



Gold's Gym Dutchess County

KidZone

KidZone areas for 2 years to 12 years. A great place to drop off your kids while you get your workout in. Features include: toy play area, library, 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 Jill for more information at KidsLG@goldsgymhv.com

Regulation Basketball Court (LaGrange)

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

Birthday Parties (LaGrange)

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 more information, contact Jill 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 Jill at KidsLG@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/dutchesscount
LaGrange, 258 Titusville Rd, 845.463.4800
Fishkill, 982 Main St, 845.896.3300