



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**

**JUNE 8 - JULY 18, 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 (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	Basketball	Basketball	Basketball	Basketball	<b>CLOSED</b>
12:30pm						
1:00pm						
1:30pm	Youth Sports Camp	Youth Sports Camp	Youth Sports Camp	Youth Sports Camp	Child Care	
2:00pm	↓	↓	↓	↓	↓	
2:30pm	↓	↓	↓	↓	↓	
3:00pm	↓	↓	↓	↓	↓	
3:30pm	Child Care	Child Care	Child Care	Child Care		
4:00pm	Pee Wee Soccer					
4:30pm	(4:00-4:45pm) Inclement Weather Only	HS Girls Volleyball				
5:00pm	MM Baseball	League			MM Basketball	<b>GYM</b>
5:30pm	(5:00-6:00pm) Inclement Weather Only		<b>GYM</b>		(5:00-6:00pm)	<b>Open</b>
6:00pm			<b>Open</b>	<b>GYM</b>		
6:30pm	<b>GYM</b>		Tae Kwon Do	<b>Open</b>		<b>CLOSED</b>
7:00pm	<b>Open</b>				<b>CLOSED</b>	
7:30pm						
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>		