



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

MARCH 3 - APRIL 19, 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®	
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	Ladies' Pickleball	Adult Basketball	Ladies' Pickleball	Adult Basketball	↓
12:30pm						Gym Open
1:00pm						
1:30pm						
2:00pm	1/2 Gym	Child	Child	1/2 Gym	1/2 Gym	Child
2:30pm	Open	Care	Care	Open	Open	Care
3:00pm		Child	↓	Child Care		
3:30pm		Care	1/2 Gym			
4:00pm	CatchNRun Dodgeball	↓		Girl's Volleyball	Dodgeball League	
4:30pm	(4:00-4:45pm)	↓		Skills	(4:00-4:45pm)	
5:00pm		Mighty Mite Basketball	Pee Wee Basketball	(4:00-5:00pm)	↓	↓
5:30pm	Gym Open	(5:00-6:00pm)	(5:00 - 5:45pm)	Gym	Open	Pickleball
6:00pm		Gym				Gym
6:30pm		Open			5-6:30pm	Open
7:00pm			Tae Kwon Do		6:30-9pm	
7:30pm			↓			
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
					Gym closed 4/18 for Sports Night	