



Sidney-Shelby County YMCA SCHAUER GYM SCHEDULE

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

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

Last Updated 11/10/2023 at 7:46 AM



Sidney-Shelby County YMCA WEST GYM SCHEDULE

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

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

A

B

Entrance

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

Last Updated 10/22/2023 at 9:45 AM