Cortland County Family YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORTLAND YMCA GYM SCHEDULE

Effective 11/3/2026

	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-12pm	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		Pickleball 12pm-3pm		Pickleball 12pm-3pm			Mosquito sports	12:00P
12:30	Pickleball 12:30pm-3pm		Open Gym		Open Gym 12:30pm-4:00pm			12:30
1:00							Open Gym 1pm-4pm	1:00
1:30								1:30
2:00								2:00
2:30								2:30
3:00	Open Gym 3:00-4:00							3:00
3:30								3:30
4:00	Gym Closed for After School 4-5pm					YMCA Closes at 4:00pm		4:00
4:30								
5:00	Open Gym 5-8pm	Open Gym	Open Gym 5-8pm	Open Gym	Open Gym			
5:30		Closed for Basketball Practice		Closed for Basketball Practice	Soccer 5:30-6:15			
6:00								
6:30					YMCA Closes at 6:30			
7:00		Open Gym		Open Gym				
7:30								
8:00	**YMCA closes at 8:00PM**							

YMCA Hours:

Monday – Thursday: 5:30 AM – 8 PM Friday: 5:30 AM – 6:30 PM
Saturday: 7 AM – 4 PM Sunday: 8 AM – 4 PM

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Saturday: 7 AM – 4 PM Sunday: 8 AM – 4 PM