**Cortland County Family YMCA** 

the

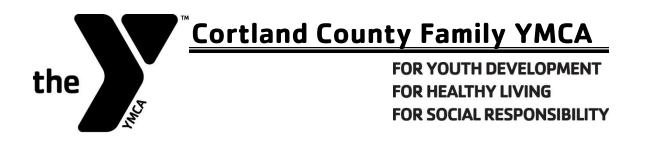
FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

CORTLAND YMCA GYM SCHEDULE								
Effective 6/30/2025								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM		YMC	A opens at 5:3	OAM		YMCA	YMCA	5:00AM
5:30						opens at		5:30
6:00	Open				Open	7:00AM	opens	6:00
6:30	Gym		Open		Gym		at	6:30
7:00 7:30	5:30am-	Open	Gym	-	5:30am-		8:00AM	7:00 7:30
8:00	9am	Gym	5:30am-	Open	5:30am- 9am			7:30 8:00
8:00		-		Gym	9811			8:00
0.30		5:30 am- 9am	9am	5:30am-			Open	0.30
		98111		9am		Open	Gym	
9:00	Closed	For	Day	Camp	9-10	•	8am-	9:00
9:30			-			Gym	12pm	9:30
10:00	Pickleball	Open Gym	Pickleball	Open Gym	Pickleball	7am-	12011	10:00
10:30	Beginners	10am-	10am-12pm	10am-	10am-	4pm		10:30
11:00	10am-	12pm		12pm	12pm			11:00
11:30	12pm							11:30
12:00P	Pickleball	Pickleball	Open Gym	Pickleball	Open Gym			12:00PM
12:30		12pm-	12pm-2pm	12pm-2pm	12pm-		YMCA	12:30
1:00	12pm-	2pm			2pm		closes at	1:00
1:30	2pm						12:00pm	1:30
2:00	Closed	For	Day	Camp	2-3			2:00
2:30			•					2:30
3:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			3:00
3:30	3pm-8pm	3pm-8pm	3pm-8pm	3pm-8pm	3pm-			3:30
4:00					6:30pm			4:00
4:30						YMCA		4:30
5:00						Closes		5:00
5:30						at		5:30
6:00						4:00pm		6:00
6:30					YMCA			6:30
7:00					Closes			7:00
7:30					at			7:30
8:00 YMCA closes at 8:00PM					6:30PM			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: 7 AM – 4 PM Sunday: 8 AM – 12 PM



## 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