



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



RAIN OR SHINE ALWAYS A GOOD TIME



**-PLEASE NOTE-
NO PROGRAMS:
Thursday, July 4th
*Fees have been
adjusted.**

Note:
Parents & guardians
of children age 12
and under must
remain in the facility.

Summer Program Guide YMCA OF MIDDLETOWN & THE CENTER FOR YOUTH PROGRAMS

June 24, 2019–August 18, 2019

REGISTRATION BEGINS:

June 10, 2019 with YMCA Membership

June 14, 2019 for Program Members

Registration ends July 7, 2019

HOW TO REGISTER:

- Current Y Members may REGISTER on the app or online at www.middletownymca.org. Your current e-mail address must be on file at the Y prior to registration.
- Special Program Rates for members with a YMCA FAMILY MEMBERSHIP can only be applied when registration is done in-person.
- First time registrants and Program Members must register at our Welcome Center.
- Please see back page for cancellation/refund policies.
- A minimum of 6 students is required to run most classes.

Please visit our website to view YMCA Program Policies.

ALL YMCA CLASSES & SCHEDULES ARE SUBJECT TO CHANGE

Special Interest

Chess Club at The Center

Games are set up by age and/or skill level.

FREE with YMCA Membership

Ages 7-12	Beginner	Sat	1:00pm-2:00pm
All Ages	Advanced	Sat	2:00pm-3:00pm

Performing Arts

Kids Choir at The Center

Students learn vocal performance, harmony and music theory and even have the opportunity to perform at community events.

Instructor: Maximilian Mezetin

FREE with YMCA Membership

Ages 3-12	Tues	5:00pm-5:45pm
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Music Appreciation Class at The Center

Learn music theory and introductory methods to rhythm, vocal performance, kazoo, recorder, piano, bells and more!

Instructor: Maximilian Mezetin

\$50 with YMCA Membership / \$100 for Program Members

Ages 3-6	Thurs*	5:00pm-5:45pm
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Stage Drama-Actin' Up at The Center

Improve acting skills and take part in inspirational community events.

Instructor: Maximilian Mezetin

\$50 with YMCA Membership / \$100 for Program Members

Ages 5-13	Mon	5:00pm-5:45pm
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Sports & Fitness

Basketball Training

\$50 with YMCA Membership / \$100 for Program Members

Ages 6-8	Beginner	Lyons Den	Mon	5:30pm-6:30pm
Ages 6-8	Beginner	Lyons Den	Sat	9:30am-10:30am
Ages 9-14	Girls Only	Gymnasium	Thurs*	5:00pm-6:00pm

Basketball - Dr.Dish Private Training at The Center

Up your game with the Dr.Dish basketball training machine. Put up quality reps, increase concentration, improve footwork, ball-handling, shooting, conditioning and strength. All ages welcome.

Contact Coach Kevin to schedule sessions.

(P) 845 395 1021 (E) kdorelus@middletownymca.org

YMCA Membership not required.



Boxing Fundamentals with New Breed Boxing

Practice proper stance, footwork & punching techniques while building strength and speed.

\$62 with YMCA Membership / \$124 for Program Members

Ages 8-18	Sat	11:00am-12:00pm
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Gymnastics & Tumble at Highland Ave

During these introductory classes, children practice tumbling, cartwheels, balancing on the beam, and other floor exercises.

Please Note: Class assignments are subject to change based on each student's skill set at the instructor's discretion.

\$62 with YMCA Membership / \$124 for Program Members

Ages 18M-3Y	Parent & Child	Sat	9:30am-10:00am
Ages 3-4	Beginner	Sat	10:15am-11:00am
Ages 5-8	Intermediate	Sat	11:15am-12:15pm
Ages 9-12	Advanced	Sat	12:15pm-1:15pm

Karate/Judo at The Center

A minimum of 7 students is needed to run a class.

Note: Students must purchase a uniform from Sensei (\$25-\$30)

\$62 with YMCA Membership / \$124 for Program Members

Ages 5-7	Beginner	Sat	12:15pm-1:00pm
Ages 5-7	Advanced	Sat	1:15pm-2:00pm
Ages 8-12	Beginner	Sat	2:15pm-3:00pm
Ages 8-12	Advanced	Sat	3:15pm-4:00pm
Ages 13-18	All Levels	Sat	4:15pm-5:00pm

Kids Fit at Highland Ave

A beginner's workout curriculum just for kids.

\$20 with YMCA Membership

Ages 6-12	Wed	6:35pm-7:35pm
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Kids Art & Yoga at The Center

Painting, creative exercises and games (including yoga and dance) help children connect with their right brain, focus better and let loose! Each week the focus is on a specific theme and children will take home their own mixed media painting.

\$62 with YMCA Membership / \$124 for Program Members

Ages 6-12	Sat	1:00pm-2:15pm
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Little Friends Play Time at The Center

Meet other families while playing together in our soft play room.

FREE with YMCA Membership

Ages 4 & Under	Sat	12:30pm-1:30pm
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JOIN TODAY

\$0 MONEY DOWN & NO ENROLLMENT FEE

Offer valid with any program registration for the 2019 summer session. Restrictions apply. See the Welcome Center for details.



Soccer at Highland Ave

\$50 with YMCA Membership / \$100 for Program Members

Ages 3-4	Lyons Den	Mon	5:30pm-6:00pm
Ages 3-4	Gymnasium	Sat	9:15am-9:45am
Ages 5-6	Lyons Den	Mon	6:15pm-7:00pm
Ages 5-6	Gymnasium	Sat	10:00am-10:45am
Ages 7-10	Gymnasium	Sat	11:00am-11:45am
Ages 11-14	Gymnasium	Sat	12:00pm-1:00pm

Volleyball Training at Highland Ave

Learn volleyball fundamentals and develop the skills of the sport.

\$70 with YMCA Membership / \$140 for Program Members

Ages 10-14	GIRLS	Thurs*	5:45pm-7:30pm
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Girls Volleyball Training Camp

A four day intense training camp for girls ages 12-17, for those with experience in organized volleyball.

WHEN: July 8th-July 11th • 9:00 am-3:00 pm

COST: \$200 for Lady Elite Athletes / \$250 New Athletes

WHAT TO BRING: Lunch & Water, Swimming Attire, Knee Pads



Swimming Lessons

STEP #1: CHOOSE YOUR SWIMMER'S LEVEL BY AGE & ABILITY

SKIP-Parent & Child Swimming Lessons - Ages 6mo-3yrs 1 Child FREE with YMCA FAMILY PASSPORT MEMBERSHIP!

SKIP 1—6 months to 18 months

Student to Teacher Ratio:
1:10

SKIP 2—19 months to 36 months

Preschool Swimming Lessons - Ages 3-5

Pike—Beginner (Non-swimmer using a 4 Bubble)

Student to Teacher Ratio: 1:5

Eel—Advanced Beginner (Non-swimmer using a 2 or 4 Bubble)

Ray—Intermediate ("Doggie Paddler" using 2 or No Bubble)

Starfish—Advanced (Independent Swimmer - No Bubble)

Youth Swimming Lessons - Ages 6-12

Poliwog—Beginner (Non-Swimmer)

Guppy—Advanced Beginner ("Doggie Paddler")

Minnow—Intermediate (Deep Water Swimmer)

Fish—Advanced #1

Flying Fish—Advanced #2

Shark—Advanced #3

Student to Teacher Ratio:
1:8

Student to Teacher Ratio:
1:10

Teen & Adult Swimming Lessons - Ages 13 & Older

Beginner / Intermediate / Advanced

STEP #2: SELECT AN OPTION

OPTION #1: 1 DAY PER WEEK FOR 8 WEEKS

SKIP (combined)	Sat	10:00am-10:30am
SKIP (combined)	Sat	12:00pm-12:30pm
Pike / Eel / Ray	Fri	4:45pm-5:15pm
Pike / Eel / Ray	Sat	9:30am-10:00am
Ray / Starfish	Sat	10:00am-10:30am
Pike / Eel	Sat	12:00pm-12:30pm
Pike / Eel / Ray	Sun	9:45am-10:15am
Polli / Guppy / Minnow	Fri	4:00pm-4:45pm
Polli / Guppy / Minnow	Sat	10:30am-11:15am
Polli / Guppy / Minnow	Sat	11:15am-12:00pm
Polli / Guppy / Minnow	Sun	10:15am-11:00am
Fish / Flying Fish / Shark	Fri	5:15pm-6:00pm
Fish / Flying Fish / Shark	Sat	12:30pm-1:15pm
Fish / Flying Fish / Shark	Sun	11:00am-11:45am
Teen & Adult—Beg / Int / Adv	Thurs*	7:00pm-7:45pm

OPTION #2: 4 DAYS PER WEEK FOR 2 WEEKS

These lessons are Monday - Thursday* during the following 2 week sessions.

Session 1: July 1st-July 11th (No classes July 4th)

Session 2: July 15th—July 25th

Session 3: July 29th—August 8th

Session 4: August 12th—August 22nd

Fish / Flying Fish / Shark	4:30pm-5:15pm
SKIP 1 / Ray / Starfish	5:15pm-5:45pm
SKIP 2 / Pike / Eel	5:45pm-6:15pm
Poliwog / Guppy / Minnow	6:15pm-7:00pm

A minimum of 3 students is required to run a class. Levels may be combined in order to reach that minimum.

For additional information, please contact:

Danielle McAvinue, Aquatics Director

(P) 845 956 1549

(E) dmcavinue@middletownymca.org

Private Lessons

Private lessons are available to **YMCA members only**, Monday—Thursday with limited availability on weekends.

AVAILABLE TIMES:

12:00pm • 12:30pm
3:30pm • 4:00pm
6:00pm • 6:30pm

Summer Package Options

1 x per week	\$35
2 x per week	\$60
3 x per week	\$75

Contact Danielle McAvinue for scheduling:
(P) 845 956 1549 (E) dmcavinue@middletownymca.org

Swim Stroke Clinic

June 26, 27 & 28, 2019

9:00am-5:00pm

June 26th—Freestyle & Backstroke

June 27th—Butterfly & Breaststroke

June 28th—IM & Flip Turns

Designed for swimmers, ages 6-18, to enhance stroke efficiency through stroke specific drills.

Swimmers must swim at the YMCA's Fish level or higher.

YMCA Members: \$40/Day or \$110 for 3 Days
Program Members: \$50/Day OR \$140 for 3 Days