

Danville Family YMCA

April 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 – 10:00am Open Gym	5:00am – 8:00am Open Gym	5:00am – 10:00am Open Gym	5:00am – 8:00am Open Gym	5:00am – 4:20pm Open Gym	8:00am – 1:00pm Open Gym/ Basketball Training	12:00pm – 3:00pm Half Court/ Basketball Training
10:30am – 11:45am Line Dance	8:15am – 9:15am Cardio Conditioning	10:30am – 11:45am Line Dance	8:15am – 9:15am Cardio Conditioning	4:30pm – 6:30pm Half Court	1:00pm – 3:30pm Full Court	3:00pm – 4:45pm Full Court
12pm – 3pm Open Gym	9:30am – 10:20am Open Gym	12pm – 5:30pm Open Gym	9:30am – 10:20am Open Gym	6:30pm – 8:30pm Full Court	3:45pm – 5:45pm Half Court	
3:30pm – 6:45pm Half Court	10:30am – 1:00pm Pickleball	5:45pm – 6:45pm Line Dance	10:30am – 1:00pm Pickleball			
7pm – 8:30pm Full Court	1:15pm – 4:30pm Open Gym	7:00pm-8:45pm <u>Adult Night</u> <u>Basketball</u> <u>(Must Be Member,</u> <u>Must Be at least 18)</u>	1:15pm – 4:30pm Open Gym			
	4:30pm – 6:30pm Half Court		4:30pm – 6:30pm Half Court			
	7pm – 8:30pm Full Court		7:00pm – 8:30pm Full Court			
						

Food/Drinks in the gym at ANY time can/will be thrown away at the discretion of Administration Staff or Housekeeping without question.
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)