



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 *\$25 Enrollment
(No age restriction, but must be full time)		

WINTER SESSION I: NOVEMBER 28TH-FEBRUARY 5TH - 10 Weeks!			
Youth & Adult Programs			
YOUTH/TEEN PROGRAMS AGES 3-18 YEARS OLD			
CLASS	AGE/TIME	DAY	FEE
Pee Wee Sports	3-6yrs / 12:00-12:45pm	Saturdays	\$20 - Y Members \$45 - Non-Y Members
Karate/Judo	5-8 yrs / 8:30-9:15am 8-13 yrs / 9:30-10:15am	Saturdays	\$30 - Y Members \$70 - Non-Y Members
Youth Basketball	6-8 yrs / 1:00-2:00pm 9-12 yrs / 2:00-3:00pm 13-18 yrs / 3:00-4:00pm	Saturdays	\$20 - Y Members \$45 - Non-Y Members
FINE ARTS PROGRAMS			
Family Aerobics	ALL AGES / Wednesday	5:45-6:45pm	\$20 - Y Members \$45 - Non-Y Members
Youth Cheer!	4-17 yrs / Wednesday	4:30 -5:30pm	\$20 - Y Members \$45 - Non-Y Members
Intro to Dance	4-8 yrs / Tuesday	5:00-5:45pm	\$20 - Y Members \$45 - Non-Y Members
ADULT/SENIOR PROGRAMS			
Open Volleyball	16 & older / 7:00-9:00pm	Tuesdays	FREE - Members \$5/day - Non Y Members
Open Soccer	16 & older / 7:00-9:00pm	Wednesdays	FREE - Members \$5/day - Non Y Members
Open Basketball	16 & older / 7:00-9:00pm	Thursdays	FREE - Members \$5/day - Non Y Members

Group Fitness Classes FREE with Membership
MONDAY WillPower & grace (5:15pm-6:00pm) Indoor Cycling (6:30pm-7:15pm)
TUESDAY Full Body Toning (5:15pm-6:00pm) Zumba (6:10pm-6:55pm)
WEDNESDAY Body Blast (5:15pm-6:00pm) Indoor Cycling (6:00pm-6:45pm)
THURSDAY Indoor Cycling (5:15pm-6:00pm) WillPower & grace (6:30-7:30pm)
FRIDAY Zumba (5:15pm-6:00pm)
SATURDAY Indoor Cycling (9:00am-10:00am)

PERSONAL TRAINING
 1 Session - \$47
 3 Sessions - \$99

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.

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.

Youth Cheer!

This class will focus on learning the basics of cheerleading. The children will learn tumbling, cheers, and choreography, which will be practiced and then performed at the Sullivan YMCA Adult League games. This program will eventually become a feeder program for the Monticello High School Junior Varsity and Varsity Cheerleading team. Pom-Poms will be provided!

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 caletistics 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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