



Cortland County Family YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CORTLAND YMCA GYM SCHEDULE

Effective 3/23/2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00	YMCA opens at 5:30AM					YMCA opens at 7:00AM	YMCA opens at 8:00AM	5:00AM		
5:30	Open Gym 5:30am-8:00am	Open Gym 5:30 am-12pm	Open Gym 5:30am-8am	Open Gym 5:30am-12pm	Open Gym 5:30am-8:00am	Open Gym		5:30		
6:00								6:00		
6:30			6:30							
7:00			7:00							
7:30								7:30		
8:00	Beginner Pickleball 8-10:30	5:30 am-12pm	Pickleball 8-10:30		Pickleball 8-10:30	7am-4pm	Open Gym 8am-12:30pm	8:00		
8:30								8:30		
9:00								9:00		
9:30								9:30		
10:00								10:00		
10:30	Enhance Fitness 10:30-12:30		Enhance Fitness 10:30-12:30		Enhance Fitness 10:30-12:30			10:30		
11:00								11:00		
11:30								11:30		
12:00P								12:00PM		
12:30	Pickleball 12:30pm-3pm	Pickleball 12pm-3pm	Open Gym 12:30pm-4:15	Pickleball 12pm-3pm	Open Gym 12:30pm-4:15pm			12:30		
1:00								1:00		
1:30								1:30		
2:00								2:00		
2:30							Crown City Hoops 12:30-3 (1/4/26)	2:30		
3:00	Open Gym 3pm- 4:15			Open Gym 3pm-4pm			Open Gym 3pm-4pm	3:00		
3:30								3:30		
4:00	4:15-5 ½ gym for childcare				½ gym for childcare	YMCA Closes at 4:00pm	YMCA closes at 4:00pm	4:00		
4:30				4:30						
5:00		Crown City Hoops 5-8	Open Gym	Crown City Hoops 5-8	Open Gym			5:00		
5:30								5:30		
6:00	Sports of All Sorts				Basketball 6-7					6:00
6:30										6:30
7:00					YMCA Closes at 6:30PM			7:00		
7:30							7:30			
8:00	YMCA closes at 8:00PM							8:00		

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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