



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

**DECEMBER 1 - DECEMBER 20, 2025**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						
7:30am						
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	<b>Gym</b>
8:30am						<b>Closed</b>
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	Dec 6, 13, 20
9:30am		Senior Fitness		Senior Fitness	9-10am	Youth Bball
10:00am						8am-2pm
10:30am	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	
11:00am	↓	↓	↓	↓	↓	
11:30am	↓	↓	↓	↓	↓	
12:00pm	Adult Basketball	Pickleball	Adult Basketball	Pickleball	Adult Basketball	
12:30pm		(Noon - 3pm)		(Noon - 3pm)		
1:00pm						
1:30pm						
2:00pm	Child Care		Child Care		Child Care	
2:30pm	↓		↓		↓	
3:00pm		↓		↓		<b>CLOSED</b>
3:30pm						
4:00pm	↓	Gagaball/Dodgeball	↓	MS Girls Vball	Youth Basketball	
4:30pm		4:00-4:45pm		League	Practice 4-6pm	
5:00pm		Youth Bball Practice	MM Basketball	Pee Wee Basketball		Pickleball
5:30pm	Volleyball Practice	5 - 7pm	5:00-6:00pm	5:15 - 6:00pm		Reservations Only
6:00pm	5:30-7pm					
6:30pm	↓	Volleyball Practice	Volleyball Practice	Tae Kwon Do		
7:00pm	<b>Open</b>	6:30-8pm	6:30-8pm		<b>Gym</b>	<b>1/2</b> North
7:30pm		↓	↓		<b>Open</b>	<b>Gym</b> Court
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>Open</b> Pickleball