



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

OCTOBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am						
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	Basketball	Ladie's Pickleball	Basketball	Ladie's Pickleball	Basketball	
12:30pm		Noon - 3pm		Noon - 3pm		Closed 10/24
1:00pm		10/20 & 10/27		10/20 & 10/27		Rental
1:30pm		↓		↓		
2:00pm	Child Care		Child Care		Child Care	
2:30pm	↓	↓	↓	↓	↓	
3:00pm		Child Care		Child Care		CLOSED
3:30pm		(3:00-4:00pm)		(3:00-4:00pm)		
4:00pm		1/2 Gym		Pee Wee Basketball		
4:30pm	↓	Bball Conditioning	Vball	(4:00-4:45pm)	↓	
5:00pm	GYM	4:00-4:45pm	Skills		GYM	
5:30pm	Open	GYM	4:30-5:15	GYM	Open	SUNDAY
6:00pm	Volleyball Practice	Open		Open		Open
6:30pm	10/19 & 10/26		Tae Kwon Do			Noon - 4
7:00pm	6:00-7:30pm		↓	Closed 10/29	CLOSED	
7:30pm			↓	7/8 Vball League		
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	