



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

JANUARY 5 - FEBRUARY 21, 2026

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 Closed</b>
8:30am						
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	
9:30am		Senior Fitness		Senior Fitness	9-10am	Youth Bball
10:00am	Child Care	Child Care	Child Care	Child Care	Child Care	7am-2pm
10:30am	(10:15 - 11:45am)	(10:15 - 11:45am)	(10:15 - 11:45am)	(10:15 - 11:45am)	(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					Child Care	
2:00pm	Child Care		Child Care			
2:30pm						
3:00pm						<b>CLOSED</b>
3:30pm		Child Care				
4:00pm				Bball Skills & Drills	Bball	
4:30pm				4:00-4:45pm	Practice	
5:00pm	Youth Bball Practice	<b>Gym Open</b>	Pee Wee Sports of All Sorts	<b>Gym Open</b>	4:00-6:00pm	Pickleball
5:30pm	5:00 - 7:00pm		5:00 - 5:45pm			Reservations Only
6:00pm						<b>SUNDAY</b>
6:30pm			Tae Kwon Do		<b>Gym</b>	12:30-2:30pm
7:00pm	<b>Gym Open</b>				<b>Open</b>	South
7:30pm						Church
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	Vball
						Pickleball
						League