



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter Session I Youth Program Guide SOUTH ORANGE FAMILY YMCA

November 20, 2017 –January 28, 2018

PROGRAM REGISTRATION BEGINS:

November 6, 2017 with YMCA Membership

November 10, 2017 for Program Members

Registration ends December 3, 2017.

*No Programs November 23rd, December 24th & January 1st.

Prices have been adjusted for these classes.

There are NO CLASSES December 25th–31st.

HOW TO REGISTER:

- Current YMCA Members may REGISTER ONLINE at www.middletownymca.org. We must have a current e-mail address on file prior to registration.
- 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.**

SPORTS & FITNESS

Basketball Training

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

Location: Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 6–8	Coach Shawn	Mon*	5:15pm – 6:00pm
Ages 9–11	Coach Shawn	Mon*	7:15pm –8:00pm
Ages 12–15	Coach Kevin	Tues	5:15pm–6:15pm

Youth Boxing

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

Instructor & Location: Andre—Flex

\$69 with YMCA Membership / \$140 for Program Members

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

Ages 8–12	Beginner	Fri	6:00pm – 6:45pm
Ages 8–12	Intermediate	Fri	7:00pm – 7:45pm
Ages 13 & Older	Beginner	Wed	6:45pm – 7:30pm
Ages 13 & Older	Intermediate	Wed	7:45pm – 8:30pm

Floor Hockey

Children learn about this fast paced sport by playing in pick & play games with peers and practicing drills.

Instructor & Location: Nathan—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 7–12		Thurs*	7:00pm – 8:00pm
-----------	--	--------	-----------------

Golf

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

Instructor & Location: John—Gym

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own clubs.**

Private Lessons are also available. Call for details.

Ages 6–12	Beginner	Sat	1:15pm–2:00pm
Ages 6–12	Advanced	Sat	2:15pm–3:00pm
Ages 13 & Older	Flex	Sat	11:30am–12:15pm

Youth sports programs include **PICTURE DAY & a T-SHIRT.** Students should wear their t-shirt to each class.

Gymnastics

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

Instructor & Location: Miguel—Gym

Students may take additional classes for \$35.

\$69 with YMCA Membership / \$140 for Program Members

Ages 7–12		Thurs*	5:00pm – 5:45pm
Ages 3–4		Sun*	11:00am – 11:30am
Ages 5–8		Sun*	12:00pm – 12:45pm
Ages 9–12		Sun*	1:00pm – 1:45pm

Karate/Judo

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.

\$75 with YMCA Membership / \$150 for Program Members

Private Lessons are also available. Call for details.

Ages 5–7	Advanced	Wed	4:45pm – 5:30pm
Ages 8–12	Advanced	Wed	5:45pm – 6:30pm
Ages 3–4	Beginner	Thurs	4:30pm – 5:00pm
Ages 5–7	Beginner	Thurs*	5:15pm – 6:00pm
Ages 8–12	Beginner	Thurs*	6:15pm – 7:00pm
Ages 3–4	Beginner	Sun*	10:00am – 10:30am
Ages 5–7	Mixed Level	Sun*	10:45am – 11:30am
Ages 8–12	Mixed Level	Sun*	11:45am – 12:30pm
Ages 13 & Older		Thurs*	7:15pm–8:00pm

Indoor Soccer

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

Instructor & Location : Coach Kristi—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 3–5		Fri	11:15am – 11:45am
----------	--	-----	-------------------

Don't forget to register for swimming lessons at the YMCA of Middletown. See website for details.

Kids Fit

A beginners workout curriculum just for kids in the gymnasium.
FREE with YMCA Membership—Members ONLY!

Ages 7-12 Coach Garrett Sat 11:30pm-12:15pm

Multi Sports

This class is an introduction to a variety of sports and games which include: soccer, basketball, hockey, football, volleyball, tag games, kickball and more. **Location: Gym**

\$69 with YMCA Membership / \$140 for Program Members

Ages 3-5 Coach Dwayne Tues 9:30am - 10:15am

Ages 3-4 Coach Garrett Sat 9:00am - 9:45am

Ages 5-6 Coach Garrett Sat 10:30am-11:15am

Pitching Instruction

Learn the fundamentals of pitching mechanics, proper arm exercises and accurate release points.

Instructor & Location: Coach Garrett—Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 9-12 Tues 7:00pm-7:45pm

Play Time for Tots

What a wonderful opportunity to meet other families while playing to help your child develop socialization and gross motor skills in a fun environment.

Location: Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 3 & Under Fri 10:30am - 11:00am

R.A.F. - Real Athletic Fitness

During this team-based workout, everyone encourages one another to develop their physical and mental abilities through flexion, isometrics, rotation and extension.

Instructor & Location: Rafael—Flex

\$69 with YMCA Membership / \$140 for Program Members

Ages 13 & Older Mon* 7:00pm-7:45pm

Teen Fit

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

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

FREE with YMCA Family Membership

Ages 13-15 Teen Fit for Girls Wed 5:30pm - 6:15pm

Ages 13-15 Teen Fit for Boys Wed 5:15pm - 6:00pm

Tennis

This program focuses on the basic fundamentals of the sport while encouraging each child to reach their true potential.

Location: Gym

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own racket if you have one.**

Ages 6-11 Sun* 9:00am - 9:45am

Volleyball Training

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

Instructor: Coach Shawn of YMCA Lady Elite Volleyball

Location: Gym

\$69 with YMCA Membership / \$140 for Program Members

Ages 10-14 Girls Only Wed 5:00pm-6:00pm

SAVE THE DATE

Drop & Shop

November 25, 2017

Movie Night

December 9, 2017

Santa Day

December 16, 2017

Drop & Shop

December 23, 2017

Y Talent "Pool"

January 27, 2018

See our website and Facebook for details.

MUSIC & MOVEMENT

Choir

Join the Y's Choir for ALL—children, teens and adults are welcome. Learn vocal performance, harmony, music theory, and perform at community events.

Instructor & Location: Wendy—Yoga Studio

Note: Each student must commit to fundraise through ticket sales. FREE with YMCA Membership—YMCA Membership is required.

Ages 10 & Older (adults welcome) Wed 4:30pm-5:15pm

Music Appreciation

Enter the world of music with this introduction to music theory, vocal performance and basic instruments such as bells, kazoos, recorders and other age appropriate instruments with piano accompaniment.

Instructor & Location: Max—Yoga

\$69 with YMCA Membership / \$140 for Program Members

Ages 3-5 Mon* 5:00pm-5:30pm

Introduction to the Arts: Music & Stage Drama

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

Instructor & Location: Max—Yoga

\$69 with YMCA Membership / \$140 for Program Members

Ages 6-12 Mon* 5:30pm-6:15pm

Dance

Our comprehensive dance program offers ballet and hip hop. Basic positioning and dance steps are taught through different dance styles, combinations and choreography. **Location: Studio**

\$69 with YMCA Membership / \$140 for Program Members

Ages 3-5 Preschool Ballet- Tanya Thurs* 5:00pm-5:30pm

Ages 6-12 Beginner Ballet- Tanya Thurs* 5:45pm-6:30pm

Ages 6-12 Hip Hop- Kristen Fri 6:30pm-7:15pm

Children's Yoga

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

Instructor & Location: Meaghan- Yoga Studio

\$69 with YMCA Membership / \$140 for Program Members

Ages 6-12 Fri 5:30pm-6:15pm

Chess Club

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

Instructor & Location: Shawn-Yoga Studio

FREE with YMCA Membership / \$48 for Program Members

Ages 7-12 Sat 12:30pm-1:30pm

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

KIDS NIGHT OUT

Ages 3 - 9

Now-December:

1st two Fridays of each month.

January- June:

1st & 3rd Friday of each month.

6:30pm-9:30pm

Admission includes:

pizza, snack and drink

\$7 with Y Family Membership

\$15 for Program Members

PRE-REGISTRATION IS REQUIRED

SATURDAY NIGHT FUN

Ages 10 - 15

Now-June:

1st & 3rd Saturday of each month.

7:00pm-10:00pm

Admission:

Free with Y Membership

\$10 for Program Members



Junior Leaders Club Teen Leaders Club

AGES 10-17

Contact Brittany Binnie:
(P) 845 395 1021



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter Session I Health Well-Being & Fitness Program Guide SOUTH ORANGE FAMILY YMCA

November 20, 2017 –January 28, 2018

PROGRAM REGISTRATION BEGINS:

November 6, 2017 with YMCA Membership

November 10, 2017 for Program Members

Registration ends December 3, 2017.

*No Programs November 23rd, December 24th & January 1st.

Prices have been adjusted for these classes.

There are NO CLASSES December 25th–31 st.

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.

\$69 with YMCA Membership / \$140 for Program Members

Ages 13 & Older Beginner Wed 6:45pm - 7:30pm

Ages 13 & Older Intermediate Wed 7:45pm - 8:30pm

Get Started

This 9-week program is designed for new and returning health seekers. This program is perfect for members looking to begin an exercise program. Our experienced trainers help individuals consider personal fitness goals, create a balanced routine, and encourages them to work at their own pace.

Instructor & Location: Kristi—Yoga

\$25 - YMCA MEMBERS ONLY!

DON'T WAIT—GET STARTED TODAY!

Please call or visit us for more information.

Ages 13 & Older Sat 10:40am-11:20am

Golf

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

One class will be held at Mansion Ridge—Date TBA.

Instructor & Location: John—Flex

\$69 with YMCA Membership / \$140 for Program Members

***Please bring your own clubs.**

Private Lessons are also available. Call for details.

Ages 13 & Older Sat 11:30am - 12:15pm

Visit our website to view our current group exercise schedule.

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



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.

1 session
\$20/Session



HOW TO REGISTER:

- Current YMCA Members may REGISTER ONLINE at www.middletownymca.org. We must have a current e-mail address on file prior to registration.
- 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.**

Karate/Judo & Self Defense

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.

\$75 with YMCA Membership / \$150 for Program Members

Private Lessons are also available. Call for details.

Ages 13 & Older Thurs* 7:15pm-8:00pm

R.A.F. – Real Athletic Fitness

During this team-based workout, everyone encourages one another to develop their physical and mental abilities through flexion, isometrics, rotation and extension.

Instructor & Location: Rafael—Flex

\$69 with YMCA Membership / \$140 for Program Members

Ages 13 & Older Mon* 7:00pm-7:45pm

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 Wed 12:00pm-1:30pm

Ages 13 & Older Fri 9:00am-10:15am

Ages 13 & Older Fri 2:00pm-3:30pm

JOIN ONE
JOIN ALL **4**

Visit our Welcome Center to learn more about all the great benefits of a YMCA Family Passport Membership.

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

KIDS NIGHT OUT

Age 3 - 9

Now-December:

1st two Fridays of each month.

January- June:

1st & 3rd Friday of each month.

6:30pm-9:30pm



Admission includes:

pizza, snack and drink

\$7 with Y Family Membership

\$15 for Program Members

PRE-REGISTRATION IS REQUIRED

SATURDAY NIGHT FUN

Ages 10 - 15

Now-June:

1st & 3rd Saturday of each month.

7:00pm-10:00pm

Admission:

Free with Y Membership

\$10 for Program Members



Junior Leaders Club Teen Leaders Club

AGES 10-17

Contact Brittany Binnie:

(P) 845 395 1021

Club Kid

Before & After School Program

With programs available in many school districts throughout Orange County, the Y gives elementary and middle school students a safe place to go before and after school. Club Kid provides children the opportunity to choose among a variety of activities to suit their individual interests.

Stop by our Welcome Center or visit our website to see if we offer Club Kid in your community.

AM Program: 7:00AM—Start of School Day

PM Program: End of School Day—6:00PM

Families enrolled in Club Kid are eligible for a

YMCA Family Advantage Membership—\$38/month!

Please stop by our Middletown or Monroe branch for further details.

For more information contact Pat Weiss:

(P) 845 956 1495 (E) pweiss@middletownymca.org

Middle School Recreation

2017-2018

After School Program (Grades 6-8)

Students from Monroe-Woodbury Central School District, participate in fun and engaging physical and social activities in a safe, nurturing, supervised environment.

Arts & Crafts - Active Play - Games - Snacks - Homework Time

For more information, and to register, visit our Welcome Center.



School's Out Vacation Camp

Looking for a place for your kids to go during school breaks? School's Out Vacation Camp offers a wonderful child care option for families during school breaks and keeps kids active and engaged all day long. Children who are currently enrolled in our YMCA First Step Preschool program and children in grades K-6 may attend.

Visit our website for School's Out Vacation Camp schedules.

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext, Monroe, NY, 10950



CHOIR

Wednesdays 4:30pm-5:15pm

FREE with YMCA Membership

Children, teens and adults are welcome.

Instructor: Wendy Paige



JUST ADD WATER

Check out the 6-lane 25-yard pool at the YMCA of Middletown.

- Aquacize
- Lap Swim
- Family Swim
- Birthday Parties
- Swimming Lessons
- Lifeguard Training

For more information contact:

Danielle McAvinue

(P) 845 956 1549

(E) dmcavine@middletownymca.org



ADDING MORE PIECES

SOFY Capital Campaign



THE NEW PIECES

Gymnasium

4-Lane, 25-Yard Pool with Family Play Area

Family Locker Room

Expansion of the Men's Locker Room

Expansion of the Women's Locker Room

Multipurpose Room

ADD YOUR PIECE TODAY

- Make a personal donation.
- Help spread the word.
- Identify potential donors.
- Host a Puzzle Party.

TO MAKE A DONATION OR FOR MORE INFORMATION CONTACT:

Ross Miceli, Campaign Chair

(P) 845 956 1490

(E) rmiceli@middletownymca.org

SAVE THE DATE

Santa Day
December 16, 2017

Y Talent "Pool"
January 27, 2018

Host your next Birthday Party at the Y.

Visit our Welcome Center to reserve a date



(P) 845 782 9622

(W) www.middletownymca.org