

YMCA GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30						Y open at 6	
6:00							
6:30							
7:00							
7:30							Y Open at 8
8:00						Knee High	
8:30							B-Ball 8:00 AM 10:30 AM
9:00	Headstart UPK Headstart	OPEN GYM	Headstart UPK Headstart	OPEN GYM	Headstart UPK Headstart		
9:30							
10:00							
10:30							
11:00						Toddler Play	
11:30							
12:00	12 to 2:00	Masters Noon Ball 35+	12 to 2:00	Masters Noon Ball 35+	12 to 2:00	OPEN GYM	OPEN GYM
12:30	Noon Ball						
1:00							
1:30							
2:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
2:30							
3:00							
3:30	CHS CHEERLEADERS 1/2 GYM						
4:00							
4:30							
5:00	OPEN GYM	Climbing 5-6 PM	Modified B-Ball 4-6PM	OPEN GYM	Modified B-Ball 4-6PM	4-6 PM CLOSED	
5:30							
6:00		Ballers/ Shockers Practice 6-8 PM	ZUMBA DANCE 6:00-7:00	OPEN League Basketball 6-9 PM	Youth Group FFN	Y closes at 6	
6:30	Master's Ball League Play 6-9 PM						
7:00							
7:30							
8:00		Open	Ballers/ Shockers Practice 7-9 PM				
8:30							
9:00							
9:30			Open				

YMCA CLOSSES 9:30

Gym Schedule subject to change without notice.
Call in advance to confirm times



www.cortlandymca.org

607-756-2893