

Danville Family YMCA

April 2024 Gym Schedule

Monday (5a-9:00p)	Tuesday (5a-9:00p)	Wednesday (5a-9:00p)	Thursday (5a-9:00p)	Friday (5a-9:00)	Saturday (8a-6p)	Sunday (12p-5p)
5:00am – 10:20am Open Gym	5:00am – 8:15am Open Gym	5:00am – 10:20am Open Gym	5:00am – 8:15am Open Gym	5:00am – 10:20pm Open Gym	8:00am – 1:00pm Open Gym	12:00pm – 3:00pm Half Court
10:30am – 11:45am Line Dance	8:15am – 9:15am Cardio Conditioning	10:30am – 11:45am Line Dance	8:15am – 9:15am Cardio Conditioning	10:30pm – 12:30 Half Court	1:00pm – 3:00pm Full Court	3:00pm – 4:45pm Full Court
11:45am – 4:30pm Open Gym	9:15am – 10:30am Open Gym	11:45am – 4:30pm Open Gym	9:15am – 10:30am Open Gym	12:30pm – 4:30pm Open Gym	3:00pm – 5:45pm Half Court	
4:30pm – 6:30pm Full Court	10:30pm – 1:00pm Pickleball	4:30pm – 5:45pm Full Court	10:30pm – 1:00pm Pickleball	4:30pm – 6:30pm Half Court		
6:30pm – 8:30pm Half Court	1:00pm – 4:30pm Open Gym	6:00pm-8:45pm <u>Adult Night</u> <u>Basketball</u> <u>(Must Be Member,</u> <u>Must Be at least 18)</u>	1:00pm – 4:30pm Open Gym	6:30pm – 8:30pm Half Court		
	4:30pm – 6:30pm Half Court		4:30pm – 6:30pm Full Court			
	6:30pm – 8:30pm Half Court		6:30pm – 8:30pm Half Court			
						

Food/Drinks in the gym at ANY time can/will be thrown away at the discretion of Administration Staff or Housekeeping without question.
Gym Schedule is subject to change at any time at staff discretion.
(If you have any questions please contact the Sports & Wellness Director Greg Hairston)