



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 22, 2024									
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®				
8:30am						Basketball			
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	Practice			
9:30am		Senior Fitness		Senior Fitness	Adv (9-9:45am)	8:30am-1:30pm			
10:00am					Beg (9:45-10:30am)	Full Gym			
	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)					
10:30am	Child Care	Child Care	Child Care	Child Care					
11:00am					Child Care				
11:30am									
12:00pm	Adult Basketball	Ladies' Pickleball	Adult Basketball	Ladies' Pickleball	Adult Basketball				
12:30pm									
1:00pm									
1:30pm									
2:00pm	Child	<b>1/2 Gym</b>	Child	<b>1/2 Gym</b>		Vball Practice			
2:30pm	Care	<b>Open</b>	Care	<b>Open</b>	Child	1:30-2:30pm			
3:00pm		Child Care		Child Care	Care	<b>CLOSED</b>			
3:30pm									
4:00pm		Catch N Run/Dodgeball		MS Volleyball League	Nerf Battle				
4:30pm		(4-4:45pm)		(Nov 7 - Dec 19)	(4-5:00pm)				
5:00pm		Basketball	Pee Wee Basketball		Rental				
5:30pm		Practice (5:00-6:00pm)	(5:15 - 6:00pm)		Basketball 5:15-6:30	<b>SUNDAY</b>			
6:00pm	MS Vball (5-7pm)	MS Vball <b>1/2 Gym</b>			Practice Dec. 6, 13, 20	Noon-4pm			
6:30pm	Practice 5:45-7:45	Practice 6:15-7:45 <b>Open</b>	Tae Kwon Do		(5-7pm)	<b>1/2 Gym</b>	<b>1/2 Gym</b>		
7:00pm	Thru 12/16	Thru 12/17				Pickleball	<b>Open</b>		
7:30pm									
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>				