



Sheboygan YMCA – Gym Schedule July 6 – July 19, 2026



Lohmann Gym

Monday

Open Gym 5-8:15am
Silver Sneakers 8:15-9:30am
Open/½ YDC alt. 9:30-12pm, 1-5:30pm
Open Gym 9:30am-8:55pm

Tuesday

Open Gym 5-8:15am
Silver Sneakers 8:15-9:30am
Open Gym 9:40am-4:30pm
Open/½ YDC alt. 9:40am-4:30pm
Volleyball league 5-9pm

Wednesday

Open Gym 5-8:15am
Silver Sneakers 8:15-9:30am
Open/½ YDC alt. 9:40am-12pm, 1-5:30pm
Open Gym 1pm-8:55pm

Thursday

Open Gym 5-8:15am
Silver Sneakers 8:15am-9:30am
Open Gym 9:40am-8:55pm
½ YDC alt. 9:40am-12pm, 1-5:30pm

Friday

Open Gym 5-8:15am
Silver Sneakers 8:15-9:30am
Open/½ YDC alt. 9:40am-1pm, 1-5:30pm
Open Gym 9:40am-7:55pm

Saturday

Open Gym 7am-3:55pm

Sunday – Open Gym 7am-3:55pm

***Gym Schedule is subject to change**

East Gym

Monday

Open Youth Gym 5am-1pm
Reach Fwd Group 1-2pm
Open Youth Gym 2-3pm
B&G Club 3-4pm
Open Youth Gym 4-8:55pm

Tuesday

Open Youth Gym 5-7:30am
Adult Volleyball 7:30-10:30am
Open Youth Gym 11am-5pm
Open Gym 5-8:55pm

Wednesday

Open Youth Gym 5am-3:30pm
B&G Club 3-4pm
Open Youth Gym 4-8:55pm

Thursday

Open Youth Gym 5-7:30am
Adult Volleyball 7:30-10:30am
Open Youth Gym 11am-1pm
Reach Fwd Group 1-2pm
Open Youth Gym 2-8:55pm

Friday

Open Youth Gym 5am-3pm
B&G Club 3-4pm
Open youth gym 4-7:55pm

Saturday

Open youth gym 7am-3:55pm

Sunday

Open youth gym 7am-2:55pm

**For Sports Camps and inclement
weather**

Muth Gym

Monday

Open Family Gym 5-7:30am
YDC 7:30am-5:30pm
Tball(if raining) 4-6pm
Open Family Gym 5:30pm-8:55pm

Tuesday

Open Family Gym 5-6:30am
YDC 7:30am-5:30pm
Coach Pitch(if raining) 5-6pm
Open Family Gym 5:30-8:55pm

Wednesday

Open Family Gym 5-6:30am
YDC 7:30am-5:00pm
MMite b-ball/skills 5-7pm
Open Family Gym 6-8:55pm

Thursday

Open Gym 5-7:30am
YDC 7:30am-5pm
Tennis/mmities(if raining) 4-6pm
Open Family Gym 5-8:55pm

Friday

Open Gym 5-7:30am
YDC 7:30am 1pm
Classic Gym Games 1-2pm
YDC 2-5pm
Open Family Gym 5-7:55pm

Saturday

Open Gym(rentals/youth/family)7am-3:55pm

Sunday – 7am-2:55pm
(rentals/youth/family)