



the power of **PLAY**

SAGE YMCA Gymnasium Schedule

April 1-May 22, 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 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
		Special Olympics Basketball 12:30-1:30pm Court #2					Pickleball 11-1pm Entire Gym
Youth Sport Classes		Preschool Basketball 4-4:45 PM Court #2	Preschool Sports 4-4:45 PM Court #2				
	Basketball Skills 5-5:45 PM Court #2	Tennis Skills 5-5:45 PM Court #2	Basketball Skills 5-5:45 PM Court #2				
	Volleyball Skills 6-6:45 PM 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	
				Rock Steady Boxing 5:15-7:30pm Court #1		Zumba 9:15-10:30am 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.