



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FITNESS & FAMILY FUN

Fall Program Guide YMCA OF SULLIVAN COUNTY

September 11, 2017 - November 12, 2017

HOW TO REGISTER:

- **YMCA Members:**
REGISTER ONLINE at www.middletownymca.org.
A current email address must be on file prior to registration.
- **First time registrants and Program Members:**
Register at the YMCA of Sullivan County.
Monday, Wednesday & Friday 5:00pm- 7:30pm
Tuesday & Thursday 4:30pm-6:30pm
- **Please visit our website or Facebook for cancellation policies and last-minute cancellation notifications.**

Youth Programs

Hip Hop (Age 7-10)

Children will master a variety of dance moves and choreographed for a special performance at the of the session.

\$55 with YMCA Membership / \$110 for Program Members

Instructor: Ashley Wed 5:30pm-6:30pm

S.T.E.A.M. (Age 7-12)

Join McKenzie for this exciting learning experience where kids experiment with a variety of science, technology, engineering, art and mathematics mediums.

\$55 with YMCA Membership / \$110 for Program Members

Instructor: McKenzie Mon 5:00pm-6:00pm

Kids Night Out

1st & 3rd Friday of every month
6:30pm-9:00pm



September 15, 2017
October 6, 2017
October 20, 2017
November 3, 2017
November 17, 2017

Drop the kids off at the Y so they can spend an evening having fun with friends and you can enjoy an evening all to yourself.

Kids Night Out is open to children ages 5-12.

**FREE ADMISSION WITH YMCA MEMBERSHIP
\$2 FOR PROGRAM MEMBERS**



Group Exercises Classes

Ages 13 & Older

Group Exercise Classes are **INCLUDED IN MEMBERSHIP Registration is required.**

GUESTS may attend for a daily class fee (see below)

Full Body Toning (Age 13 & Older)

This class consists of intervals of cardio blasts with resistance and weight training to give you a well-rounded full body workout.

Guests: \$5/Class

Instructor: Ginny Tolli	Tues	5:30pm
Instructor: Ginny Tolli	Fri	5:30pm

INSANITY® LIVE (Age 13 & Older)

A group version of Beachbody's Insanity, this class is based on max interval training. Participate in athletic drills with intervals of core, strength, power and resistance training. Individuals in all levels of fitness are encouraged to participate as exercises can be modified.

Guests: \$10/Class

Instructor: Brian Soller	Mon	6:00pm
Instructor: Kelly Soller	BEGINNER Mon	5:30pm

P90X® LIVE (Age 13 & Older)

This high intensity class offers an amazing amount of variety with each workout targeting a specific goal and focuses on agility, balance and mobility. It combines strength training, cardio, yoga, plyometric and stretching. Class is appropriate for all fitness levels.

Guests: \$10/Class

Instructor: Brian Soller	Wed	7:00pm
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Pilates Mat Class (Ages 13 & Older)

Condition the mind and body to strengthen the body's core unit. A series of exercises will help to develop strength, flexibility and core strength.

Guests: \$5/Class

Instructor: April Lapidus-Rieber	Mon	7:00pm
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Yoga (Age 13 & Older)

Find new and interesting ways to increase your flexibility, enhance your breathing, reduce tension, and improve the quality of your life. Leave the class feeling stress-free and re-energized.

Guests: \$5/Class

Instructor: April Lapidus-Rieber	Thurs	7:00pm
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THE PARTY IS HERE

Host a special event at the Y.

Birthday Parties
Family Reunions
Baby/Bridal Showers

FAMILY FUN

Spend a Saturday at the Y.

Admission is FREE to YMCA Members.
Not a Y Member? - Don't worry.
Day Passes are available for just \$20 per family.

11:00AM-2:00PM

September 16 & 30
October 14 & 28

Boating Archery
Fishing Hiking
Kayaking Family Games
Low Ropes & MORE!



A GREAT WAY TO SPEND YOUR DAY

School's Out Vacation Camp
Grades K-5
7:00am-6:00pm

2017-2018 School Year

September 21
October 9
November 10 & 22
December 26, 27, 28 & 29
January 15
February 16 & 19
March 9, 26, 27, 28 & 29



Members: \$25/Day
Program Members: \$30/Day

STAY CONNECTED

Follow us on Facebook
for news and updates.



www.facebook.com/SullivanCountyYMCA

PASSPORT MEMBERSHIP

With a Passport Membership you will benefit from programs and activities at all of our branches:

YMCA OF MIDDLETOWN
81 Highland Avenue
Middletown, NY 10940
(P) 845 344 9622

THE CENTER FOR YOUTH PROGRAMS
6 Liberty Street
Middletown, NY 10940
(P) 845 956 1546

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street
Monroe, NY 10950
(P) 845 782 9622

YMCA OF SULLIVAN COUNTY
98 Wild Turnpike
Rock Hill NY 12775
(P) 845 796 0160

With access to all these beautiful facilities including our pool, you will have even more options available for fitness, fun and family time with a larger variety of group fitness classes to choose from, more Family Nights and other Special Events to attend and special discounts on seasonal programs at all locations.

To learn more or to upgrade to a YMCA Passport Membership, please call or visit the Y.

YMCA OF SULLIVAN COUNTY
98 Wild Turnpike, Rock Hill, NY, 12775



(P) 845 344 9622 x401
(W) www.middletownymca.org

SAVE THE DATE

Trunk Or Treat

GEORGE L. COOKE ELEMENTARY SCHOOL

Thursday, October 26th

5:30PM-7:30PM

ADMISSION IS FREE

Trunk or Treat
Carnival Games
Community Agencies



Halloween Festival YMCA OF SULLIVAN COUNTY

Saturday, October 28th

Haunted Trail
Spooky Boat Ride
Pumpkin Painting
Games & Snacks



Follow us on Facebook for details.

JUST ADD WATER

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

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

American Red Cross Courses

- Lifeguard Training
- Lifeguard Recertification
- Waterfront Lifeguard
- CPR
- CPR Recertification
- Babysitting

For more information contact:

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