



WELCOME TO THE GOLD'S GYM FAMILY!

Open 24 Hours (Fishkill)

KidZone

KidZone areas for ages 3 months to 12 years. A great place to drop off your kids while you get your workout in. Features include: toy play area, library with learning tablets, basketball court, rock climbing wall, turf area for sports, and more!

41,000 Square Feet of Indoor Turf Sports Fields (LaGrange)

Rentals available for soccer, baseball, field hockey, lacrosse, Bubble Soccer, and other sports. As well as for non-sport related events such as private parties, expos, and more! Contact Kieran for more information IrishCoach@goldsgymhv.com

Regulation Basketball Court (LaGrange)

Basketball Court available for open play and rentals. Men, Women, and Youth Basketball Leagues

Birthday Parties

Host your next birthday party at Gold's Gym. Offering theme parties such as Sports, Pirate, Princess, NERF Wars, Disco Dance, Bubble Sports, Ninja Warrior, and more! For a LaGrange party contact Jill at KidsLG@goldsgymhv.com. For a Fishkill party contact Tami at KidsFK@goldsgymhv.com.

Youth Programs (LaGrange)

Featuring great programs such as Little Kickers, Tumbling Tots, Nothin' But Net, Kids Yoga, Kids Dance, Kids Boxing, Kids Boot Camp, and more! Contact Jill for more information at KidsLG@goldsgymhv.com

Elite Athletic Development

Includes a variety of techniques designed to maximize the youth athlete's overall fitness, strength, and speed. Individual, small group or team sessions available. For more information, contact Diana at DianaJ@goldsgymhv.com.

School's Out Days

Camp style days geared to help out with those days off from school. A variety of games and activities will be offered.

After School Program

Arlington Central School District busing available to LaGrange Club and time will be spent doing homework and participating in a variety of games and activities.

Summer Camp (LaGrange)

From sports to specialty to traditional day camps and everything in between! Tons of options to choose from. Visit www.lagrangesummercamps.com or contact Jill at KidsLG@goldsgymhv.com



www.goldsgym.com/dutchesscounty
LaGrange, 258 Titusville Road, (845) 463-4800
Fishkill, 982 Main St, (845) 896-3300