



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN GYM POLICIES

- **OPEN GYM AND ADULT BASKETBALL IS FOR MEMBERS ONLY!**
- **This schedule subject to change without notice.**

SHEBOYGAN FALLS YMCA GYM SCHEDULE							
DECEMBER 22, 2024 - JANUARY 4, 2025							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00am		Adult Basketball	CLOSED	Adult Basketball			
5:30am			for	<i>(Jan 2nd only)</i>			
6:00am			HOLIDAY				
6:30am			MERRY CHRISTMAS				
7:00am						Gym	
7:30am				OPEN 8AM 12/26		Open	
8:00am	SilverSneakers®	SilverSneakers®		SilverSneakers®	SilverSneakers®	Open	
8:30am			HAPPY NEW YEAR!	<i>(Jan 2nd Only)</i>			
9:00am	Power Yogalates	Essential		Essential	Line Dance Class	Tae Kwon Do	
9:30am		Senior Fitness		Senior Fitness	Adv (9-9:45am)	(9:30-11:30am)	
10:00am		<i>(12/31 Only)</i>	↓		Beg (9:45-10:30am)		
	(10:15 am)			(10:15 am)	<i>(Jan 3rd Only)</i>		
10:30am	Child Care			Child Care	↓		
11:00am	↓			<i>(Jan 2nd Only)</i>	Child Care		
11:30am		Dec 24th			↓		
12:00pm	Adult Basketball	CLOSE - Noon			Ladies' Pickleball	Adult Basketball	
12:30pm							Gym
1:00pm							Open
1:30pm						Gym	
2:00pm	Child	1/2 Gym				Open	
2:30pm	Care	Open					
3:00pm	↓			Child Care	Child Care	CLOSED	
3:30pm		Dec 31st		<i>(Jan 2nd Only)</i>	<i>(Jan 3rd Only)</i>		
4:00pm		CLOSE - 4pm					
4:30pm	↓			↓	↓		
5:00pm	Basketball			Basketball	1/2 Gym	1/2	
5:30pm	Practice			Practice	Open	Basketball Gym	
6:00pm	<i>(5-7pm)</i>				Practice	Open	
6:30pm	↓				<i>(5-7pm)</i>	Gym Gym	
7:00pm	↓					Open Open	
7:30pm							
8:00pm	CLOSED		CLOSED	CLOSED	CLOSED		