

YMCA GYM SCHEDULE

2010

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Y open at 6	Y Open at 8
6:00							
6:30							
7:00							
7:30							
8:00							
8:30	Headstart UPK Headstart	OPEN GYM	Headstart UPK Headstart	OPEN GYM	Headstart UPK Headstart	Climbing Wall 1/2 Gym	OPEN GYM
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	12 to 1:30 Noon Ball	OPEN GYM	12 to 1:30 Noon Ball	12 to 1:30 40+ Noon Ball	12 to 1:30 Noon Ball	OPEN GYM	OPEN GYM
12:00							
12:30							
1:00							
1:30							
2:00							
2:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Y close at 4
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	Stingers 1/2	Stingers 1/2	Stingers 1/2	Stingers 1/2	OPEN GYM	OPEN GYM	Y closes at 8
6:00							
6:30							
7:00							
7:30							
8:00							
8:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
9:00							
9:30							

YMCA CLOSSES 9:30

Times subject to change

When full court is listed, gym is closed.

When 1/2 Gym is used, other half is open gym.

Call in advance for correct daily gym times.



4/10/2010

607-756-2893

www.cortlandymca.org