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

APRIL 20 - MAY 29, 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
	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	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	**Gym Open**	5th/6th Grade Girls	**Gym Open**	7th/8th Grade Girls	**Gym Open**	
5:00pm	Pee Wee T-ball	Volleyball League	(4:00 - 4:45pm)	Volleyball League	**1/2** Pickleball	
5:30pm	*5:00-5:45pm*		Mighty Mite Soccer		**Gym** Reserva-tions Only	**SUNDAY**
6:00pm	Volleyball Practice		*5:30 - 6:30pm*		**Open**	**CLOSED**
6:30pm			Tae Kwon Do			
7:00pm					**4/24 Kids**	
7:30pm					**Night Out**	
8:00pm	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	***Thru May 3rd**