



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>NOVEMBER 4 - NOVEMBER 21, 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	↓	Catch N Run/Dodgeball	↓	MS Volleyball League	Nerf Battle	
4:30pm	Basketball Skills & Drills	(4-4:45pm)	↓	(Nov 7 - Dec 19)	(4-5:00pm)	
5:00pm	Nov 4, 11, 18	Mighty Mite Basketball	Pee Wee Basketball			
5:30pm	Nov 25 - Child Care	(5:00-6:00pm)	(5:15 - 6:00pm)		1/2 Gym	<b>1/2 Gym</b>
			↓		Pickleball	<b>Open</b>
6:00pm	MS Vball	MS Vball				<b>Noon-4pm</b>
	<b>1/2 Gym</b>	<b>1/2 Gym</b>				
6:30pm	Practice 5:45-7:45	Practice 6:15-7:45	Tae Kwon Do			<b>1/2 Gym</b>
	<b>Open</b>	<b>Open</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>	