



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### OPEN GYM POLICIES

- **OPEN GYM IS FOR MEMBERS ONLY!**
- **This schedule subject to change without notice.**

## SHEBOYGAN FALLS YMCA GYM SCHEDULE

**MARCH 24 - MARCH 30, 2024**

**CLOSED Sunday, March 31st in observance of Easter!**

| TIME    | MONDAY           | TUESDAY          | WEDNESDAY         | THURSDAY          | FRIDAY                 | SATURDAY                   |
|---------|------------------|------------------|-------------------|-------------------|------------------------|----------------------------|
| 5:00am  |                  | Adult Basketball |                   | Adult Basketball  |                        |                            |
| 5:30am  |                  |                  |                   |                   |                        |                            |
| 6:00am  |                  |                  |                   |                   |                        |                            |
| 6:30am  |                  |                  |                   |                   |                        |                            |
| 7:00am  |                  |                  |                   |                   |                        |                            |
| 7:30am  |                  |                  |                   |                   |                        | <b>GYM</b>                 |
| 8:00am  | SilverSneakers®  | SilverSneakers®  | SilverSneakers®   | SilverSneakers®   | SilverSneakers®        | <b>Open</b>                |
| 8:30am  |                  |                  |                   |                   |                        |                            |
| 9:00am  | Power Yogalates  | Essential        | Power Yogalates   | Essential         | Line Dance             | <b>Members</b>             |
| 9:30am  |                  | Senior Fitness   |                   | Senior Fitness    | Class                  | <b>Only</b>                |
| 10:00am | (10:15 am)       | (10:15 am)       | (10:15 am)        | (10:15 am)        | (10:15 am)             |                            |
| 10:30am | Child Care       | Child Care       | Child Care        | Child Care        | Child Care             |                            |
| 11:00am | ↓                | ↓                | ↓                 | ↓                 | ↓                      |                            |
| 11:30am | ↓                | ↓                | ↓                 | ↓                 | ↓                      |                            |
| 12:00pm | Adult Basketball | Ladies Pickball  | Adult Basketball  | Ladies Pickleball | Adult Basketball       |                            |
| 12:30pm |                  | ↓                |                   | ↓                 |                        |                            |
| 1:00pm  |                  |                  |                   |                   |                        |                            |
| 1:30pm  |                  |                  |                   |                   |                        |                            |
| 2:00pm  | Child            |                  | Child             |                   | Child                  |                            |
| 2:30pm  | Care             | ↓                | Care              | ↓                 | Care                   |                            |
| 3:00pm  | ↓                | Child            | ↓                 | Child             | ↓                      | <b>CLOSED</b>              |
| 3:30pm  | ↓                | Care             | ↓                 | Care              | ↓                      |                            |
| 4:00pm  | <b>Gym Open</b>  | ↓                | <b>Pee Wee</b>    | ↓                 |                        |                            |
| 4:30pm  |                  | ↓                | <b>Basketball</b> | ↓                 |                        |                            |
| 5:00pm  |                  | <b>Gym Open</b>  | 4:15 - 5:30pm     | <b>Gym Open</b>   | 1/2 North              |                            |
| 5:30pm  |                  |                  |                   |                   | <b>Gym</b> Court       | <b>SUNDAY</b>              |
| 6:00pm  |                  |                  |                   |                   | <b>Open</b> Pickleball | <b>MARCH 24</b>            |
| 6:30pm  |                  |                  | Tae Kwon Do       |                   |                        | <b>Noon - 4pm</b>          |
| 7:00pm  |                  |                  | ↓                 |                   |                        | North Court <b>1/2 Gym</b> |
| 7:30pm  |                  |                  | ↓                 |                   |                        | Pickleball <b>Open</b>     |
| 8:00pm  | <b>CLOSED</b>    | <b>CLOSED</b>    | <b>CLOSED</b>     | <b>CLOSED</b>     | <b>CLOSED</b>          |                            |