



May 18th–31st 2023 Open Gym Schedule

Monday

6am–9:00am

12:15pm–5pm

6:30pm–8:45pm

Tuesday

6am–8:15am

10:45am–4pm*

6:30pm–8:45pm

Wednesday

6am–10:45am

12:15pm–5pm

6:30pm–8:45pm

BASKETBALL



Due to YMCA programs, weather emergencies & special events, times may vary.

Call to confirm 315-342-6082

**NO OPEN GYM
05/23**

Thursday

6am–8:15am

10:45am–4pm

6:30pm–8:45pm

Friday

6am–8:15am

12:15pm–8:45pm

Saturday

10:45pm–5:45pm

Sunday

12:15pm–4:45pm

PICKLEBALL

Monday Wednesday Friday

8am–11am

Tuesday

6:30pm–8:30pm

Saturday

10:30am–12:30pm

Beginners Only

MWF 12pm–2pm