



# Cortland County Family YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CORTLAND YMCA GYM SCHEDULE

Effective 10/28/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM	YMCA opens at 5:30AM					YMCA opens at 6:30AM	YMCA opens at 8:00AM	5:00AM
5:30	Open Gym 5:30am-9am	Open Gym 5:30 am-12pm	Open Gym 5:50am-9am	Open Gym 5:30am-12pm	Open Gym 5:30am-9am	Open Gym 6:30am-4pm	Open Gym 8am-12:30 pm	5:30
6:00								6:00
6:30								6:30
7:00								7:00
7:30								7:30
8:00								8:00
8:30								8:30
9:00								Pickleball (beginners) 9-3
9:30	9:30							
10:00	10:00							
10:30	10:30							
11:00	11:00							
11:30	11:30							
12:00PM	12:00PM							
12:30	Open Gym 3 pm – 8pm	Open Gym 3 pm – 8pm	Soccer 5pm-6:15pm	Sports 5pm-6:15pm	Open Gym 3pm-5pm	Open Gym 3pm-6:30pm	Open Gym 1:45pm-4pm	
1:00								1:00
1:30								1:30
2:00								2:00
2:30								2:30
3:00								3:00
3:30								3:30
4:00								Open Gym 3 pm – 8pm
4:30	4:30							
5:00	5:00							
5:30	5:30							
6:00	6:00							
6:30	6:30							
7:00	7:00							
7:30	7:30							
8:00	YMCA closes at 8:00PM							8:00
8:30								8:30

Highlighted programs require registration to participate. to inquire about registration for programs, email [programs@cortlandymca.org](mailto:programs@cortlandymca.org)

### 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