

### **Little Ballerinas**

Regardless of ability, students can gain self-confidence and develop gross motor skills through the fundamentals of ballet dance.

### **Gymnastics**

Your child will learn the basic introduction to Gymnastics with a new format each week, including introduction of tumbling, cartwheels, balance beam, along with other fun floor exercises.

### **Musical Munchkins**

Come explore music and movement with your baby, tot, toddler or pre-schooler with our Holiday Magic and Winter Wonderland theme through a wide variety of drums, shakers & other percussion instruments, xylo-phones, etc, delightful puppets and other props. Miss Andrea plays guitar and leads the singing, dancing, playing and movement within an age appropriate curriculum, designed just for little ones!

### **Ballet**

This 45-minute class will be meeting once a week, focusing on the basics of classical ballet technique.

### **Hip Hop:**

This fun and energetic class teaches rhythm, coordination and the use of musicality. Student will develop strength, focus and be challenged by upbeat choreography that will always be fun.

### **Intro to Art:**

This class is a basic introduction to art with the use of paints, colors, and other fun artistic expressions.

### **Intro to Painting:**

The class is geared to learning the basics of painting through use of primary colors, paint brush texture, and color sequence.

### **Sports and Movement**

A fun class for our 2 to 3 year olds to come in with a parent or not to just learn basic motor skills with fun games. We will do some running, throwing, catching, and just be kids.

### **Children's Yoga**

Create a sense of mindfulness while learning breathing techniques as well as developing strength and increasing your child's flexibility.

### **Pee Wee Multi-Sports**

This program focuses on a variety of sports and fitness activities with a strong emphasis on social participation and skills-building. Activities include Tee-ball, Floor Hockey, Soccer, Basketball, Pee Wee Flag Football and much more.

### **Taekwondo**

\*Tae Kwon Do\* offers everyone practical self defense skills as well as improved health and inner strength. Build agility, flexibility and focus in a traditional and disciplined environment. Learn from a sixth degree Black Belt tournament champion with over 30 years of experience.

**Note: Students may take all classes for their age group at no additional Cost.**

### **Pee Wee Soccer**

You child will learn the fundamentals of soccer, hone their skills, and learn sportsmanship in this program. This program is a great way to introduce your child to the sport or simply to continue their practice.

### **Basketball**

Your child will work on the fundamentals of the game while improving their skills. Students will participate in drills, games, and work on offensive moves as well as playing proper defense. The instructor will also teach essential concepts like court vision and team work.

### **S.C.O.R.E FitKids**

Introducing youth –or perhaps reminding them!– to exercise in fun, innovative ways using our S.C.O.R.E. obstacle course and various games!

### **S.C.O.R.E. Off-Season Sports Conditioning**

"Take your game to the next level!" S.C.O.R.E.'s own Speed, Agility, Quickness, Reaction and Conditioning exercises and weight-training (supervised by certified fitness trainers).

### **Young Tumblers**

A class to introduce our younger Gymnast to the sport of Gymnastics with some tumbling, jumping, small bar work, and balance beam.

### **Wall to Wall Football**

Your child will learn the basics of football along with practicing their skills in football in a fun filled class. Again the techniques of throwing, catching, running, punting, and kicking.



## **South Orange Family YMCA**

### **Winter Session 1**

**Nov 28 – February 5, 2012**



### **Registration:**

**Oct 24 —Nov 28, 2011**

**45 Gilbert Street Ext.**

**Monroe, NY 10950**

**845.782.9622**

**[www.middletownymca.org//sofy](http://www.middletownymca.org//sofy)**



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTH ORANGE FAMILY YMCA 845.782.9622

**Winter Session Dates: Nov 28, 2011–Feb 5, 2012**  
**Registration Dates: Oct 24, 2011–Nov 28, 2012**

### Y SPORTS PROGRAMS

**Program Fees (Unless Otherwise Indicated):**  
**YMCA Members: \$60**  
**Program Members: \$120**

#### Pee Wee Multi Sports

(Starts Nov 28, 2011) Location: Gymnasium  
\_Ages 3-5yrs: Mon 2:00-2:45pm  
\_Ages 3-5 yrs: Wed 10:00-10:45am  
\_Ages 3-5 yrs: Thurs 9:00-9:45am  
\_Ages 3-5 yrs: Sat 9:00-9:45 am

#### Pee Wee Soccer

(Starts Sept Nov 28, 2011) Location: Gymnasium  
\_Ages 3-5 yrs: Mon 10:00-10:45am  
\_Ages 3-5 yrs: Wed 2:00-2:45pm  
\_Ages 3-5 yrs: Sat 10:00-10:45am  
\_Ages 3-5 yrs: Sat 11:00-11:45am

#### Young Tumblers

(Starts Dec 2, 2011) Spirit/Mind/Body Studio  
\_Ages 3-5 yrs: Fri 11:00-11:45am  
\_Ages 3-5 yrs: Fri 1:00-1:45pm

#### Pee Wee Basketball

(Starts Dec 2, 2011) Location: Gymnasium  
\_Ages 3-5 yrs: Fri 10:00-10:45am

#### Sports and Movement \*New\*

\_Ages 2-3 yrs: Thurs 10:00-10:45am Gym

\_Children's Yoga (Ages 6+) Sun. 11:15am -12:00pm  
\$60 YMCA Members / \$120 Program Members  
Enhance your child's strength and flexibility as well as sharpening their focus.

#### Basketball Skills & Competition (New) Gym

\_Ages 5-6 yrs: Sat 1:00-1:45pm  
\_Ages 7-9yrs: Sat 4:00-4:45pm  
\_Ages 10-14 yrs: Mon 8:00-8:45pm  
\_Ages 14-17 yrs: Mon 8:45-9:30pm

#### Wall to Wall Indoor Football

(Starts Dec 4, 2011) Location: Gymnasium  
\_Ages 5-6 yrs: Sun 9:00-9:45 am  
\_Ages 7-9 yrs: Sun 10:00-10:45 am (New)

#### Tae Kwon Do

(Starts Wed. Nov 30, 2011) Location: Community Flex Space  
\_Ages 8-12 yrs: Wed 5:00-6:00pm  
\_Ages 8-12 yrs: Sat 11:00am-12:00pm (Yoga Studio)  
\_Ages 13-Adult: Wed 6:15-7:15pm  
\_Ages 13-Adult: Sat 12:15-1:15pm (Yoga Studio)  
\_Ages 8-12 yrs: Sun 12:15-1:15pm  
\_Ages 5-7 yrs: Tues 5:45-6:45pm (Flex Space)  
\_Ages 5-7 yrs: Sun 11-12pm (Flex Space)

**NOTE: Students may take all classes for their age group at no additional cost**

#### Gymnastics

(Starts Dec 3, 2011) Location: Spirit/Mind/Body Studio  
\_Ages 9-11 yrs: Sat 10:45-11:30 am  
\_Ages 6-8 yrs: Sat 11:45-12:30 pm

#### S.C.O.R.E. Programs 8 Wk class

(Starts Dec 15, 2011) Location: Community Flex Space  
\_Ages 7+: Thurs 5:00-6:00pm Sports Conditioning (Boys)  
\_Ages 7+: Thurs 6:30-7:30pm Sports Conditioning (Girls)  
\_Ages 7+ Sat 3:00-4:00pm Sports Conditioning (Co-Ed)  
Fee: \$85 YMCA Members / \$170 Program

#### S.C.O.R.E. Fit Kids 8 Wk class

(Starts Dec 17) Location: Gymnasium  
\_Ages 7+: Sat 2:00-3:00pm Fit Kids (Co Ed)  
Fee \$75 YMCA Members / \$150 Program Members

#### Dodge Ball Class \*New\*

(Starts Dec 3, 2011) Location: Gymnasium  
\_Ages 9-12 yrs: Fri 7:00-7:45pm

#### Intro to Tennis \*New\* (Starts Dec 4)

\_Ages 5-8 yrs Sun 1:00-1:45pm  
\_Ages 9-12yrs Sun 2:00-2:45pm

### Y Arts Programs

#### Musical Munchkins:

##### Holiday Magic & Winter Wonderland

(Starts Dec 19, 2011) Location: Spirit/Mind/Body Studio  
\_Ages 1&2 yrs: Mon 10:00-10:45am Tot Jamboree  
\_Age 2-4yrs: Mon 10:50-11:35 am Toddler Music & Movement  
\_Ages 3-12 months old: Mon 12:00-12:50pm Baby Boogie  
\_Ages 1-4 yrs: Mon 1:00-1:45pm Family Swing Mixed Ages  
\_Ages 3-5 yrs: Mon 2:00-2:45pm Music & Movement  
Fee \$145 YMCA Members \$175 Program Members

#### Hip Hop

\_Ages 8-12 yrs Tues 5:00-6:00pm  
\_Ages 8-12 yrs Thurs 4:45-5:45pm  
Location: Spirit/Mind/Body Studio  
Fee: \$60 YMCA Members \$120 Program Members

#### Intro to Art (New)

##### Location: Community Flex

\_Ages 3-5 yrs: Mon 1:30-2:15pm  
\_Ages 5-6 yrs: Fri 5:00-5:45pm  
\_Ages 7-9yrs: Fri 6:00-6:45 Intro to Painting  
\_Ages 7-9 yrs: Sat 9:00-9:45am Intro to Painting  
\_Ages 10-13 yrs : Sat 10:00-10:45pm Intro to Painting

#### Ballet Classes

Location: Spirit/Mind/Body Studio  
\_Ages 18mos-2yrs: Picture Book Dance Thurs 9:45-10:30am  
\_Ages 3-5 yrs: Young Ballerinas Thurs 10:45-11:30am  
\_Ages 5-6 yrs: Kindergarten Ballet Sat 1:30-2:15pm  
\_Ages 7-9 yrs: Ballet 1 Sat 2:30-3:15pm  
**NOTE:** 'Young Ballerinas' is held in Group X Studio  
Fee: \$60 YMCA Members \$120 Program Members

#### Drama Classes

Location: Community Flex Space  
\_Ages 6-12 yrs: Drama 1 Mon 4:45-5:45pm  
\_Ages 6-12 yrs: Drama 1 Tue 4:45-5:45pm  
Fee: \$60 YMCA Members \$120 Program Members

**PLEASE CHECK THE PROGRAM(S) YOU WISH TO REGISTER FOR AND GIVE THIS FORM AND YOUR MEMBERSHIP INFORMATION TO A WELCOME CENTER REPRESENTATIVE. \*\*\* Non-YMCA Members Must Complete a New Participant Registration Form \*\*\***