



# FALL II SESSION

November 14, 2021– January 30, 2022

**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.
- WALK-IN TIMES:** No reservations or registration required.

Gymnasium Schedule						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-5:45pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-1:00pm	Open Gym 5:00am-10:00am	Open Gym 5:00am-10:00am	Open Gym 7:00am-9:30am	Open Gym* 8:00am-12:00pm
	Zumba 9:15am-10:00am		Pickleball 10:00am-12:00pm	Zumba 10:15am-11:00am	Youth Soccer Half Gym 10:00am-10:45am	Family Gym* 12:00pm-1:45pm
	Open Gym 10:00am-3:30pm	Pickleball 1:00pm-3:00pm	Open Gym 12:00pm-3:30pm	Open Gym 11:00am-5:00pm	Flag Football Half Gym 10:15am-11:00am	*Effective January 9th, Open Gym will be offered from 8:00am-8:45am due to Men's Basketball League.
	Closed For Cleaning 3:30pm-4:30pm	Open Gym 3:00pm-5:15pm	Closed for Cleaning 3:30pm-4:30pm		Basketball Training 12:00pm-1:00pm	
	Girls Basketball 5:00pm-6:00pm	Kids Fit 5:30pm-6:30pm	Rock Climbing 4:00pm-6:15pm (Half Gym)	YMCA Dynasty Basketball 5:00pm-6:45pm	Open Gym 1:00pm-3:00pm	
YMCA Dynasty Basketball 6:00pm-8:00pm	YMCA Dynasty Basketball 6:00pm-7:30pm	Co-ed Volleyball 5:30pm-6:30pm (Half Gym)				
Open Gym 8:00pm-9:00pm	Adult Volleyball 7:30pm-9:00pm	Adult Basketball 6:30pm-9:00pm	Adult Volleyball 6:30pm-9:00pm			

Family Gym: Open to members age 12 and under with a YMCA Family Membership. Children ages 12 & under must be accompanied by an adult.

Lyons Sports & Fitness Center Schedule						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pickleball 11:00am-1:00pm		Pickleball 11:00am-1:00pm	Pickleball 11:00am-1:00pm	Soccer-Turf Beg.(3-5) 9:15am-9:45am	Birthday Parties* 11:00am-1:00pm
Basketball Training Beg. (6-8) 5:00pm-5:45pm			Reserved Christian Day School 1:30pm-2:00pm		Gymnastics Beg./Int. (6-12) 9:00am-9:45am	
Lacrosse-turf (9-12) 5:30pm-6:30pm	Teen Strength & Endurance-Turf (13-18) 4:00pm-4:45pm	Girls Fit -Turf (10-15) 4:00pm-4:45pm	Teen Strength & Endurance -Turf (13-18) 4:00pm-4:45pm		Beg. (3-5) 10:00am-10:45am	
Basketball Training Adv. (6-8) 6:00pm-6:45pm	Gymnastics Beg. (6-12) 5:00pm-5:45pm Adv. (6-12) 6:00pm-7:30pm	T-Ball-Turf (3-5) 5:00pm-5:30pm	Multi Sports (3-5) 5:00pm-5:30pm		Beg./Int. (6-12) 11:00am-11:45am	
Lacrosse-Turf (13-17) 6:45pm-7:45pm	Soccer-Turf Beg. (3-5) 5:30pm-6:00pm Beg. (6-12) 6:15pm-7:00pm	Teen Soccer-Turf 6:00pm-7:00pm	Teen Fit-Turf (13-18) 6:30pm-7:15pm	Family Gym Turf & Court 4:30pm-6:00pm	Adv. (6-12) 12:00pm-1:30pm	Basketball Training Beg. (6-8) 11:00am-11:45am
Basketball Training Beg. (9-12) 7:00pm-7:45pm		Reserved for Youth Center- Court 6:30pm-7:30pm	Reserved Youth Center- Court 6:30pm-7:30pm		Chess Club-Court Beg. (6-12) 12:00pm-12:45pm	

\*To book a Sports Birthday Party at the Lyons Center contact Kevin Dorelus at (P) 845 395 1021, (E) kdorelus@middletownymca.org