



YMCA OF MIDDLETOWN GYM SCHEDULE

April 17th, 2017– June 18th, 2017

YMCA OF MIDDLETOWN
81 Highland Ave
Middletown, NY 10940
845 344 9622
www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-10:00am Open Gym	5:30am-9:00am Open Gym	5:30am-10:00am Open Gym	5:30am-9:00am Open Gym	5:30am-5:15pm Open Gym	7:00am-8:45am Open Gym	8:00am-9:00am Open Gym
10:00-11:00am Red Ball Tennis	9:00am-10:00am Zumba	10:00-11:00am Red Ball Tennis	9:00am-10:00am Zumba			
11:00am-5:15pm Open Gym	10:00am-4:15pm Open Gym	11:00am-5:15pm Open Gym	10:00am-1:30pm Open Gym			
	4:30pm-5:30pm 1/2 Open Gym		1:45pm-2:30pm 1/2 Open Gym			
7:30pm-9:45pm Adult Open Basketball (members only)		4:30pm-5:30pm 1/2 Open Gym	5:30pm-6:30pm Boot Camp	2:30pm-4:45pm Open Gym		
	7:45pm-9:45pm Adult Open Basketball (members only)					

Open Gym:

The gym is open to members ages 13 & older unless accompanied by an adult.

Please note:

The gymnasium may be closed at times for special events, signs will be posted.

Lyons Sports and Fitness Center

April 24th, 2017– June 18th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00pm-4:30pm Family Fun Time	3:00pm-4:30pm Family Fun Time	3:00pm-4:30pm Family Fun Time	Programs	3:00pm-4:30pm Family Fun Time	1:30pm-4:00pm Family Fun Time	9:00am-11:00am Family Fun Time
					4:30pm-6:30pm *Parties	11:00am-1:00 *Parties
						2:00pm-5:30pm Family Fun Time

Family Fun Time:

The gym is open to Family Members with adults and children ages 12 and under. Children must be accompanied by an adult.

***Book Birthday Parties at the Lyons Sports and Fitness Center**

Contact Kevin Dorelus at (845) 395-1021 or kdorelus@middletownymca.org

Please note:

The "Lyons Den" may be closed at times for special event, signs will be posted. To sign up for programs in the Gymnasium or Lyons Sport and Fitness Center, please see the Welcome Center.