

# Danville Family YMCA

## November 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)
5am – 10am Open Gym	5am – 8am Open Gym	5am – 10am Open Gym	5am – 8am Open Gym	5am – 10am Open Gym	8am – 1pm Open Gym	12pm – 3pm Half Court
10:20am – 11:45am Pink Dance	8:15am – 9:15am Cardio Conditioning	10:30am – 11:45am Pink Dance	8:15am – 9:15am Cardio Conditioning	10:30am – 12:30p Open Gym	1pm – 3pm Full Court	3pm – 4:45pm Full Court
12pm – 3pm Open Gym	9:20am – 10:20am Open Gym	12pm – 3pm Open Gym	9:20am – 10:20am Open Gym	12:30pm – 4:30pm Open Gym	3pm – 5:45pm Half Court	
3pm – 5pm Basketball Training/ Half Court	10:30am – 1:15pm Pickleball	3pm – 5pm Basketball Training/ Half Court	10:30am – 1:15pm Pickleball	4:30pm – 6:30pm Half Court		
5pm – 7pm Half Court	1:20pm – 4:30pm Open Gym	5pm – 6pm Open Gym	1:20pm – 4:30pm Open Gym	6:30pm – 8:30pm Basketball Training/ Half Court		
7pm – 8:45p Full Court	4:30pm – 6:30pm Full Court	6pm – 8:45pm <u>Adult Night</u> <u>Basketball</u> <u>(Must Be Member,</u> <u>Must Be at least 18)</u>	4:30pm – 6:30pm Full Court			
	6:30pm – 8:30pm Basketball Training/ Half Court		6:30pm – 8:30pm Basketball Training/ Half Court			
						

**During open gym, divider can be lowered to accommodate all members at staff/director discretion**  
**Food/Drinks in the gym at ANY time can/will be thrown away at the discretion of Administration Staff or Housekeeping without question.**  
**This schedule begins starting August, 2024**  
**(If you have any questions please contact the Sports & Wellness Director Greg Hairston)**