

Danville Family YMCA October 2017 Gymnasium Schedule

Monday (5:00am-9:30pm)	Tuesday (5:00am-9:30pm)	Wednesday (5:00am-9:30pm)	Thursday (5:00am-9:30pm)	Friday (5:00am-9:30pm)	Saturday (8:00am-6:00pm)	Sunday (12noon-5:00pm)
5:00am – 10:00am Open Gym (Full Court)	5:00am – 10:20am Open Gym (Full Court)	5:00am – 4:00pm Open Gym (Full Court)	5:00am – 10:20am Open Gym (Full Court)	5:00am – 3:45pm Open Gym (Full Court)	8:00am – 10:00am River City Dreams Workouts	12:00pm – 2:30pm Open Gym (Full Court)
10:30am – 11:30am Silver Shuffle (Half Court)	10:30am – 12:45pm Pickle Ball	4:00pm – 6:00pm Open Gym (Half Court)	10:30am – 12:45pm Pickle Ball	4:00pm – 6:00pm Muscles for Youth (Half Court)	10:00am – 12:00pm Muscles for Youth (Half Court)	2:30pm – 4:50pm Open Gym (Half Court)
11:50am – 4:45pm Open Gym (Full Court)	1:00pm – 4:00pm Open Gym (Full Court)	4:00pm – 6:00pm Muscles for Youth (Half Court)	1:00pm – 4:00pm Open Gym (Full Court)	6:00pm – 9:00pm Open Gym (Full Court)	12:00pm – 3:00pm Open Gym (Half Court)	
5:00pm – 7:00pm Muscles for Youth (Half Court)	4:00pm – 6:00pm Muscles for Youth (Half Court)	6:00pm – 9:15pm Adult Night Basketball (18 & older Members only)	4:30pm – 5:30pm After School (Full Court)		3:00pm – 6:00pm Open Gym (Full Court)	
7:00pm – 9:00pm Pickle Ball	4:00pm – 6:00pm Open Gym (Half Court)		5:30pm – 9:00pm Open Gym (Half Court)			
	6:00pm – 9:00pm Open Gym (Full Court)					

*** 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***

During Muscles for Youth Half of the Court will be available for Open Gym

During the month of October the gym will be occupied from 9am until 10am for Micro Soccer

OCTOBER 26, 2017 – Gym will be used for the Silver Sneakers 25th Anniversary