



## Sheboygan YMCA – Gym Schedule September 7 – Nov 1, 2025



### **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 5:30pm-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-9:30am  
Open Gym 9:30am-11:30am  
Adult Basketball 11:30am – 1pm  
Open Gym 1pm-8:55pm

#### **Thursday**

Open Gym 5am-8:15am  
Silver Sneakers 8:20am-9:45am  
Open Gym 9:45am-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-Close

#### **Saturday**

Open Gym 7am-Close

**Sunday** – 7am-Close 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  
Open Youth Gym 3:30pm-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/Adv. 11am-12:30  
Pickleball 12:30-3pm  
Open Youth Gym 3pm-Close

#### **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-11:30pm  
Adv.PB 11:30pm-1:30pm  
Open Youth Gym 1:30pm-Close  
PB reservations ½ 6pm-Close

#### **Saturday**

Open Gym(youth) 7am-Close  
Pb reservations 3:30pm-Close

**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  
YDC 3:30pm-5pm  
Mighty Mites 5-6pm  
Open Family Gym 6-8:55pm

#### **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  
Pee Wee classes 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  
Bball/Vball skills 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  
YDC 4pm-5pm  
Open Family Gym 5pm-Close

#### **Saturday**

Open Gym(rentals/youth/family)7am-Close

**Sunday** –(rentals) 7am-10am, 12pm-Close  
Open Teen Volleyball 10am-12pm