



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN GYM POLICIES

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

SHEBOYGAN FALLS YMCA GYMNASIUM SCHEDULE

JULY 25 - AUGUST 26, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	
5:30am						
6:00am						
6:30am						
7:00am						OPEN GYM
7:30am						
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	
8:30am						
9:00am	Power Yogalates	Child ½ Gym	Power Yogalates	Child ½ Gym	Child ½ Gym	
9:30am	Aug 1-4	Care OPEN		Care OPEN	Care OPEN	
10:00am	Football Camp					Tae 1/2
10:30am	Aug 9-12		Child ½ Gym			Kwon Gym
11:00am	Disc Golf Camp		Care OPEN			Do Open
11:30am						
12:00pm	Adult Basketball		Adult Basketball		Adult Basketball	CLOSED
12:30pm						
1:00pm						
1:30pm						
2:00pm	Child	Child	Child	Child	Nerf Battle	
2:30pm	Care	Care	Care	Care	Challenge	
3:00pm						
3:30pm	OPEN	Frosh/JV				
4:00pm		Volleyball League		(inclement weather only)		
4:30pm		(thru 8/2)	(inclement weather only)	Pee Wee T-Ball		
5:00pm	1/2	↓	Pee Wee Soccer	↓	GYM	
5:30pm	Gym	↓	↓	↓	OPEN	SUNDAY
6:00pm	1/2 Open	↓		Coach Pitch		
6:30pm	Gym	↓	Tae Kwon Do	↓		Y
7:00pm	Rental	↓		↓	CLOSED	CLOSED
7:30pm	7/11-8/15	↓		↓		
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED		