

# YMCA GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN		
5:30						Y open at 6			
6:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		Y Open at 8		
6:30									
7:00									
7:30									
8:00									
8:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
9:00									
9:30									
10:00									
10:30									
11:00	UPK Headstart	UPK Headstart	UPK Headstart	UPK Headstart	UPK Headstart	Youth Basketball  8-Noon	OPEN GYM		
11:30									
12:00	OPEN GYM	Noon Ball 12-1:30	OPEN GYM	Noon Ball 12-1:30	Noon Ball 12-1:30			OPEN GYM	OPEN GYM
12:30									
1:00									
1:30									
2:00									
2:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
3:00									
3:30									
4:00									
4:30									
5:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	McGraw Soccer	OPEN GYM	OPEN GYM		
5:30									
6:00									
6:30									
7:00									
7:30	Master's Ball 6:30 to 9:30 PM	Open Ball  6-9 PM	OPEN GYM	Open Ball  6-9 PM	OPEN GYM	OPEN GYM	OPEN GYM		
8:00									
8:30									
9:00									
9:30									

**YMCA CLOSSES 9:30**

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



updated 12/29/17

[www.cortlandymca.org](http://www.cortlandymca.org)

607-756-2893

