



Cortland County Family YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORTLAND YMCA GYM SCHEDULE

Effective 6/29/2026

	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-9:00am					Open Gym 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	½ of gymnasium reserved for camp ½ open 9-11						Open Gym 8am-11am	9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00	Enhance Fitness 10:30-12:30	Open Gym 11-12	Enhance Fitness 10:30-12:30	Open Gym 11-12	Enhance Fitness 10:30-12:30			Mosquito Sports
11:30								11:30
12:00P						YMCA closes at 12:00pm	12:00PM	
12:30	Pickleball 12:30pm-3pm	Pickleball 12pm-3pm	Open Gym	Pickleball 12pm-3pm	Open Gym 12:30pm-4:30pm		12:30	
1:00								1:00
1:30								1:30
2:00								2:00
2:30							2:30	
3:00	Open Gym 3-4:30			Open Gym 3pm-4pm			3:00	
3:30							3:30	
4:00				Run Club			4:00	
4:30	Gym Closed for Summer Camp				Gym closed	YMCA Closes at 4:00pm	4:30	
5:00								5:00
5:30								
6:00	Pickleball 101	Open Gym 6-8					6:00	
6:30								6:30
7:00							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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