



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FITNESS & FUN



**Child Watch & Youth Fitness and Recreation Center  
 YMCA OF MIDDLETOWN**

- Child Watch and YFRC is a benefit of your YMCA Family Membership.
- Children must be signed in to these areas by a parent/guardian who is part of their Family Membership.
- The parent/guardian must remain in the building at all times.
- There is a 2 hour limit per day and areas are subject to close temporarily when capacity is reached based on our staff to child ratio.

	Child Watch	YFRC	
	Ages 3 months –5 years (5 year olds in Preschool)	Ages 5 years –12 years (5 year olds in Kindergarten)	
	Year Round Hours June 25, 2018-June 21, 2019	Summer Hours June 25, 2018-September 1, 2018	School Year Hours September 5, 2018-June 21, 2019
Monday	8:45am-1:00pm 4:15pm-8:00pm	8:45am-1:00pm 4:15pm-8:15pm	4:15pm-8:15pm
Tuesday	8:45am-1:00pm 4:15pm-8:00pm	8:45am-1:00pm 4:15pm-9:15pm	4:15pm-9:15pm
Wednesday	8:45am-1:00pm 4:15pm-8:00pm	8:45am-1:00pm 4:15pm-8:15pm	4:15pm-8:15pm
Thursday	8:45am-1:00pm 4:15pm-8:00pm	8:45am-1:00pm 4:15pm-9:15pm	4:15pm-9:15pm
Friday	8:45am-1:00pm 4:15pm-7:15pm	8:45am-1:00pm 4:45pm-7:15pm	4:45pm-7:15pm
Saturday	8:00am-1:00pm	8:00am-1:00pm	8:00am-1:00pm
Sunday	8:30am-12:45pm	8:30am-12:45pm	8:30am-12:45pm

**Please note:**

YFRC will be open for additional morning hours throughout the school year, when kids have off from school. Dates and times will be posted at the Welcome Center in advance.

**YMCA OF MIDDLETOWN**

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