



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 9 - JULY 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		Adult Basketball		Adult Basketball	CLOSED
12:30pm						
1:00pm						
1:30pm	Sports Camp	Sports Camp	Sports Camp	Sports Camp		
2:00pm	(1:30-3:00pm)	(1:30-3:00pm)	(1:30-3:00pm)	(1:30-3:00pm)	Gaga Ball/Dodgeball	
2:30pm	↓	↓	↓	↓	(2:00-3:00pm)	
3:00pm	↓	↓	↓	↓		
3:30pm					Gym Open	
4:00pm	MM Basketball	HS Girls Vball League	Youth Tennis	Pee Wee T-Ball		
4:30pm	(4:00-5:00pm)		4:00-5:00pm (inclement weather only)	4:15-5:00pm (inclement weather only)		
5:00pm					1/2 Gym	Slam
5:30pm	Gym Open		Gym Open		Open	Volleyball
6:00pm						Practice
6:30pm			Tae Kwon Do	Slam Tune-ups		Slam Volleyball
				June 12 & June 26 (6:30-8:30pm)		
7:00pm	Slam Volleyball				CLOSED	Practice 1-3pm
7:30pm	Practice - June (7:00-9:00pm)					
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED		
	Practice - July 6 (6:30-8:30pm)		Slam Vball Practice (8:00-9:30pm)			