



## Sheboygan YMCA – Gym Schedule September 9 – November 2, 2024



### **Lohmann Gym**

#### **Monday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:30am  
 Open Pickleball 9:30am-11:30am  
 Open Gym/Pb 11:30am-3pm  
 Open Gym 3pm-5:30pm  
 Women's Volleyball 5pm-9pm

#### **Tuesday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:30am  
 Open Gym 9:30am-8:55pm

#### **Wednesday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:40am  
 Warriner MS PE 9:45am – 10:45am  
 Adult Basketball 11:30am – 1pm  
 Open Gym 1pm-8:55pm

#### **Thursday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:30am  
 Stretching for Srs 9:45am-10:45am  
 Open Gym 10:45am-5pm  
 Coed Volleyball 5pm-9pm

#### **Friday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:30am-9:30am  
 Pickleball 9:30am-11:30am  
 Adult Basketball 11:30am – 1pm  
 Open Gym 1pm-8:55pm  
 YDC ½ 4pm-5pm

#### **Saturday**

Open Gym 7am-4:55pm

**Sunday** – 7am-3:55pm Open Gym (Members only)

**Gym Schedule is subject to change**

### **East Gym**

#### **Monday**

Open Gym 5am-9am  
 Open Pickleball 9am-11:30am  
 PB LITE/open gym 11:30-1pm  
 Reach Fwd Group 1-2pm  
 Open gym/Adv. 2pm-3:30pm  
 B&G Club 3:30pm-4:30pm  
 Open Youth Gym 4:30pm-8:55pm

#### **Tuesday**

Open Gym 5am-7:30am  
 Adult Volleyball 7:30am-10:30am  
 Advanced Pb 10:30am-12pm  
 Pickleball 12pm-3:00pm  
 Open Youth gym 3:00pm-7:30pm  
 Pb/badm res. 7:30pm-8:45pm

#### **Wednesday**

Open Gym 5am-8:30am  
 Pickleball Lite 8:30am-9:35am  
 Warriner MS PE 9:45am-10:45am  
 Open Gym 11am-4:45pm  
 B&G Club 4:45pm-5:30pm  
 Open Youth Gym 5:30pm-8:55pm

#### **Thursday**

Open Gym 5am-7:30am  
 Adult Volleyball 7:30am-10am  
 Pickleball 10:30am-1pm  
 Reach Fwd Group 1pm-2pm  
 Open Youth Gym 2pm-5pm  
 Coed Volleyball 5pm-9pm

#### **Friday**

Pickleball 9am-12:30pm  
 Open Gym 12:30pm-3:30pm  
 B&G Club 3:30pm-4:30pm  
 Open Youth Gym 4:30pm-8:55pm  
 PB reservations ½ 6pm-8:45pm

#### **Saturday**

Open Gym(youth) 7am-4:55pm  
 Pb reservations 3:30pm-4:45pm

**Sunday** – 7:30am-3pm Pickleball reservations

### **Muth Gym**

#### **Monday**

Open Gym 5am-9:15am  
 YDC 9:15am-11:15am  
 Open Gym 11:15am-4pm  
 YDC 4pm-5pm  
 Mighty Mites(if needed) 5pm-6pm  
 Open Family Gym 6pm-8:55pm

#### **Tuesday**

Open Gym 5-9:15am  
 YDC 9:15am-11:15am  
 Open Gym 11:15am-2pm  
 Warriner HS 2pm-3pm  
 YDC 3:30pm-5pm  
 Open Family Gym 5:30-8:55pm

#### **Wednesday**

Open Gym 5-9:30  
 Warriner MS PE 9:45-10:45am  
 YDC 10:45am-11:30am  
 Open Gym 11:30pm-3:30pm  
 YDC 3:30pm-4:30pm  
 MightyMites 4:30-6pm  
 Open Family Gym 6pm-8:55pm

#### **Thursday**

Open Gym 5am-9:15am  
 YDC 9:15am-11:15am  
 Open Gym 11:15pm-2:30pm  
 Warriner HS 2pm-3pm  
 YDC 3:30-4:00pm  
 Classes 4:00pm-5:30pm  
 Coed Volleyball 5:30-9pm

#### **Friday**

Open Gym 5-9:15am  
 YDC 9:15-11:15am  
 Open Gym 11:15am-1:30pm  
 Home School PE 1:30-2:30pm  
 Open Gym 2:30-4pm  
 Dodgeball/GaGa 4pm-5pm  
 Open Family Gym 5pm-8:55pm

#### **Saturday**

Open Gym(rentals/youth/family)7am-4:55pm

**Sunday** –(rentals/youth/family) 7am-3:55pm