



# 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 <b>Open Gym</b>	5:30am-9:00am <b>Open Gym</b>	5:30am-10:00am <b>Open Gym</b>	5:30am-9:00am <b>Open Gym</b>	5:30am-5:15pm <b>Open Gym</b>	7:00am-8:45am <b>Open Gym</b>	8:00am-9:00am <b>Open Gym</b>
10:00-11:00am <b>Red Ball Tennis</b>	9:00am-10:00am <b>Zumba</b>	10:00-11:00am <b>Red Ball Tennis</b>	9:00am-10:00am <b>Zumba</b>			
11:00am-5:15pm <b>Open Gym</b>	10:00am-4:15pm <b>Open Gym</b>	11:00am-5:15pm <b>Open Gym</b>	10:00am-1:30pm <b>Open Gym</b>			
	4:30pm-5:30pm <b>1/2 Open Gym</b>		1:45pm-2:30pm <b>1/2 Open Gym</b>			
7:30pm-9:45pm <b>Adult Open Basketball (members only)</b>	7:45pm-9:45pm <b>Adult Open Volleyball</b>	7:45pm-9:45pm <b>Adult Open Basketball (members only)</b>	7:45pm-9:45pm <b>Women's Open Basketball (Age 19 and up)</b>			

**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 17th, 2017– June 18th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00pm-4:30pm <b>Family Fun Time</b>	3:00pm-4:30pm <b>Family Fun Time</b>	3:00pm-4:30pm <b>Family Fun Time</b>	3:00pm-4:30pm <b>Family Fun Time</b>	3:00pm-4:30pm <b>Family Fun Time</b>	1:30pm-4:30pm <b>Family Fun Time</b>	9:00am-11:00am <b>Family Fun Time</b>
						11:00am-1:00 <b>*Parties</b>
						2:00pm-4:30pm <b>Family Fun Time</b>

**Family Fun Time:**

The gym and turf field is open to Family Members with adults and children ages 12 and under. Children must be accompanied by an adult. **Gymnastics is available for programs only.**

**\*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.