



Cortland County Family YMCA

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

CORTLAND YMCA GYM SCHEDULE

Effective 9/5/2026

	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-10:30am					Open Gym 7am-4pm		5:30			
6:00								6:00			
6:30								6:30			
7:00								7:00			
7:30							7:30				
8:00							Open Gym 8am-12 pm	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	Open Gym 10:30-12	Enhance Fitness 10:30-12:30	Open Gym 10:30-12	Enhance Fitness 10:30-12:30	10:30					
11:00						11:00					
11:30						11:30					
12:00P						12:00P					
12:30	Pickleball 12:30pm-3pm	Pickleball 12pm-3pm	Open Gym	Pickleball 12pm-3pm	Open Gym 12:30pm-4:00pm	YMCA closes at 12:00pm	12:30				
1:00							1:00				
1:30							1:30				
2:00							2:00				
2:30							2:30				
3:00							Open Gym 3:00-4:00				
3:30	3:30										
4:00	Gym Closed for After School 4-5pm					YMCA Closes at 4:00pm	4:00				
4:30							4:30				
5:00	Open Gym 5-8pm	Open Gym 5-8pm	Open Gym 5-8pm	Open Gym 5-8 pm	Open Gym 5-6:30pm		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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