



# Summer

June 27, 2022 - August 21, 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

**\*Rainy Day Schedule: Half Gym will be reserved for Summer Camp between the hours of 9:00am-4:00pm**  
**Important Notice: on rainy days during the weeks of July 11-15 and August 8-12, Open Gym and Pickleball will be cancelled due to Summer Camp and Sports Camp. We appreciate your patience and understanding.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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-11:00am	<b>Open Gym</b> 7:00am-9:15am	<b>Open Gym</b> 8:00am-1:45pm
	<b>Zumba</b> (Families welcome, age 6+) 9:15am-10:00am		<b>Pickleball*</b> 10:00am-12:00pm	<b>Zumba</b> (Families welcome, age 6+) 11:15am-12:00pm	<b>Soccer (6-8)</b> 10:00am-10:45am <b>Soccer (9-12)</b> 11:00am-11:45am	
	<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> 12:00am-5:00pm		
	<b>1/2 Gym Closed For Cleaning</b> 3:30pm-4:30pm	<b>Open Gym*</b> 3:00pm-5:15pm	<b>1/2 Gym Closed for Cleaning</b> 3:30pm-4:30pm		<b>Basketball 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 Basketball</b> 5:00pm-6:45pm		
<b>YMCA Dynasty Basketball</b> 6:00pm-8:00pm	<b>Adult Volleyball</b> 6:30pm-8:55pm	<b>Adult Basketball</b> 6:30pm-8:55pm	<b>Co-ed Volleyball</b> 5:30pm-6:30pm (Half Gym)	<b>Open Gym</b> 1:00pm-2:55pm		
<b>Open Gym</b> 8:00pm-8:55pm			<b>Adult Volleyball</b> 6:30pm-8:55pm			

## Lyons Sports & Fitness Center Schedule

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

**\*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.**