



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Sullivan County
Located in the Monticello High School
39 Breakey Avenue, Monticello, NY 12701
845-794-7700 ext. 10975

HOURS OF OPERATION

Mondays: 4:30pm-10:00pm
Tuesdays: 2:30pm-10:00pm
Wednesdays: 4:30pm-10:00pm
Thursdays: 4:30pm-10:00pm
Fridays: 2:30pm-10:00pm
Saturdays: 8:00am-3:00pm
Sundays: 10:00am-3:00pm

	<u>Monthly</u>	<u>Annual</u>	
Family*	\$36.00	\$432.00	(2 Adults and all children under 19 in same household)
Adult*	\$23.00	\$276.00	(19 years and older)
Senior*	\$21.00	\$252.00	(60 years and older)
College	\$17.00	\$192.00	* \$25 Enrollment Fee (No age restriction, but must be full time)

	WINTER SESSION II: February 20th – April 29th		
Group Fitness Classes FREE with Membership	Youth & Adult Programs		
MONDAY WillPower & grace (5:15pm-6:00pm) Indoor Cycling (6:30pm-7:15pm)	YOUTH/TEEN PROGRAMS AGES 3-18 YEARS OLD		
	CLASS	AGE/TIME	DAY
	Pee Wee Sports	3-6yrs / 1:00-2:00 PM	Saturdays
	Karate/Judo	5-8 yrs / 8:30-9:15am 9-13 yrs / 9:30-10:15am	Saturdays
	Youth Basketball	6-8 yrs / 1:00-2:00pm 9-12 yrs / 2:00-3:00pm 13-18 yrs / 3:00-4:00pm	Saturdays
	FINE ARTS PROGRAMS		
	Intro to Dance	4-8 yrs / Tuesday	5:00-5:45pm
	ADULT/SENIOR PROGRAMS		
	Open Volleyball	16 & older / 7:00-9:00pm	Tuesdays
	Soccer League	16 & older / 7:00-9:00pm	Fridays
	Open Basketball	18 & older / 7:00-9:00pm	Thursdays
TUESDAY Full Body Toning*** (5:15pm-6:00pm) Zumba*** (6:10pm-6:55pm)	Fee		
	\$20 - Y Members \$45 - Non-Y Members		
	\$30 - Y Members \$70 - Non-Y Members		
	\$20 - Y Members \$45 - Non-Y Members		
WEDNESDAY Indoor Cycling (6:00pm-6:45pm)	FREE - Members \$5/day - Non Y Members		
THURSDAY Indoor Cycling (5:15pm-6:00pm) WillPower & grace (6:30-7:30pm)	\$20 - Members \$40 - Non Y Members		
FRIDAY Zumba*** (5:15pm-6:00pm)	FREE - Members \$5/day - Non Y Members		
SATURDAY Indoor Cycling (9:00am-10:00am)			
*** These classes are held at the Ted Stroebele Center on the corner of Broadway.			
PERSONAL TRAINING 1 Session - \$47 3 Sessions - \$99 Sessions are up to 1 hour			
	CHILD WATCH Give your children a safe place to play while you make use of the YMCA! 3-12 Years Old 4:30-8:00 PM Monday-Wednesday (Children must be under a Family Membership)		
	M.A.P. We offer membership assistance to reduce monthly fees. Ask a staff member for more information.		
	Ask about our Cheer Clinics held on Sundays! Ages 13-18		

All classes are subject to change and/or cancellation. If a single class is canceled there will either be a make-up scheduled or a refund for that class posted to your account. If a whole program is canceled the remaining classes will be credited to your account to be applied to future programs. Please call the Wellness Center prior to classes to make sure there were no cancellations or changes made to the schedule.

Program/Group Fitness Descriptions

Pee Wee 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.

Karate/Judo

The emphasis is on discipline and leadership for children. It entails the use of punches and kicking and proper body movement, encouraging the child toward total body control and coordination. Strong evidence supports that a well-structured Karate program may help develop stronger self-confidence and self-esteem and even assist children with ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyper Disorder) to become more focused in their everyday activities.

Intro to Dance

An introduction to dance and movement, children will be guided through choreography set to music. All ability levels are accepted, and new comers are welcome.

Open Volleyball, Soccer, Basketball

This is a Co-Ed. Come with a team or on your own.

Indoor Cycling:

This is a fat burning, heart pumping, 45-minute ride on our Schwinn Indoor bikes. You will experience hills and flats, pace rides and sprints, while being seated or standing. This is a great way to get that cardio out of the way and kick up your routine. Please wear sneakers (avoid shoes with a flexible sole), comfortable clothing, bottle of water, and a small towel.

Spin Circuit:

This class consists of an hour of Bill's heart pumping Schwinn Indoor Bike workout followed by a half hour of circuit training off the bike. You will get a challenging cardio workout and then move through a series of exercises to strengthen and tone the whole body.

Body Blast:

Total body workout that will burn calories increase cardio endurance and strength. This class will combine weight training plyometrics calestetics and cardio exercises to challenge the individual. Classes will be held indoors as well as outdoors when weather permits. Equipment needed: yoga mat or gym mat resistance bands.

Full Body Toning:

This is a 45-minute class focused on toning all of the major muscle groups. It is a group training session using light weights guided by one of our skilled certified Personal Trainers. Please wear non-marking sneakers and comfortable clothing.

ZUMBA:

"The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval-training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in 45-minutes of calorie-burning and body-energizing movements meant to engage and captivate!" Please bring non-marking sneakers and comfortable clothing.

WillPower & Grace

This class is a dynamic fusion of the fitness industry's most popular and most effective group exercise programs. This workout is the ideal cardiovascular solution for mind-body practitioners. It is equipment-free; barefoot, and infused with positive, strengthening philosophy. WillPower & Grace is not just a class; it is a discipline; an east-to-follow, linear, strong and focused program for students of all levels. We set goals and attain them, to ensure progression. Furthermore, through cardiovascular barefoot training we develop ankle, knee and hip stabilization to facilitate good movement and prevent injury. Over time WillPower & Grace will help us stand taller, walk with greater confidence, and function with agility.

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