

YMCA POOL SCHEDULE

Effective 9/20/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																																	
5:00AM	YMCA Closed					Pool Closed	YMCA Closed	5:00AM																																																
5:30	<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>							Masters 7am-8am	5:30																																															
6:00						<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Swim Team 8AM-10AM	6:00																																												
6:30												<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Lap Swim 8AM-10AM	6:30																																						
7:00																		<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Group Lessons	7:00																																
7:30																								<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Open Swim & 2 Lap Lanes 11:15AM-2PM	7:30																										
8:00																														<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Open Swim & 2 Lap Lanes 1PM-4PM	8:00																				
8:30																																				<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Open Swim & 2 Lap Lanes 1PM-4PM	8:30														
9:00																																										<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Open Swim & 2 Lap Lanes 1PM-4PM	9:00								
9:30																																																<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>					Open Swim & 2 Lap Lanes 1PM-4PM	9:30		
10:00																																																						Deep Water Aerobics	Water Aerobics	Deep Water Aerobics
10:30	Deep Water Aerobics	Water Aerobics	Deep Water Aerobics	Water Aerobics	Deep Water Aerobics																																																	Open Swim & 2 Lap Lanes 11:15AM-2PM	Group Lessons	10:30
11:00	<p style="text-align: center;">Lap Swim Mon-Fri 11AM-1PM</p>					Open Swim & 2 Lap Lanes 11:15AM-2PM	Open Swim & 2 Lap Lanes 10AM-2PM	11:00																																																
11:30	<p style="text-align: center;">Lap Swim Mon-Fri 11AM-1PM</p>							Open Swim & 2 Lap Lanes 11:15AM-2PM	Open Swim & 2 Lap Lanes 10AM-2PM	11:30																																														
12:00PM	<p style="text-align: center;">Lap Swim Mon-Fri 11AM-1PM</p>					Open Swim & 2 Lap Lanes 11:15AM-2PM	Open Swim & 2 Lap Lanes 10AM-2PM			12:00PM																																														
12:30	<p style="text-align: center;">Lap Swim Mon-Fri 11AM-1PM</p>							Open Swim & 2 Lap Lanes 11:15AM-2PM	Open Swim & 2 Lap Lanes 10AM-2PM	12:30																																														
1:00	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons			1:00																																														
1:30								Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons	1:30																																									
2:00	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons								2:00																																									
2:30								Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons	2:30																																									
3:00	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons								3:00																																									
3:30								Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons	3:30																																									
4:00	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4:30PM	Open Swim & 2 Lap Lanes 1PM-4PM	Open Swim & 2 Lap Lanes 1PM-4PM	Pool Closed	Group Lessons								4:00																																									
4:30								Pre-Team	Group Lessons	Pre-Team Masters 2 lanes 5-6	Group Lessons	HealthyNow & Open Swim 4PM-5:30PM	<p style="text-align: center;">YMCA Closed</p>	<p style="text-align: center;">YMCA Closed</p>	4:30																																									
5:00	Swim Team Mon-Thurs 5-7:30					<p style="text-align: center;">YMCA Closed</p>	<p style="text-align: center;">YMCA Closed</p>	5:00																																																
5:30	Swim Team Mon-Thurs 5-7:30							<p style="text-align: center;">YMCA Closed</p>	<p style="text-align: center;">YMCA Closed</p>	5:30																																														
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The McDonald Pool closes 30 minutes before the YMCA closes.

Highlighted programs require registration to participate. To inquire about registration for programs, email aquatics@cortlandymca.org

YMCA POOL RULES

1. Proper swim attire required
2. Walk on pool deck
3. NO HORSEPLAY
4. Children 5 and under must have an adult in the water
5. Children 8 and under must be supervised by an adult
6. Non-swimmers must have an adult in the water
7. NO INFLATABLE FLOATIES

YMCA Hours:

Monday – Thursday: 5:30 AM – 8 PM Friday: 5:30 AM – 6:30 PM
 Saturday: 6:30 AM – 4 PM Sunday: 8 AM – 4 PM