

**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 <b>Open Gym</b>	5:00am – 8am <b>Open Gym</b>	5:00am – 10am <b>Open Gym</b>	5:00am – 8am <b>Open Gym</b>	5:00am – 12:00pm <b>Open Gym</b>	<b>Closed ALL DAY for Winter Basketball League Games</b> <small>(Gym will remain closed after games are over for cleaning)</small>	12:00pm – 3:20pm <b>Open Gym (Half Court)</b>
10:30am – 11:45am <b>Line Dance</b>	8:15am – 9:15am <b>Cardio Conditioning</b>	10:30am – 11:45am <b>Line Dance</b>	8:15am – 9:15am <b>Cardio Conditioning</b>	12:00pm – 3:00pm <b>Open Gym Full Court</b>		3:30pm – 4:45pm <b>Open Gym (Full Court)</b>
12:00pm – 3:00pm <b>Open Gym Full Court</b>	9:30am- 10:15am <b>Open Gym</b>	12:00pm – 5:45pm <b>Open Gym</b>	9:30am- 10:15am Open Gym	3:00pm – 4:50pm <b>Open Gym Half Court</b>		
3:00pm – 4:50pm <b>Open Gym Half Court</b>	10:30am – 1pm <b>Pickleball</b>	6:00pm-8:45pm <b>Adult Night Basketball</b> <b>(Must Be Member, Must Be at least 18)</b>	10:30am – 1pm <b>Pickleball</b>	1:00pm – 3:00pm <b>Open Gym Full Court</b>	5:00pm – 8:00pm <b>Y League Basketball Practices</b>	
5:00pm – 8:00pm <b>Y League Basketball Practices</b>	1:00pm – 3:00pm <b>Open Gym Full Court</b>		3:00pm – 4:50pm <b>Open Gym Half Court</b>			
	3:00pm – 4:50pm <b>Open Gym Half Court</b>		5:00pm – 8:00pm <b>Y League Basketball Practices</b>			
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**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)**