SAGE YMCA
Gymnasium Schedule

NOVEMBER 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	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 Ages 16+ 10:30-12pm Entire Gym	Basketball Ages 16+ 8:30-11am Entire Gym
		Gym Rental November 17th 10:30-11:30am Court #1		Gym Rental November 19th 10:30-11:30am Court #1	Pickleball 9:30-10:15am Court #1		
	Pickleball 7-8pm Court 2	Gym Rental 12:30-1:30pm Court #1					Pickleball 11-1pm Entire Gym
Fitness Classes	Rock Steady Boxing $$ 9:30-11:30am Court #1		Rock Steady Boxing $$ 9:30-11:15am Court #1	Boxing Spartan MMA $$ 8:45-10am Court #1	Rock Steady Boxing $$ 10:15-12:15pm Court #1	Cross Training 7:00-8:30am Entire Gym	
			MMA Striking Spartan MMA $$ 11:15-12:30pm Court #1			Zumba 9:15-10:30am Court #1	
Pre School	Preschool 9:30-11:00am Court #2	Preschool 9:30-11:00am Court #2	Preschool 9:30-11:00am Court #2	Preschool 9:00-11:00am Court #2	Preschool 9:30-11:00am Court #2	$$=Paid class	
	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2		

Schedule subject to change - sageymca.org

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

Additional Sage YMCA Gymnasium Rules

General Rules

Proper attire, including shirts, must be worn at all times. All changes must be in designated 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 posting 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, EVENTS OR DUE TO UNFORSEEN CIRCUMSTANCES INCLUDING ANY WEATHER-RELATED ISSUES.