



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

JULY 28 - AUGUST 23, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am				July 24		
6:30am				Blood Drive		
7:00am				1/2 gym - 8am-3pm		Gym Open
7:30am						
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	9-10am	Tae Kwon Do
10:00am						9:30am-Noon
	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	
10:30am	Child Care	Child Care	Child Care	Child Care	Child Care	
11:00am	↓	↓	↓	↓	↓	↓
11:30am	↓	↓	↓	↓	↓	↓
12:00pm	Adult Basketball		Adult Basketball		Adult Basketball	CLOSED
12:30pm						
1:00pm						
1:30pm						
2:00pm	Child Care	Child Care	Child Care	Child Care	Nerf Challenge	
2:30pm	↓	↓	↓	↓	(2:00-3:00pm)	
3:00pm	↓	↓	↓	↓		Slam
3:30pm					1/2 Gym	Volleyball
4:00pm	MM Soccer	HS Girls Vball League	PeeWee Soccer	PeeWee T-Ball	Open	Lessons
4:30pm	4-5pm (inclement weather only)	(thru 8/5/25)	4:15-5pm (Inclement weather only)	4:15-5pm (Inclement weather only)		3-7pm
5:00pm				Vball	1/2 Gym	↓
5:30pm	1/2 Volleyball		Gym Open	Lessons	Open	thru 8/1/25
6:00pm	Gym Lesson			5-8pm		
6:30pm	Open 5:30-7pm		Tae Kwon Do	thru 8/7/25		↓
7:00pm						CLOSED
7:30pm						
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED		