



SPRING SESSION 1

March 8 – April 25, 2021

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

- PRE-REGISTRATION REQUIRED:** Visit our [website](#), mobile app or the Welcome Center to register.
- RESERVATIONS REQUIRED:** Use the online reservation system for [Hoop Shoot](#) and [Group Exercise Classes](#).
- WALK-IN TIMES:** No reservations or registration required.

Gymnasium Schedule						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stacked 8:30am-9:15am	Strength & Conditioning 8:00am-8:45am	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 soon!
Cycling 9:45am-10:30am	Zumba 9:15am-10:00am	Pickleball 1:00pm-3:00pm	Open Gym 11:00am-3:00pm	Zumba 10:15am-11:00am	Youth Soccer 10:00am-10:45am	
Yoga 11:15am-12:00pm	Open Gym 11:00am-3:30pm	Open Gym 3:00-4:45pm	1/2 Court Hoop Shoot 1:30-3:30	Yoga 11:15am-12:15pm	Basketball Training 12:00pm-12:45pm	
Open Gym 12:00pm-4:00pm	1/2 Court Hoop Shoot 1:30-3:30	Kids Fit 5:00pm-5:45pm	Closed for Cleaning 3:30pm-4:30pm	Open Gym 12:30pm-3:30pm	Open Gym 1:00pm-2:00pm	
1/2 Court Hoop Shoot 1:30-4:00	Closed for Cleaning 3:30pm-4:30pm	Kids Fit 6:00pm-6:45pm	Rock Climbing 4:00pm-6:15pm (Half Gym)	Rock Climbing 4:00pm-4:45pm (Half Gym)		
YMCA Dynasty Basketball 5:30pm-7:30pm	YMCA Dynasty Basketball 5:30pm-7:30pm	P90X 7:15pm-8:00pm	Multi Sports 5:30pm-6:15pm (Half Gym)	YMCA Dynasty Basketball 5:00pm-6:45pm		
			Spin & Strength 6:30pm-7:15pm			

Lyons Sports & Fitness Center Schedule					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
Basketball Training Court Beg. (6-8) 5:00pm-5:45pm	Pickleball-Court 11:00am-1:00pm	Reserved for: Northern Academy 2:50pm-3:20pm	Pickleball-Court 11:00am-1:00pm	Tabata 10:15am-11:00am	Soccer-Court Beg.(3-5) 9:15am-9:45am
Basketball Training Court Adv. (6-8) 6:00pm-6:45pm	Teen Strength & Endurance-Turf (13-18) 4:00pm-4:45pm	Multi Sports Court Beg. (3-5) 5:30-6:00pm	Reserved for: Northern Academy 2:00pm-3:20pm	Homeschool Gym 2:00pm-2:45pm	Flag Football-Turf Beg. (6-8) 9:15am-10:00am Beg. (9-12) 10:15am-11:00am
Basketball Training Court Beg. (9-12) 7:00pm-7:45pm	Gymnastics Beg. (6-12) 5:00pm-5:45pm Adv. (6-12) 6:00pm-7:30pm	Flag Football Practice -Turf 6:30pm-7:30pm	Teen Strength & Endurance -Turf (13-18) 4:00pm-4:45pm	Kids Night Out 1st and 3rd Friday 6:30pm-9:00pm	Gymnastics Beg. (3-5) 10:00am-10:45am Beg. (6-12) 11:00am-11:45am Adv. (6-12) 12:00pm-1:30pm
	Girls Basketball Court 5:00pm-5:45pm		Teen Fit (13-18) 6:30pm-7:15pm		Basketball Training-Court Beg. (6-8) 11:00am-11:45am
	Kids Fit-Court 6:00pm-6:45pm				Chess Club-Court Beg. (6-12) 12:00pm-12:45pm
	Soccer-Turf Beg. (3-5) 5:30pm-6:00pm Beg. (6-12) 6:15pm-7:00pm				