



# Spring

April 3, 2022 - June 26, 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.

<b>Gymnasium Schedule</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Open Gym</b> 5:00am-5:45pm	<b>Open Gym</b> 5:00am-9:00am	<b>Open Gym</b> 5:00am-1:00pm	<b>Open Gym</b> 5:00am-10:00am	<b>Open Gym</b> 5:00am-10:00am	<b>Open Gym</b> 7:00am-9:30am	<b>Open Gym*</b> 8:00am-8:45am
	<b>Zumba</b> 9:15am-10:00am		<b>Pickleball</b> 10:00am-12:00pm	<b>Zumba</b> 10:15am-11:00am	<b>Youth Soccer</b> (Half Gym) 10:00am-10:45am	
	<b>Open Gym</b> 10:00am-3:30pm	<b>Pickleball</b> 1:00pm-3:00pm	<b>Open Gym</b> 12:00pm-3:30pm	<b>Open Gym</b> 11:00am-5:00pm	<b>Flag Football</b> (Half Gym) 10:15am-11:00am	
	<b>1/2 Gym</b> <b>Closed For Cleaning</b> 3:30pm-4:30pm	<b>Open Gym</b> 3:00pm-5:15pm	<b>1/2 Gym</b> <b>Closed for Cleaning</b> 3:30pm-4:30pm		<b>Basketball</b> <b>Training</b> 12:00pm-1:00pm	
	<b>Girls Basketball</b> 5:00pm-6:00pm	<b>Kids Fit</b> 5:30pm-6:30pm	<b>Rock Climbing</b> 4:00pm-6:15pm (Half Gym)	<b>YMCA Dynasty</b> <b>Basketball</b> 5:00pm-6:45pm	<b>Open Gym</b> 1:00pm-2:55pm	
<b>YMCA Dynasty</b> <b>Basketball</b> 6:00pm-8:00pm	<b>Adult Volleyball</b> 6:30pm-8:55pm	<b>Co-ed Volleyball</b> 5:30pm-6:30pm (Half Gym)				
<b>Open Gym</b> 8:00pm-8:55pm		<b>Adult Basketball</b> 6:30pm-8:55pm	<b>Adult Volleyball</b> 6:30pm-8:55pm			

<b>Lyons Sports &amp; Fitness Center Schedule</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	<b>Pickleball</b> 11:00am-1:00pm	<b>Pickleball</b> 1:00pm-3:00pm	<b>Pickleball</b> 11:00am-1:00pm	<b>Pickleball</b> 11:00am-1:00pm	<b>Soccer-Turf</b> Beg.(3-5) 9:15am-9:45am	<b>Birthday Parties*</b> 11:00am-1:00pm
			<b>Reserved</b> <b>Christian Day</b> <b>School</b> 1:30pm-2:00pm		<b>Gymnastics</b> 9:00am-9:45am 9:45am-10:30am 10:30am-11:15am 11:15am-12:00pm 12:00pm-1:30pm	
			<b>Teen Strength &amp; Endurance -Turf</b> (13-18) 4:00pm-4:45pm		<b>Basketball</b> <b>Training</b> Beg. (6-8) 11:00am-11:45am	
<b>Basketball</b> <b>Training</b> Beg. (6-8) 5:00pm-5:45pm	<b>Gymnastics/Turf</b> Beg. (6-12) 5:00pm-5:45pm Adv. (6-12) 6:00pm-7:30pm		<b>Multi Sports Turf/ Court</b> (3-5) 5:00pm-5:30pm		<b>Chess Club-Court</b> Beg. (6-12) 12:00pm-12:45pm	
<b>Basketball</b> <b>Training</b> Adv. (6-8) 6:00pm-6:45pm	<b>Soccer-Court</b> Beg. (3-5) 5:30pm-6:00pm Beg. (6-12) 6:15pm-7:00pm		<b>T-Ball-Turf</b> (3-5) 5:00pm-5:30pm		<b>Teen Fit- Turf</b> (13-18) 6:30pm-7:15pm	<b>Family Gym</b> <b>Turf &amp; Court</b> 4:30pm-6:00pm
<b>Basketball</b> <b>Training</b> Beg. (9-12) 7:00pm-7:45pm		<b>Reserved for</b> <b>Youth Center-</b> <b>Court</b> 6:30pm-7:30pm	<b>Family Gym- Court</b> 4:30pm-7:30pm		<b>Optimal</b> <b>Performance</b> 2:00pm-2:55pm	

\*To book a Sports Birthday Party at the Lyons Center contact Kevin Dorelus at (P) 845 395 1021, (E) kdorelus@middletownymca.org  
**Family Gym:** Open to members age 12 and under with a YMCA Family Membership. **Children ages 12 & under must be accompanied by an adult.**