



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter Session I Programs

YMCA OF MIDDLETOWN &
THE CENTER FOR YOUTH PROGRAMS

November 20, 2017 –January 28, 2018

REGISTRATION BEGINS:

November 6, 2017 with YMCA Membership

November 10, 2017 for Program Members

Registration ends December 3, 2017.

*No Programs November 23rd, December 24th & January 1st.

*Prices have been adjusted for these classes.

NO PROGRAMS December 25th–31st.

This is a 10 week session with 9 weeks of classes.

HOW TO REGISTER:

- Current Y Members may REGISTER ONLINE at 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.

Dance

Ballet at The Center

Simple classical ballet exercises help children express themselves through creative dancing. Instructor: Nadia Dragieva
Email Nadia at nadezhda79@abv.bg for dress code information.

Ages 4–5 Beginner	Tues & Thurs*	4:30pm–5:30pm
\$90 with YMCA Membership		
\$180 for Program Members		

Ages 6–8 Beginner	Tues & Thurs*	5:30pm–6:30pm
\$90 with YMCA Membership		
\$180 for Program Members		

Ages 6–8 Intermediate (By Invitation Only)	Wed & Sat	5:30pm–6:30pm 11:00am–1:00pm
\$120 with YMCA Membership		
\$240 for Program Members		

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 4–5	Mon*	4:30pm–5:15pm
Ages 6–9	Mon*	5:15pm–6:00pm
Ages 10–15	Mon*	6:00pm–6:45pm

Step Team at The Center

Learn basic step routines that will promote team work, unity, and increase self-confidence. Instructor: Candance Mezetin
\$65 with YMCA Membership / \$130 for Program Members

Ages 6–12	Thurs*	5:30pm–6:15pm
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Zumba Kids at The Center

Learn Latin fusion dance routines in a group setting. Let loose and have fun! Class needs a minimum of 6 participants. Instructor: Contessa Thomas
\$25 with YMCA Membership / \$130 for Program Members

Ages 7–12	Tues	6:45pm–7:30pm
Ages 4–6	Thurs*	6:45pm–7:30pm

Music

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.

Note: Each student must commit to fundraise through ticket sales.
FREE with YMCA Membership—YMCA Membership is required.

Ages 3–12	Fri	5:30pm–6:30pm
Ages 13 & Over Advanced	Wed	5:30pm–6:30pm

Guitar–Group Lessons at The Center

Introduction to guitar. Bring your own guitar or if you do not own a guitar, please contact Max at 347-869-5316.

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

Ages 6 & Older	Thurs*	5:30pm–6:30pm
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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.

FREE with YMCA Membership

All Ages Welcome	Tues	6:30pm–7:15pm
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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 3M–35M	Wed	10:30am–11:00am
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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: Maximilian Mezetin

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

Ages 3–6	Wed	5:00pm–5:30pm
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Recorder Ensemble at The Center

Learn to play the recorder, read music and perform.
*Additional \$10 fee for recorder. Instructor: Maximilian Mezetin
\$65 with YMCA Membership / \$130 for Program Members

Ages 7–12	Fri	4:30pm–5:15pm
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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	Tues	5:45pm–6:30pm
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Art

Art & Gym at The Center

The best of both worlds—Each class begins with an art component followed by an activity in our Soft Play Room. Parent participation is required.

\$50 with YMCA Membership / \$130 for Program Members

Ages 2–4	Mon*	5:30pm–6:15pm
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Canvas Painting at The Center

Create your own masterpiece each week while listening to themed music, with step by step instruction using colors crafts and of course creativity. Students must bring a smock.

\$75 with YMCA Membership / \$140 for Program Members.

Ages 7–11	Thurs*	6:30pm–7:15pm
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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	6:30pm–7:30pm
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Sports & Special Interest

Basketball League at Highland Ave

Players are assigned to a team and receive team t-shirts. Each team will have a coach. Each session consists of practice and games. Space is limited to 20 kids.

\$90 for YMCA Members / \$180 for Program Members

Ages 9-14	Sat	1:00pm-4:00pm
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Basketball Training

1x/Week: \$65 for YMCA Members / \$130 for Program Members

2x/Week: \$90 for YMCA Members / \$180 for Program Members

Ages 9-11	Lyons Den	Mon*	5:30pm-6:30pm
Ages 6-8	Beg. Lyons Den	Tues	5:30pm-6:30pm
Ages 9-14	Adv. The Center	Wed	6:30pm-7:30pm
Ages 6-8	Beg. Lyons Den	Sat	9:00am-10:00am
Ages 6-8	Adv. The Center	Sat	10:00am-11:00am

Bowling at Quinzz Pinz

This class introduces students to the sport of bowling, including terminology and safety. Student receive a 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

Boxing Fundamentals with New Breed Boxing

Practice proper stance, footwork & punching techniques while building strength and speed.

\$58 for YMCA Members / \$116 for Program Members



Ages 8-12	Fri	6:00pm-7:00pm
Ages 13-18	Sat	11:00am-12:00pm

Chess Club at The Center

Games are set up by age and/or skill level.

FREE with YMCA Membership / \$48 for Program Members

Ages 7-12	Beginner	Sat	1:00pm-2:00pm
All Ages	Advanced	Sat	2:00pm-3:00pm

Cooking with Safaa at The Center

Go on a culinary adventure and prepare tasty treats every week.

\$75 with YMCA Membership / \$140 for Program Members.

Ages 7-11	Tues	6:30pm-7:30pm
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G.I.R.L.S. Fitness At Highland Ave

Girls In Real Life Situations meets once a week to discuss common interests or issues and participate in confidence boosting workouts.

FREE with YMCA Membership

Ages 10-12	Girls Only	Thurs*	5:00pm-6:00pm
Ages 13-15	Girls Only	Thurs*	6:30pm-7:30pm

Gymnastics & Tumble at The Lyons Den

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

Ages 18M-3Y	Parent & Child	Mon*	4:30pm-5:15pm
Ages 18M-3Y	Parent & Child	Sat	9:00am-9:45am
Ages 3-4		Mon*	5:30pm-6:15pm
Ages 3-4		Sat	10:00am-10:45am
Ages 3-4		Tues	4:30pm-5:15pm
Ages 5-7		Tues	5:30pm-6:15pm
Ages 5-7		Sat	11:00am-11:45am
Ages 8-9		Tues	6:30pm-7:15pm
Ages 8-9		Sat	12:00pm-12:45pm
Ages 9-11	(By Invitation Only)	Mon*	6:30pm-7:15pm

Karate/Judo at The Center

Build character, strength, and self-confidence while improving coordination, balance, discipline, and mental concentration.

A minimum of 5 students is needed to run a class.

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

Kids Fit at Highland Ave

A beginners workout curriculum just for kids.

\$20 with YMCA Membership / \$60 for Program Members

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

Students must have goggles & mouth guard.

Girls: FREE with a grant from US Lacrosse.

Boys: \$65 with YMCA Membership / \$130 for Program Members

Ages 7-12	Girls Only	Tues	6:30pm-7:30pm
Ages 7-12	Boys Only	Thurs*	6:30pm-7:30pm

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*	11:30am-12:30pm
Ages 4 & Under	Sat	11:00am-12:00pm

Multi Sports

Sports and fitness activities help develop social and physical skills.

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

Ages 3-5	Lyons Den	Wed	5:30pm-6:15pm
Ages 6-8	Lyons Den	Mon*	6:30pm-7:30pm
Ages 9-12	The Center	Wed	5:30pm-6:15pm

Rock Wall Climbing at Highland Ave

There is a class maximum of 6 participants.

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

Ages 6-8	Beginner	Wed	4:30pm-5:15pm
Ages 9-12	Beginner	Fri	4:15pm-5:00pm
Ages 6-12	(By Invitation)	Fri	5:15pm-6:00pm

Soccer at Highland Ave

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

\$35 with YMCA Membership (Ages 3-4 & 5-6 Only!)

Ages 3-4	Lyons Den	Mon*	5:30pm-6:15pm
Ages 5-6	Lyons Den	Mon*	6:30pm-7:15pm
Ages 7-10	Lyons Den	Thurs*	5:30pm-6:30pm
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-1:00pm

Volleyball Training at Highland Ave

Ages 7-9 Coed-Lyons Den Tues 4:30pm-5:30pm

\$65 with YMCA Membership

\$130 for Program Members

Ages 10-14 Girls-Gymnasium Tues 5:30pm-7:15pm

\$80 with YMCA Membership

\$160 for Program Members

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	11:15am-11:45am
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	11:45am-12:15pm
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	10:30am-11:15am
Beginner	Tues	11:15am-12:00pm
Beg / 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.

Practice Schedule:	YMCA Members	Program Members
Tuesday 12:30pm-1:30pm	\$65	\$130
Thursday 12:30pm-1:30pm		
Sunday 8:00am-9:00am		
3 Days/Week	\$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

October 2017– May 2018

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.
www.facebook.com/middletownBTS

KIDS NIGHT OUT

October – June

1st & 3rd Friday of each month.



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.

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



POOL PARTY—ALL AGES

Make your next party a splash at the YMCA of Middletown.

Contact: Danielle McAvinue
(P) 845 956 1549 (E) dmcavinue@middletownymca.org

PRESCHOOL PARTY—AGES 2-5

Book a party for your little one at The Center where many party options are available.

Contact: Sherri Tironi
(P) 845 956 1546 (E) stironi@middletownymca.org

LYONS DEN/KIDS FIT PARTY—AGES 6-12

Book a youth sports or Kids Fit party in the gymnasium or in the Lyons Den at the YMCA of Middletown.

Sports: Kevin Dorelus (E) kdorelus@middletownymca.org
Kids Fit: Brittany Binnie (E) bbinnie@middletownymca.org

OUTDOOR ADVENTURES & MORE—ALL AGES

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 trails, a low ropes course, an outdoor children's nature play area and much more awaits your guests.

Contact: Melinda Gwiozdowski
(P) 845 395 1024 (E) mgwiozdowski@middletownymca.org

School's Out Vacation Camp

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.

Visit our website for School's Out Vacation Camp schedules at our Middletown, Monroe and Sullivan County locations.

Club Kid

Before & After School Program

The Y gives elementary and middle school students a safe place to go before and after school with over 20 locations in Orange County.



Club Kid is a New York State licensed program.

There is a 3 day waiting period from the date of registration to the date a child may start Club Kid.

Families enrolled in Club Kid are eligible for a
YMCA Family Advantage Membership
\$38 PER MONTH

Stop by our Middletown or Monroe branch for further details.

For more information, contact Pat Weiss:
(P) 845 956 1495 (E) pweiss@middletownymca.org

First Step Preschool

THE CENTER FOR YOUTH PROGRAMS

2 Year Old Preschool Readiness Program

3 Year Old Preschool

4 & 5 Year Old Pre-Kindergarten



The Y is the perfect place for your child to learn, grow and thrive, where they will feel comfortable, safe and nurtured.

The Y's First Step Preschool provides an environment where young learners engage in a stimulating, age appropriate, early literacy based curriculum with weekly swim lessons. Full Day and Half Day schedules are available for the 3, 4 & 5 year olds.

Families with children enrolled in the 3, 4 & 5 Year Old Preschool or Pre-Kindergarten Programs are eligible for a
YMCA Family Advantage Membership
\$38 PER MONTH

Stop by our Middletown or Monroe branch for further details.

For more information on Preschool contact Sherri Tironi at
(P) 845 956 1546 or (E) stironi@middletownymca.org

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



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(W) www.middletownymca.org