



Sidney-Shelby County YMCA SCHAUER GYM SCHEDULE

Building Staffed Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	8:00am-5:00pm	Must have 24 hour access		
	Open Gym 5-5:30am	Open Gym 5:00-8:45am	Open Gym 5-5:30am	Open Gym 5:00-8:45am	Open Gym 5:00-9:00am		Church Service 6am-1:30pm		
	Open Gym 6:30-8:00am	Boot Camp 8:45-9:45am	Open Gym 6:30-8:00am	Boot Camp 8:45-9:45am	Cardio Drumming 9:00-9:45am	Open Gym 8:00am-5pm			
	Power Flow 8:00-9:00am		Power Flow 8:00-9:00am						
	Open Gym 9-9:30am	Open Gym 9-9:30am	Pickleball 9:30-11:30am	Pickleball 9:45-11:30am	Pickleball 9:45-11:30am			Open Gym 1:30-3:45pm	
	Pickleball 9:30-11:30am	Pickleball 9:45-11:30am							
	Open Gym 11:30am-5:30pm	Open Gym 11:30am-1:00pm	Open Gym 11:30am-5:30pm	Open Gym 11:30am-1:00pm	Open Gym 11:30am-7:00pm				Open Gym 4-6pm
		Delay the Disease 1:00-2:00pm							
	Open Gym 2:00-5:30pm	Power Plus 5:30-6:30pm	Cardio Drumming 5:30-6:30pm	Power Plus 5:30-6:30pm	Power Plus 5:30-6:30pm				
Open Gym 6:30-7pm									
Cardio Drumming 5:30-6:30pm	Open Gym 7:00-9:00pm	Open Gym 7:00-9:00pm	Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm	Pickleball 4-6pm				
Cardio Kickboxing 6:30-7:30pm									
Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm	Open Gym 7:00-9:00pm	Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm					

During no school days gym may be used for our licensed childcare program between 3 to 5 pm.

YOUTH GUIDELINES: Children age 9 and under must be accompanied by an adult unless participating in a scheduled program.

Schedule subject to change based on YMCA events or rentals

Please note: During Open Gym times the gym cannot be used by one individual/group

Gym is available to members only with 24 hour access during



Sidney-Shelby County YMCA WEST GYM SCHEDULE

Building Staffed Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	8:00am-5:00pm	
	Open Gym 5:00-9:00am	Open Gym 5:00-9:00am	Open Gym 5:00-9:00am	Open Gym 5:00-9:00am	Open Gym 5:00-9:00am	Basketball League 8:00am-12pm	
	Child Development 9:00-11:00am only Side A	Child Development 9:00-11:00am only Side A	Child Development 9:00-11:00am only Side A	Child Development 9:00-11:00am only Side A	Child Development 9:00-11:00am only Side A		
	Open Gym 11:00am-3:00pm	Open Gym 11:00am-3:00pm	Open Gym 11:00am-3:00pm	Open Gym 11:00am-3:00pm	Open Gym 11:00am-3:00pm		
	Child Development 2:30-4:30pm only Side A	Child Development 2:30-4:30pm only Side A	Child Development 2:30-4:30pm only Side A	Child Development 2:30-4:30pm only Side A	Child Development 2:30-4:30pm only Side A		
	Open Gym 5:00-9:00pm	Basketball Class 5:15-6:00pm only Side A Sept 20-Dec 13	Open Gym 5:00-9:00pm	Open Gym 5:00-9:00pm	Open Gym 5:00-9:00pm		
		Adult Volleyball 6:00-8pm 1 Side only					
	Open Gym 5pm-9pm	Open Gym 5pm-9pm					Open Gym 12pm-5pm

During no school day Side A may be used for our licensed childcare program between the hours of 5am to 5pm.

YOUTH GUIDELINES: Children age 9 and under must be accompanied by an adult unless participating in a scheduled program.

Schedule subject to change based on YMCA events or rentals



No food or drinks are permitted in gym except for programme classes

Entrance