



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						
JUNE 10 - JULY 20, 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	↓	Adult Basketball	↓	Adult Basketball	CLOSED
12:30pm						
1:00pm						
1:30pm	Nerf Battle Camp (June 10-13; 1:30-3:30pm) →					
2:00pm	Child 1/2 Gym		Child 1/2 Gym		Gaga Ball /	
2:30pm	Care Open	Child	Care Open	Child	Dodgeball	
3:00pm		Care	↓	Care	Child	
3:30pm		↓	↓	↓	Care	
4:00pm	MM Summer Soccer	↓	Youth Tennis	Pee Wee T-ball	↓	
4:30pm	4:00-5:00pm <i>(inclement weather only)</i>	High School	4:15-5:15pm	4:15-5pm	Pickleball	
5:00pm	HS 9-Ft	Volleyball League	<i>(inclement weather only)</i>	<i>(inclement weather only)</i>		1/2 Gym
5:30pm	Bball League	↓	Gym Open	Gym Open	↓	Open
6:00pm	↓	↓	Gym Open	Gym Open	↓	SUNDAY
6:30pm			Tae Kwon Do		↓	Closed
7:00pm	↓	↓	↓		CLOSED	
7:30pm	↓	↓	↓			
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED		