



# 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 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 5:30am-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 9am-12pm	Pickleball 12pm-3pm	Pickleball 9am-3pm	Pickleball 12pm-3pm	Pickleball 9-3pm	Open Gym 6:30am-4pm	Open Gym 8am-12:30 pm	9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00								11:00
11:30	11:30							
12:00P	Pickleball Beginners 12pm-3pm	Pickleball 12pm-3pm	Pickleball 12pm-3pm	Pickleball 12pm-3pm	Pickleball 9-3pm	Open Gym 6:30am-4pm	Open Gym 8am-12:30 pm	12:00PM
12:30								12:30
1:00								1:00
1:30								1:30
2:00								2:00
2:30	2:30							
3:00	Open Gym 3pm-8pm	Open Gym 3pm-8pm	Open Gym 3-4	Open Gym 3pm-5pm	Open Gym 3pm-6:30pm	Open Gym 6:30am-4pm	Open Gym 8am-12:30 pm	3:00
3:30								3:30
4:00			4:00					
4:30			4:30					
5:00			5:00					
5:30			5:30					
6:00			6:00					
6:30	6:30							
7:00	Open Gym 6:15pm-8pm	Open Gym 6:15pm-8pm	Open Gym 6:15pm-8pm	Open Gym 6:15pm-8pm	Open Gym 6:15pm-8pm	Open Gym 6:30am-4pm	Open Gym 8am-12:30 pm	7:00
7:30								7:30
8:00	YMCA closes at 8:00PM					YMCA Closes at 6:30PM	YMCA Closes at 4:00PM	8:00

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



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