

Cortland County Family YMCA

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

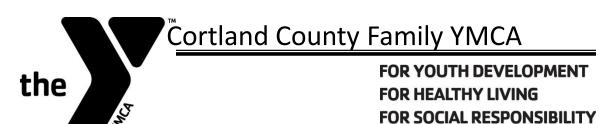
CORTLAND YMCA GYM SCHEDULE

Effective 2/1/2025								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM	YMCA opens at 5:30AM					YMCA		5:00AM
5:30						opens at	YMCA	5:30
6:00	Open				Open	6:30AM	opens	6:00
6:30	Gym		Open		-		at	6:30
7:00	5:30am-	Open	•		Gym		8:00AM	7:00
7:30	9am	-	Gym	Open	5:30am-			7:30
8:00	Saili	Gym	5:30am-	Gym	9am			8:00
8:30		5:30 am-	9am	5:30am-			Open	8:30
		12pm		12pm		Open	Gym	
9:00			Pickleball			•	8am-	9:00
9:30			9am-3pm			Gym	12:30 pm	9:30
10:00	Pickleball				Pickleball	6:30am-	12.50 pm	10:00
10:30	9am-12pm				9-3pm	4pm		10:30
11:00								11:00
11:30	5:	5:		<u> </u>				11:30
12:00P	Pickleball	Pickleball		Pickleball			5 1 11 11	12:00PM
12:30	Beginners	12pm-		12pm-			Basketball	12:30
1:00 1:30	12pm- 3pm	3pm		3pm			12:30 pm- 1:45pm	1:00 1:30
2:00	Эртт						Open	2:00
2:30							Gym	2:30
2.00							1:45pm-	2.00
3:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		4pm	3:00
3:30	3pm-8pm	3pm-8pm	3-4	3pm-5pm	3pm-		·	3:30
4:00	5p 5p	5p 5p	Run Club	Sp Sp	6:30pm			4:00
4:30			4pm-5pm					4:30
5:00			Soccer	Sports		YMCA		5:00
5:30			5pm-	5pm-				5:30
6:00			6:15pm	6:15pm		Closes		6:00
6:30			Open Gym	Open Gym	YMCA	Closes		6:30
7:00			6:15pm-	6:15pm-	Closes	ot		7:00
7:30			8pm	8pm	at	at		7:30
					6:30PM	1.0		
8:00	YN	1CA close	es at 8:00P	0.001 11	4:00PM		8:00	

Highlighted programs require registration to participate, to inquire about registration for programs, email 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



YMCA Hours: