



the power of **PLAY**

SAGE YMCA Gymnasium Schedule

January 22-March 21, 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/ Rentals	Pickleball 6-9am Entire Gym	Pickleball 6-9:30am Entire Gym	Pickleball 6-9:30am Entire Gym 9:30-12:00pm Court #2 Only	Pickleball 6-8:45am Entire Gym	Pickleball 7-12pm Entire Gym	Basketball 10:30- 12pm Entire Gym	Basketball 8:30-11am Entire Gym
		Special Olympics Basketball 12:30-1:30pm Court #2					Pickleball 12-2pm Entire Gym
Youth Sport Classes			Preschool Sports 4:00- 4:45pm Court #2				
		Tennis Skills 5:00-5:45pm Court #2					
	Volleyball Skills 6:00- 6:45pm Court #2	Flag Football Skills 6:00-6:45pm Court #2	Basketball Skills 6:00-6:45pm Court #2				
Fitness Classes	Rock Steady Boxing 9:30-11:30am Court #1		Rock Steady Boxing 9:30-11:30am Court #1	Body Combat 9-10am Court #1		Cross Training 7:15- 8:15am Entire Gym	
				Rock Steady Boxing 5:30-7:30pm Court #1		Zumba 9:30- 10:30am Court #1	
Preschool Open Gym	Preschool Gym 9:30-11:30am Court #2	Preschool Gym 9:30-11:30am Court #2		Preschool Gym 9:30- 11:30am Court #2			
	Preschool Gym 2:30-4:00pm Court #2	Preschool Gym 2:30-4:00pm Court #2	Preschool Gym 2:30-4:00pm Court #2	Preschool Gym 2:30-4:00pm Court #2	Preschool Gym 2:30- 4:00pm Court #2		

Schedule subject to change - sageymca.org

For additional information or questions, please contact 815-459-4455.