



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