

# Danville Family YMCA

## August 2026 Gym Schedule

| Monday<br>(5a-9:00p)                                                                | Tuesday<br>(5a-9:00p)                                                               | Wednesday<br>(5a-9:00p)                                                                                            | Thursday<br>(5a-9:00p)                                                               | Friday<br>(5a-9:00)                                                                   | Saturday<br>(8a-6p)                                                                   | Sunday<br>(12p-5p)                                                                    |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 5:00am – 10am<br>Open Gym                                                           | 5:00am – 8am<br>Open Gym                                                            | 5:00am – 10am<br>Open Gym                                                                                          | 5:00am – 8am<br>Open Gym                                                             | 5:00am – 12:00pm<br>Open Gym                                                          | 8:00am – 12:00pm<br>Open Gym                                                          | 12:00pm – 3:20pm<br>Open Gym<br>Half Court                                            |
| 10:30am – 11:45am<br>Line Dance                                                     | 8:15am – 9:15am<br>Cardio Conditioning                                              | 10:30am – 11:45am<br>Line Dance                                                                                    | 8:15am – 9:15am<br>Cardio Conditioning                                               | 12:00pm – 3:00pm<br>Open Gym<br>Full Court                                            | 12:00pm – 3:00pm<br>Open Gym<br>Full Court                                            | 3:30pm – 4:45pm<br>Open Gym<br>Full Court                                             |
| 12:00pm – 3:00pm<br>Open Gym<br>Full Court                                          | 9:30am- 10:15am<br>Open Gym                                                         | 12:00pm – 5:45pm<br>Open Gym                                                                                       | 9:30am- 10:15am<br>Open Gym                                                          | 3:00pm – 6pm<br>Open Gym<br>Half Court                                                | 3:00pm – 5:45pm<br>Open Gym<br>Half Court                                             |                                                                                       |
| 3:00pm – 6:00pm<br>Open Gym<br>Half Court                                           | 10:30am – 1pm<br>Pickleball                                                         | 5:45pm – 7:00pm<br>Line Dance                                                                                      | 10:30am – 1pm<br>Pickleball                                                          | 6:00pm – 8:45pm<br>Open Gym                                                           |                                                                                       |                                                                                       |
| 6:00pm – 8:45pm<br>Open Gym                                                         | 1:00pm – 3:00pm<br>Open Gym<br>Full Court                                           | 7:00pm-8:45pm<br><u>Adult Night</u><br><u>Basketball</u><br><u>(Must Be Member,</u><br><u>Must Be at least 18)</u> | 1:00pm – 3:00pm<br>Open Gym<br>Full Court                                            |                                                                                       |                                                                                       |                                                                                       |
|                                                                                     | 3:00pm – 6:00pm<br>Open Gym<br>Half Court                                           |                                                                                                                    | 3:00pm – 6:00pm<br>Open Gym<br>Half Court                                            |                                                                                       |                                                                                       |                                                                                       |
|                                                                                     | 6:00pm – 8:45pm<br>Open Gym                                                         |                                                                                                                    | 6:00pm – 8:45pm<br>Open Gym                                                          |                                                                                       |                                                                                       |                                                                                       |
|  |  |                                 |  |  |  |  |

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

\*The half-court 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.