



September 2023 Open Gym Schedule

Monday

6am-9:15am

12:15pm-5pm

6:30pm-8:45pm

Tuesday

6am-8:15am

10:45am-5pm

6:30pm-8:45pm

Wednesday

6am-8:15am

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(0)

Thursday

6am-8:15am

10:45am-5pm

6:30pm-8:45pm

Friday

6am-8:30am

12:15pm-8:45pm

Saturday

8am-9:15am

10:45am-3:45pm

Sunday

8am-1:45pm

PICKLEBALL

Monday Wednesday Friday

9:15am-11:15am

Tuesday & Thursday

2pm-5pm

Saturday

8:30am-12:30pm



Official Healthcare Sponsor