



Cortland County Family YMCA

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

CORTLAND YMCA GYM SCHEDULE

Effective 6/1/2026

	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	Pickleball 8-10:30	Enhance Fitness 10:30-12:30	Pickleball 8-10:30	7am-10am	Open Gym 8am-11am	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	Soccer Skills 10-11:45	Mosquito Sports	10:30		
11:00						11:00		
11:30	11:30							
12:00P	Pickleball 12:30pm-3pm	Pickleball 12pm-3pm	Open Gym 12:30pm-4:15	Pickleball 12pm-3pm	Open Gym 12:30pm-4:15pm	Open Gym 12pm-4pm	12:00PM	
12:30							12:30	
1:00	1:00							
1:30	1:30							
2:00	2:00							
2:30	2:30							
3:00	Open Gym 3pm- 4:15		Open Gym 3pm-4pm	YMCA closes at 12:00pm	3:00			
3:30	3:30							
4:00	4:15-5 ½ gym for childcare		Run Club	½ gym for childcare	YMCA Closes at 4:00pm	4:00		
4:30	4:30							
5:00	Pickleball 101	Open Gym 5:00pm- 8:00pm	Open Gym	Open Gym		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					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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