



Winter

February 5, 2024 - April 21, 2024

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						
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-8:30am
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 Beg.(3-5) 9:15am-9:45am Soccer (6-8) 10:00am-10:45am Soccer (9-12) 11:00am-11:45am	Men's Basketball League 8:45am-2:30pm
Open Gym 12:00pm-5:00pm	Open Gym 10:00am-12:00pm		Pickleball 1:00pm-3:00pm	Open Gym 12:00pm-3:30pm	Pickleball 11:15am-1:00pm	
	1/2 Open Gym 1/2 Open Ping Pong 12:00am-1:00pm	Open Gym 3:00pm-4:00pm			Open Gym 1:00pm-4:30pm	
Basketball Training (6-8) 5:30pm-6:30pm	1/2 Gym Closed For Cleaning 3:30pm-4:30pm		1/2 Open Gym 4:00pm-5:00pm	1/2 Gym Closed for Cleaning 3:30pm-4:30pm		Teen Gym 4:30pm-6:45pm
Basketball Training (9-12) 6:30pm-7:30pm	Girls Basketball 4:00pm-5:30pm	1/2 Ping Pong (13-17) 4:00pm-5:00pm	Pickleball 5:00pm-5:45pm			
Pickleball 7:45pm-9:45pm	Open Gym 5:45pm-6:15pm	Kids Fit 5:00pm-6:00pm	Adult Volleyball 6:30pm-9:45pm			
	Adult Volleyball 6:30pm-9:45pm	Adult Basketball 6:30pm-9:45pm				

Lyons Sports & Fitness Center						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (Advanced) 10:00am-12:00pm	Pickleball (All levels) 11:00am-1:00pm		Toddler Time 10:30am-11:15am	Pickleball (Advanced) 11:00am-1:00pm	Taekwondo- Court 9:00am-9:45am	Pickleball (All levels) 8:00am-10:00am
Basketball Training (6-8) 5:30pm-6:30pm	Teen Strength & Endurance-Turf/ Court (13-18) 4:00pm-4:45pm	Pickleball (Advanced) 1:00pm-3:00pm	Pickleball (Advanced) 11:30am-1:30pm		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
Gymnastics - Turf 5:00pm-5:45pm 6:00pm-6:45pm 7:00pm-7:45pm	Gymnastics/Turf 5:00pm-5:45pm 6:00pm-7:30pm	Girls Fit 4:00pm-4:45pm	Teen Strength & Endurance -Turf/C 4:00pm-4:45pm		Teen Strength & Endurance -Turf/ Court 2:00pm-2:45pm	Family Gym Turf & Court 1:00pm-2:00pm
	Soccer-Court 5:30pm-6:00pm 6:15pm-7:00pm	Basketball Training (3-5)5:15pm-6:00pm	Family Gym- Court 5:00pm-7:30pm			
		Family Gym- Court 5:30pm-7:30pm	Multi Sports Turf/C 5:30pm-6:00pm Taekwondo- Turf 6:15pm-7:00pm			**To book a Sports Birthday Party contact Kevin Dorelus (845) 395 1021 kdorelus@middletownymca.org
			Reserved for Youth Center- Court 6:30pm-7:30pm			

Family Gym: Open to members age 12 and under with a YMCA Family Membership. Children ages 12 & under must be accompanied by an adult.
 Schedule is subject to change at any time during the session.