



the power of **PLAY**

SAGE YMCA Gymnasium Schedule

September 3rd - October 31st 2024

	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 8-12pm Entire Gym	Basketball 10:30-12pm Entire Gym	Basketball 8:30-11am Entire Gym
			Pickleball 7-8:30pm Court 2		Pickleball 7-8pm Court 2		Pickleball 11-1pm Entire Gym
Youth Sport Classes		Basketball Skills Class 4-4:45pm Court #2	Preschool Sports Class - 4-4:45pm Court #2	Volleyball Skills Class - 4-4:45pm Court #2			
		Tennis Skills Class 55:45pm Court #2	Fickrball Skills Class 5-5:45pm Court #2	Basketball Skills Class - 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 7:00-8:15am Entire Gym	
	Youth Athletic Group Training 7-8pm Court #2						
	TRX Class - 5pm-6pm Court #2	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.

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, which creates security and 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

- Please do not enter the gymnasium before the posted scheduled times. No dunking and/or hanging on rims or nets.
- 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

- Please adhere to the posted scheduled 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 youth programming, camp activities, or any other unforeseen circumstances (including weather).