



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SNOW MUCH FUN

## Winter Session II Youth Program Guide

SOUTH ORANGE FAMILY YMCA

February 5, 2018–April 8, 2018

REGISTRATION BEGINS:

January 22, 2018 with YMCA Membership

January 26, 2018 for Program Members

Registration ends February 18, 2018.

\*No Programs March 30th and April 1st.

\*Prices have been adjusted for these classes.

### HOW TO REGISTER:

- Current YMCA Members may REGISTER on the app or online at [www.middletownymca.org](http://www.middletownymca.org). 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.

## SPORTS & FITNESS

### Basketball Training

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

Location: Gym

\$70 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

### Youth Boxing

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

Instructor & Location: Andre—Flex

\$70 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

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

Ages 7–12		Thurs	7:00pm – 8:00pm
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### 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

\$70 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.

\$70 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.

\$70 with YMCA Membership / \$140 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

### Indoor Soccer

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

Instructor & Location: Coach Garrett—Gym

\$50 with YMCA Membership / \$140 for Program Members

Ages 3–5		Sat	9:00am–9:45am
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Don't forget to register for swimming lessons at the YMCA of Middletown. See website for details.

We're **ADDING MORE PIECES** including a new pool—ADD YOUR PIECE TODAY! Visit our website to learn more.

### Kids Fit

A beginners workout curriculum just for kids in the gymnasium.  
**FREE with YMCA Membership**

Ages 7-12 Coach Garrett Sat 11:30am-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**  
**\$30 with YMCA Membership**

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

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

### Little Friends Play Time

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**  
**FREE with YMCA Membership**

Ages 4 & Under Fri\* 10:30am - 11:30am

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

Ages 13 & Older Tues 7:30pm-8:15pm

### T-Ball

This class introduces preschoolers to the sport of baseball through modified games and activities.

**Instructor & Location: Coach Garrett—Gym**  
**\$70 with YMCA Membership / \$140 for Program Members**

Ages 3-5 Sun 9:00am-9:45am

### 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

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

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

## Chess Club

Games are set up by age and/or skill level.  
**Instructor & Location: Garrett—Yoga Studio**  
**FREE with YMCA Membership / \$48 for Program Members**

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

## SAVE THE DATE

**Tabatathon**  
February 24, 2018

**Cycle Challenge**  
March 18, 2018

See our website and Facebook for details.

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



## 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**  
**\$70 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**  
**\$70 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**

**\$70 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- Cassandra Fri\* 6:00pm-6:45pm

### 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\* 6:00pm-6:45pm

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

### KIDS NIGHT OUT

Age 3 - 9

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



### SATURDAY NIGHT FUN

Ages 10-14

Now-June:  
1st & 3rd Saturday  
of each month.

7:00pm-10:00pm

**Admission:**  
Free with Y Membership  
\$5 for Program Members



PRE-REGISTRATION  
IS REQUIRED

**Junior Leaders Club**  
**Teen Leaders Club**  
**AGES 10-17**  
Contact Brittany Binnie:  
(P) 845 395 1021

## SUMMER CAMP

Registration for Camp Discovery is open.  
Registration for Preschool Summer Camp begins March 1st.  
Visit our website for details.

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



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## Winter Session II

### Health Well-Being & Fitness Program Guide

#### SOUTH ORANGE FAMILY YMCA

**February 5, 2018–April 8, 2018**

#### REGISTRATION BEGINS:

January 22, 2018 with YMCA Membership

January 26, 2018 for Program Members

**Registration ends February 18, 2018.**

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#### HOW TO REGISTER:

- Current YMCA Members may REGISTER on the app or online at [www.middletownymca.org](http://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.**

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

**\$70 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
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Visit our website to view our current group exercise schedule.

#### 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**

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

Ages 13 & Older	Tues	7:30pm-8:15pm
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## WE'RE HERE TO HELP YOU

#### FREE Orientations

Every member receives 2 FREE 1-hour orientation sessions in our Wellness Center. During the sessions, a trainer will help you design a workout to suit your individual needs. 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	Wed	12:00pm-1:30pm
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Ages 13 & Older	Fri	9:00am-10:15am
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Ages 13 & Older	Fri	2:00pm-3:30pm
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Visit our Welcome Center to learn more about all the great benefits of a YMCA Family Passport Membership.

## 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



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Age 3 - 9

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1st & 3rd Friday of each month.

6:30pm-9:30pm

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pizza, snack and drink

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### SATURDAY NIGHT FUN

Ages 10 - 14

Now-June:

1st & 3rd Saturday of each month.

7:00pm-10:00pm

Admission:

Free with Y Membership

\$5 for Program Members



### Junior Leaders Club Teen Leaders Club AGES 10-17

Contact Brittany Binnie:  
(P) 845 395 1021

**PRE-REGISTRATION  
IS REQUIRED**

## 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

Activity Room for All Ages

## 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

**Tabathon**  
February 24, 2018

**Cycle Challenge**  
March 18, 2018

Host your next Birthday Party at the Y.  
Visit our Welcome Center to reserve a date



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(W) www.middletownymca.org