



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.**

**Closed Easter Sunday  
April 5th**

**SHEBOYGAN FALLS YMCA GYM SCHEDULE**

**MARCH 30 - APRIL 18, 2026**

| TIME    | MONDAY                          | TUESDAY                         | WEDNESDAY                       | THURSDAY                        | FRIDAY                          | SATURDAY                |
|---------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|-------------------------|
| 5:00am  |                                 | Adult Basketball                |                                 | Adult Basketball                |                                 |                         |
| 5:30am  |                                 |                                 |                                 |                                 |                                 |                         |
| 6:00am  |                                 |                                 |                                 |                                 |                                 |                         |
| 6:30am  |                                 |                                 |                                 |                                 |                                 |                         |
| 7:00am  |                                 |                                 |                                 |                                 |                                 | <b>GYM</b>              |
| 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<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) | Child Care<br>(10:15 - 11:45am) |                         |
| 11:00am | ↓                               | ↓                               | ↓                               | ↓                               | ↓                               |                         |
| 11:30am | ↓                               | ↓                               | ↓                               | ↓                               | ↓                               |                         |
| 12:00pm | Adult Basketball                | Pickleball                      | Adult Basketball                | Pickleball                      | Adult Basketball                |                         |
| 12:30pm |                                 | (Noon - 3pm)                    |                                 | (Noon - 3pm)                    |                                 |                         |
| 1:00pm  |                                 | ↓                               |                                 | ↓                               |                                 |                         |
| 1:30pm  |                                 | ↓                               |                                 | ↓                               | Child Care                      |                         |
| 2:00pm  | Child Care                      | ↓                               | Child Care                      | ↓                               | ↓                               |                         |
| 2:30pm  | ↓                               | ↓                               | ↓                               | ↓                               | ↓                               |                         |
| 3:00pm  | ↓                               | Child Care                      | ↓                               | Child Care                      | ↓                               | <b>CLOSED</b>           |
| 3:30pm  | ↓                               | 3:00-4:00pm                     | ↓                               | 3:00-4:00pm                     | ↓                               |                         |
| 4:00pm  | ↓                               | Gaga Ball/Dodgeball             | ↓                               | Vball Skills & Drills           | ↓                               |                         |
| 4:30pm  | ↓                               | 4:00-4:45pm                     | ↓                               | 4:15-5:00pm                     | ↓                               |                         |
| 5:00pm  | <b>Gym Open</b>                 | Mighty Mite Basketball          | Pee Wee Basketball              | <b>Gym Open</b>                 | 1/2 Pickleball                  |                         |
| 5:30pm  |                                 | 5:00 - 6:00pm                   | 5:00 - 5:45pm                   |                                 | Gym Reservations Only           | <b>SUNDAY</b>           |
| 6:00pm  |                                 | <b>Gym Open</b>                 |                                 |                                 | <b>Open</b>                     | <b>Noon - 4pm</b>       |
| 6:30pm  |                                 |                                 | Tae Kwon Do                     |                                 |                                 | 1/2 South               |
| 7:00pm  |                                 |                                 | ↓                               |                                 |                                 | <b>Gym</b> Court        |
| 7:30pm  |                                 |                                 | ↓                               |                                 |                                 | <b>Open</b> Pickleball  |
| 8:00pm  | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>CLOSED</b>                   | <b>Closed on Easter</b> |