



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: **RESERVATIONS REQUIRED:**

Programs in dark gray boxes require registration. To register, please visit our website, mobile app or the Welcome Center.
Programs in light gray boxes require a reservation.

[MAKE A RESERVATION HERE](#) for Hoop Shoot [MAKE A RESERVATION HERE](#) for Group Fitness Classes

| Winter I Session January 11th, 2021 – March 7th, 2021 | | | | | | |
|--|---|-------------------------------------|---|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Stacked 8:30-9:15 | Zumba 9:15am-10:00am | Boot Camp 10:00am-10:45am | Core and Cardio 9:00am-10:00am | Cycling 9:00am-9:45am | Tabata 8:45am-9:30am | Stay tuned, more programs coming! |
| Cycling 9:45am-10:30am | Open Gym 11:00am-3:00pm | | Open Gym 11:00am-3:00pm | Zumba 10:15am-11:00am | | |
| Yoga 11:15am-12:00pm | | Pickleball 1:00pm-3:00pm | 1/2 Court Hoop Shoot 1:30-3:30 | Open Gym 11:00am-3:00pm | Youth Soccer 10:00am-10:45am | |
| Open Gym 12:00pm-4:00pm | 1/2 Court Hoop Shoot 1:30-3:30 | | Closed for Cleaning 3:30pm-4:30pm | | | |
| 1/2 Court Hoop Shoot 1:30-4:00 | Closed for Cleaning 3:30pm-4:30pm | Kids Fit 5:00pm-5:45pm | Rock Climbing 5:15pm-6:15pm (Half Gym) | Rock Climbing 4:00pm-4:45pm (Half Gym) | Basketball Training 12:00pm-12:45pm | |
| YMCA Dynasty Basketball 5:30pm-7:30pm | YMCA Dynasty Basketball 5:30pm-7:30pm | Kids Fit 6:00pm-6:45pm | Multi Sport 5:30pm-6:15pm (Half Gym) | YMCA Dynasty Basketball 5:00pm-6:45pm | Open Gym 1:00pm-2:00pm | |
| | | P90X 7:15pm-8:00pm | Spin & Strength 6:30pm-7:15pm | | | |

| Lyons Sports & Fitness Center January 11th, 2021 – March 7th, 2021 | | | | | |
|---|---|---|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Saturday |
| | Pickleball (Court Only) 11:00am-1:00pm | | Pickleball (Court Only) 11:00am-1:00pm | Tabata 10:15am-11:00am | Soccer- Court Beg.(3-5) 9:15am-9:45am |
| | Teen Strength & Endurance-Turf (Teens Only) 4:00pm-4:45pm | | Teen Strength & Endurance-Turf (Teens Only) 4:00pm-4:45pm | | Flag Football-Turf Beg. (6-8) 9:15am-10:00am Beg.(9-12) 10:15am-11:00am |
| Basketball Training-Court Beg.(6-8) 5:00pm-5:45pm | Gymnastics Beg.(6-12) 5:00pm-5:45pm Adv.(6-12) 6:00pm-7:30pm | Multi Sports – Court Beg.(3-5) 5:30-6:00pm | | | Gymnastics Beg.(3-5) 10:00am-10:45am Beg.(6-12) 11:00am-11:45am Adv.(6-12) 12:00pm-1:30pm |
| Basketball Training-Court Adv.(6-8) 6:00pm-6:45pm | Soccer-Turf Beg.(3-5) 5:30pm-6:00pm Beg.(6-12) 6:15pm-7:00pm | Flag Football Practice -Turf 6:30pm-7:30pm | | | Basketball Training-Court Beg.(6-8) 11:00am-11:45am |
| Basketball Training-Court Beg.(9-12) 7:00pm-7:45pm | | | | Kids Night Out 1st and 3rd Friday 6:30pm-9:00pm | Chess Club-Court Beg.(6-12) 12:00pm-12:45pm |