



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									
JANUARY 6 - FEBRUARY 22, 2025									
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
5:00am		Adult Basketball		Adult Basketball					
5:30am									
6:00am									
6:30am									
7:00am						Youth			
7:30am						Basketball			
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	(Full Gym)			
8:30am									
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	Feb 1st			
9:30am		Senior Fitness		Senior Fitness	Adv (9-9:45am)	Bball All Day			
10:00am					Beg (9:45-10:30am)				
	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)					
10:30am	Child Care	Child Care	Child Care	Child Care					
11:00am					Child Care				
11:30am									
12:00pm	Adult Basketball	Ladies' Pickleball	Adult Basketball	Ladies' Pickleball	Adult Basketball				
12:30pm									
1:00pm									
1:30pm									
2:00pm	Child	1/2 Gym	Child	1/2 Gym					
2:30pm	Care	Open	Care	Open	Child				
3:00pm		Child Care		Child Care	Care	CLOSED			
3:30pm									
4:00pm		Catch N Run/Dodgeball		Volleyball Skills/Drills	Gym Class Classics				
4:30pm		(4-4:45pm)		(4-4:45pm)	(4-5:00pm)				
5:00pm	Basketball	M M Indoor T-Ball	Pee Wee Soccer	Basketball Skills/Drills					
5:30pm	Practice	(5:00-6:00pm)	(5:15 - 6:00pm)	(5:15 - 6:00pm)	Basketball		SUNDAY		
6:00pm	(5-7pm)	Basketball	1/2 Gym	Basketball	1/2 Gym	Practice	Sports Night	Noon-4pm	
6:30pm		Practice	Open	Tae Kwon Do	Open	(5-7pm)	1/24 & 2/21	Church	1/2 Gym
7:00pm		(6-8pm)						Vball	Open
7:30pm								League	
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED				