



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

OCTOBER 26 - DECEMBER 20, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						Gym Open
7:30am						
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	Closed
8:30am						Nov 15
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	Dec 6, 13, 20
9:30am		Senior Fitness		Senior Fitness	9-10am	Tae Kwon Do
10:00am						9:30am-Noon
10:30am	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	
11:00am	↓	↓	↓	↓	↓	
11:30am	↓	↓	↓	↓	↓	
12:00pm	Adult Basketball	Pickleball	Adult Basketball	Pickleball	Adult Basketball	
12:30pm		(Noon - 3pm)		(Noon - 3pm)		Gym Open
1:00pm						
1:30pm						
2:00pm	Child Care		Child Care		Child Care	
2:30pm	↓		↓		↓	
3:00pm	↓	↓	↓	↓	↓	CLOSED
3:30pm						
4:00pm		Gagaball/Dodgeball		MS Girls Vball	Rec Games	
4:30pm	Bball Skills, Drills & Conditioning	4:00-4:45pm		League	4:00-4:45pm	
5:00pm	4:30-5:30pm Nov 3, 10 & 17	MM Basketball	Pee Wee Basketball			
5:30pm	Volleyball	1/2 Gym	5:00-6:00pm	5:15 - 6:00pm		SUNDAY
6:00pm	Practice	Open			Kids' Night Out	Noon - 4pm
6:30pm	↓	Volleyball	1/2 Gym	Tae Kwon Do	Nov 7 (6-8pm)	1/2 North
7:00pm	↓	Practice	Open			Gym Court
7:30pm		↓				Open Pickleball
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	