



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETHING FOR EVERYONE!



FIND THE Y IN YOUR FAMILY

From our indoor pool and fitness centers to the great outdoors, we've got it all!

- 70+ Group Exercise Classes
FREE with Membership
- Weight Rooms & Cardio Machines
- Wellness Center Orientations
- "Get Started" Program
- Aquatics Programs for all ages
- First Step Preschool-Full/Half Days
- Club Kid-Before & After School Program
- Beat the Streets-Youth & Teen Program
- Kids Night Out for Grades K-4
- Sports & Gymnastic Programs
- Family Recreational Times:
Gym & Swim
- Karate & Mixed Martial Arts
- Pickleball
- Child Watch & Youth Center
- Y Teen Leaders Club
- Youth & Government
- Family Nights
- Community Events
- Personal Training
- Performing Arts
- Recreation Center
- Outdoor Adventures
- Boxing
- Competitive Sports Teams:
Barracudas Swim Team
AAU Basketball

FINANCIAL ASSISTANCE IS AVAILABLE!

JOIN TODAY

\$0 ENROLLMENT FEE

Coupon must be presented to claim offer and cannot be combined with any other discount. Offer valid at The YMCA of Middletown and the South Orange Family YMCA.

TRY THE Y GUEST PASS

This pass entitles you to one free visit. Present this coupon to the Welcome Center. Adults, 18 & older, must present a valid photo ID.

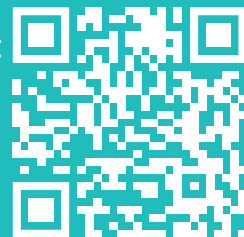
This pass is only valid at the YMCA of Middletown and the South Orange Family YMCA.

NATIONWIDE MEMBERSHIP!

Our YMCA is part of a Nationwide Membership program which enables you to visit any participating YMCA in the United States. Please see the Welcome Center for details.

FOR MORE INFORMATION:

You can download our mobile app by searching YMCA of Middletown in the app store. Or scan the code to visit our website: WWW.MIDDLETOWNYMCA.ORG



GOT MORE QUESTIONS? EMAIL US: CONTACTUS@MIDDLETOWNYMCA.ORG

YMCA OF MIDDLETOWN

81 Highland Ave, Middletown, NY 10940
(P) 845-344-9622

SOUTH ORANGE FAMILY YMCA

45 Gilbert St Ext Monroe, NY 10950
(P) 845-782-9622

THE CENTER FOR YOUTH PROGRAMS

6 Liberty Street Middletown, NY 10940
(P) 845-341-9622