



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF MIDDLETOWN
81 Highland Avenue,
Middletown, NY 10940
(P) 845 344 9622
(W) www.middletownymca.org

PRE-REGISTERED PROGRAMS:

Programs in the gray boxes require registration for attendance. For more information, please visit our website or the Welcome Center. **Please note:** The Lyons Sports & Fitness Center and Gymnasium may be closed at times for special events. Signs will be posted.

Summer Gym Schedule						
June 24, 2019 – August 25, 2019						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-10:00am	Open Gym 5:00am-9:00am	Open Gym 5:00am-10:00am	Open Gym 5:00am-9:00am		Open Gym 7:00am-9:00am	Open Gym 8:00am-1:00pm
Half Red Ball Tennis Half Open Gym 10:00am-11:00am	Zumba 9:00am-10:00am	Half Red Ball Tennis Half Open Gym 10:00am-11:00am	Zumba 9:00am-10:00am			
Open Gym 11:00am-5:15pm	Pickleball 10:15am-12:00pm	Open Gym 11:00am-4:30pm	Pickleball 10:15am-12:00pm	Open Gym 5:00am-4:45pm	Youth Soccer Training 9:00am-1:00pm	
	Open Gym 12:00pm-4:15pm	Half Open Gym 4:30pm-5:15pm	Open Gym 12:00pm-4:30pm			
YMCA All-Stars Basketball Practice 5:30pm-7:30pm	Half Open Gym 4:15pm-5:00pm	Kids Fit 6:35pm-7:35pm	Lady Elite Volleyball Practice 5:30pm-7:30pm	Lady Elite Volleyball Practice 5:00pm-6:30pm	Open Gym 1:00pm-6:00pm	Lady Elite Volleyball Practice 1:00pm-5:00pm
Adult Open Basketball (Members Only) 7:30pm-9:45pm	Lady Elite Volleyball Practice 5:00pm-9:30pm	Lady Elite Volleyball Practice 7:35pm-9:30pm	Adult Open Volleyball 7:30pm-9:45pm	YMCA All-Stars Basketball Practice 6:30pm-9:45pm		

Open Gym: The gym is open to members. Members age 12 and under must be accompanied by an adult.

Lyons Sports & Fitness Center					
June 24, 2019 – August 25, 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Camp-All Areas 6:45am-6:00pm	Camp-All Areas 6:45am-6:00pm	Camp-All Areas 6:45am-6:00pm	Camp-All Areas 6:45am-6:00pm	Camp-All Areas 6:45am-6:00pm	Pickleball-Court 8:00am-10:30am
Youth Basketball Training-Court 5:30pm-6:30pm				FFT-All Areas 6:15pm-7:30pm	
Youth Soccer Training-Turf 5:30pm-7:00pm				SATURDAY	
FFT-Gymnastics 6:15pm-7:30pm			FFT-Court 6:15pm-7:00pm	Youth Basketball Training-Court 9:30am-10:30am	**Parties 11:00am-1:00pm
FFT-Court 6:30pm-7:00pm	FFT-Court & Gymnastics 6:15pm-7:30pm	FFT-All Areas 6:15pm-7:30pm	FFT-Turf & Gymnastics 6:15pm-7:30pm	Youth Gymnastics & Tumble-Gymnastics 9:30am-1:15pm	
FFT-Turf 7:00pm-7:30pm	Young Hero-Turf (Teens Only) 6:15pm-7:00pm	YFC-All Areas 6:30pm-7:30pm	Just Kettlebells-Court 7:00pm-7:30pm	Total Body Burn-Turf 10:00am-11:00am	FFT-All Areas 2:30pm-4:30pm
Strength & Stretch-Court 7:00pm-8:00pm	FFT-Turf 7:00pm-7:30pm	Pickleball-Court (Experienced Players Only) 7:30pm-9:30pm	Pickleball-Court 7:30pm-9:30pm	FFT-All Areas 1:30pm-4:30pm	

Family Fun Time (FFT): The gym and turf field are open to members age 12 and under with a YMCA Family Membership. Children ages 12 & under must be accompanied by an adult.

Young Hero: Train like a superhero through various high intensity interval exercises that will improve stamina, endurance, agility and strength.

****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.

Revised 7/22/2019