



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.

Winter II Schedule February 3, 2020 – April 12, 2020

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 5:00am-6:30pm	Open Gym 7:00am-9:00am	Open Gym 8:00am-8:45am	
Half PickleBall Half Open Gym 10:00am-11:00am	Zumba 9:00am-10:00am	Pickleball . Half Open Gym 10:00am-11:00am	Zumba 9:15am-10:00am		Pickleball 10:15am-12:00pm		Soccer 9:00am-1:00pm
Open Gym 11:00am-5:15pm	Pickleball 10:15am-12:00pm	Open Gym 11:00am-5:25pm	Open Gym 12:00pm-4:45pm		Open Gym 12:00pm-4:45pm	Basketball League Ages 6-8 1:00pm-3:00pm	Men's Basketball League 9:00am-2:30pm
	Open Gym 12:00pm-4:45m					Boot Camp 5:35pm-6:35pm	
YMCA All-Stars Basketball Practice 5:30pm-7:30pm	Volleyball Training 5:30pm-7:30pm	Kids Fit 6:35pm-7:35pm	Rock Climbing 5:00pm-5:45pm		YMCA All-Stars Basketball Practice 6:30pm-9:45pm	Open Gym 3:00pm-6:00pm	Open Gym 2:30pm-5:00pm
Adult Open Basketball (Members Only) 7:30pm-9:45pm	Adult Open Volleyball 7:30pm-9:45pm	Open Gym 7:35pm-9:45pm	Adult Open Volleyball 7:30pm-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 February 3, 2020 – April 12, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FFT-Court & Turf 5:00pm-5:30pm	Pickleball (Court Only) 10:00am-11:25am 12:00pm-1:30pm	Flip & Dip 10:00-10:45am	Pickleball (Court Only) 10:00am-11:25am 12:00pm-1:30pm	FFT-All Areas 2nd and 4th Friday 5:00pm-8:00pm	SATURDAY	Pickleball-Court 8:00am-10:30am
Gymnastics 5:00pm-7:45pm		Multi Sports- Court 5:30-6:00pm	Volleyball Training-Court 4:30pm-5:30pm	FFT-Court 5:30pm-7:00pm		
Youth Basketball Training- Court 5:30pm-6:30pm	FFT-Court 5:00pm-8:00pm	Flag Football-Turf 6:30pm-7:30pm	Teen Fit-Turf 6:30pm-7:30pm	Youth Gymnastics & Tumble-Gymnastics 9:30am-1:15pm	Total Body Burn-Turf 10:00am-11:00am	**Parties 11:00am-1:00pm
Soccer Training-Turf 5:30pm-7:00pm		YFC-Court 6:30pm-7:30pm	FFT-Turf & Gymnastics 5:00pm-8:00pm	FFT-Turf 7:00pm-8:00pm		
FFT-Turf 7:00pm-8:00pm	Teen Strength & Endurance-Turf (Teens Only) 5:30pm-6:15pm	FFT-Turf 7:30pm-8:00pm	Pickleball-Court (Experienced Players Only) 7:30pm-9:30pm	Pickleball-Court 7:45pm-9:30pm	Family Fun Game 3:00pm-3:30pm	Family Fun Game 3:00pm-3:30pm
Strength & Stretch-Court 7:00pm-8:00pm	FFT-Turf 6:15pm-8:00pm					

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.

Teen Strength & Endurance (Teens Only): 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 1/20/2020