

# Danville Family YMCA

## Winter 2025 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 – 10am Open Gym	5:00am – 8am Open Gym	5:00am – 10am Open Gym	5:00am – 8am Open Gym	5:00am – 12:00pm Open Gym	<b>Closed ALL DAY for Winter Basketball League Games</b> (Gym will remain closed after games are over for cleaning)	12:00pm – 3:20pm Open Gym (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	12:00pm – 3:00pm Open Gym Full Court		3:30pm – 4:45pm Open Gym (Full Court)
12:00pm – 3:00pm Open Gym Full Court	9:30am- 10:15am Open Gym	12:00pm – 5:30pm Open Gym	9:30am- 10:15am Open Gym	3:00pm – 4:50pm Open Gym Half Court		
3:00pm – 4:50pm Open Gym Half Court	10:30am – 1pm Pickleball	5:45pm – 6:45pm Line Dance	10:30am – 1pm Pickleball	5:00pm – 8:00pm Y League Basketball Practices		
5:00pm – 8:00pm Y League Basketball Practices	1:00pm – 3:00pm Open Gym Full Court	7:00pm-8:45pm <u>Adult Night Basketball</u> <b>(Must Be Member, Must Be at least 18)</b>	1:00pm – 3:00pm Open Gym Full Court			
	3:00pm – 4:50pm Open Gym Half Court		3:00pm – 4:50pm Open Gym Half Court			
	5:00pm – 8:00pm Y League Basketball Practices		5:00pm – 8:00pm Y League Basketball Practices			
						

**Food/Drinks in the gym at ANY time can/will be thrown away at the discretion of Administration Staff or Housekeeping without question.**  
**During open gym the curtain can be lowered at any time to accommodate members as staff sees necessary.**  
**(If you have any questions please contact the Sports & Wellness Director Greg Hairston)**