

# PUT A BOUNCE IN YOUR KIDS SPRING



## Spring Programs

THE YMCA OF MIDDLETOWN &  
THE CENTER FOR YOUTH PROGRAMS

**April 17, 2017–June 18, 2017**  
**PROGRAM REGISTRATION BEGINS:**  
April 3, 2017 with YMCA Family Membership  
April 5, 2017 with YMCA Membership  
April 7, 2017 for Program Members  
**Program Registration ends May 3, 2017.**  
\*No Classes April 29<sup>th</sup>, May 29<sup>th</sup>, June 4<sup>th</sup> & June 11<sup>th</sup>.  
\*Prices have been adjusted for these classes.

### HOW TO REGISTER:

- Current Y Members may REGISTER ONLINE at [www.middletownymca.org](http://www.middletownymca.org). We must have a current e-mail address on file prior to registration.
- Special Program Rates for members with a YMCA FAMILY MEMBERSHIP can only be applied when registration is done in-person.
- First time registrants and Program Members must register at our Welcome Center.
- Please see back page for cancellation/refund policies.
- A minimum of 6 students is required to run most classes.

### JOIN US FOR THE GRAND OPENING OF THE NEW LYONS SPORTS & FITNESS CENTER.

April 15, 2017 1:00PM–5:00PM

#### Arts & Crafts Club at The Center

Each week a new medium will be explored for lots of messy fun!  
**\$50 with YMCA Membership / \$130 for Program Members**

Ages 3–5	Mon*	5:00pm–5:45pm
Ages 6–9	Mon*	6:00pm–6:45pm

#### Storybook Art at The Center

Enter into a storybook world by creating story themed projects.  
**\$50 with YMCA Membership / \$130 for Program Members**

Ages 2–5	Thurs	5:30pm–6:15pm
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#### Ballet at The Center

Simple classical ballet exercises help children express themselves through creative dancing. Instructor: Nadia Dragieva  
**A pink leotard, white tights and pink ballet slippers are required.**

Ages 4–5 Beginner	Mon* & Wed	4:00pm–5:00pm
<b>\$90 with YMCA Membership / \$180 for Program Members</b>		

Ages 6–7 Beginner	Thurs & Sat*	5:30pm–6:30pm 1:00pm–2:00pm
<b>\$90 with YMCA Membership / \$180 for Program Members</b>		

Ages 6–7 Intermediate	Thurs & Sat*	5:30pm–6:30pm 1:00pm–3:00pm
<b>By Invitation Only!</b>		
<b>\$120 with YMCA Membership / \$240 for Program Members</b>		

#### Basketball Training

**One Day Per Week:**  
**\$65 for YMCA Members / \$130 for Program Members**  
**Two Days Per Week:**  
**\$90 for YMCA Members / \$180 for Program Members**

Ages 6–8 Beg.	Lyons Den	Mon*	5:30pm–6:30pm
Ages 6–8 Adv. (By invitation Only)	Lyons Den	Mon*	6:30pm–7:30pm
Ages 9–10 Beg.	Lyons Den	Tues	5:30pm–6:30pm
Ages 11–12	Lyons Den	Tues	6:30pm–7:30pm
Ages 6–8 Beg.	The Center	Sat*	10:00am–11:00am
Ages 6–8 Adv. (By invitation Only)	The Center	Sat*	11:00am–12:00pm
Ages 9–12 Beg.	Highland Gym	Sat*	1:30pm–3:00pm

#### Bowling at Quinnz Pinz

This class introduces students to the sport of bowling, including terminology, and safety. Each student will receive their very own appropriately fitted ball to take home.  
**\$85 with YMCA Membership / \$144 for Program Members**

Ages 3–4	Wed	4:30pm–5:30pm
Ages 5–7	Wed	5:30pm–6:30pm
Ages 8–15	Wed	6:30pm–7:30pm

#### Chess Club at The Center

Games are set up by age and/or skill level.  
**FREE with YMCA Membership / \$6 per day for Program Members**

Ages 7–12 Learning / Beginner	Sat*	1:00pm–2:00pm
All Ages Advanced	Sat*	2:00pm–3:00pm

#### Choir at The Center

Join the Y's Youth and Teen Choir for ALL young people! Learn vocal performance, harmony, music theory, and perform at community events. Instructor: Maximilian Mezetin  
**Note:** Each student must commit to fundraise through ticket sales.  
**FREE with YMCA Membership—YMCA Membership is required.**

Ages 4–18	Wed	6:00pm–6:50pm
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#### Cooking – Intro to Cooking at The Center

Go on a culinary adventure each week preparing tasty treats.  
**\$75 for YMCA Members / \$150 for Program Members**

Ages 7–12	Tues	6:00pm–7:00pm
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#### Stage Drama at The Center

Learn or improve acting skills and take part in inspirational community events. Instructor: Maximilian Mezetin  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 6–13	Wed	7:00pm–7:45pm
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### KIDS NIGHT OUT

1<sup>st</sup> & 3<sup>rd</sup> Friday of each month.  
April 21, 2017  
May 5, 2017  
May 19, 2017



**KNO at The Center**  
**Preschool–1st Grade**  
6:30pm–8:30pm  
Admission: \$5

**KNO at The Lyons Den**  
**2nd–5th Grade**  
6:15pm–8:45pm  
Admission: \$1

Admission includes pizza and water.

### Gymnastics & Tumble at The Lyons Den—NEW LOCATION

Explore the elementary forms of gymnastics, learn basic gymnastics skills and develop gross motor skills and muscle tone.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 18M-3Y Toddler Tumble—Parent & Child	Mon*	4:30pm-5:15pm
Ages 18M-3Y Toddler Tumble—Parent & Child	Sat*	9:00am-9:45am
Ages 3-4 Preschool Gymnastics	Mon*	5:30pm-6:15pm
Ages 3-4 Preschool Gymnastics	Sat*	10:00am-10:45am
Ages 3-4 Preschool Gymnastics	Tues	4:30pm-5:15pm
Ages 5-7 Kindernastics	Mon*	6:30pm-7:15pm
Ages 5-7 Kindernastics	Tues	5:30pm-6:15pm
Ages 5-7 Kindernastics	Sat*	11:00am-11:45am
Ages 8-9 Beginner Gymnastics	Tues	6:30pm-7:15pm
Ages 8-9 Beginner Gymnastics	Sat*	12:00pm-12:45pm

### Dance Group at The Center

Express yourself through movement and music through a combination of hip-hop, jazz and other modern dance styles.  
Instructor: Patrice Hamilton  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 7-10	Mon*	5:30pm-6:15pm
Ages 11-15	Mon*	6:30pm-7:15pm

### Football Training at The Lyons Den

During this introductory program, athletes learn the basics of the sport including running routes, throwing and catching.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 6-8	Wed	6:00pm-7:00pm
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### Instrumental Ensemble at The Center

This program is for experienced musicians of any level and with any instrument. Bring your instrument and your music stand and together the group will inspire the community through their music. Please e-mail Mollie at mollie277@hotmail.com with which instrument you play.  
Instructor: Mollie Rath  
**FREE with YMCA Membership**

All Ages Welcome	Tues	7:15pm-8:00pm
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### Intro to Studio at The Center

Recording & making your own music.  
Learn the basics of engineering a studio recording session, while making and recording your own music. Instructor: Shawn Thomas  
**\$75 with YMCA Membership / \$150 for Program Members**  
**\*There is a class maximum of 6 participants.**

Ages 13-18	Wed	7:00pm-8:30pm
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### Karate/Judo at The Center

Build character, strength, and self-confidence while improving coordination, balance, discipline, and mental concentration.  
**Note: Students must purchase a uniform from Sensei (\$25-\$30)**  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 3-4 Beginner	Tues	5:30pm-6:00pm
Ages 5-7 Beginner	Sat*	12:15pm-1:00pm
Ages 5-7 Advanced	Sat*	1:15pm-2:00pm
Ages 8-12 Beginner	Sat*	2:15pm-3:00pm
Ages 8-12 Advanced	Sat*	3:15pm-4:00pm
Ages 5-7 Beginner	Sat*	4:15pm-5:00pm
Teen/Adult Self-Defense	Tues	6:15pm-7:00pm

### Kids Fit at Highland Ave

A beginners workout curriculum just for kids. (Indoor & Outdoor)  
**FREE with YMCA Family Membership!**

Ages 7-12	Wed	6:30pm-7:30pm
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### Girls Lacrosse at The Lyons Den

This introductory Lacrosse program was made possible by a grant from US Lacrosse.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 9-12	Girls Only	Thurs	6:30pm-7:15pm
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### Little Friends Play Time at The Center

What a wonderful opportunity to meet other families while playing in our soft play room to help your child develop socialization and gross motor skills in a fun environment.  
**FREE with YMCA Family Membership!**

Ages 4 & Under	Thurs	10:30am-11:30am
Ages 4 & Under	Sat*	11:30am-12:30pm

### Mommy, Music & Me at The Center

Parent participation is required. Enhance your child's love of music through song, movement, instruments and stories.  
**\$50 with YMCA Membership / \$130 for Program Members**

Ages 18M-36M	Wed	9:30am-10:15am
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### Multi Sports at The Lyons Den—NEW LOCATION

Sports and fitness activities help develop social and physical skills.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 3-5	Wed	5:30pm-6:15pm
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### Music Appreciation Class at The Center

Learn music theory and introductory methods to rhythm, vocal performance, kazoo, recorder, piano and more!  
Instructor: Maximilan Mezetin  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 4-13	Wed	5:00pm-5:45pm
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### Rock Wall Climbing at Highland Ave

There is a class maximum of 8 participants.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 7-12	Thurs	5:00pm-6:00pm
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### Soccer at Highland Ave

**\$65 with YMCA Membership / \$130 for Program Members**  
**\$35 with YMCA Family Membership (Ages 3-4 & 5-6 Only!)**

Ages 3-4	Lyons Den	Mon*	5:30pm-6:30pm
Ages 5-6	Lyons Den	Mon*	6:30pm-7:30pm
Ages 7-9	Lyons Den	Thurs	5:30pm-6:30pm
Ages 10-13	Lyons Den	Thurs	6:30pm-7:30pm
Ages 3-4	Gymnasium	Sat*	9:00am-9:45am
Ages 5-6	Gymnasium	Sat*	11:00am-11:45am
Ages 7-10	Gymnasium	Sat*	10:00am-10:45am
Ages 11-14	Gymnasium	Sat*	12:00pm-1:30pm

### Volleyball Training

This program is designed to develop young athletes and give them the competitive edge they need to join our volleyball team.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 7-9	at Highland Ave	Tues	4:30pm-5:30pm
Ages 10-14	at Temple Sinai	Tues	5:30pm-7:15pm

### Violin—Group Lessons at The Center

Master the fundamentals of playing the violin. Bring your own violin.  
**\$65 with YMCA Membership / \$130 for Program Members**

Ages 5-15	Intermediate	Tues	5:45pm-6:30pm
Ages 5-15	Beginner	Tues	6:30pm-7:15pm

## Red Ball Tennis at Highland Ave

**Ages 13 & Older**

**Mondays & Wednesdays, 10:00am-11:00am**  
**FREE with YMCA Membership**

# Swimming Lessons

**For additional information, please contact:**  
 Danielle McAvinue, Aquatics Director  
 (P) 845 956 1549 (E) dmcavinue@middletownymca.org

**A minimum of 3 students is required to run a class.  
 Levels may be combined in order to reach that minimum.**

## Parent & Child Swimming Lessons (S.K.I.P) - Ages 6mo-3yrs

**\$65 with YMCA Membership / \$130 for Program Members**

**1 Child FREE with YMCA FAMILY PASSPORT MEMBERSHIP!**

Skip 1 (6mo-18mo)	Mon*	10:30am-11:00am
Skip 2 (19mo-36mo)	Mon*	11:00am-11:30am
Skip 2 (19mo-36mo)	Tues	11:30am-12:00pm
Skip 1 (6mo-18mo)	Wed	10:30am-11:00am
Skip 2 (19mo-36mo)	Wed	11:00am-11:30am
Skip 1 (6mo-18mo)	Wed	5:30pm-6:00pm
Skip 2 (19mo-36mo)	Thurs	5:45pm-6:15pm
Skip 1 (6mo-18mo)	Sat*	9:00am-9:30am
Skip 2 (19mo-36mo)	Sat*	9:30am-10:00am
Skip (6mo-36mo)	Sat*	11:45am-12:15pm
Skip (6mo-36mo)	Sun*	9:45am-10:15am

## Preschool Swimming Lessons - Ages 3-5

**\$65 with YMCA Membership / \$130 for Program Members**

- Pike—Beginner (Non-swimmer using a 4 Bubble)
- Eel—Advanced Beginner (Non-swimmer using a 2 or 4 Bubble)
- Ray—Intermediate (“Doggie Paddler” using 2 or No Bubble)
- Starfish—Advanced (Independent Swimmer - No Bubble)

Pike / Eel	Mon*	10:30am-11:00am
Pike / Eel / Ray	Mon*	4:00pm-4:30pm
Pike / Eel	Tues	11:00pm-11:30pm
Pike / Eel / Ray	Tues	4:30pm-5:00pm
Pike / Eel / Starfish	Tues	5:00pm-5:30pm
Ray / Starfish	Wed	10:30am-11:00am
Pike / Eel	Wed	5:30pm-6:00pm
Pike / Eel / Starfish	Thurs	4:30pm-5:00pm
Pike / Ray	Thurs	5:45pm-6:15pm
Eel / Ray / Starfish	Fri	4:45pm-5:15pm
Pike / Eel / Ray	Sat*	9:00am-9:30am
Pike / Eel / Starfish	Sat*	9:30am-10:00am
Pike	Sat*	10:00am-10:30am
Eel	Sat*	10:30am-11:00am
Ray	Sat*	11:00am-11:30am
Pike / Ray / Starfish	Sat*	11:45am-12:15pm
Eel / Ray / Starfish	Sun*	9:45am-10:15am
Pike	Sun*	10:15am-10:45am



**Barracudas Swim Team  
 Ages 5-18**

For more information, or to set up a try-out, contact Amy Phelps at (P) 845 956 1517 or (E) barracudas@middletownymca.org.

## Youth Swimming Lessons - Ages 6-12

**\$65 with YMCA Membership / \$130 for Program Members**

- Polliwog—Beginner (Non-Swimmer)
- Guppy—Advanced Beginner (“Doggie Paddler”)
- Minnow—Intermediate (Deep Water Swimmer)
- Fish—Advanced #1
- Flying Fish—Advanced #2
- Shark—Advanced #3

Polli / Guppy / Minnow	Mon*	4:30pm-5:15pm
Polli / Guppy / Minnow	Tue	5:30pm-6:15pm
Polli / Guppy / Minnow	Wed	4:45pm-5:30pm
Polli / Guppy / Minnow (Homeschool)	Thurs	10:15am-11:00am
Polli / Guppy / Minnow	Thurs	5:00pm-5:45pm
Polli / Guppy / Minnow	Fri	4:00pm-4:45pm
Polli / Guppy / Minnow	Sat*	10:00am-10:45am
Polli / Guppy / Minnow	Sat*	10:45am-11:30am
Polli / Guppy / Minnow	Sun*	10:15am-11:00am
Fish / Flying Fish / Shark	Mon*	5:15pm-6:00pm
Fish / Flying Fish / Shark	Fri	5:15pm-6:00pm
Fish / Flying Fish / Shark	Sat*	12:15pm-1:00pm
Fish / Flying Fish / Shark	Sun*	11:00am-11:45am

## Teen & Adult Swimming Lessons - Ages 13 & Older

**\$65 with YMCA Membership / \$130 for Program Members**

Int / Advanced	Tues	10:15am-11:00am
Beginner	Tues	11:15am-12:00pm
Int / Advanced	Thurs	7:00pm-7:45pm
Beginner	Sat*	12:15pm-1:00pm
Advanced	Sun*	11:00am-11:45am

**YMCA Master Swim Program**  
 Coached practices.  
 Lap swimmers of all levels are welcome.  
 Workouts will be modified.

<b>Practice Schedule:</b>		YMCA Members	Program Members
	<b>Tuesday</b> 12:30pm-1:30pm		
	<b>Thursday</b> 12:30pm-1:30pm		
	<b>Sunday</b> 8:00am-9:00am		
	<b>1 Day/Week</b>	\$65	\$130
	<b>2 Days/Week</b>	\$110	\$240
	<b>3 Days/Week</b>	\$150	\$345

## LAP SWIM CLUB

Challenge yourself to swim 100 miles. Log your laps at the pool and earn prizes along the way:  
 25 Miles—Swim Cap / 50 Miles—Goggles / 100 Miles—T-shirt  
**\$25 TO JOIN—START AT ANY TIME!**

**Home School Open Swim**  
 Tuesdays, 1:45pm-2:45pm  
 \$25—9 week session  
 \$3—Pay as you go

Swim lessons available.  
 See schedule above.

**American Red Cross**  
 Lifeguard Training  
 Lifeguard Recertification  
 Waterfront Lifeguard CPR  
 CPR Recertification

Visit our website for details.

## BEAT THE STREETS

Located at the Y on Highland Avenue

Ages 10-17

2nd, 3rd & 4th Saturday of each month.

7:00PM-10:00PM—Admission is \$2

Follow Beat the Streets on Facebook.

## MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



### Option #1:

Book a pool party for any age at the YMCA of Middletown.

Contact: Danielle McAvinue

(P) 845 956 1549 (E) [dmcavinue@middletownymca.org](mailto:dmcavinue@middletownymca.org)

### Option #2:

Book a party for your little one (ages 2-5) at The Center where many party options are available.

Contact: Sherri Tironi

(P) 845 956 1546 (E) [stironi@middletownymca.org](mailto:stironi@middletownymca.org)

### Option #3:

Book a sports party in the **NEW** Lyons Sports & Fitness Center at the YMCA of Middletown. (Ages 6-12)

Contact: Kevin Dorelus

(P) 845 395 1021 (E) [kdorelus@middletownymca.org](mailto:kdorelus@middletownymca.org)

### Option #4:

Celebrate a birthday or other special event at the YMCA of Sullivan County. Indoor and outdoor activities are available and can accommodate most special events from birthday parties to family reunions. Hiking, a low ropes course, an outdoor children's nature play area and much more awaits your guests.

Contact: Melinda Gwiozdowski

(P) 845 796 0160 (E) [mgwiozdowski@middletownymca.org](mailto:mgwiozdowski@middletownymca.org)

## School's Out Vacation Camp at the Center

Looking for a place for your kids to go during school breaks?

School's Out Vacation Camp offers a wonderful child care option for families during school breaks and keeps kids active and engaged all day long.



Children who are currently enrolled in our YMCA First Step Preschool program and children in grades K-6 may attend.

Registration is now open for School's Out Vacation Camp on: April 10-13, April 17 & May 26

Visit our Welcome Center to register.

## YMCA Program Policies

**MISSED CLASSES & MAKE-UP CLASSES**—There are NO credits or make-ups available for classes missed for personal reasons. In cases where classes are cancelled by the YMCA, due to inclement weather or other circumstances, all attempts will be made to make up those classes during the week following the end of the session.

**SWITCHING CLASSES**—When space is available, a \$5 fee will be charged to switch a class once the session has started. Switching is only possible before or during the first 2 weeks of each session.

**WITHDRAWAL FROM CLASSES**—There are no refunds. Credits will only be issued when withdrawal from class(es) is due to a medical reason. A doctor's note must be provided including the dates of absence.

## ALL YMCA CLASSES & SCHEDULES ARE SUBJECT TO CHANGE

YMCA OF MIDDLETOWN 81 Highland Avenue, Middletown, NY, 10940

THE CENTER FOR YOUTH PROGRAMS 6 Liberty Street, Middletown, NY, 10940



## IT'S NEVER TOO SOON TO THINK ABOUT SUMMER

### Camp Funshine

June 26-August 25, 2017

The Center For Youth Programs keeps campers close to home but lets imagination's run wild.

Contact: Josh Horner

(P) 845 956 1519 (C) 845 346 6280

(E) [jhorner@middletownymca.org](mailto:jhorner@middletownymca.org)

### Camp Discovery

June 26-August 25, 2017

Beautiful Harriman State Park is the perfect camp for nature lovers. Limited bussing is available.

Contact: Irene Rumsey

(P) 845 956 1493 (C) 914 443 1976

(E) [discoverymcacamp@yahoo.com](mailto:discoverymcacamp@yahoo.com)

### Camp Robbins

June 26-August 25, 2017

Escape to the great outdoors in Walden where plenty of adventures await. Limited bussing is available.

Contact: Aimee Saez

(P) 845 956 1491 (E) [asaez@middletownymca.org](mailto:asaez@middletownymca.org)

### Rock Hill Environmental Camp

August 14-August 25, 2017

Every day is a new adventure with the convenience of being close to home at the YMCA of Sullivan County.

Contact: Melinda Gwiozdowski

(P) 845 796 0160 (E) [mgwiozdowski@middletownymca.org](mailto:mgwiozdowski@middletownymca.org)

Visit our website to learn more about summer camp at the Y.

SAVE THE DATE

### HEALTHY KIDS DAY

April 29, 2017

### RUTHIE DINO-MARSHAL

### 5K RUN/FUN WALK

June 11, 2017

### 5K COLOR RUN & KIDS COLOR DASH

July 15, 2017

Check our website and Facebook for details.

SUMMER CAMP REGISTRATION IS OPEN—REGISTER NOW!



Like Us On facebook

(P) 845 344 9622

(W) [www.middletownymca.org](http://www.middletownymca.org)