

Danville Family YMCA

Winter 2026 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	Closed ALL DAY for Winter Basketball League Games (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 – 5:45pm 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	6:00pm-8:45pm <u>Adult Night Basketball</u> (Must Be Member, Must Be at least 18)	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		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)