Sheboygan YMCA – Gym Schedule

Nov. 1 – Nov. 30 , 2026

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-8:55pm

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-9pm

Saturday
Open Gym 7am-12:30pm
Open Gym 12:30pm-5pm
Sunday – 7am-4pm 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 3-4pm
Open Youth Gym 4pm-8:55pm

Tuesday
Open Gym 5am-7:30am
Adult Volleyball 7:30am-10:30am
Advanced Pb 10:30am-12pm
Open Pickleball 12pm-3:00pm
Open Youth gym 3pm-7:30pm
Pb reservations 7:30pm-8:45pm

Wednesday
Open Gym 5am-8:30am
Pickleball Lite 8:00am-9:35am
Warriner MS PE 9:45am-10:45am
open gym/Adv. 11am-12:30
Pickleball 12:30-3pm
B & G Club 3-4m
Open Yth Gym 4pm-8:55pm

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

Friday
Pickleball 9am-11:30pm
PB Lite 11:30pm-1:30pm
Open Youth Gym 1:30pm-3:30pm
B & G Club/open yth 3:30-6pm
PB reservations 6pm-Close

Saturday
Open Youth Gym 7am-3:30p
Pb reservations 3:30pm-Close

Sunday – 7:30am-3pm Pickle ball reservations

Muth Gym

Monday
Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open Gym 11:15am-3pm
YDC 3pm-4pm
Sport classes 4pm-5:30pm
Open Family Gym 5:30pm-8:55pm

Tuesday
Open Gym 5-9:15am
YDC 9:15am-11:15am
Open Gym 11:15am-2pm
YDC 2pm-4pm
Sport Classes 4-6pm
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
Sport classes 4:30pm-6pm
Open Family Gym 6pm-8:55pm

Thursday
Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open Gym 11:15pm-2:30pm
YDC 3:30-4:15pm
Sport classes 4pm-6pm
Coed Volleyball 6-9pm

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 2:30pm-4pm
Sports class 4pm-5pm
Open Family Gym 5pm-9pm

Saturday
Open family gym/ misc. 7am-5pm
Sunday –Open Fam**/**Misc. 7am-4pm