



# Danville Family YMCA Fall 2018 Gym Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Monday (5a-9:30p)</b>	<b>Tuesday (5a-9:30p)</b>	<b>Wednesday (5a-9:30p)</b>	<b>Thursday (5a-9:30p)</b>	<b>Friday (5a-9:30)</b>	<b>Saturday (8a-6p)</b>	<b>Sunday (12p-5p)</b>
5:00am – 10:20am <b>Open Gym Full Court</b>	5:00am – 10:30pm <b>Open Gym Full Court</b>	5:00am – 10:20am <b>Open Gym Full Court</b>	5:00am – 10:30pm <b>Open Gym Full Court</b>	5:00am – 12:00pm <b>Open Gym Full Court</b>	8:00am – 10:00am <b>Open Gym Full Court</b>	12:00pm – 3:00pm <b>Muscles 4 Youth Half Court</b>
10:30am – 11:55am <b>Silver Shuffle/ Line Dance</b>	10:30am – 12:45pm <b>Pickle Ball</b>	10:30am – 11:30am <b>Silver Shuffle/ Line Dance</b>	10:30am – 12:45pm <b>Pickle Ball</b>	12:00pm – 5:00pm <b>Open Gym Full Court</b>	10:00pm – 12:00pm <b>Muscles 4 Youth Half Court</b>	3:00pm – 5:00pm <b>Open Gym Full Court</b>
12pm – 3:50pm <b>Open Gym Full Court</b>	12:50pm – 4:00pm <b>Open Gym Full Court</b>	11:45am – 4:15pm <b>Open Gym Full Court</b>	12:50pm – 4:30pm <b>Open Gym Half Court</b>	5:00pm – 7:00pm <b>Muscles 4 Youth Half Court</b>	12:00pm – 3:00pm <b>Open Gym Full Court</b>	
4:00pm – 6:55pm <b>Muscles 4 Youth Half Court</b>	4:00pm – 7:00pm <b>Open Gym Half Court</b>	4:30pm – 5:30pm <b>After School Tennis Program</b>	4:30pm – 5:30pm <b>After School Program</b>	7:00pm – 9:00pm <b>RCD Workouts</b>	3:00pm – 6:00pm <b>Open Gym Half Court</b>	
7:00pm – 9:05pm <b>Pickle Ball</b>	8:00pm – 9:15pm <b>Open Gym</b>	6:00pm-8:45pm <b>Adult Night Basketball (Must Be Member of the Danville Family YMCA, Must Be at least 18 &amp; Out of High School)</b>	6:00pm – 9:15pm <b>Open Gym Full Court</b>			

\*\*\* During Half Court times, the curtain will be lowered to split the courts. During Full Court times, the curtain will be raised to allow full court access, however the curtain WILL be lowered if staff feels gym is overcrowded or if there is a scheduled M4Y Training\*\*\*

\*\*If our schools have half days, they will be using half court during the early afternoon\*\*

(If you have any questions please contact the Sports & Wellness Director Greg Hairston)

**\*Micro Soccer is scheduled to start October 6 & every Saturday afterwards until October 27 at 9am\***