

YMCA POOL SCHEDULE

Effective 3/26/2025

	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						6:00								
6:30						6:30								
7:00						7:00								
7:30						7:30								
8:00						8:00								
8:30						8:30								
9:00						9:00								
9:30						9:30								
10:00						Deep Water Aerobics	Water Aerobics		Deep Water Aerobics	Water Aerobics	Deep Water Aerobics	Group Lessons	Open Swim & 2 Lap Lanes 10AM- 2PM	10:00
10:30	<p style="text-align: center;">Lap Swim Mon-Fri 11AM-1PM</p>					Open Swim & 2 Lap Lanes 11:15AM- 2PM	10:30							
11:00							11:00							
11:30							11:30							
12:00PM							12:00PM							
12:30							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							1:30							
2:00							2:00							
2:30							2:30							
3:00							3:00							
3:30	3:30													
4:00	4:00													
4:30	Pre-Team	Group Lessons	Pre-Team	Group Lessons	HealthyNow & Open Swim 4PM-6PM	<p style="text-align: center;">YMCA Closed</p>	Pool Closed	4:00						
4:30	4:30													
5:00	Open Swim & 2 Lap Lanes 5PM-7:30PM	Masters 5PM-6PM	Open Swim and 2 Lap Lanes 5PM- 7:30PM	Pool Closed	5:00									
5:30		5:30												
6:00		6:00												
6:30		6:30												
7:00	7:00													
7:30	7:30													
8:00PM	Pool Closed							YMCA Closed	YMCA Closed	7:30				
8:00PM	YMCA Closed									8:00PM				

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

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Monday – Thursday: 5:30 AM – 8 PM Friday: 5:30 AM – 6:30 PM
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