



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

**MAY 27 - MAY 31, 2025**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						<b>Gym Open</b>
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	<b>Tae Kwon Do</b>
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	<b>CLOSED</b>
12:30pm		<b>Gym Open</b>		<b>Gym Open</b>		
1:00pm						
1:30pm						
2:00pm	<b>1/2 Gym</b> Child		Child <b>1/2 Gym</b>		<b>1/2 Gym</b> Child	
2:30pm	<b>Open</b> Care		Care <b>Open</b>		<b>Open</b> Care	
3:00pm		Child	↓	Child		↓
3:30pm		Care	↓	Care		↓
4:00pm		5/6 Grade Vball League	↓	7/8 Grade Vball League		↓
4:30pm			↓			↓
5:00pm	MM Soccer		Pee Wee Soccer/T-ball			↓
5:30pm	(5:00-6:00pm)		(5:00 - 5:45pm)		5/30 Sports Night	<b>SUNDAY</b>
6:00pm	↓		↓		↓	<b>CLOSED</b>
6:30pm	<b>Gym Open</b>		Tae Kwon Do		↓	
7:00pm			↓		<b>CLOSED</b>	
7:30pm			↓			
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>		