

Danville Family YMCA

July 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 – 9:00am Open Gym	5:00am – 8:00am Open Gym	5:00am – 9:00am Open Gym	5:00am – 8:00am Open Gym	5:00am – 9:00am Open Gym	8:00am – 1:00pm Open Gym	12:00pm – 3:00pm Half Court
9:00am – 10:00am Summer Camp	8:15am – 9:15am Cardio Conditioning	9:00am – 10:15am Summer Camp	8:15am – 9:15am Cardio Conditioning	9:00am – 10:00am Summer Camp	1:00pm – 3:30pm Full Court	3 :00pm – 4:45pm Full Court
10:30am – 11:45am Line Dance	9:30am – 10:30am Open Gym	10:30am – 11:45am Line Dance	9:30am – 10:30am Open Gym	10:00am – 12:45pm Full Court	3:45pm – 5:45pm Half Court	
12:00pm – 3:00pm Open Gym	10:30am – 1:00pm Pickleball	12:00pm – 3:00pm Open Gym	10:30am – 1:00pm Pickleball	12:45pm – 1:30pm Cleaning Open Half Court		
3:30pm – 6:45pm Half Court	1:00pm – 2:00pm Open Gym	3:30 pm – 5:30 pm Half Court	1:00pm – 3:00pm Open Gym	3:00pm – 5:00pm Half Court		
7pm – 8:45pm Full Court	2:00pm – 3:00pm Summer Camp	5:45pm – 6:45pm Line Dance	3:00pm – 6:00pm Half Court	5:00pm – 7:00pm Half Court		
	3:30 pm – 6:30 pm Half Court	7:00pm – 8:45pm Adult Night Basketball <u>(Must Be Member, Must Be at least 18)</u>	6:00m – 8:00pm Full Court	7:00pm – 8:45pm Half Court		
	7 pm – 8:45 pm Full Court					
					Basketball Camp July 20 th – 24 th	
						

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

July 20 - 24 Gym will be **closed** from **8am – 5pm** for Basketball Camp (**Line Dance** & **Pickleball** will still occur)

*The divider can be lowered/raised at any time at staff discretion

(If you have any questions please contact the Sports & Wellness Director Greg Hairston)

This schedule is subject to change