



# Cortland County Family YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CORTLAND YMCA GYM SCHEDULE

Effective 6/30/2025

|        | Monday                               | Tuesday                 | Wednesday               | Thursday               | Friday                  | Saturday              | Sunday               |                        |                      |                        |                      |                        |       |
|--------|--------------------------------------|-------------------------|-------------------------|------------------------|-------------------------|-----------------------|----------------------|------------------------|----------------------|------------------------|----------------------|------------------------|-------|
| 5:00AM | YMCA opens at 5:30AM                 |                         |                         |                        |                         | YMCA opens at 7:00AM  | YMCA opens at 8:00AM | 5:00AM                 |                      |                        |                      |                        |       |
| 5:30   | Open Gym<br>5:30am-9am               | Open Gym<br>5:30 am-9am | Open Gym<br>5:30am-9am  | Open Gym<br>5:30am-9am | Open Gym<br>5:30am-9am  | Open Gym<br>7am-4pm   |                      | 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   | Closed                               | For                     | Day                     | Camp                   | 9-10                    |                       | Open Gym<br>8am-12pm | 9:00                   |                      |                        |                      |                        |       |
| 9:30   | Pickleball<br>Beginners<br>10am-12pm | Open Gym<br>10am-12pm   | Pickleball<br>10am-12pm | Open Gym<br>10am-12pm  | Pickleball<br>10am-12pm |                       |                      | 9:30                   |                      |                        |                      |                        |       |
| 10:00  |                                      |                         |                         |                        |                         |                       |                      | 10:00                  |                      |                        |                      |                        |       |
| 10:30  |                                      |                         |                         |                        |                         |                       |                      | 10:30                  |                      |                        |                      |                        |       |
| 11:00  |                                      |                         |                         |                        |                         |                       |                      | 11:00                  |                      |                        |                      |                        |       |
| 11:30  |                                      |                         |                         |                        |                         |                       |                      | 11:30                  |                      |                        |                      |                        |       |
| 12:00P |                                      |                         |                         |                        |                         |                       |                      | 12:00PM                |                      |                        |                      |                        |       |
| 12:30  |                                      |                         |                         |                        |                         |                       | 12pm-2pm             | Pickleball<br>12pm-2pm | Open Gym<br>12pm-2pm | Pickleball<br>12pm-2pm | Open Gym<br>12pm-2pm | YMCA closes at 12:00pm | 12:30 |
| 1:00   | 1:00                                 |                         |                         |                        |                         |                       |                      |                        |                      |                        |                      |                        |       |
| 1:30   | 1:30                                 |                         |                         |                        |                         |                       |                      |                        |                      |                        |                      |                        |       |
| 2:00   | Closed                               | For                     | Day                     | Camp                   | 2-3                     |                       |                      |                        |                      |                        |                      |                        | 2:00  |
| 2:30   | Open Gym<br>3pm-8pm                  | Open Gym<br>3pm-8pm     | Open Gym<br>3pm-8pm     | Open Gym<br>3pm-8pm    | Open Gym<br>3pm-6:30pm  |                       |                      |                        |                      |                        |                      |                        | 2:30  |
| 3:00   |                                      |                         |                         |                        |                         |                       |                      |                        |                      |                        |                      |                        | 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   |                                      |                         |                         |                        |                         | 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: 7 AM – 4 PM    Sunday: 8 AM – 12 PM



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Saturday: 7 AM – 4 PM                      Sunday: 8 AM – 12 PM