



Sheboygan YMCA – Gym Schedule March 24 – March 30, 2024



Lohmann Gym

Monday

Open Gym 5am-8:15am
Silver Sneakers 8:20am-9:30am
Open Pickleball 9:30am-11:30am
Open Gym 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-9:30am
Open Gym 9:30am-8:55pm

Thursday

Open Gym 5am-8:15am
Silver Sneakers 8:20am-9:50am
Open Gym 9:50am-5pm
Coed Volleyball 5pm-9pm

Friday

Open Gym 5am-8:15am
Silver Sneakers 8:30am-9:30am
Open Pickleball 9:30am-11:30am
Open Gym 11:30am – 12:30pm
Open Gym 12:30pm-8:55pm
YDC ½ 4pm-5pm

Saturday

Open Gym 7am-4:55pm

Sunday – 7am-3:55pm Open Gym

Gym Schedule is subject to change

East Gym

Monday

Open Gym 5am-9am
Open Pickleball 9am-11:30am
Open Gym/Pb Lite 11:30am-12pm
Reach Fwd Group 1-2pm
Open youth Gym 2pm-8:55pm

Tuesday

Open Gym 5am-7:30am
Adult Volleyball 7:30am-10:30am
Advanced Pb 10:30am-12pm
Open Youth Gym 12pm-7:30pm
Pb Res/Badminton 7:30pm-8:45pm

Wednesday

Open Gym 5am-8am
Pb Lite 8am-12pm
Advanced Pb 9:30am-12pm
Open Youth Gym 12pm-8:55pm

Thursday

Open Gym 5am-7:30am
Adult Volleyball 7:30am-10:30am
Open Pickleball 10:30am-12pm
Reach Fwd Group 1pm-2pm
Open Youth Gym 2pm-5pm
Coed Volleyball 5pm-9pm

Friday

Open Pickleball 9am-12pm
Open youth Gym 12:00pm-6pm
Pickle Ball Res. 6pm-8:45pm

Saturday

Open Youth gym 7am-3:30pm
PB Reservations . 1pm-4:45pm

Sunday – 7:30am-3pm PB Reservations

Muth Gym

Monday

Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open family Gym 11:15am-2pm
YDC 3:30pm-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
Nerf battle camp 2-4pm
YDC 4pm-5:30pm
Open Family Gym 5:30pm-8:55pm

Wednesday

Open Gym 5-9:15am
YDC 9:15am-11:30am
Open family Gym 11:30pm-2pm
Bball camp 2-4pm
YDC 4pm-5:30pm
Open Family Gym 5:30-8:55pm

Thursday

Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open family Gym 11:15pm-2pm
Volleyball camp 2-4pm
YDC 4-5:30pm
Coed Volleyball 5:30-9pm

Friday

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

Saturday

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

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