



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER STARTS HERE

Summer Youth Program Guide SOUTH ORANGE FAMILY YMCA

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

*No Programs July 4th.

*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.

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**.

5K Ready

Anyone can start running—at any age! Have fun learning proper techniques for running and walking, while getting fit. Do something you never thought possible.

Instructor & Location: Cathleen—Meet at the Welcome Center

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

Ages 13 & Older Wed 9:30am-10:15am

Basketball Training

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

Instructor & Location: Coach Garrett—Gym

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

Ages 6-8 Mon 5:00pm-6:00pm

Ages 9-12 Mon 7:00pm-8:00pm



JOIN TODAY

\$0 MONEY DOWN & NO ENROLLMENT FEE!

Offer valid with any program registration for the summer session.

Coupon must be presented to claim offer. Expires July 7, 2019.

First Membership payment will be withdrawn on July 15, 2019.

Offer valid at the YMCA of Middletown & South Orange Family YMCA.

Already a Member? Refer a friend and receive a free month!

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.

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

Sign up for both classes and get the 2nd class at 1/2 price!

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

Ages 13 & Older Fri 4:00pm-4:45pm

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

\$62 with YMCA Membership / \$124 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

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

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

Ages 6-12 Fri 6:15pm-7:00pm

Middle School Recreation 2019-2020 After School Program (Grades 6-8)

Students from Monroe-Woodbury Middle School participate in activities in a safe, nurturing, supervised environment.



Arts & Crafts • Games • Snacks • Community Service Projects

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



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

BE ON THE LOOKOUT

for program demos with Bob Barlow throughout the summer session.

BREATHE & LET GO

Learn to reduce anxiety and stress in this intro to meditation.

SONGWRITING BOOTCAMP

Learn all the elements of writing great songs such as rhyme, hooks, & meter.

ACTING FOR KIDS

Intro to acting techniques: improv, monologues, & more.

CREATIVE WRITING

Write various genres and share work in a supportive environment.

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

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

Private lessons are available. Call for details.

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

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)

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

Private lessons are available. Call for details.

Be sure to check out our **NEW** program: NINJA OBSTACLE COURSE!

Ages 3-4	Beginner	Thurs*	4:30pm-5:00pm
Ages 5-7	Advanced	Wed	4:45pm-5:30pm
Ages 5-7	Beginner	Thurs*	5:15pm-6:00pm
Ages 8-12	Advanced	Wed	5:45pm-6:30pm
Ages 8-12	Beginner	Thurs*	6:15pm-7:00pm

Kids Fit

A beginner workout curriculum that pairs fitness with fun.

Instructor & Location: Coach Garrett—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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NEW Ninja Obstacle Course

Do you have the strength and endurance to complete the obstacle course? Challenge yourself in this fun, physical, and exciting program to improve performance, conditioning, or simply have a good time!

Instructor & Location: Israel—Flex

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

Ages 5-7		Sun	10:45am-11:30am
Ages 8-12		Sun	11:45am-12:30pm

Outdoor Boot Camp

Use the outdoors to your advantage in this athletic boot camp training. Drills include: cardio, strength, agility, and core training.

Instructor & Location: Tina—Outside

(Flex during inclement weather)

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

Ages 13 & Older		Sat	9:00am-9:45am
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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

\$62 with YMCA Membership / \$124 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	Wed	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

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

Ages 3-5		Sat	8:30am-9:15am
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Volleyball Training

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

Instructor & Location: Coach Garrett—Gym

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

Ages 10-14	Girls Only	Wed	5:00pm-6:30pm
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Girls Volleyball Training Camp

Join us for this training camp and learn how to master skills & techniques! For ages 10-14.

WHEN: August 26th-August 29th

TIME: 4:00 pm-7:00 pm

COST: \$150

For more information, please contact Garrett Turk at:
(P) 845 915 5341 or (E) gturk@middletownymca.org.



RUN FOR FUN



Todd Lyons Paving 5K Color Run

Saturday, October 5, 2019 • 9:00 am-12:00 pm

Presented By:

TODD LYONS
Paving

Children's Activities • Vendors • BBQ • Medals & More!

Register online at www.active.com or stop by the Y.

SPONSORED IN PART BY:

M&T Bank

Understanding what's important®

For more information please

contact Michele Bernieri at:

(P) 845 956 1488

(E) mbernieri@middletownymca.org

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext, Monroe, NY 10950



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD MORE THAN MUSCLE

Summer Health & Fitness Program Guide SOUTH ORANGE FAMILY YMCA

June 24, 2019–August 18, 2019

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June 10, 2019 with YMCA Membership

June 14, 2019 for Program Members

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Instructor & Location: Andre—Flex

Please bring your own wraps, gloves and jump rope.

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Sign up for both classes and get the 2nd class at 1/2 price!

Ages 13 & Older	Wed	6:45pm-7:45pm
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Ages 13 & Older	Fri	4:00pm-4:45pm
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Get Started 1 & 2

These 8-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 as well as 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
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GS 2: Ages 13 & Older	Wed	7:30pm-8:15pm
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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

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

Ages 13 & Older	Fri	10:45am-11:30am
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- Please visit our website for cancellation policies and download our app to get last-minute cancellation notifications.

Outdoor Boot Camp

Use the outdoors to your advantage in this athletic boot camp training. Drills include: cardio, strength, agility, and core training.

Instructor & Location: Tina—Outside

(Flex during inclement weather)

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

Ages 13 & Older	Sat	9:00am-9:45am
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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



Private yoga sessions are now available!

For more information, please contact: Michele 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 ALWAYS HERE TO HELP!

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



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Already a Member? Refer a friend and receive a free month!

RUN FOR FUN



Todd Lyons Paving 5K Color Run

Saturday, October 5, 2019
9:00 am—12:00 pm

Presented By:



Children's Activities • Vendors • BBQ • Medals & More!

5K Color Run (Ages 7 & Up)

\$25 Now-June 30th
\$30 July 1st-October 4th
\$35 Race Day
Fee includes post-race BBQ

Kids Color Dash (Ages 10 & Under)

\$12 Now-October 4th
\$15 Race Day
Fee includes post-race BBQ

Register at www.active.com or stop by the Y.

COLOR RUN TEAM CHALLENGE

Gather friends and family to honor a loved one or promote your business while boosting company morale. Each team will receive t-shirts with your family's message or company's logo to wear for the race.

Teams of up to 5: \$150
Teams of 6-10: \$250

SPONSORED
IN PART BY:



For more information contact Michele Bernieri at:
(P) 845 956 1488 (E) mbernieri@middletownymca.org

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SAVE THE
DATE

CYCLE CHALLENGE

June 24, 2019

Cycle across the country this summer by gaining mileage for every cycling class you attend. The more classes you attend, the further your team travels each week.

Stop by the Welcome Center for more details.

Middle School Recreation 2019-2020 After School Program (Grades 6-8)

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



Arts & Crafts • Active Play • Games • Snacks
Community Service Projects • Homework

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

STAY HEALTHY EARN REWARDS



Must be registered to be eligible for shirt pickup at the end of the promotion.

Visit the YMCA 20 times or more in the months of July and August and receive a FREE YMCA T-shirt!

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.



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