



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

JULY 20 - AUGUST 22, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Basketball		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
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	CLOSED
12:30pm						
1:00pm						
1:30pm	Youth Sports Camp	Youth Sports Camp	Youth Sports Camp	Youth Sports Camp		
2:00pm	(July 20-23)	↓	↓	↓	Child Care	
2:30pm	↓	↓	↓	↓	↓	
3:00pm	↓	↓	↓	↓	↓	
3:30pm	Child Care	Child Care	Child Care	Child Care (3-4pm)		
4:00pm	MM Football		↓	Pee Wee		
4:30pm	(4:00-5:00pm) Inclement Weather Only	HS Girls Volleyball	↓	Sports of Sorts	↓	
5:00pm	Pee Wee Basketball	League (through 8/4)	↓	(4:00-4:45pm)	GYM	
5:30pm	(5:15-6:00pm)		GYM		Open	SUNDAY
6:00pm			Open	GYM		
6:30pm	GYM		Tae Kwon Do	Open		CLOSED
7:00pm	Open		↓		CLOSED	
7:30pm		↓	↓			
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED		