



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		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 9:30-11:30am	Pickleball 9:45-11:30am	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 6pm-24hr access only
		Delay the Disease 1:00-2:00pm		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	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					
	Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm	Nerf War 7:15-8p	Open Gym 7:00-9:00pm			Pickleball 7:00-9:00pm	
			Open Gym 8:00-9:00p					

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 non staffed times.



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	
	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	Open Gym 8am-5pm
	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					

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

Schedule subject to change based on YMCA events or rentals



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