



Winter

February 3, 2025 - April 13, 2025

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-9:45am	Open Gym 5:00am-9:00am	Open Gym 5:00am-11:45am	Open Gym 5:00am-9:45am	Open Gym 5:00am-10:00am	Open Gym 7:00am-9:00am	Open Gym 8:00am-8:30am
Pickleball (All Levels) 10:00am-12:00pm	Zumba (Families welcome, age 6+) 9:15am-10:00am	Pickleball (New Players and Beginners Only) 12:00pm-12:45pm	Pickleball (All Levels) 10:00am-12:00pm Table Tennis (All Levels) 12:15pm-1:15pm	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	Men's Basketball League 8:45am-1:30pm (Effective February 23rd)
Open Gym 12:15pm-5:00pm	Open Gym 10:15am-3:30pm	Pickleball (All Levels) 1:00pm-3:00pm	Open Gym 1:30pm-3:30pm	Pickleball (All Levels) 11:30am-1:00pm	Flag Football 9:15am-10:00am	Open Gym 2:30pm-2:55pm
1/2 Open Gym 5:30pm-7:30pm	1/2 Gym Closed For Cleaning 3:30pm-4:15pm	Open Gym 3:15pm-4:45pm	1/2 Gym Closed for Cleaning 3:30pm-4:30pm	Open Gym 1:15pm-6:45pm	Basketball Tr Beg. (6-8) 10:00am-10:45am	
Basketball Training (9-12) 6:30pm-7:30pm	Girls Basketball 4:30pm-5:30pm Rock Climbing (8-11) 5:45pm-6:30pm	Kids Fit 5:00pm-6:00pm	Co-ed Volleyball 5:30pm-6:30pm		Basketball Training 12:00pm-1:00pm	
Pickleball 7:45pm-9:55pm	Adult Volleyball 6:45pm-9:55pm	Adult Basketball 6:30pm-9:55pm	Adult Volleyball 6:45pm-9:55pm		Open Gym 1:15pm-3:55pm	

Lyons Sports & Fitness Center Schedule						
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	Gymnastics – Turf 9:00am-9:45am 9:45am-10:30am 10:15am-11:00am 11:00am-12:30pm	Pickleball (All levels) 8:00am-10:00am
Basketball Training (6-8) 5:30pm-6:30pm	Teen Strength & Endurance Court/Turf (13-18) 4:00pm-4:45pm	Pickleball (Advanced) 1:00pm-3:00pm	Pickleball (Advanced) 11:30am-1:15pm			Birthday Parties** 11:00am-1:00pm
Gymnastics – Turf Beg. (6-12) 5:45pm-6:30pm Invitation only 6:30pm-7:15pm	Basketball (3-5) 5:00pm-5:30pm	Girls Fit 4:00pm-4:45pm	Teen Strength & Endurance –Court/ Turf (13-18) 4:00pm-4:45pm		Boot Camp 2:15-3:00pm	
	Soccer-Court Beg. (3-5) 5:45pm-6:15pm Beg. (6-12) 6:30pm-7:15pm	T-Ball (3-5) 5:00pm-5:30pm Multi Sp Turf/ Court 5:45pm-6:15pm	Youth Pickleball (6-12) 5:00pm-5:45pm			
		Family Gym– Court 6:30pm-7:30pm	Flag Football 6:45pm-7:45pm			

****To book a Sports Birthday Party** at the Lyons Center contact Kevin Dorelus at (P) 845 395 1512, (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.**
Schedule is subject to change at any time during the session.