



Sidney-Shelby County YMCA

SCHAUER GYM SCHEDULE

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

Building Staffed Hours

One Week Each Month Whittier Pre-SCHOOL Will Use The Gym From: 9:30AM-10:30AM And From: 1:10PM-2:10PM

Whittier Weeks 2025

Jan, 13-16
Feb, 10-13
Mar, 10-13
Apr, 7-10

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	The Valley 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	8:00am-8:15am	
Power Flow 8:00-9:00am		Power Flow 8:00-9:00am			Cardio Drumming 8:15-9:20am	
Open Gym 9-9:30am	Pickleball 9:45-11:30am	Open Gym 9-9:30am	Pickleball 9:45-11:30am	Pickleball 9:45-11:30am	Open Gym 9:30am-5pm	
Pickleball 9:45-11:30am		Competive 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 9:30am-5pm	
Open Gym 11:30am-5:30pm	Delay the Disease 1:00-2:00pm	Open Gym 2:00-5:30pm	Delay the Disease 1:00-2:00pm			
	Open Gym 2:00-5:30pm		Open Gym 2:00-5:30pm			
Cardio Drumming 5:30-6:30pm	PowerPlus 5:30-6:00pm	Cardio Drumming 5:30-6:30pm	PowerPlus 5:30-6:00pm		Pickleball 4-6pm	
Cardio Kickboxing 6:30-7:30pm		Abs/Core 6:30-7:00pm	DanceBlast 6:15-7:05pm			
Open Gym 7:30-9:00pm	Volley Ball 6:30-8:30pm	Pickleball 7:00-9:00pm	Pickleball 7:15-9:00pm			Soccer 6:30-8:30pm
					Open Gym 24hr access only	Open Gym 6pm-24hr access only

Valley Church Has Rented This Space every 3rd Wednesday of each month from 6PM-9PM.

This Space will be used for Soccer Rental every Saturday 1PM-3PM Jan.25th through March 29th.