



YMCA OF MIDDLETOWN

Fall Gym Schedule

September 10th, 2018 – November 18th, 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-10:00am Open Gym	5:00am-9:00am Open Gym	5:00am-10:00am Open Gym	5:00am-9:00am Open Gym			
10:00am-11:00am Half Red Ball Tennis Half Open Gym	9:00am-10:00am Zumba	10:00am-11:00am Half Red Ball Tennis Half Open Gym	9:00am-10:00am Zumba		7:00am-9:45am Open Gym	8:00am-12:00pm Open Gym
11:00am-5:15pm Open Gym	10:15am-12:00pm Pickleball	11:00am-4:30pm Open Gym	10:15am-12:00pm Pickleball	5:00am-7:15pm Open Gym		
	12:00pm-4:15pm Open Gym		12:00pm-4:50pm Open Gym			
	4:15pm-5:00pm Half Open Gym	4:30pm-5:15pm Half Open Gym	5:35pm-6:35pm Boot Camp			
7:30pm-9:45pm Adult Open Basketball (members only)	7:45pm-9:45pm Adult Open Volleyball		8:00pm-9:45pm Adult Open Volleyball			

Open Gym:

The gym is open to members. Members age 12 and under must be 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

September 10th, 2018 – November 18th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00pm-5:30pm Family Fun Time	10:00am-11:25am & 12:00pm-1:30pm Pickleball (Gym Only)	4:30pm-7:30pm Family Fun Time	10:00am-11:25am & 12:00pm-1:30pm Pickleball (Gym Only)	4:30pm-5:30pm Family Fun Time	2:30pm-4:30pm Family Fun Time	8:00am-10:30am Pickleball (Gym Only)
	4:30pm-7:30pm Family Fun Time	7:30pm-9:30pm Pickleball Experienced Players (Gym Only)	5:30pm-7:30pm Family Fun Time			11:00am-1:00pm *Parties
			7:15pm-9:30pm Pickleball (Gym Only)			2:30pm-4:30pm Family Fun Time

Family Fun Time:

The gym and turf field are open to members age 12 and under with a YMCA Family Membership. Children age 12 and under must be accompanied by an adult. **The Gymnastics area is for programs only.**

***To book a Kids Fitness and Fun Birthday Party at the Lyons Sports and Fitness Center or in our Gymnasium** contact Kevin Dorelus or Brittany Binnie at (P) 845-395-1021, (E) kdorelus@middletownymca.org or (E) bbinnie@middletownymca.org.

Please note:

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