

YMCA GYM SCHEDULE

2010

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN													
5:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Y open at 6	Y Open at 8 8a.m.-10a.m. Ballers 1/2 gym													
6:00																				
6:30																				
7:00																				
7:30																				
8:00																				
8:30	Headstart UPK Headstart	Toddler Tuesday	Headstart UPK Headstart	OPEN GYM	Headstart UPK Headstart	Knee-High Basketball	FULL COURT 10a.m. - 12 p.m.													
9:00																				
9:30																				
10:00																				
10:30																				
11:00																				
11:30																				
12:00		12 to 1:30				OPEN GYM		12 to 1:30	12 to 1:30	12 to 1:30	Ballers	1/2 Gym Shockers 12 to 2p.m. Open Wall 1/2 gym open 2 to 4 Y close at 4								
12:30		Noon Ball						Noon Ball	40+ Noon Ball	Noon Ball	1/2 Gym									
1:00		OPEN GYM						OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		Ballers							
1:30													OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Full Court			
2:00	OPEN GYM		OPEN GYM	OPEN GYM	OPEN GYM		Possible Games													
2:30							OPEN GYM										OPEN GYM	OPEN GYM	OPEN GYM	2-4 PM
3:00																				OPEN GYM
3:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM													
4:00								Climbing Wall	OPEN GYM	Modified B-Ball	OPEN GYM		Modified B-Ball	Climbing Wall						
4:30	1/2 Gym	4:30 to 6:30 PM	4:30 to 6:30 PM	1/2 Gym																
5:00	Master's Ball	League Ball	Ballers 1/2 Gym Ballers Full Court 7:30-9:00 OPEN	League Ball	Youth Group or FFN 6:30-8:30 OPEN		OPEN GYM	Y closes at 8												
5:30						OPEN			OPEN GYM	OPEN GYM	OPEN GYM									
6:00						OPEN GYM			OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM							
6:30																				
7:00																				
7:30																				
8:00																				
8:30																				
9:00																				
9:30																				

YMCA CLOSSES 9:30

Times subject to change

When full court is listed, gym is closed.

When 1/2 Gym is used, other half is open gym.

Call in advance for correct daily gym times.



2/19/2010

607-756-2893

www.cortlandymca.org