



Sheboygan YMCA – Gym Schedule Dec 21 2025 – Jan 3, 2026



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 (12/22) 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-9:30am
Open Gym 9:30am-11:30am
Adult Basketball 11:30am – 1pm
Open Gym 1pm-8:55pm

Thursday

YMCA Closed for Christmas
& New Years Day

Friday

Open Gym 5am-8:15am
Silver Sneakers 8:30am-9:30am
Pickleball 9:30am-11:30am
Adult Basketball 11:30am – 1pm
Open Gym 1pm-Close

Saturday

Open Gym 7am-Close

Sunday – 7am-Close Open Gym (Members only)

Gym Schedule is subject to change

East Gym

Monday

Open Gym 5am-9am
Open Pickleball 9am-11:30am
Open gym 11:30-1pm
Reach Fwd Group 1-2pm
Open gym 2pm-3:30pm
Open Youth Gym 3:30pm-8:55pm

Tuesday

Open Gym 5am-7:30am
Adult Volleyball 7:30am-10:30am
Advanced Pb 10:30am-12pm
Open Youht Gym 12pm-4:30pm
Bball Practices 4:30pm-6:30pm
Open Youth Gym 6:30pm-8:45pm

Wednesday

Open Gym 5am-8:30am
Pickleball Lite 8:00am-9:35am
Warriner MS PE 9:45am-10:45am
open gym/Adv. 11am-12:30
Pickleball 12:30-3pm
Open Yth Gym 3pm-5:30pm
Bball Practice 5:30pm-6:30pm
Open Yth.Gym 6:30pm-8:55pm

Thursday

YMCA Closed for Christmas &
New Years Day

Friday

Pickleball 9am-11:30pm
Open Gym 11:30pm-1:30pm
Open Youth Gym 1:30pm-Close
PB reservations ½ 6pm-Close

Saturday

Open Gym(youth) 7am-Close
Pb reservations 3:30pm-Close

Sunday – 7:30am-3pm Pickleball
reservations

Muth Gym

Monday

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

Tuesday

Open Gym 5-9:15am
YDC 9:15am-11:15am
Open Gym 11:15am-2pm
YDC 3:30pm-5pm
Open Family Gym 5-8:55pm

Wednesday

Open Gym 5-9:30
YDC 10:45am-11:30am
Open Gym 11:30pm-3:30pm
YDC 3:30pm-4:30pm
Open Gym 4:30pm-7pm
Open Family Gym 7pm-8:55pm

Thursday

YMCA closed for Christmas &
New Years Day

Friday

Open Gym 5-9:15am
YDC 9:15-11:15am
Open Gym 11:15am-4:00pm
YDC 4pm-5pm
Open Family Gym 5pm-Close

Saturday

k-1st bball practices 8am-1pm
misc/open. 1pm-5pm

Sunday –misc/open. 7am-4pm