



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.**

<b>SHEBOYGAN FALLS YMCA GYM SCHEDULE</b>						
<b>SEPTEMBER 9 - OCTOBER 26, 2024</b>						
<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						<b>GYM</b>
7:30am						<b>Open</b>
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	
8:30am						
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	
9:30am		Senior Fitness		Senior Fitness	Adv (9-9:45am)	Tae Kwon Do
10:00am					Beg (9:45-10:30am)	
	(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	<b>GYM</b>
12:30pm						<b>Open</b>
1:00pm						
1:30pm						
2:00pm	Child		Child			
	<b>1/2 Gym</b>		<b>1/2 Gym</b>			
2:30pm	Care		Care		Child	
	<b>Open</b>		<b>Open</b>			
3:00pm	↓	Child Care	↓	Child Care	Care	<b>CLOSED</b>
3:30pm		↓	↓	↓	↓	
4:00pm		GaGa Ball/Dodgeball		Basketball Skills	Sports of all Sorts	
4:30pm	Basketball Conditioning	(4-4:45pm)	Pee Wee Football	(4:00-5:00pm)	(4-4:45pm)	
5:00pm	(4:30-5:15pm)	Mighty Mite Tennis	(4:30-5:15pm)		Pickleball	<b>1/2 Gym</b>
5:30pm		(4:30-5:30pm)		<b>Gym Open</b>		<b>Open</b>
6:00pm						<b>NOON-4pm</b>
6:30pm	<b>Gym Open</b>	<b>Gym Open</b>	Tae Kwon Do			<b>Gym Open</b>
7:00pm			↓			
7:30pm					↓	
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	