
6:30pm	↓	Practice	Tae Kwon Do		March 8th	Church Vball
7:00pm						League
7:30pm						N Court
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	