



Sheboygan YMCA – Gym Schedule March 23 – March 29 , 2025(Spring Break)



Lohmann Gym

Monday

Open Gym 5am-8:15am
 Silver Sneakers 8:20am-9:30am
 Open Pickleball 9:30am-11:30am
 Open Gym 11:30am-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-9:40am
 Open Gym 9:40am-8:55pm

Thursday

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

Friday

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

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 Pickle Ball 9am-12pm
 Open Youth Gym 12-8:55pm

Tuesday

Open Gym 5am-7:30am
 Adult Volleyball 7:30am-10:30am
 Advanced Pb 10:30am-12pm
 Open Youth Gym 12pm-6:30pm
 badm. Res ½ ct 6:30pm-8:45pm

Wednesday

Open Gym 5am-8am
 Pickleball Lite 8am-9:40am
 Adv PB/Opn PB 10:45am-12:00pm
 Open youth gym 12pm-8:55pm

Thursday

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

Friday

Open Pickleball 9am-12pm
 Open Youth Gym 12pm-6pm
 Badmin. Res. 6pm-8:45pm

Saturday

Open Youth Gym 7am-3pm, PB reservations
 3:30-4:45pm

Sunday – 7:30am-3pm Pb reservations

Muth Gym

Monday

Open Family Gym 5am-9:15am
 YDC 9:15am-11:15am
 Open Family Gym 11:15-4pm
 YDC 4pm-5pm
 Open Family Gym 5pm-8:55pm

Tuesday

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

Wednesday

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

Thursday

Open Family Gym 5am-9:15am
 YDC 9:15am-11:15am
 Open Family Gym 11:15am-3:30pm
 YDC 3:30-5pm
 Coed Volleyball 5:30-9pm

Friday

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

Saturday

Open Family Gym/Events 7am-5pm

Sunday

Open Family Gym/Events 7am-4pm