



Summer Session Youth Program Guide SOUTH ORANGE FAMILY YMCA

June 26, 2017–August 20, 2017
PROGRAM REGISTRATION BEGINS:
 June 12, 2017 with YMCA Membership
 June 16, 2017 for Program Members

Program Registration ends July 9, 2017.

*No Classes Tuesday, July 4th

*Prices have been adjusted for these classes.

HOW TO REGISTER:

- Current YMCA 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 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 visit our website for cancellation policies and download our app to get last-minute cancellation notifications.**

YOUTH SPORTS & FITNESS

Youth sports programs include **PICTURE DAY & a T-SHIRT**.
 Students should wear their t-shirt to each class.

Rising Stars Basketball

All youth will have the opportunity to learn the basics of the sport through drills in dribbling, shooting, passing, defense and teamwork.

Instructor & Location: Coach Joe—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 6–8	Mon	5:15pm – 6:00pm
Ages 9–12	Mon	7:15pm – 8:00pm
Ages 3–5	Sat	10:00am – 10:45am

Youth Boxing

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

Instructor & Location: Andre—Flex

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own wraps, gloves, and jump rope.**

Ages 8–12 Beginner	Fri	6:00pm – 6:45pm
Ages 8–12 Intermediate	Fri	7:00pm – 7:45pm

Floor Hockey

Children learn about this fast paced sport by playing in pick & play games with peers and practicing drills.

Instructor & Location: Joe—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 6–10	Tues*	5:15pm – 6:00pm
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Youth Football Training

Experienced or not—we work with all athletes to improve form, technique, speed and skill for all positions.

Instructor & Location: Joe—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 6–10	Wed	5:15pm – 6:00pm
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Golf

Master the basic elements and fundamentals of the golf stroke while learning the rules and proper etiquette of the game.

One class will be held at Mansion Ridge.

Instructor & Location: John—Gym

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own clubs.**

NEW—Private Lessons are also available. Call for details.

Ages 6–12	Sun	1:45pm – 2:30pm
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Gymnastics

During these introductory classes, children practice tumbling, cartwheels, balancing on the beam, and other floor exercises.

Instructor & Location: Miguel—Gym

Students may take additional classes for \$30.

\$69 with YMCA Membership / \$140 for Program Members

Ages 7–12	Thurs	5:00pm – 5:45pm
Ages 3–4	Sun	11:00am – 11:30am
Ages 5–8	Sun	12:00pm – 12:45pm
Ages 9–12	Sun	1:00pm – 1:45pm

Karate/Judo

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

Instructor & Location: Israel—Flex

Students must purchase a uniform from Sensei (\$25–\$30)

Students may take additional classes for \$30.

\$69 with YMCA Membership / \$140 for Program Members

NEW—Private Lessons are also available. Call for details.

Ages 3–5	Preschool	Wed	10:30am–11:00am
Ages 5–7	Advanced	Wed	4:45pm – 5:30pm
Ages 8–12	Advanced	Wed	5:45pm – 6:30pm
Ages 3–4	Beginner	Thurs	4:30pm – 5:00pm
Ages 5–7	Beginner	Thurs	5:15pm – 6:00pm
Ages 8–12	Beginner	Thurs	6:15pm – 7:00pm
Ages 3–4	Beginner	Sun	10:00am – 10:30am
Ages 5–7	Mixed Level	Sun	10:45am – 11:30am
Ages 8–12	Mixed Level	Sun	11:45am – 12:30pm

Indoor Soccer

Drills combined with other sport specific conditioning exercises develop young soccer players into strong all around athletes.

Instructor & Location : See instructors below—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 3–5	Coach Sean	Fri	11:15am – 11:45am
Ages 6–10	Coach Joe	Fri	5:15pm – 6:00pm
Ages 6–10	Coach Joe	Sat	1:30pm – 2:15pm

Visit our website for information on swimming lessons at our Middletown location.

SAVE
THE
DATE

SATURDAY NIGHT FUN-END OF YEAR BASH

June 17, 2017, Ages 10–15, 7:00PM–10:00PM

YMCA Members: FREE / Program Members: \$10

SOUTH ORANGE FAMILY YMCA
 45 Gilbert Street Ext, Monroe, NY, 10950



(P) 845 782 9622
 (W) www.middletownymca.org

Sports Frenzy

This class is an introduction to a variety of sports and games which include: soccer, basketball, hockey, football, volleyball, tag games, kickball and more. **Location: Gym**

\$69 with YMCA Membership / \$140 for Program Members

Ages 3-5 Coach Felice Tues* 9:30am - 10:00am

Ages 5-9 Coach Joe Sat 9:00am - 9:45am

Sprout Sports with Parent

This intro to sports class offers a safe, social, fun and creative first time experience. Activities include: team building, sharing, dance and a multitude of sports.

Instructor & Location: Coach Felice—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 2-3 Fri 10:30am - 11:00am

Teen Fit

These programs make fitness fun and educational. Space is limited.

Instructor & Location: Tina (w/Girls), Rafael (w/Boys)—HOIST

FREE with YMCA Family Membership

Ages 11-15 Teen Fit for Girls M&W 5:30pm - 6:15pm

Ages 11-15 Weightlifting for Boys W&F 5:15pm - 6:00pm

Tennis

This program focuses on the basic fundamentals of the sport while encouraging each child to reach their true potential.

Instructor & Location: Coach Joe—Gym

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own racket if you have one.**

Ages 6-11 Sat 12:30pm - 1:15pm

Kids Night Out (Ages 3-9)

June 2 & June 9, 6:30pm-9:30pm

Drop the kids off for an evening of fun & games with friends and a chance to make new ones. **Pizza and a drink included.** YMCA Members: \$7 / Program Members: \$15

Saturday Night Fun (Ages 10-15)

June 3 & June 17, 7:00pm-10:00pm

Throughout the school year, the YMCA offers youth and teens fun, safe, productive activities: sports, crafts, games, contests & more. YMCA Members: FREE / Program Members: \$10

RUN FOR FUN



5K Color Run & Kid's Color Dash

Saturday, July 15, 2017— 9:00am - 12:00pm

Children's Activities • Vendors • BBQ • Medals & More!

5K Color Run (Ages 7 & Up)

\$30 March 16th-July 14th

\$35 Race Day

Fee includes post-race BBQ

Kids Color Dash

(Ages 12 & Under)

\$12 through July 14th

\$15 Race Day

Fee includes post-race BBQ

Proud sponsor
WK Mechanical



Register online at

www.active.com

or stop by the Y.

For more information contact

Michele Bernieri:

(P) 845 956 1488

(E) mbernieri@middletownymca.org

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext, Monroe, NY, 10950



YOUTH MUSIC & MOVEMENT

Choir

Join the Y's Choir for ALL—children, teens and adults are welcome. Learn vocal performance, harmony, music theory, and perform at community events.

Instructor & Location: Wendy—Yoga Studio

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

Ages 10 & Older (adults welcome) Sat 1:45pm-2:30pm

Hip Hop

Express yourself through movement and music.

Instructor & Location: Roby—Yoga

\$69 with YMCA Membership / \$140 for Program Members

Ages 6-12 Hip Hop Sat 11:30am-12:15pm

Intro to the Arts: Music & Stage Drama

Develop the social skills and confidence needed to enhance dramatic performances.

Instructor & Location: Max—Yoga

\$69 with YMCA Membership / \$140 for Program Members

Ages 6-12 Mon 5:30pm-6:15pm

GET READY FOR SUMMER

REGISTER FOR SUMMER CAMP TODAY



Camp Discovery

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

Contact: Irene Rumsey

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

(E) discoverymcacamp@yahoo.com

Follow us on Facebook: [discoverymcacamp](https://www.facebook.com/discoverymcacamp)



Preschool Summer Camp

Give your preschooler a summer to remember at the Y.

Full and half day options available.

Contact: Felice Cicchesi

(P) 845 782 9622 ext.316

(E) fc@middletownymca.org

Follow us on Facebook: [sofypreschoolcamp](https://www.facebook.com/sofypreschoolcamp)



Camp Robbins

Experience a summer full of exciting outdoor adventures in Walden.

Limited bussing is available.

Contact: Aimee Saez

(P) 845 956 1491

(E) asaesz@middletownymca.org

Follow us on Facebook: [ycamprobbins](https://www.facebook.com/ycamprobbins)



Middle School Recreation 2017-2018 After School Program (Grades 6-8)

Students from Monroe-Woodbury Central School District participate in fun and engaging physical and social activities in a safe, nurturing, supervised environment.

**Arts & Crafts - Active Play - Games - Snacks
Community Service Projects - Homework**

For more information, and to register, please visit our Welcome Center.

(P) 845 782 9622

(W) www.middletownymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE BE MORE

Boxing

Increase strength and speed through exercises that teach proper stance, footwork, and punching techniques.

Instructor & Location: Andre—Flex

Please bring your own wraps, gloves and jump rope.

\$69 with YMCA Membership / \$140 for Program Members

Ages 13 & Older	Beginner	Wed	6:45pm - 7:30pm
Ages 13 & Older	Intermediate	Wed	7:45pm - 8:30pm

Get Started

This 8-week program is designed for new and returning health seekers. This program is perfect for members looking to begin an exercise program. Our experienced trainers help individuals consider personal fitness goals, create a balanced routine, and encourages them to work at their own pace.

Instructor & Location: Rafael—Yoga

\$25 - YMCA MEMBERS ONLY!

DON'T WAIT—GET STARTED TODAY!

Please call or visit us for more information.

Ages 13 & Older	Sat	10:40am-11:20am
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Golf

Master the basic elements and fundamentals of the golf stroke while learning the rules and proper etiquette of the game.

One class will be held at Mansion Ridge.

Instructor & Location: John—Flex

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own clubs.**

Private Lessons are also available. Call for details.

Ages 13 & Older	Sat	11:30am - 12:15pm
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LOVE TO SING? - JOIN THE CHOIR

Saturdays 1:45pm-2:30pm
FREE with YMCA Membership

Children, teens and adults are welcome.
Instructor: Wendy Paige

Visit our website to view our
current group exercise schedule.

Summer Session

Health, Well-Being & Fitness Program Guide
SOUTH ORANGE FAMILY YMCA

June 26, 2017–August 20, 2017

PROGRAM REGISTRATION BEGINS:

June 12, 2017 with YMCA Family Membership

June 14, 2017 with YMCA Membership

June 16, 2017 for Program Members

Program Registration ends July 9, 2017.

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Karate/Judo

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

Instructor & Location: Israel—Flex

Students must purchase a uniform from Sensei (\$25-\$30)

Students may take additional classes for \$30.

\$69 with YMCA Membership / \$140 for Program Members

Private Lessons are also available. Call for details.

Ages 13 & Older	Thurs	7:15pm-8:00pm
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Obstacle Course Conditioning

Be sure to come in ahead of the pack! Get ready for your obstacle course race with training that will enhance your agility, endurance, speed, strength and power.

Instructor & Location: Rafael—Flex

\$69 with YMCA Membership / \$140 for Program Members

***Intermediate and higher level recommended.**

Ages 13 & Older	Mon	8:15pm - 9:00pm
Ages 13 & Older	Sat	9:00am - 9:45pm

Pickleball

Play a fun game that combines elements of tennis, badminton and ping pong. You'll learn the rules of the game and compete.

Instructor & Location: Michele—Gym

Included in YMCA Membership.

Ages 13 & Older	Wed	11:30am - 1:00pm
Ages 13 & Older	Fri	2:00pm-3:30pm

R.A.F. - Real Athletic Fitness

During this team-based workout, everyone encourages one another to develop their physical and mental abilities through flexion, isometrics, rotation and extension.

Instructor & Location: Rafael—Flex

\$69 with YMCA Membership / \$140 for Program Members

Ages 13 & Older	Mon	7:15pm-8:00pm
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SAVE THE DATE

Saturday Night Fun

END OF YEAR BASH

June 17, 2017

Ages 10-15

7:00PM-10:00PM

YMCA Members: FREE

Program Members: \$10

MAKE IT PERSONAL

Personal Training

A program just for you.
Each session is 1 hour.

3 sessions (1st Time)	\$35/Session
1 session	\$47/Session
3 sessions	\$45/Session
5 sessions	\$42/Session
10 sessions	\$37/Session



Partner Training

Train with a friend.
Each session is 1 hour.
Pricing is per pair.

1 session	\$75/Session
3 sessions	\$68/Session
5 sessions	\$62/Session
10 sessions	\$59/Session



Small Group Training

Train with 3-5 friends.
Each session is 1 hour.

1 session	\$20/Session
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RUN FOR FUN

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9:00am - 12:00pm

Children's Activities • Vendors • BBQ • Medals & More!

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\$35 Race Day
Fee includes post-race BBQ

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\$12 through July 14th
\$15 Race Day
Fee includes post-race BBQ

Proud sponsor
WK Mechanical



Register online at
www.active.com or
stop by the Y.

For more information contact
Michele Bernieri:
(P) 845 956 1488
(E) mberniери@middletownymca.org

MAKING BIRTHDAY CELEBRATIONS SPECIAL

Host your next Birthday Party at the Y.

Sports Gymnastics Zumba
Woodworking Rock Climbing Ballet



Visit our Welcome Center to reserve a date!

JUST ADD WATER

Check out the 6-lane 25-yard pool
at the YMCA of Middletown this summer.

- Aquacize
- Lap Swim
- Family Swim
- Birthday Parties
- Swimming Lessons
- Lifeguard Training

For more information contact, Danielle McAvinue:
(P) 845 956 1549 (E) dmcavinue@middletownymca.org



Kids Night Out (Ages 3-9)

June 2 & June 9 6:30pm-9:30pm

YMCA Members: \$7 / Program Members: \$15

Saturday Night Fun (Ages 10-15)

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Preschool Summer Camp

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Full and half day options available.

Contact: Felice Cicchesi
(P) 845 782 9622 ext.316
(E) fc@middletownymca.org

Follow us on Facebook: [sofypreschoolcamp](https://www.facebook.com/sofypreschoolcamp)



Camp Discovery

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

Contact: Irene Rumsey
(P) 845 956 1493 (C) 914 443 1976
(E) discoveryymcacamp@yahoo.com

Follow us on Facebook: [discoveryymcacamp](https://www.facebook.com/discoveryymcacamp)



Camp Robbins

Experience a summer full of exciting
outdoor adventures in Walden.
Limited bussing is available.

Contact: Aimee Saez
(P) 845 956 1491
(E) asaез@middletownymca.org
Follow us on Facebook: [ycamprobbins](https://www.facebook.com/ycamprobbins)



Rock Hill Environmental Camp

Every day is a new adventure at the
YMCA of Sullivan County in Rock Hill.

Contact: Melinda Gwiozdowski
(P) 845 344 9622 x401
(E) mgwiozdowski@middletownymca.org
Follow us on Facebook: [SullivanCountyYMCA](https://www.facebook.com/SullivanCountyYMCA)



Visit our Welcome Center to learn more about all the great benefits of a YMCA Family Passport Membership

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Ext, Monroe, NY, 10950



(P) 845 782 9622
(W) www.middletownymca.org