



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# JUMPING FOR SPRING

## Spring Youth Program Guide SOUTH ORANGE FAMILY YMCA

April 15, 2019–June 16, 2019

REGISTRATION BEGINS:

April 1, 2019 with YMCA Membership

April 5, 2019 for Program Members

Registration ends April 28, 2019

\*No Programs April 19th, April 21st & May 27th.

\*Prices have been adjusted for these classes.

### HOW TO REGISTER:

- Current YMCA Members may REGISTER on the app or online. We must have a current e-mail address on file 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 visit our website for cancellation policies and download our app to get last-minute cancellation notifications.

## Performing Arts

Performing Arts programs require a seasonal commitment with monthly payments.

Spring: April 8–June 17

Students must commit to fundraise through ticket sales for seasonal performances.

### Ballet

This progressive ballet program concentrates on correct body alignment, strength and flexibility, and provides formal training in the foundations of classical ballet.

For more information, please contact: ballet@middletownymca.org

Instructor & Location: Nadia—Yoga Studio

\$35/Month with YMCA Membership

\$70/Month for Program Members

Ages 4–6 Sun\* 11:15am–12:15pm

Ages 7–12 Sun\* 12:30pm–1:30pm

# JOIN THE Y

**\$0 DOWN AND  
NO ENROLLMENT FEE**

Offer valid with any program registration for the spring session.

First Membership payment will be withdrawn on May 1, 2019.  
Offer valid at the YMCA of Middletown & South Orange Family YMCA.

Coupon must be presented to claim offer. Expires April 30, 2019.

### Introduction to the Arts: Music & Stage Drama

Develop the social skills & confidence needed to enhance dramatic performances.

Instructor & Location: Max—Yoga Studio

\$25/Month with YMCA Membership

\$50/Month for Program Members

Ages 4–12 Mon\* 5:30pm–6:15pm

### Jazz/Hip-Hop

Express yourself through movement and music through a combination of hip-hop, jazz and other modern dance styles.

Instructor & Location: Danielle—Yoga Studio

\$35/Month with YMCA Membership

\$70/Month for Program Members

Ages 5–10 Thurs 7:00pm–8:00pm

## Special Interest

### Chess Club

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

Instructor & Location: Garrett—Youth Center

FREE with YMCA Membership / \$48 for Program Members

Ages 7–12 Sat 1:00pm–2:00pm

### Music and Movement

Improve movement and listening skills in a fun, musical environment.

Instructor & Location: Cathy—Flex

\$30 with YMCA Membership

Ages 2–4 Wed 10:30am–11:15am

## Sports & Fitness

Youth sports programs include **PICTURE DAY**.

### Basketball Training

Learn and develop skills of the sport through drills in dribbling, shooting, passing, defense and teamwork.

Instructor & Location: Coach Garrett—Gym

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

Ages 6–8 Mon\* 5:00pm–6:00pm

Ages 9–12 Mon\* 7:00pm–8:00pm

### Boxing

Increase strength and speed through exercises that teach proper stance, footwork, and punching techniques.

Instructor & Location: Andre—Flex

Please bring your own wraps, gloves and jump rope.

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

Ages 13 & Older Beginner Wed 6:45pm–7:45pm

Ages 13 & Older Intermediate Wed 7:45pm–8:45pm

### Children's Yoga

Learn the value of being mindful as you practice breathing techniques that help you stretch and increase flexibility.

Instructor & Location: Helena—Yoga Studio

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

Ages 6–12 Fri\* 6:15pm–7:00pm

SOUTH ORANGE FAMILY YMCA  
45 Gilbert Street Ext, Monroe, NY 10950



(P) 845 782 9622  
(W) www.middletownymca.org

**Cheer Tumbling**

Learn the basics or work on existing skills to become a better competitive cheerleader.

**Beginner Skill Requirement:** No prior experience is required.

**Intermediate Skill Requirement:** Cartwheel, round-off, unassisted standing back handspring and unassisted round-off back handspring.

**Instructor & Location:** Coach Mike—Gym

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

Private Lessons are available. Call for details.

Ages 8-13	Beginner	Tues	5:00pm-6:00pm
Ages 8-13	Intermediate	Tues	7:00pm-8:00pm

**Golf at Mansion Ridge**

Master the basic elements and fundamentals of the golf stroke while learning the rules and proper etiquette of the game.

**Please Note:** This is a 6 week program and begins April 30th.

**Instructor & Location:** John—Mansion Ridge

**\$100 Students who provide their own clubs**

**\$140 Students who will require rental clubs**

Private Lessons are available. Call for details.

Ages 7-12		Tues	5:00pm-6:00pm
Ages 7-12		Tues	6:00pm-7:00pm

**Gymnastics**

During these training 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.

**Instructor & Location:** Coach Miguel—Gym

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

Students may take additional classes for \$35-\$70.

Ages 3-4		Sun*	11:00am-11:30am
Ages 5-8		Sun*	11:45am-12:45pm
Ages 7-12		Thurs	5:00pm-6:00pm
Ages 9-12	Advanced	Sun*	1:00pm-2:00pm

**Intro to Dance**

Explore the exciting world of dance.

**Instructor & Location:** Danielle—Yoga Studio

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

Ages 3-5		Thurs	5:15pm-6:00pm
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**Karate**

Build character, strength, and self-confidence while improving coordination, balance, discipline, and mental concentration.

**Instructor & Location:** Israel—Flex

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

**Students may take additional classes for \$35/ \$70.**

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

Private Lessons are available. Call for details.

Ages 3-4	Beginner	Thurs	4:30pm-5:00pm
Ages 3-4	Beginner	Sun*	10:00am-10:30am
Ages 5-7	Advanced	Wed	4:45pm-5:30pm
Ages 5-7	Beginner	Thurs	5:15pm-6:00pm
Ages 5-7	Mixed Level	Sun*	10:45am-11:30am
Ages 8-12	Advanced	Wed	5:45pm-6:30pm
Ages 8-12	Beginner	Thurs	6:15pm-7:00pm
Ages 8-12	Mixed Level	Sun*	11:45am-12:30pm

**Kids Fit**

A beginners workout curriculum where kids will learn how to pair fitness with fun.

**Instructor & Location:** Coach Garret—Gymnasium

**FREE with YMCA Membership**

Ages 7-12		Sat	11:30am-12:30pm
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**Little Friends Play Time**

What a wonderful opportunity to meet other families while your child socializes and develops gross motor skills through play.

**Instructor & Location:** Cathy—Flex

**FREE with YMCA Membership**

Ages 4 & Under		Fri*	10:30am-11:15am
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**Multi Sports**

An introduction to a variety of sports and games including: soccer, basketball, hockey, football, volleyball, tag games, kickball and more.

**Instructor & Location:** Coach Garrett—Gym

**\$30 with YMCA Membership**

Ages 4-6		Sat	10:30am-11:15am
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**Outdoor Boot Camp**

45 minutes of athletic boot camp training using the outdoors to your advantage. Drills include: cardio, strength, agility and core training.

**Instructor & Location:** Jill—Outside (Flex during inclement weather)

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

Ages 13 & Older		Mon*	10:30am-11:15am
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**T-Ball**

Preschoolers are introduced to the sport of baseball through modified games and activities. **Please bring a glove.**

**Instructor & Location:** Coach Garrett—Gym

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

Ages 3-5		Sat	9:30am-10:15am
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**Teen Fit**

These programs make fitness fun and educational. Space is limited.

**Instructor & Location:** Tina (w/Girls) & Andre (w/Boys)—HOIST

**\$25 with YMCA Membership**

Ages 10-15	Teen Fit for Girls	Mon*	5:30pm-6:15pm
Ages 10-15	Teen Fit for Boys	Wed	5:15pm-6:00pm

**Soccer Training**

Drills combined with other sport specific conditioning exercises develop young soccer players into strong all around athletes.

**Instructor & Location:** Coach Garrett—Gym

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

Ages 3-5		Sat	8:30am-9:15am
Ages 6-9		Sun*	8:30am-9:15am

**Volleyball Training**

This program is designed to develop young athletes, and give them the competitive edge they need to join our volleyball team.

**Please Note:** Trainings are twice a week.

**Instructor & Location:** Coach Garrett—Gym

**\$100 with YMCA Membership / \$150 for Program Members**

Ages 10-14	Girls Only	Wed & Sun*	5:00pm-6:30pm 3:30pm-5:00pm
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**KIDS NIGHT OUT: Ages 3-4th Grade**

Drop the kids off at the Y for an evening of fun.



October-June, 6:30pm-9:30pm

1st & 3rd Friday of each month.

**Pre-registration is required.**

**Admission includes: pizza, snack and drink**

**\$7 with YMCA Membership / \$15 for Program Members**

**WEEKEND WARRIORS: Ages 8-12**

Each day is a new challenge.

2nd & 4th Saturday of each month.

October-May, 7:00pm-10:00pm

Pizza & drinks available for purchase.

April 13th & 27th-Kickball

May 11th-Pickleball

May 25th-Reilly Dodgeball Tournament

**Pre-registration is required.**  
Admission:  
\$7 with YMCA Membership  
\$15 for Program Members



FOR YOUTH DEVELOPMENT®  
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# BLOOM INTO A BETTER YOU

## Spring Health & Fitness Program Guide SOUTH ORANGE FAMILY YMCA

April 15, 2019–June 16, 2019

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April 1, 2019 with YMCA Membership

April 5, 2019 for Program Members

Registration ends April 28, 2019

\*No Programs April 19th, April 21st & May 27th.

\*Prices have been adjusted for these classes.

## Health & Fitness

### Boxing

Increase strength and speed through exercises that teach proper stance, footwork, and punching techniques.

**Instructor & Location: Andre—Flex**

**Please bring your own wraps, gloves and jump rope.**

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

Ages 13 & Older	Beginner	Wed	6:45pm–7:45pm
Ages 13 & Older	Intermediate	Wed	7:45pm–8:45pm

### Get Started 1 & 2

These 9-week programs are designed for new and returning health seekers looking to begin an exercise program. Our experienced trainers help individuals consider personal fitness goals, create a balanced routine, and encourage them to work at their own pace. Upon completion of Get Started 1, members are encouraged to register for Get Started 2 where they receive nutritional guidance in addition to additional fitness routines. Please call or visit us for more information. **DON'T WAIT—GET STARTED TODAY!**

**Instructor & Location: Tina—Yoga Studio**

**GS 1: \$25 with YMCA Membership**

**GS 2: \$70 with YMCA Membership**

GS 1: Ages 13 & Older	Sat	11:00am–11:45am
GS 2: Ages 13 & Older	Wed	7:30pm–8:15pm

### Intro to Ballroom Dance

Take your first step into the fun world of Ballroom Dance! Learn basic steps and rhythms to Foxtrot, Rhumba, Waltz, Cha Cha, Salsa, Hustle, Swing, and Tango! Enhance your learning through leading and following in a group. Smooth shoes are ideal but not necessary.

**Instructor & Location: Janice—Yoga Studio**

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

Ages 13 & Older	Fri*	10:45am–11:30am
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### Outdoor Boot Camp

45 minutes of athletic boot camp training using the outdoors to your advantage. Drills include: cardio, strength, agility and core training.

**Instructor & Location: Jill—Outside (Flex during inclement weather)**

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

Ages 13 & Older	Mon*	10:30am–11:15am
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- Special Program Rates for members with 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 visit our website for cancellation policies and download our app to get last-minute cancellation notifications.

## Make It Personal

### Personal Training

A program just for you. Each session is 1 hour.

3 sessions (1st Time)	\$35/Session
1 session	\$47/Session
3 sessions	\$45/Session
5 sessions	\$42/Session
10 sessions	\$37/Session



### One-on-one yoga sessions now available!

For more information, please contact: Michelle Bernieri  
(P) 845 956 1488 (E) mbernieri@middletownymca.org



### Partner Training

Train with a friend. Each session is 1 hour. Pricing is per pair.

1 session	\$75/Session
3 sessions	\$68/Session
5 sessions	\$62/Session
10 sessions	\$59/Session



### Small Group Training

Train with 3-5 friends. Each session is 1 hour. Pricing is per person.

1 session	\$20/Session
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## WE'RE HERE TO HELP YOU BE HEALTHY

**FREE Orientations:** Every member receives 2 FREE 1-hour orientation sessions in our Wellness Center. Stop by the Welcome Center to schedule your appointments.

## Pickleball

Play a fun game that combines elements of tennis, badminton and ping pong. You'll learn the rules of the game and compete.

**Instructor & Location: Michele—Gym**

**FREE with YMCA Membership**

Ages 13 & Older	Mon	12:30pm–2:00pm
Ages 13 & Older	Wed	12:30pm–2:00pm
Ages 13 & Older	Fri	2:00pm–3:30pm

# JOIN TODAY

Already a Member? Give this coupon to a friend and take part in our **MEMBER REFER A MEMBER** program. Current members, refer a friend and receive a free month. See the Welcome Center for details.

# \$0

## MONEY DOWN AND NO ENROLLMENT FEE

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## GET READY FOR SUMMER REGISTER FOR SUMMER CAMP TODAY!



### Camp Discovery

**Ages 5-15**

Beautiful Harriman State Park is the perfect place for nature lovers. Limited bussing is available.

Contact: Irene Rumsey (P) 845 956 1493 (C) 914 443 1976 (E) [discoverymcacadcamp@yahoo.com](mailto:discoverymcacadcamp@yahoo.com)

### Camp Robbins

**Ages 5-16**

Escape to the great outdoors in Walden, where plenty of adventures await. Limited bussing is available.

Contact: Josh Horner (P) 845 956 1519 (E) [jhorner@middletownymca.org](mailto:jhorner@middletownymca.org)

### Camp Funshine

**Ages 3-8**

The Center For Youth Programs in Middletown keeps campers close to home but let's imaginations run wild.

Contact: Sherri Tironi (P) 845 956 1546 (E) [stironi@middletownymca.org](mailto:stironi@middletownymca.org)

Contact: Sue Cummings

(P) 845 395 1025 (E) [scummings@middletownymca.org](mailto:scummings@middletownymca.org)

### Camp Wee Discover

**Ages 3-5**

Spend the summer at the South Orange Family YMCA learning, growing and playing, each and every day.

Contact: Felice Cicchesi (P) 845 395 1013 (E) [fc@middletownymca.org](mailto:fc@middletownymca.org)

### Summer Squad

**Ages 9-16**

The YMCA of Middletown is the place to be this summer for campers looking for endless fun.

Contact: Krystal Cable (P) 845 395 1005 (E) [kcable@middletownymca.com](mailto:kcable@middletownymca.com)

### Rock Hill Mini Camp

**Ages 5-12**

Every day is a new adventure as campers explore outdoors at the YMCA of Sullivan County.

Contact: Melinda Gwiozdowski (P) 845 395 1024 (E) [mgwiozdowski@middletownymca.org](mailto:mgwiozdowski@middletownymca.org)

### YMCA Town of Thompson Camp

**Ages 5-14**

Experience tons of outdoor fun right at the Town of Thompson Park. Limited to first 200 campers. This camp is open to Town of Thompson residents only.

Contact: Melinda Gwiozdowski (P) 845 395 1024 (E) [mgwiozdowski@middletownymca.org](mailto:mgwiozdowski@middletownymca.org)

## SAVE THE DATE

Family Easter Egg Hunt • Saturday, April 13th

Healthy Kids Day • Saturday, April 27th

Namaste for the Community • Saturday, June 1st

## WEIGHING IN WITH WINNING NUMBERS



### Spring Meltdown

April 15—June 16, 2019

Make this spring a season of change by losing weight, living healthier, making new friends, and winning great prizes.

- A small \$20 fee to make a **BIG CHANGE!**
- 9 weekly weigh-ins & body measurements
- Weekly prizes
- Complimentary gift when you complete all 9 weeks
- Get ready to look and feel great!

**REGISTER NOW!**

### KIDS NIGHT OUT: Ages 3-4th Grade

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October-June, 6:30pm-9:30pm

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Admission includes: pizza, snack and drink.

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Each day is a new challenge.



2nd & 4th Saturday of each month.

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Concessions available.

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May 11th-Pickleball

May 25th-Reilly Dodgeball Tournament

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\$15 for Program Members

## MAKING BIRTHDAY CELEBRATIONS SPECIAL



Host your next Birthday Party at the Y.

Sports  
Karate

Gymnastics  
Ballet

Games  
& More!

Additional party event options are available upon request.

Available times: Sat. 4:30pm-6:30pm & Sun. 5:30pm-7:30pm.

## SAVE \$25 ON YOUR NEXT BIRTHDAY PARTY WITH THIS COUPON!

Offer only valid at the South Orange Family YMCA. Must present coupon for savings.