



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER WORKOUTS

## Winter Session I

November 20, 2017 - January 28, 2018

YMCA OF SULLIVAN COUNTY

### HOW TO REGISTER:

- **YMCA Members:**  
REGISTER ONLINE at [www.middletownymca.org](http://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—Friday 5:00pm– 7:00pm
- **Please visit our website or Facebook for cancellation policies and last-minute cancellation notifications.**

## Hip Hop (Age 7-10)

November 20, 2017 - January 28, 2018.

**NO class December 27th.**

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

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

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

Instructor: Ashley



Wed 5:30pm-6:30pm

## Kids Night Out

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



November 3, 2017  
November 17, 2017  
December 1, 2017  
December 15, 2017  
January 5, 2018  
January 19, 2018

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 Exercise Classes**  
INCLUDED IN MEMBERSHIP  
Ages 13 & Older  
GUESTS may attend for a daily class fee (see below).  
**No Classes:**  
November 23rd, December 25th & January 1st.

### 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 | Thurs | 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, plyometrics and stretching. Class is appropriate for all levels.  
**Guests: \$10/Class**

|                          |     |        |
|--------------------------|-----|--------|
| Instructor: Brian Soller | Wed | 7:00pm |
|--------------------------|-----|--------|

### 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 |
|----------------------------------|-----|--------|

### 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 |
|----------------------------------|-------|--------|

## STAY CONNECTED

Follow us on Facebook for news and updates.



[www.facebook.com/SullivanCountyYMCA](http://www.facebook.com/SullivanCountyYMCA)

# A GREAT WAY TO SPEND YOUR DAY

## School's Out Vacation Camp 2017-2018 School Year

Grades K-5  
7:00am-6:00pm

Looking for a place for your kids to go during the school breaks? The Y offers a wonderful child care option for families during school breaks.



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

2017-2018 School Year:  
November 10, 22  
December 26, 27, 28 & 29  
January 15  
February 16 & 19  
March 9, 26, 27, 28 & 29



**REGISTER NOW!**

**THE PARTY IS HERE**  
Host a special event at the Y.

- Birthday Parties
- Family Reunions
- Staff Retreats
- Baby/Bridal Showers
- Boy Scouts & Girl Scouts Meetings

## 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        | CPR                 |
| Lifeguard Recertification | CPR Recertification |
| Waterfront Lifeguard      | Babysitting         |

For more information contact:

Danielle McAvinue  
(P) 845 956 1549  
(E) dmcaivue@middletownymca.org

# SOMETHING FOR EVERYONE

From our indoor pool and fitness centers to the great outdoors, we've got it all.

## JOIN ONE JOIN ALL 4

### YMCA Passport Membership

Take advantage of the membership benefits available at all four of our locations.

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

**6 LANE - 25 YARD POOL & LYONS SPORTS & FITNESS CENTER**
- 2** **THE CENTER FOR YOUTH PROGRAMS**  
6 Liberty Street  
Middletown, NY 10940  
(P) 845 341 9622  

**NURTURING THE POTENTIAL OF EVERY CHILD**
- 3** **SOUTH ORANGE FAMILY YMCA**  
45 Gilbert Street Ext  
Monroe, NY 10950  
(P) 845 782 9622  

**WE NEED YOUR HELP TO ADD A POOL & GYMNASIUM**  
JOIN OUR CAMPAIGN EFFORTS TODAY
- 4** **YMCA OF SULLIVAN COUNTY**  
98 Wild Turnpike  
Rock Hill, NY 12775  
(P) 845 395 1024  

**OUTDOOR FAMILY ADVENTURES**