



the power of **PLAY**

SAGE YMCA Gymnasium Schedule

February 28th - April 27th 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym/ Member Choice	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below
Adult Open Pick-Up Games/ Rental	Pickleball 7:30-9:30am Entire Gym	Pickleball 8-9:30am Entire Gym	Pickleball 8-9:30am Entire Gym		Pickleball 7-9:30am Entire Gym	Basketball 10:30-12pm Entire Gym	Basketball 8:30-11am Entire Gym
				Adult Pickleball Open Gym League - 1-2:30pm Court #2			
	Pickleball 7-8pm Court 2		Adult Basketball 3v3 Skills - 6-7:30pm Court #2				Pickleball 11-1pm Entire Gym
Youth Sport Classes	Basketball Skills - 4-4:45pm Court #2	Soccer Skills- 4-4:45pm Court #2					
		Volleyball Skills - 5-5:45pm Court #2	Pickleball Skills - 5-5:45pm Court #2				
Fitness Classes	Rock Steady Boxing \$\$ 9:30-11:30am Court #1		Rock Steady Boxing \$\$ 9:30-11:30am Court #1	Body Combat 8:45-10am Court #1		Cross Training 7:00-8:30am Entire Gym	
		Kickboxing on Heavy Bags \$\$ 6-7:45 pm Court #1		Rock Steady Boxing \$\$ 5:30-7:30 Court #1	TRX Class \$\$ 12:15-1:15pm Court #2	Zumba 9:15-10:30am Court #1	
Preschool Open Gym	Preschool open gym 9:30-11:30am Court #2	Preschool open gym 9:30-11:30am Court #2	Preschool open gym 9:30-11:30am Court #2	Preschool open gym 9:30-11:30am Court #2	Preschool open gym 9:30-11:30am Court #2		
	Preschool open gym 2:30-4:00pm Court #2	Preschool open gym 2:30-4:00pm Court #2	Preschool open gym 2:30-4:00pm Court #2	Preschool open gym 2:30-4:00pm Court #2	Preschool open gym 2:30-4:00pm Court #2		

Schedule subject to change - sageymca.org

*During inclement weather, summer camp comes indoors and utilizes the gym. All other times are open to members.

For additional information or questions, please contact Sports Director Justin Stark 815-526-1674.

Additional Sage YMCA Gymnasium Rules

General Rules

- Shirts must always be worn, and all changing must be done in locker rooms
- Chairs are prohibited in the gymnasium except during a class or program with a YMCA Instructor
- Please do not hang anything on the Pickleball nets
- Interaction with children is prohibited during YMCA licensed programming (Preschool and/or Camp)
- Please do not disturb or disrupt any group exercise classes
- Please report any temperature and/or basket height issues to the front desk
- Please do not prop open the exterior doors as this creates both security and/or HVAC issues
- Open Gym does not equate to “Member Choice”. Please speak with the Sports Director, Membership Staff or Executive Director for specific inquiries and/or clarification
- There is no “First Come – First Served” policy or protocol
- Food, drinks, and gum are not allowed in the gym. Only plastic bottles are allowed. Glass bottles are prohibited

Basketball Players

- Please do not enter the gymnasium prior to posted scheduled times
- Please no dunking and/or hanging on rims or nets
- Please do not bounce basketballs in the hallways
- Full court games are not allowed if others are waiting
- The outdoor court is available during non-camp hours

Pickleball Players

- Please adhere to the posted schedule times
- Please vacate the court if anyone is waiting to use the court after the posted scheduled times

ALL SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE DURING CHILDREN’S PROGRAMMING OR DUE TO UNFORSEEN CIRCUMSTANCES INCLUDING ANY WEATHER-RELATED ISSUES