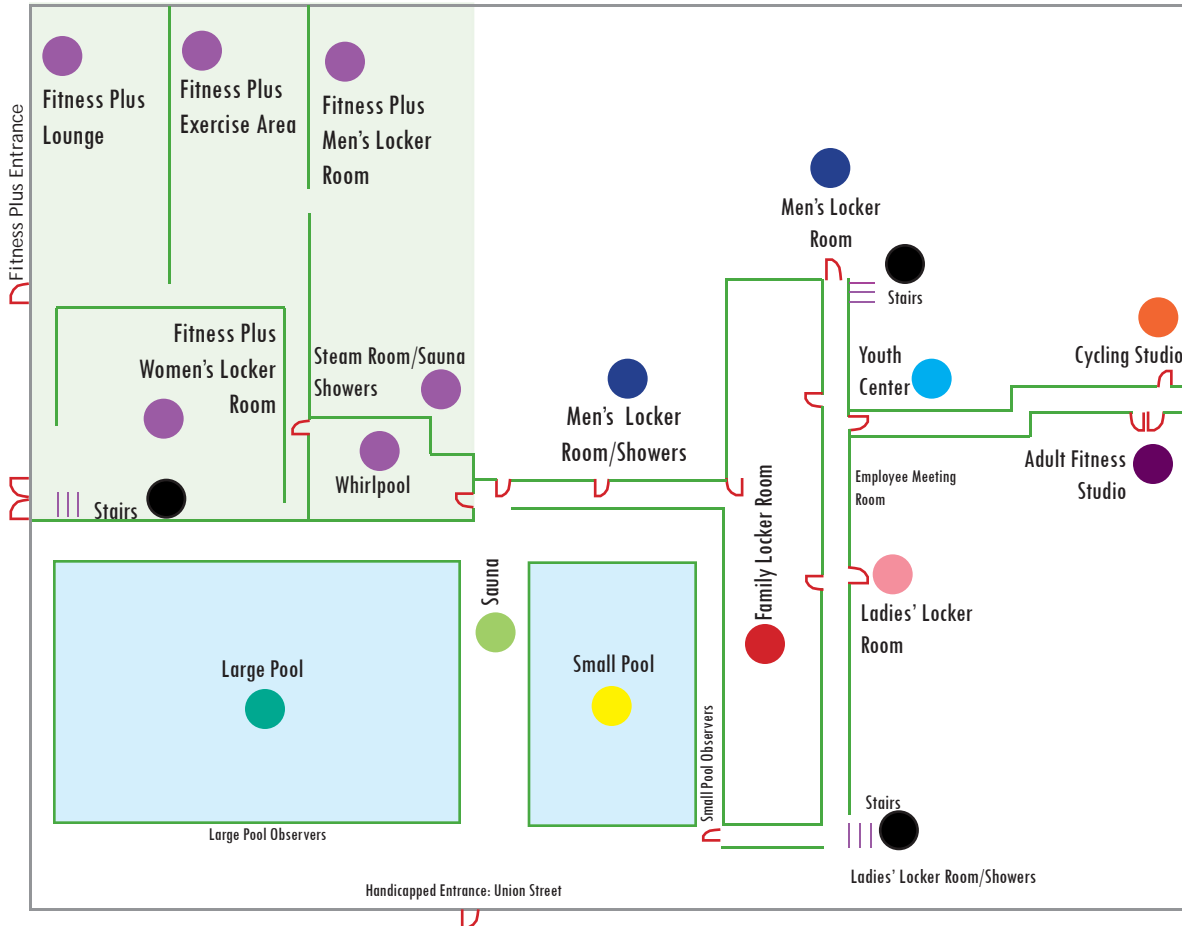


# DOWNSTAIRS

- = Fitness Plus Area
- = Men's Locker Room
- = Large Pool
- = Ladies' Locker Room
- = Small Pool
- = Youth Center
- = Sauna
- = Cycling Studio
- = Family Locker Room
- = Adult Fitness Studio

● Fitness Plus = adults only area exclusively for Fitness Plus Membership. Card access is required.



# MAP

Health. Happiness. Wellness. Explore!

Explore all that the Middlesex YMCA has to offer. Please take a tour of our facility. Here's a map to help guide your way.



99 Union Street, Middletown, CT  
[www.midymca.org](http://www.midymca.org)

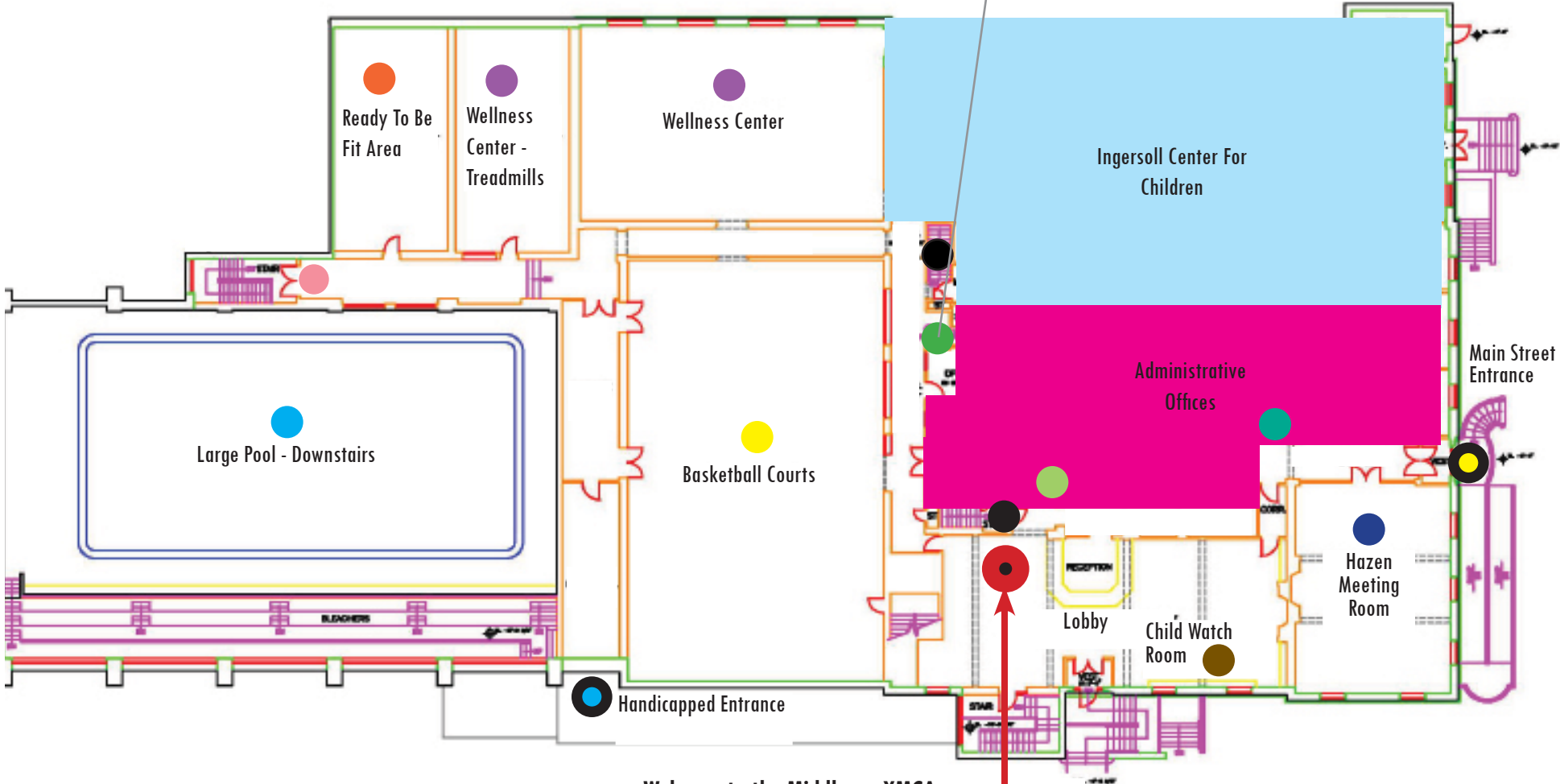


# MAP

- = Basketball Courts
- = Raquetball Courts (Upstairs)
- = Wellness Center
- = Pools (downstairs)
- = Ready To Be Fit Area
- = Child Watch Room
- = Restroom
- = To Fitness Plus Center (downstairs)
- = Hazen Meeting Room
- = To Men's Residence (upstairs)
- = To Locker Rooms (downstairs)
- = To Pools (downstairs)

Upstairs:  
Raquetball  
Court #1

Upstairs:  
Raquetball  
Court #2



Welcome to the Middlesex YMCA  
99 Union Street Entrance  
**YOU ARE HERE.**