



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SHEBOYGAN FALLS YMCA GYM SCHEDULE

**APRIL 19 - JUNE 5, 2021**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Adult Basketball*		Adult Basketball*		Adult Basketball*	
5:30am	*Limited capacity, members must be pre-registered.	Spinning®	*Limited capacity, members must be pre-registered.	Spinning®	*Limited capacity, members must be pre-registered.	
6:00am						
6:30am						
7:00am						<b>OPEN GYM</b>
7:30am						
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	
8:30am						
9:00am	Power Yoyalates	Spinning®	BODYPUMP™	Spinning®	BODYPUMP™	Taekwondo
9:30am						
10:00am	Child Care	Child Care	Child Care	Child Care	Child Care	
10:30am	10:15am	10:15am	10:15am	10:15am	10:15am	
11:00am		Pickleball		Pickleball		
11:30am		11:00am-2:30pm		11:00am-2:30pm		
12:00pm	Adult Basketball*		Adult Basketball*		Adult Basketball*	<b>CLOSED</b>
12:30pm	*Limited capacity, members must be pre-registered.		*Limited capacity, members must be pre-registered.		*Limited capacity, members must be pre-registered.	
1:00pm						
1:30pm						
2:00pm	Child Care		Child Care		Child Care	
2:30pm		Child Care		Child Care		
3:00pm						
3:30pm	<b>½ Gym OPEN</b>	<b>½ Gym OPEN</b>			Ga Ga Ball	
4:00pm				Volleyball Skills		
4:30pm			P W Soccer			
5:00pm	BODYPUMP™		<i>inclement weather only</i>		<b>OPEN GYM</b>	
5:30pm			U6 Soccer			
6:00pm		Volleyball	<b>½ Gym</b>	<i>inclement weather only</i>	Volleyball League	
6:30pm	Volleyball	<b>½ Gym</b>	Practice	<b>OPEN</b>		
7:00pm	Practice	<b>OPEN</b>		Taekwondo		<b>CLOSED</b>
7:30pm						
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>		

### OPEN GYM POLICIES

- **OPEN GYM IS FOR MEMBERS ONLY.**
- **The schedule is subject to change without notice.**