

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 preschooler with our Holiday Magic and Winter Wonderland theme through a wide variety of drums, shakers & other percussion instruments, xylophones, 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.

Fun With Art:

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

Intro to Sewing:

The class is geared to learning the basics of sewing through use of fabric, thread and needle along with the use of a sewing machine.

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.

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.

Wrestling:

Your child will go through the basic training and technique in the form in this class. Your child will need head gear and wrestling shoes.



South Orange Family YMCA

Winter Session II

February 20 – April 29, 2012



Registration:

January 30 —February 20, 2012

45 Gilbert Street Ext.

Monroe, NY 10950

845.782.9622

www.middletownymca.org//sofy



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH ORANGE FAMILY YMCA 845.782.9622

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Registration Dates: Jan 30, 2012–Feb 20, 2012

Y SPORTS PROGRAMS

Program Fees (Unless Otherwise Indicated):

YMCA Members: \$60

Program Members: \$120

Pee Wee Multi Sports

(Starts Feb 21) Location: Gymnasium
_Ages 3-5yrs: Tues 10:00-10:45am
_Ages 3-5 yrs: Wed 10:00-10:45am
_Ages 3-5 yrs: Thurs 9:00-9:45am
_Ages 3-5yrs: Sat 9:00-9:45am

Pee Wee Soccer

(Starts Feb 20) Location: Gymnasium
_Ages 3-5 yrs: Mon 10:00-10:45am
_Ages 3-5 yrs: Sat 10:00-10:45am

Young Tumblers

(Starts Feb24) Location: Gymnasium
_Ages 3-5 yrs: Fri 1:00-1:45pm

Pee Wee Baseball (Spring Training)

(Starts Feb 21) Location: Gymnasium
_Ages 3-5yrs: Tues 11:00-11:45am
_Ages 3-5yrs Sat 11:00-11:45am

Pee Wee Floor Hockey (New)

Starts Feb 24) Location: Gymnasium
_Ages 3-5yrs: Fri 10:00am-10:45am

Sports and Movement *New*

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

Basketball Skills & Competition (New) Gym

_Ages 5-6 yrs: Sat 1:00-1:45pm

Wall to Wall Indoor Football

Location: Gymnasium
_Ages 5-9 yrs: Sun 9:00-9:45 am

Tae Kwon Do

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)

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

Gymnastics

Location: Community Flex Space
_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 Week Classes

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 Week Class

_Ages 5+: Sat 2:00-3:00pm Fit Kids (Co Ed)
Fee \$75 YMCA Members / \$150 Program Members

Tennis

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

Wrestling Program (New)

Starts Feb 26 Location: Group x Room
_Ages 6-8 yrs old Wrestling Skills Sun 12:30-1:15pm
_Ages 9-12 yrs old Wrestling Training Sun 1:15-2:00pm

Special Needs Sports Class *New*

_Ages 6-10 yrs old Sun 11:00am-11:45am

Y ARTS PROGRAMS

Musical Munchkins:

Winter/ Spring 2012

(Starts March 12-Ends May 21) Location: Spirit/Mind/Body Studio
_Older 1's and Young 2's: Mon 10:00-10:45am Tot Jamboree
_Age 2.5-4yrs: Mon 10:50-11:35 am Toddler Music & Movement
_Ages 3-12 months old: Mon 12:30-1:15pm Baby Boogie
_Ages Young 1yr: Mon 1:30-2:15pm Family Swing Mixed Ages
_Ages 3-5 yrs: Mon 2:30-3:15 pm Young Musicians
Fee \$145 YMCA Members \$175 Program Members

Hip Hop

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

Arts and Sewing

Location: Community Flex
_Ages 7-9 yrs: Sat 9:00-9:45am Fun with Art
_Ages 10-13 yrs : Sat 1:00-1:45pm Weaving
_9-11yrs: Intro to Sewing 1:15-2:00pm (Youth Center)
_12-15yrs: Sewing I 2:15-3:00pm (Youth Center)

Ballet Classes

Location: Youth Center

_Ages 18mos-2yrs: Picture Book Dance Thurs 9:45-10:30am
_Ages 3-5 yrs: Young Ballerinas Thurs 10:45-11:30am
_Ages 6-9 yrs: Kindergarten Ballet Sat 1:30-2:15pm
NOTE: 'Young Ballerinas' is held in Community Flex
Fee: \$60 YMCA Members \$120 Program Members

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.

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 *****