



Summer

June 26, 2023 - August 27, 2023

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

***Important Inclement Weather Notice: The full gym will be reserved for Summer Camp between the hours of 9:00am-4:00pm due to rain or any inclement weather. During the weeks of June 26-30, July 10-14 and August 7-11, Open Gym and Pickleball will be unavailable from 9:00am-2:00pm due to Sports Camp. We appreciate your patience and understanding.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym* 5:00am-9:45am	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-9:15am	Open Gym 8:00am-10:30am
Pickleball* 10:00am-12:00pm	Zumba (Families welcome, age 6+) 9:15am-10:00am		Pickleball* 10:00am-12:00pm	Zumba (Families welcome, age 6+) 10:15am-11:15am	Soccer Gym/Backfield Beg.(3-5) 9:15am-9:45am Soccer (6-8) 10:00am-10:45am Soccer (9-12) 11:00am-11:45am	Birthday Parties** 11:00am-1:00pm Open Gym will be offered if no party is scheduled.
Open Gym* 12:00pm-6:00pm	Open Gym* 10:00am-3:30pm	Pickleball* 1:00pm-3:00pm	Open Gym* 12:00pm-3:30pm	Pickleball* 11:15am-1:00pm	Basketball Training 12:00pm-1:00pm	Open Gym 11:30am-2:55am
Basketball Training Adv. (6-12) 6:15pm-7:00pm	1/2 Gym Closed For Cleaning 3:30pm-4:30pm	Open Gym 3:00pm-5:15pm	1/2 Gym Closed for Cleaning 3:30pm-4:30pm	Open Gym* 1:00pm-6:45pm	Open Gym 1:00pm-3:55pm	
Basketball Training Beg. (9-12) 7:00pm-7:45pm	Girls Basketball 4:00pm-6:00pm	Kids Fit 5:30pm-6:30pm	Co-ed Volleyball 5:30pm-6:30pm			
Open Gym 7:45pm-8:55pm	Adult Volleyball 6:30pm-8:55pm	Adult Basketball 6:30pm-8:55pm	Adult Volleyball 6:30pm-8:55pm			

Lyons Sports & Fitness Center Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gymnastics - Turf Toddler Tumble 4:00pm-4:45pm Beg. (3-5) 5:00pm-5:45pm Beg.(6-12) 6:00pm-6:45pm Kids Tumble 7:00pm-7:45pm			Teen Strength & Endurance -Turf (13-18) 4:00pm-4:45pm		Flag Football - Court 9:15am-10:00am	Pickleball 8:00am-10:00am
	Teen Strength & Endurance-Turf (13-18) 4:00pm-4:45pm		Family Gym- Court 5:00pm-7:30pm		Gymnastics - Turf 9:00am-9:45am 9:45am-10:30am 10:30am-11:15am 11:15am-12:00pm 12:00pm-1:30pm	Birthday Parties** 11:00am-1:00pm
Basketball Training Beg. (6-8) 5:30pm-6:15pm	Gymnastics/Turf Beg. (6-12) 5:00pm-5:45pm Adv. (6-12) 6:00pm-7:30pm	T-Ball- Turf 5:00pm-5:45pm	Multi Sports Turf/ Court (3-5) 5:30pm-6:00pm		Basketball Training Beg. (6-8) 10:00am-10:45am	Family Gym Turf & Court 1:00pm-2:00pm
	Soccer-Court Beg. (3-5) 5:30pm-6:00pm Beg. (6-12) 6:15pm-7:00pm	Taekwondo- Turf 6:15pm-7:00pm	Taekwondo- Turf 6:15pm-7:00pm		Basketball Training Adv. (6-8) 11:00am-11:45am	
		Family Gym- Court 5:30pm-7:30pm	Reserved for Youth Center- Court 6:30pm-7:30pm			

****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.