



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

**AUGUST 31 - SEPTEMBER 30, 2026**

| TIME    | MONDAY                          | TUESDAY                         | WEDNESDAY                       | THURSDAY                        | FRIDAY                          | SATURDAY              |
|---------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|-----------------------|
| 5:00am  |                                 | Basketball                      |                                 | Basketball                      |                                 |                       |
| 5:30am  |                                 |                                 |                                 |                                 |                                 |                       |
| 6:00am  |                                 |                                 |                                 |                                 |                                 |                       |
| 6:30am  |                                 |                                 |                                 |                                 |                                 |                       |
| 7:00am  |                                 |                                 |                                 |                                 |                                 | <b>GYM</b>            |
| 7:30am  |                                 |                                 |                                 |                                 |                                 | <b>Open</b>           |
| 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<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) |                       |
| 11:00am | ↓                               | ↓                               | ↓                               | ↓                               | ↓                               |                       |
| 11:30am | ↓                               | ↓                               | ↓                               | ↓                               | ↓                               |                       |
| 12:00pm | Basketball                      | Basketball                      | Basketball                      | Basketball                      | Basketball                      | <b>CLOSED</b>         |
| 12:30pm |                                 |                                 |                                 |                                 |                                 | (Sept 5, 12, 19)      |
| 1:00pm  |                                 |                                 |                                 |                                 |                                 |                       |
| 1:30pm  |                                 |                                 |                                 |                                 |                                 |                       |
| 2:00pm  | Child Care                      | Child Care                      | Child Care                      | Child Care                      | Child Care                      |                       |
| 2:30pm  | ↓                               | ↓                               | ↓                               | ↓                               | ↓                               | ↓                     |
| 3:00pm  |                                 |                                 |                                 |                                 |                                 | <b>CLOSED</b>         |
| 3:30pm  |                                 |                                 |                                 |                                 |                                 | (Sept 26 Only)        |
| 4:00pm  |                                 |                                 |                                 |                                 |                                 |                       |
| 4:30pm  | ↓                               | 1/2 Gym                         | ↓                               | ↓                               | ↓                               |                       |
| 5:00pm  |                                 | 5/6 Grade                       |                                 |                                 | <b>GYM</b>                      |                       |
| 5:30pm  | <b>GYM</b>                      | VBall League                    | <b>GYM</b>                      | <b>GYM</b>                      | <b>Open</b>                     | <b>SUNDAY</b>         |
| 6:00pm  | <b>Open</b>                     | Begins 9/8                      | <b>Open</b>                     | <b>Open</b>                     |                                 |                       |
| 6:30pm  |                                 |                                 | Tae Kwon Do                     |                                 |                                 | <b>CLOSED</b>         |
| 7:00pm  |                                 |                                 | ↓                               |                                 | <b>CLOSED</b>                   | Noon-4pm<br>Sept 27th |
| 7:30pm  |                                 |                                 | ↓                               |                                 |                                 |                       |
| 8:00pm  | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>CLOSED</b><br>(Sept 25 Only) |                       |