



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						
APRIL 1 - MAY 25, 2024						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						GYM
7:30am						Open
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	
8:30am						
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance	1/2 1/2
9:30am		Senior Fitness		Senior Fitness	Class	Gym Gym
10:00am	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	Tae Open
10:30am	Child Care	Child Care	Child Care	Child Care	Child Care	Kwon
11:00am	↓	↓	↓	↓	↓	Do
11:30am	↓	↓	↓	↓	↓	↓
12:00pm	Adult Basketball	Ladies Pickball	Adult Basketball	Ladies Pickleball	Adult Basketball	↓
12:30pm		↓		↓		Gym
1:00pm						Open
1:30pm						
2:00pm	Child		Child		Child	
2:30pm	Care 1/2 Gym	↓	Care 1/2 Gym	↓	Care	
3:00pm	↓ OPEN	Child	↓ OPEN	Child	↓	CLOSED
3:30pm	↓	Care	↓	Care	↓	
4:00pm	Ga Ga Ball/				Dodgeball League	
4:30pm	Catch N Run	5th/6th Grade	Pee Wee Soccer/T-ball	7th/8th Grade	↓	
5:00pm	Mighty Mite	Volleyball League	(4:15-5:15pm)	Volleyball League	Pickleball 1/2 Gym	
5:30pm	Soccer	↓	Gym	<i>Begin 4/18</i>	↓ Open	SUNDAY
6:00pm			Open	↓		Noon - 4pm
6:30pm	Gym Open		Tae Kwon Do			Pickleball 1/2 Gym
7:00pm			↓			↓ Open
7:30pm		↓	↓	↓	↓	↓
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	