



Sheboygan YMCA Gym Schedule

Main (Lohmann) Gym

Monday -	
5:00am - 8:20 am	- Open Gym
8:30am - 9:30am	- Silver Sneakers
9:40am - 11:30am	- Pickle Ball
11:30am - 5:30pm	- Open Basketball
5:30pm - 9:00pm	- Women's Volleyball League

Tuesday -	
5:00am - 8:20am	- Open Gym
8:30am - 9:30am	- Silver Sneakers
9:40am - 8:55pm	- Open Gym

Wednesday -	
5:00am - 8:20am	- Open Gym
8:30am - 9:30am	- Silver Sneakers
9:40am - 5:30pm	- Open Gym
5:30pm - 8:55pm	- Open Gym

Thursday -	
5:00am - 5:30pm	- Open Gym
4:30pm - 5:30pm	- Youth Volleyball (1/2 gym)
5:30pm - 9:00pm	- Coed Volleyball League

Friday -	
5:00am - 8:20am	- Open Gym
8:30am - 9:30am	- Silver Sneakers
9:40am - 11:30am	- Pickle Ball
4pm - 4:45pm	- The Club (north half)
11:30am - 8:55pm	- Open Gym

Saturday -	
7:00am - 4:55pm	- Open Gym

Please help keep gyms clean: pick up trash, wear indoor gym shoes, and keep food out of the gym.

SUNDAYS 7AM-4PM GYMS ARE OPEN FOR Y-MEMBERS ONLY

East Gym

Monday -	
6:00am - 9:30am and 11:30am - 4pm	Open Gym
9:40am - 11:30am	- Pickle Ball
4pm - 4:45pm	- The Club
4:45pm - 8:55pm	- Open Basketball

Tuesday -	
5:00am - 7:30am	- Open Gym
7:30am - 9:30am	- Adult Volleyball
9:40am - 8:55pm	- Open Gym

Wednesday -	
5:00am - 3pm	- Open Gym
3pm - 3:45pm	- The Club
4pm - 8:55pm	- Open Gym

Thursday -	
5:00am - 7:30am	- Open Gym
7:30am - 9:30am	- Adult Volleyball
9:40am - 1:00pm	- Open Gym
1:00pm - 2:00pm	- Reach Forward
2:00pm - 4pm	- Open Gym
4pm - 5pm	- YDC
5:30pm - 9:00pm	- Coed Volleyball League

Friday -	
6:00am - 9:30am and 11:30am - 4pm	Open Gym
9:30am - 11:30am	- Pickle Ball
4:00pm - 5:00pm	- YDC
5:00pm - 9:00pm	- Open Gym

Saturday -	
7:00am - 4:55pm	- Open Gym

Open Gym: open for basketball, volleyball (no net)
Please ask about other activities.

The schedule is subject to change with the possibility of events, camps, rentals, and incimate weather.

Lock up valuables



Sheboygan YMCA Gym Schedule

Muth Gym

Monday -

6:00am - 4:00 pm	-	Open Gym
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4:00pm - 6:30pm	-	Mighty Mite Basketball
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6:30pm - 8:55pm	-	Open Gym
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Tuesday -

6:00am - 4:00pm	-	Open Gym
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4:00pm - 5:00pm	-	YDC
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5:00pm - 6:30pm	-	Mighty Mite Soccer
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6:30pm - 8:55pm	-	Open Gym
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Wednesday -

6:00am - 3:30pm	-	Open Gym
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3:30pm - 5:00pm	-	YDC
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5:00pm - 6:00pm	-	Pee Wee Sports
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6:00pm - 8:55pm	-	Open Gym
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Thursday -

6:00am - 4:30pm	-	Open Gym
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4:30pm - 5:30pm	-	Sports Training
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5:30pm - 9:00pm	-	Coed Volleyball
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Friday -

6:00am - 1:30pm	-	Open Gym
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1:30pm - 2:30pm	-	Home School PE
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2:30pm - 4:00pm	-	Open Gym
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4:00pm - 5:00pm	-	GAGA Ball
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5:00pm - 8:55pm	-	Open Gym
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Saturday -

7:00am - 4:55pm	-	Open Gym
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Sunday -

7:00am - 3:55pm	-	Open Gym
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