



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN GYMNASIUM POLICIES

- **OPEN GYM IS FOR MEMBERS ONLY!**
- **This schedule subject to change without notice.**

SHEBOYGAN FALLS YMCA GYM SCHEDULE

MAY 30 - JUNE 7, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						GYM
7:30am						Open
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-12:00pm
10:30am	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	Child Care (10:15 - 11:45am)	
11:00am	↓	↓	↓	↓	↓	↓
11:30am	↓	↓	↓	↓	↓	↓
12:00pm	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	CLOSED
12:30pm						
1:00pm						
1:30pm					Child Care	
2:00pm	Child Care	Child Care	Child Care	Child Care	↓	
2:30pm	↓	↓	↓	↓	↓	
3:00pm	↓	↓	↓	↓	↓	
3:30pm	↓	↓	↓	↓	↓	
4:00pm	↓	↓	↓	↓	↓	
4:30pm		5th/6th Grade Girls	Slam Volleyball	7th/8th Grade Girls		
5:00pm	Vball	South	Volleyball League	Practice	Volleyball League	Slam
5:30pm	League	Shore	↓	(4:45-6:15pm)	↓	Vball
6:00pm	Practice	Vball	↓		↓	Practice
6:30pm	↓	↓	Tae Kwon Do	↓	↓	
7:00pm			↓			CLOSED
7:30pm	↓	↓	↓	↓		
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED		