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 27 - NOVEMBER 28, 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
	Child Care	Child Care	Child Care	Child Care	Child Care	
10:30am	(10:15 - 11:45am)	(10:15 - 11:45am)	(10:15 - 11:45am)	(10:15 - 11:45am)	(10:15 - 11:45am)	
11:00am						
11:30am						
12:00pm	Basketball	Ladie's Pickleball	Basketball	Ladie's Pickleball	Basketball	**Gym**
12:30pm		*Noon - 3pm*		*Noon - 3pm*		**Open**
1:00pm						
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)*				
4:00pm		Pee Wee / Volleyball				
4:30pm		Soccer *4:00-4:45* / Practice	Vball Academy / **Gym Open**	7/8 Volleyball League		
5:00pm	Adult & Child Soccer	Mighty Mite / *4:00-5:30pm*	*4:30-5:30pm*	*Thru 12/17*	**Gym Open**	
5:30pm	*5:00-5:30pm*	Soccer / *Thru 12/15*				**SUNDAY**
6:00pm	Vball / Vball	*5:00-6:00*			Line	**Open**
6:30pm	Practice / Practice *6-7pm*	**Gym** / **Open**	Tae Kwon Do		Dancing *6:00-6:45pm*	**1/2 Gym** / **Pickle Ball**
7:00pm	*6:00-7:30pm*				*Pickleball* / **Gym Open**	**Noon-4** / Call to reserve
7:30pm					*Call to Reserve*	
8:00pm	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	