



Summer

June 29, 2026 - August 28, 2026*

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 July 13-17, July 27-July 31 and August 17-21, Open Gym and Pickleball will be Canceled Until 1:00pm 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-11:45am	Open Gym 5:00am-9:45am	Open Gym 5:00am-10:00am	Open Gym 7:00am-9:15am	Open Gym 8:00am-3:55pm
Pickleball (All Levels) 10:00am-12:00pm	Pickleball (New Players and Beginners Only) 10:15am-11:15am	Pickleball (New Players and Beginners Only) 12:00pm-1:00pm	Pickleball (All Levels) 10:00am-12:00pm		Pickleball 11:30am-1:30pm	
Open Gym 12:15pm-5:45pm	Pickleball (All Levels) 11:15am-12:15pm	Pickleball (All Levels) 1:00pm-3:00pm	Open Gym 12:15pm-5:15pm	1/2 Gym Rock Climbing (Camp Only) 1:30pm-3:30pm		
Advanced Volleyball 6:00pm-7:00pm	Open Gym 12:15pm-3:30pm	Open Gym 3:15pm-5:00pm	1/2 Gym Closed for Cleaning 3:30pm-4:30pm		Open Gym 3:45pm-7:55pm	Open Gym 1:00pm-4:55pm
	1/2 Gym Closed For Cleaning 3:30pm-4:30pm			Girls Basketball (9-13) 5:30pm-6:30pm		Kids Fit 5:00pm-6:00pm
Open Gym 7:15pm-9:55pm	Adult Volleyball 6:30pm-9:55pm	Open Gym 6:30pm-9:55pm	Adult Volleyball 7:15pm-9:55pm			

Lyons Sports & Fitness Center Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Summer Camp 7:00am-4:00pm					Gymnastics - Turf (3-5) 9:45am-10:15am	Pickleball (Advanced) 8:00am-10:00am
Basketball Training Beg. (6-8) 5:30pm-6:30pm	Girl P.O.W.E.R. 6th-12th grade 4:30pm-5:15pm	Multi Sports (3-5) Turf/Court 5:30pm-6:00pm	Soccer-Turf (13-17) 5:00pm-6:00pm		Flag Football (9-12) 9:00am-9:45am	
Gymnastics - Turf 5:30pm-6:00pm Beg.(3-5) Gymnastics Beg. (6-12) 6:15pm-7:00pm	Basketball (3-5) 5:00pm-5:30pm	Gymnastics - Turf 5:30pm-6:30pm Adv. (6-8) Gymnastics Adv. (9-12) 6:45pm-7:45pm	Flag Football -Court (3-5) 5:15pm-5:45pm		Basketball Training Beg. (6-8) 10:15am-11:00am	Gymnastics-Turf 9:15am-10:00am Beg/Int (6-8) Gymnastics 10:15am-11:00am Beg/Int (9-12)
	Soccer-Turf Beg. (3-5) 5:30pm-6:00pm Beg. (6-8) 6:15pm-7:00pm Beg.(9-12) 7:15pm-8:00pm	Reserved for Youth Center- Turf 6:30pm-7:30pm	Family Gym- Court 6:00pm-7:30pm			
			Adult Soccer - Turf 6:30pm-8:30pm			Birthday Parties** 11:00am-1:00pm

**To book a Sports Birthday Party at the Lyons Center contact Kevin Dorelus at (P) 845 956 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.