



YMCA of Middletown

845.344.9622
www.middletownymca.org
Visit us on Facebook.

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SESSION II

FEBRUARY 20, 2012 - APRIL 29, 2012

The YMCA will CLOSE at 2:00pm on Friday, April 6 in observance of Good Friday.
The YMCA will be CLOSED on Sunday, April 8, 2012 in observance of Easter Sunday.
Friday & Sunday class fees have been adjusted for the cancelled classes on these dates.

PROGRAM REGISTRATION BEGINS:

January 30, 2012 with YMCA Family Membership
February 1, 2012 with YMCA Membership
February 3, 2012 for Non-Members



FREE

Parent & Child Swim Lessons
and Chess Club

with a YMCA Family Membership.

Registration is required to participate but enrollment is FREE
with a YMCA Family Membership.

MEMBER REFER A MEMBER

FEBRUARY 15 - MARCH 15, 2012

Refer an Adult or Family Membership and receive
1 FREE PERSONAL TRAINING SESSION!
Please contact the Welcome Center for details.

REGISTRATION INFORMATION

- Current YMCA Members may REGISTER ON-LINE at www.middletownymca.org. We must have a current e-mail address on file prior to on-line registration.
- Special Program Rates for members with YMCA FAMILY MEMBERSHIP can only be applied when registration is done in-house.
- First time registrants must register at our Welcome Center.

YMCA of Middletown

SUMMER DAY CAMP

It's not too early to think about SUMMER FUN because REGISTRATION HAS BEGUN!

June 25 - August 17, 2012

Registration is now underway for our summer day camp program located at our Middletown facility. Our camp services children ages 3-12. We have a traditional camp day, along with optional extended hours for a great child care alternative. There is a \$36.00 membership fee if your family does not already have a family membership. This required membership fee will provide your child membership for the entire summer (June, July and August). At the time of registration, you will also be required to provide a \$50 non-refundable deposit per session to hold your child's placement.

Please visit our website (www.middletownymca.org) for more information and pricing.

Take advantage of this great opportunity to give your child a summer to remember at a price that's affordable!

Session 1: June 25th - July 6th Session 3: July 23rd - August 3rd
Session 2: July 9th - July 20th Session 4: August 6th - August 17th

For more information please call or email Marianne at 845.956.1519 or mgaffney@middletownymca.org.

At the YMCA of Middletown

“NO ONE SHALL BE TURNED AWAY DUE TO AN INABILITY TO PAY!”

Membership Assistance Program (MAP): This program is in place to help those who want to become members but cannot due to financial circumstances. The commitment of “No one shall be turned away due to an inability to pay” is integral to the mission of the YMCA, and the reason why staff, volunteers and members of the community work hard every year to raise money through our Strong Kids Campaign to keep that promise. The application process is simple and non-intrusive.

To apply or for more information please call 845.344.9622.

BENEFITS OF FAMILY MEMBERSHIP:

Program Discounts

Beat The Streets
Early Program Registration
Annual Members receive 1 Month FREE
FREE SKIP Swim Lesson
FREE Pee Wee Fitness and Fun Program
FREE First Step Preschool Registration
Wellness Center (ages 13 and up)
Adult & Teen Orientations
Open Gym
Child Watch
Youth and Family Fun Center

Family Nights

Family Locker Room
Adult Sauna & Steam Rooms
Racquetball
Adult Volleyball Pick Up Games
Adult Basketball Pick Up Games
Member Referral Programs
Y Teen Leadership Club (with application)
Youth and Government
Y Chess Club
G.I.R.L.S. (Girls in Real Life Situations)



BEAT THE STREETS is a pro-action program created by our youth for our youth, facilitated by the YMCA of Middletown and offered by the Dyson Foundation. With this collaboration we can offer our youth an alternative from the streets and bring them into a safe and productive environment, while promoting social structure, community togetherness, and most importantly mentorship. The program runs throughout the school year.

FOR: YOUTH & TEENS (AGES 10-17)
DATE: 2ND, 3RD & 4TH SATURDAY OF EACH MONTH
TIME: 7:00PM-10:00PM
FEE: FREE to YMCA MEMBERS
\$1.00 for PROGRAM PARTICIPANTS

For more information:
Please contact Shawn Thomas
845.956.1512 or sthomas@middletownymca.org

ACTIVITIES INCLUDE:

Swimming	Foosball
Basketball	Dances
Exercise/Workouts	Trips
Wall Ball	Xbox Kinect
Chess	Wii
Board Games	Dodgeball Tournaments
Arts & crafts	Video Game Tournaments
Ping pong	and more...

YMCA FAMILY NIGHTS

AN EVENING OF FUN FOR EVERYONE! Come join us for an evening of FUN & GAMES on the first Saturday of each month (November-June) from 6:30pm-8:30pm. Family Nights are **FREE** to YMCA members and their families. Children/teens 17 & younger must be accompanied by an adult 18 & older.

Upcoming Events:

March 3, 2012 May 5, 2012
April 7, 2012 June 2, 2012

For more information please call
845.344.9622 or visit
www.middletownymca.org.

CLUB KID

The YMCA of Middletown offers before and after school child care in a multitude of school districts in Orange County. All of our programs are registered and licensed by the New York State Office of Children and Family Services. Our goal is to provide safe, fun and supervised care for school-age children before and after school. We strive to provide an exciting and stimulating environment while recognizing children's needs for quiet, individual activity. We offer a program where children can make choices that best suit their needs and interests. In our daily program we strive to offer opportunities for:

*Personal growth

*Improving social skills

*Developing leadership skills

*Appreciating diversity

*Having fun

*Incorporating YMCA values of Caring, Respect, Honesty and Responsibility

Please contact the Y to speak to someone regarding our Club Kid program. You can register your child at any time. A child can start our program 3 school days after registering. This fee based program is housed on site at designated elementary schools. We also offer "School's Out Vacation Camp" at both the YMCA in Middletown and Monroe on most week days that schools are closed.

1ST STEP PRESCHOOL



Our 1st Step Preschool has limited spaces available for the 2011-2012 school year. We have classes for 2, 3 and 4 year olds. Our preschool readiness class for 2 year olds meets 1 day a week on Tuesdays (12:00-1:30) and requires parent participation. Our preschool program for 3 year olds meets T/TH 9:00-11:30. Our kindergarten readiness program for 4 year olds meets M/W/F or 5 days a week, 9:00-11:30 and/or 12:15-2:45. All of our preschool classes include free swimming lessons & a gym component.

For fees and additional information please contact Pat Weiss at 845.956.1495 or pweiss@middletownymca.org.

PERSONAL TRAINING

Our staff will customize a program to meet your needs.

What does a YMCA personal trainer do?

- Strength training
- Pre/Postnatal training
- Race training for new runners
- Post-physical therapy
- Isolated abdominal training
- Sports specific training
- Firm abs/healthy back
- Strength training for Seniors
- Personal flexibility training
- and more!

1 ON 1 PERSONAL TRAINING

Let us design a program that is right for you. Each session is up to 1 hour in length.

(01) 3 sessions - \$99 - first time only (02) 1 session - \$47 (03) 5 sessions - \$210 (04) 10 sessions - \$370

PARTNER TRAINING SESSIONS (2 on 1)

Pair up with a friend or loved one and develop a customized plan together with the help of your YMCA personal trainer.

(01) 1 session - \$75 (02) 5 sessions - \$310 (03) 10 sessions - \$590

NOT SURE HOW TO "GET STARTED"?

The **GET STARTED PROGRAM** is a 9 week program designed for new or returning Health Seekers. The program is perfect for members looking to begin an exercise program. This program will help members consider their fitness goals, create a balanced routine, and work at their own pace.

MAKE THE COMMITMENT TO YOUR HEALTH TODAY!

This \$25.00 program is available to YMCA Members only.

For more information, please contact Ed Duvinski at

845.344.9622 x233 or by email at eduvinski@middletownymca.org

BENEFITS OF GET STARTED:

- Small Group Coaching
- Weekly Sessions
- Wellness & Nutritional Handouts
- Multiple sessions to choose from

DIABETES PREVENTION PROGRAM

The **YMCA DIABETES PREVENTION PROGRAM (Y-DPP)** is designed to aid in the prevention of diabetes for individuals, who have pre-diabetes, by helping them set personal lifestyle goals. The group program meets in one hour sessions for 16 weeks, covering diet, exercise, and behavior modification to help participants achieve two primary goals: reduce and maintain individual weight loss by 5-7%, and participate in regular physical activity. This program is **FREE** to those who meet the criteria.

DIABETES PREVENTION FOR THE FAMILY is a special 4 week program for the whole family. Financial assistance is available. **ONLY \$99 (Regularly \$125).**

For more information please call Ed Duvinski at 845.344.9622 ext. 233 or Debbie Brain at 845.956.1501.



YMCA OF MIDDLETOWN ADULT & TEEN GROUP FITNESS CLASSES FREE with YMCA MEMBERSHIP

YMCA of Middletown
81 Highland Avenue
Middletown, NY 10940
845-344-9622
www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 6:30 AM TOTAL BODY CIRCUIT Studio Lauren	9:00 – 9:45 AM BEGINNER CYCLING Cycling Studio Ed	5:45 – 6:30 AM TOTAL BODY CIRCUIT Studio Lauren	9:00 – 9:45 AM ZUMBA Gymnasium Danny	5:45 – 6:30 AM TOTAL BODY CIRCUIT Studio Lauren	8:30 – 9:30 AM CYCLING Cycling Studio Laura
8:00 – 9:00 AM LIGHT & LIVELY Studio Rachel	9:00 – 9:45 AM ZUMBA Gymnasium Danny	9:00 – 10:00 AM CYCLING Cycling Studio Rachel	9:00 – 10:00 AM SENIORCIZE Wellness Center Mark/ Rachel	8:00 – 8:55 AM LIGHT & LIVELY Studio Rachel	8:30 – 9:30 AM CARDIO KICKBOXING Studio Loreen
9:00 – 10:00 AM CYCLING Cycling Studio Ed	8:50 – 9:50 AM YOGA – Mixed level Studio Randi	9:05 – 9:50 AM STRENGTH & CONDITIONING Studio Ed	8:50 – 9:50 AM YOGA – Mixed level Studio Randi	9:00 – 10:00 AM CYCLING Cycling Studio Deb	9:45 – 10:45 AM "Y" PUMP Studio Inst. Rotate
9:15 – 10:00 AM STRENGTH & CONDITIONING Base Camp Judy	9:00 – 10:00 AM SENIORCIZE Wellness Center Mark/ Rachel	10:00 – 11:00 AM Y CARDIO BLAST Studio Val	10:00 – 11:00 AM "Y" PUMP Studio Marlo	9:05 – 9:50 AM STRENGTH & CONDITIONING Studio Ed	11:00 – 12:00 PM ZUMBA Studio Tamika
9:45 – 10:45 AM TOTAL BODY INTERVAL Studio Val	10:00 – 11:00 AM "Y" PUMP Studio Val	4:30 – 5:30 PM "Y" PUMP Studio Rachel	4:30 – 5:15 PM CYCLING Cycling Studio Bill	10:00 – 11:00 AM TOTAL BODY INTERVAL Studio Val	8:50 – 9:50 AM YOGA Studio Randi
4:30 – 5:30 PM CYCLING Cycling Studio Deb	4:30 – 5:15 PM TRX (program fee applies) Studio Laura	4:30 – 5:30 PM CYCLING Cycling Studio Laura	5:30 – 6:30 PM HALF + HALF Studio Deb	6:00 – 7:00 PM ZUMBA (Family) ages 6 and up Studio Danny	9:00 – 10:00 AM CYCLING Cycling Studio Mike
4:30 – 5:30 PM "Y" PUMP Studio Laura	5:30 – 6:30 PM HALF + HALF Studio Deb	5:30 – 6:30 PM CALIENTE CARDIO CIRCUIT Base Camp Danny	5:30 – 6:30 PM BEGINNER YOGA Temple Sinai Jennifer	10:00 – 11:00 AM PILATES Studio Leah	10:00 – 11:00 AM CYCLING Cycling Studio Mike
5:35 – 6:35 PM 3-2-1 Studio Bill	5:30 – 6:30 PM BEGINNER YOGA Temple Sinai Elizabeth	5:35 – 6:35 PM BOOT CAMP Studio Joe	6:45 – 7:45 PM ZUMBA (Family) ages 6 and up Studio Jennifer	10:15 AM – 11:15 am CYCLING Cycling Studio Mike	11:15 – 12:15 PM ZUMBA (Family) ages 6 and up Studio Danny
5:45 – 6:30 PM BEGINNER CYCLING Cycling Studio Rachel	6:00 – 7:00 PM CYCLING Cycling Studio Mike	6:45 – 7:45 PM CARDIO KICKBOXING Studio Loreen	ROOM LOCATIONS: Wellness Center — First Floor Studio — Lower Level Multipurpose Room — First Floor Base Camp—Lower Level Cycling Studio — Lower Level		
6:45 – 7:45 PM ZUMBA Studio Tamika	6:30 – 7:15 PM STRENGTH & CONDITIONING Base Camp Valerie	Classes and times are subject to change. Effective 1/04/12			
7:05 – 8:05 PM STRENGTH & STRETCH Base Camp Kevin	6:45 – 7:45 PM "Y" PUMP Studio Marlo				



YMCA OF MIDDLETOWN
POOL SCHEDULE
February 20, 2012 - April 29, 2012

YMCA of Middletown
 81 Highland Avenue
 Middletown, NY 10940
 845-344-9622
 www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:00 LAP SWIM	5:30-8:00 LAP SWIM	5:30-9:00 LAP SWIM	5:30-8:00 LAP SWIM	5:30-9:00 LAP SWIM	7:00-8:00 LAP SWIM	8:00-8:45 LAP SWIM
9:00-9:45 AQUACIZE w/Patty	8:00-9:00 LAP SWIM	9:00-9:45 AQUACIZE w/Patty	8:00-9:00 LAP SWIM	9:00-9:45 AQUACIZE w/Patty	8:00-9:00 LAP SWIM & PRIV LESSONS	8:45-9:45 AQUACIZE W/ Angie
9:45-10:30 AQUACIZE w/Patty	9:00-10:00 AQUACIZE w/Nina	9:45-10:30 AQUACIZE w/Patty	9:00-10:00 AQUACIZE w/Nina	9:45-10:30 AQUACIZE w/Patty	9:00-12:45 LESSONS	9:45-11:45 LESSONS
10:30-11:00 LESSONS	10:15-11:00 ADULT LESSONS	10:30-11:00 LESSONS	10:15-11:00 ADULT LESSONS	10:30-11:30 RESERVED	12:45-2:00 LAP SWIM	11:45-1:00 LAP SWIM
11:00-11:30 PRE-K (4YO)	11:00-11:30 PRE-K (UPK) & LAP SWIM	11:00-11:30 TEMPLE/PRIV	11:00-11:30 PRE-K (3YO) & LAP SWIM	11:30-12:00 SENIOR SWIM	2:00-3:00 PARTIES	1:00-2:00 PARTIES
11:30-12:00 SENIOR SWIM	11:30-1:30 LAP SWIM	11:30-12:00 SENIOR SWIM	11:30-1:30 LAP SWIM	12:00-3:00 LAP SWIM	3:00-4:30 FAMILY SWIM PRIV LESSONS	2:00-3:30 FAMILY SWIM PRIV LESSONS
12:00-2:15 LAP SWIM	1:30-2:00 PREK & SKIP & LAP SWIM	12:00-3:45 LAP SWIM	1:30-2:00 LAP SWIM & LESSONS	3:00-4:00 LAP SWIM & ADULT REC	4:30-5:45 LAP SWIM	3:30-4:45 LAP SWIM
2:15-2:45 PRE-K (4YO) & LAP SWIM	2:00-2:15 LAP SWIM	3:45-4:45 FAMILY SWIM PRIV LESSONS	2:00-2:15 LAP SWIM	4:00-6:00 LESSONS		
2:45-3:00 LAP SWIM	2:15-2:45 PRE-K (UPK) & LAP SWIM	4:45-6:00 LESSONS	2:15- 2:45 PRE-K (3YO) & LAP SWIM	6:00-7:00 AQUACIZE W/ Nancy		
3:00-4:00 LAP SWIM & PRIV LESSONS	2:45-3:00 LAP SWIM	6:00-7:00 AQUACIZE W/ Angie	2:45-3:00 LAP SWIM	7:00-8:00 FAMILY SWIM PRIV LESSONS		
4:00-6:00 LESSONS	3:00-4:00 LAP SWIM & ADULT REC	7:00-9:45 LAP SWIM	3:00-4:00 LAP SWIM & ADULT REC	8:00-9:45 LAP SWIM		
6:00-7:00 AQUACIZE W/Nancy	4:00-4:30 PRIV LESSONS		4:00-4:30 PRIV LESSONS			
7:00-9:45 LAP SWIM	4:30-5:45 LESSONS		4:30-5:45 LESSONS			
	5:45-6:45 FAMILY SWIM PRIV LESSONS		5:45-6:45 FAMILY SWIM PRIV LESSONS			
	6:45-7:30 ADULT LESSONS		6:45-7:30 ADULT LESSONS			
	7:30-9:45 LAP SWIM		7:30-9:45 LAP SWIM			

CREDITS & MAKE-UP CLASSES

There are NO credits or make-ups available for classes missed for medical/family/personal reasons.
 In cases where classes are cancelled by the YMCA, due to inclement weather or other circumstances, all attempts will be made to make up those classes during the week following the end of the session.

SWITCHING CLASSES

A \$5 fee will be charged to switch a class after the first two weeks of the session.

WITHDRAWAL FROM CLASSES

Refunds will only be issued when withdrawal from class(es) is due to a medical reason. A doctors note must be provided. Credits for withdrawing from class(es) will be based on the number of classes remaining in the session.

ALL YMCA CLASSES & SCHEDULES ARE SUBJECT TO CHANGE.

 YMCA OF MIDDLETOWN AQUATICS 845.956.1517 				Preschool Swimming Lessons (Continued)		
				Pike / Eel / Ray / Starfish	Fri	4:45-5:15
				Eel	Fri	4:00-4:30
FREE Parent & Child classes with YMCA Family Membership! \$60 with YMCA Membership (*Sunday classes are \$54) \$120 Non-Members (*Sunday classes are \$108)				Pike / Eel / Ray / Starfish	Sat	9:00-9:30
				Pike / Eel / Ray / Starfish	Sat	9:30-10:00
Parent & Child Swimming Lessons (S.K.I.P) - Ages 6mo-3yrs FREE with YMCA FAMILY MEMBERSHIP!				Pike	Sat	10:00-10:30
				Eel	Sat	10:30-11:00
Skip	Mon	10:30-11:00	Eel	Sat	11:00-11:30	
Skip (Ages 2 -3)	Tues	1:30-2:00	Pike / Eel / Ray / Starfish	Sat	12:15-12:45	
Skip	Wed	10:30-11:00	Pike / Eel / Ray / Starfish	*Sun	9:45-10:15	
Skip	Wed	5:30-6:00	Eel	*Sun	10:15-10:45	
Skip	Thurs	5:15-5:45	Pike	*Sun	10:45-11:15	
Skip	Thurs	5:15-5:45	Eel	*Sun	11:15-11:45	
Skip	Sat	9:00-9:30	Youth Swimming Lessons - Ages 7-12 Polliwog =Beginner (Non-Swimmer) Guppy =Advanced Beginner ("Doggie Paddler") Minnow =Intermediate (Deep Water Swimmer) Fish =Advanced #1 Flying Fish =Advanced #2 Shark =Advanced #3			
Skip	Sat	9:30-10:00				
Skip	Sat	12:15 -12:45				
Preschool Swimming Lessons - Ages 3-6 Pike =Beginner (Non-swimmer) Eel =Advanced Beginner (Non-swimmer) Ray =Intermediate ("Doggie Paddler") Starfish =Advanced (Independent Swimmer)						
Pike / Eel / Ray / Starfish	Mon	10:30-11:00	Polli / Guppy / Minnow	Mon	4:30-5:15	
Pike / Eel / Ray / Starfish	Mon	4:00-4:30	Polli / Guppy / Minnow	Tue	5:00-5:45	
Pike	Mon	4:30-5:00	Polli / Guppy / Minnow	Wed	4:45-5:30	
Pike / Eel / Ray / Starfish	Tues	4:30-5:00	Polli / Guppy / Minnow	Thurs	4:30-5:15	
Eel	Tues	5:00-5:30	Polli / Guppy / Minnow	Fri	4:00-4:45	
Pike / Eel / Ray / Starfish	Wed	10:30-11:00	Polli / Guppy / Minnow	Sat	10:00-10:45	
Eel	Wed	5:00-5:30	Polli / Guppy / Minnow	Sat	10:45-11:30	
Pike / Eel / Ray / Starfish	Wed	5:30-6:00	Polli / Guppy / Minnow	*Sun	10:15-11:00	
Pike / Eel / Ray / Starfish	Wed	5:30-6:00	Fish / Flying Fish / Shark	Mon	5:15-6:00	
Pike / Eel / Ray / Starfish	Thurs	1:30-2:00	Fish / Flying Fish / Shark	Fri	5:15-6:00	
Pike / Eel / Ray / Starfish	Thurs	5:15-5:45	Fish / Flying Fish / Shark	Sat	11:30-12:15	
Eel	Thurs	4:30-5:00	Fish / Flying Fish / Shark	*Sun	11:00-11:45	

Teen & Adult Swimming Lessons - Ages 13 & Older
 \$60 with YMCA Membership
 \$120 Non-Members

Beg / Int / Adv	Tues	10:15-11:00
Beg / Int / Adv	Tues	6:45-7:30
Beg / Int / Adv	Thurs	10:15-11:00
Beg / Int / Adv	Thurs	6:45-7:30

For information on
PRIVATE SWIMMING LESSONS or
AMERICAN RED CROSS COURSES
 please call our Aquatics Department.
845.956.1517



YMCA OF MIDDLETOWN
ARTS & CRAFTS
845.344.9622 Ext.255

Fantabulous Felt Fun

Come join us so your child can experience a fun, interactive way to tell their favorite stories. Each child will be provided with their own felt board to take home and every week we add pieces to their collection based on exciting stories by famous authors.

\$50 with YMCA Membership
\$100 for Non-Members

Age 2-3 Parent & Child	Mon	9:15-10:00
Age 4-5	Wed	9:15-10:00

Rainbow Art

Each week students explore a new color of the rainbow by using various craft techniques. A snack based on the color of the week will be served. Projects will all come together in a large SURPRISE.

\$50 with YMCA Membership
\$100 for Non-Members

Age 2-3 Parent & Child	Wed	4:15-5:00
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Creative Kids

This program enables youth to experience and experiment with different arts & crafts medium such as sand, wood, wax and other natural materials to complete some exciting projects.

\$50 with YMCA Membership
\$100 for Non-Members

Age 4-5	Thurs	4:15-5:00
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VALENTINE'S MAKE & TAKE PROJECTS
February 13, 2012
Fee: \$5.00

In this 45 minute class your child will create **Valentine's Day** themed crafts to decorate your home or give as gifts.

Ages 4-5 5:30-6:15
Ages 6 & Up 5:30-6:15

YMCA OF MIDDLETOWN

CHALLENGE YOUR MIND

845.956.1512

Chess Club

The Chess Club gives students an opportunity to play friendly games of chess against their peers in a low-stress environment.

FREE with YMCA FAMILY/INDIVIDUAL MEMBERSHIP!
\$6/Day for Non-Members

Age 9-13	Sun	11:00-2:00
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YMCA OF MIDDLETOWN

SPORTS

845.956.1512

Basketball - Adult Pick-Up Games

FREE with YMCA FAMILY/INDIVIDUAL MEMBERSHIP!
\$15/Day for Non-Members

Ages 19 & Older	M & W	7:45-9:45
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Basketball - All Stars Basketball Training

Coached by Middletown's Varsity Basketball Coach, Jim Kelly.

Registration Fee: \$40

Grades 6, 7 & 8	Sun	12:30-2:00
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Basketball Clinic/League

This instructional basketball program is designed to teach boys and girls basic basketball skills, the importance of team work, the benefits of exercise, and enhance drills to improve their skills.

\$30 with YMCA Family Membership (Applies to ages 6-8 ONLY)
\$60 with YMCA Individual Membership
\$120 Non-Members

Ages 6-8	Sat	1:00-2:30
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Ages 9-12	Sat	3:00-6:00
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Ages 13-15	Sun	2:00-4:00
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Baseball Training

YMCA Youth Baseball Training is coached by SUNY Orange player Blake Hasbrouck. This program helps children prepare for the upcoming Little League Baseball Season by teaching and reviewing the basics of base running, pitching, hitting, fielding and many other skills, tactics and rules.

\$30 with YMCA Family Membership
\$60 with YMCA Individual Membership
\$120 Non-Members

Ages 5-12	Sat	11:45-1:00
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Dodgeball - Adult

Recreational games are played. Teams are picked at random.

FREE with YMCA FAMILY/INDIVIDUAL MEMBERSHIP!
\$6/Day for Non-Members

Ages 18 & Older	Fri	7:30-9:45
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**MORE SPORTS
 CLASSES & PROGRAMS
 ON THE NEXT PAGE.**

Gymnastics (Ages 3 - 7) This program is designed to teach fundamental gymnastics. Emphasis will be on movement, with work on learning body parts, locomotor skills, basic exercises, and an introduction to gymnastics equipment. Also the children will be taught basic exercise and body awareness in a recreation atmosphere.			
	Ages 3-4 Preschool Gymnastics	Sat	9:15-10:00
	Ages 4-5 Preschool Gymnastics	Sat	10:00-10:45
	Ages 6-7 Kidernastics	Sat	10:45-11:30
	Ages 6-7 Kidernastics (Adv)	Sat	11:30-12:15
Martial Arts - Karate/Judo The YMCA Martial Arts program teaches proper techniques while building character, strength and self-confidence. With classes in a variety of traditional martial arts forms, such as Karate, Aikido and Judo, YMCA Martial Arts programs build coordination, balance, discipline, mental concentration, courtesy and respect. Note: Students must purchase a uniform from Sensei (\$25-\$30) \$60 with YMCA Individual Membership \$120 Non-Members			
	Ages 5-7 Beginner	Sat	12:15-1:00
	Ages 8-12	Sat	1:15-2:00
	Ages 8-12 Mixed Level	Sat	2:15-3:00
	Ages 5-7 Advanced	Sat	3:15-4:00
Mixed Martial Arts - Adult MMA Participants will learn Karate, Aikido, and Judo along with improving coordination, balance, discipline, mental concentration, courtesy, and respect. \$60 with YMCA Individual Membership \$120 Non-Members			
	Ages 13 & Older	Wed	6:45-7:45
Rock Climbing Participants will build self esteem and confidence, learn the fundamentals and skills of climbing properly, the importance of safety, climbing terminology, different holds and grips, techniques to make them better climbers, and be challenged on the wall with different climbing routes and activities. There are two 5 week sessions: Session I: February 23 - March 22, 2012 Session II: March 29 - April 26, 2012 \$40 with YMCA Membership \$80 Non-Members			
	Ages 7-12	Thurs	5:30-6:30
Soccer In Pee Wee Soccer, for age 3-4, children learn the basics of soccer in a fun and instructive way. In Rookie Soccer, for age 5-6, children continue to learn and improve upon the fundamentals and rules of the game while learning the importance teamwork. Our soccer program for 7-10 year olds prepares kids for competitive play. Shin guards are required at this level. Cleats prohibited indoors. \$30 with YMCA Family Membership \$60 with YMCA Individual Membership \$120 Non-Members			
	Ages 3-4	Sat	9:45-10:30
	Ages 5-6	Sat	10:45-11:30
	Ages 7-10 (Indoor/Outdoor)	Sat	8:45-9:30
Volleyball - Open Games Come have some fun. Playing volleyball is a great workout and a great way to make new friends and meet potential teammates for the upcoming Volleyball League. Now through February 14, 2012 FREE with YMCA FAMILY/INDIVIDUAL MEMBERSHIP! \$15/Day for Non-Members			
	Ages 18 & Older	T & TH	7:15-10:00
Volleyball - League Coed teams are chosen by a draft process. Teams will have one week between the draft and their first game to practice together. Draft Date: February 16, 2012 Games Begin: February 23, 2012 \$30 with YMCA Family Membership \$60 with YMCA Individual Membership			
	Ages 18 & Older	T & TH	7:15-10:00
Yoga - Children's Yoga This class inspires positive peer interactions that children can carry into their everyday lives. \$60 with YMCA Individual Membership \$120 Non-Members			
	Ages 5-12	Mon	5:30-6:30

Host your child's next
BIRTHDAY PARTY
 at the YMCA of Middletown.



We have 3 party package options for you to choose from. Host the party yourself or let us do all the work. Either way, your child will have a great time at the YMCA.

For more information please contact Beth Goodman at bgoodman@middletownymca.org or 845.798.4124.

2012 STRONG KIDS CAMPAIGN

We believe that lasting personal and social changes can only come about when we all work together to invest in our kids, our health and our neighbors.

That's why, at the Y, **strengthening community is our cause.** Every day, we work side by side with our neighbors and our community to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive at the Y.



Your contribution to the Strong Kids Campaign helps make this possible!

To make a donation or to get involved in any way please contact Linda Cellini at 845.956.1550.