



Cortland County Family YMCA

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

CORTLAND YMCA GYM SCHEDULE

Effective 8/19/2026

	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	Summer Camp 9-11								Open Gym 8am- 12 pm	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		Open Gym 11-12		Open Gym 11-12		11:00				
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						3:00			
3:30							3:30			
4:00							4:00			
4:30	Gym Closed for Summer Camp				Gym closed		YMCA Closes at 4:00pm	4:30		
5:00						5:00				
5:30						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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