



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Fall Program Guide

YMCA OF MIDDLETOWN & SOUTH ORANGE FAMILY YMCA

September 14, 2020–October 25, 2020

Registration: August 31–September 27, 2020

# ALMOST ALL FREE FOR FALL

ALL PROGRAMS WITH THE EXCEPTION OF THE FOLLOWING  
ARE FREE AND EXCLUSIVE TO YMCA FAMILY MEMBERS:

**\*\*Swim Lessons: SKIP: 1 Child FREE, Additional Child - \$60\*\***

**\*Swim Lessons: Ages 6 & Older - \$60\***

**\*Gymnastics: Beg & Int - \$60 / Adv - \$100\***

**\*Girl's Volleyball - \$100\***

*We encourage members to participate in programs at both  
branches. Some restrictions apply—see REGISTRATION DETAILS.*

Note: Additional program descriptions are available on page 3.

### REGISTRATION DETAILS:

- This session is available to current YMCA Family Members only.
- All program activities will include proper social distancing. Masks are required by children until in socially designated space.
- Registration must be completed through our app or online. A current e-mail address must be on file prior to registration.
- Space is limited therefore, each child may register for a maximum of 2 FREE classes.
- More than two unexcused absences from a FREE program may result in being asked to forfeit the spot.
- Only 1 spectator per child. Spectator must be a YMCA Member and wear a mask at all times. Children age 5 & under must have a parent/guardian present during program time.
- Parents/guardians of children 12 and under must remain at the Y.
- Visit our website for cancellation/refund policies.
- The YMCA may cancel/combine classes at any time.
- Please arrive 15 minutes early for check-in & health screening.

## INFANTS & TODDLERS: AGES 6 MONTHS–36 MONTHS

### YMCA OF MIDDLETOWN

<b>MON</b>	Swim Lessons: SKIP 1 (6–18 mo)**	10:00am–10:30am
<b>WED</b>	Swim Lessons: SKIP 2 (19–36mo)**	10:00am–10:30am
	Swim Lessons: SKIP 1 (6–18 mo)**	5:30pm–6:00pm
<b>THUR</b>	Swim Lessons: SKIP 2 (19–36mo)**	4:30pm–5:00pm
<b>FRI</b>	Music, Mommy & Me (6–23mo)	10:00am–10:30am
	Toddler Jam Session (24–36mo)	11:00am–11:30am
<b>SAT</b>	Swim Lessons: SKIP 1 (6–18 mo)**	9:00am–9:30am
	Swim Lessons: SKIP 2 (19–36mo)**	9:45am–10:15am
<b>SUN</b>	Swim Lessons: SKIP (6–36mo)**	10:00am–10:30am

### SOUTH ORANGE FAMILY YMCA

There are no programs currently available for infants and toddlers at the South Orange Family YMCA but please explore options available to you at the YMCA of Middletown.



## PRESCHOOLERS: AGES 3–5 YEARS

### YMCA OF MIDDLETOWN

<b>MON</b>	Swim Lessons: Pike / Eel*	4:30pm–5:00pm
	Intro to Acting	5:45pm–6:15pm
	Swim Lessons: Pike*	11:00am–11:30am
<b>TUES</b>	Swim Lessons: Eel / Ray*	4:30pm–5:00pm
	Soccer	5:30pm–6:00pm
	Swim Lessons: Pike*	5:30pm–6:00pm
<b>WED</b>	Multi Sports	5:30pm–6:00pm
	Intro to Music & Art	6:15pm–6:45pm
<b>THUR</b>	Swim Lessons: Eel*	10:00am–10:30am
<b>FRI</b>	Swim Lessons: Ray / Starfish*	4:30pm–5:00pm
	Swim Lessons: Pike*	9:00am–9:30am
	Soccer	9:15am–9:45am
<b>SAT</b>	Swim Lessons: Eel*	9:45am–10:15am
	Gymnastics – Beginner*	11:15am–11:45am
	Swim Lessons: Pike / Ray*	12:30pm–1:00pm
<b>SUN</b>	Swim Lessons: Eel*	10:00am–10:30am

### SOUTH ORANGE FAMILY YMCA

<b>MON</b>	Make & Take	5:15pm–5:45pm
<b>TUES</b>	Music & Me	5:15pm–5:45pm
<b>FRI</b>	KIDS NIGHT OUT COMING SOON!	TBA
	T-Ball	8:15am–8:45am
<b>SAT</b>	Multi Sports	10:15am–10:45am
<b>SUN</b>	Gymnastics – Beginner*	9:00am–9:30am

**DON'T FORGET ABOUT SWIM LESSONS IN MIDDLETOWN\***

### KIDS TIME

**–RESERVATIONS REQUIRED–**

Visit our website or app to reserve a spot.  
Monday–Friday, 8:00am–11:00am & 5:00pm–7:00pm  
Saturday, 8:00am–11:00am

### First Step Preschool

THE CENTER FOR YOUTH PROGRAMS  
6 Liberty Street, Middletown, NY

**REGISTER NOW!**

Visit our website for details.



## YOUTH: AGES 6-12 YEARS

### YMCA OF MIDDLETOWN

<b>MON</b>	Swim Lessons: Polli / Guppy*	5:15pm-6:00pm
	Basketball (6-8)	5:30pm-6:15pm
	Basketball (9-12)	6:30pm-7:15pm
	Actin' Up - Drama	6:30pm-7:15pm
<b>TUES</b>	Swim Lessons: Guppy / Minnow*	5:15pm-6:00pm
	Soccer (6-8)	6:15pm-7:00pm
<b>WED</b>	Homeschool Gym	1:30pm-2:15pm
	Swim Lessons: Polli / Fish*	4:30pm-5:15pm
	Kids Fit	6:00pm-6:45pm
<b>THUR</b>	Homeschool Music & Art	10:00am-10:45am
	Swim Lessons: Guppy / Flying Fish*	5:15pm-6:00pm
	Rock Wall Climbing	4:15pm-5:00pm
	Multi Sports	5:30pm-6:15pm
	Singers & Songwriters	6:30pm-7:15pm
<b>FRI</b>	Homeschool Music & Art	1:00pm-1:45pm
	Homeschool Gym	2:00pm-2:45pm
	Swim Lessons: Shark / Minnow*	5:15pm-6:00pm
<b>SAT</b>	Flag Football (6-8)	9:15am-10:00am
	Soccer	10:00am-10:45am
	Flag Football (9-12)	10:15am-11:00am
	Swim Lessons: Polli / Guppy*	10:30am-11:15am
	Basketball (6-8)	11:00am-11:45am
	Swim Lessons: Minnow / Fish*	11:30am-12:15pm
	Gymnastics: Beg/Int*	12:00pm-12:45pm
	Basketball (9-12)	12:00pm-12:45pm
	Chess Club	12:00pm-12:45pm
	Swim Lessons: Flying Fish / Shark*	1:15pm-2:00pm
<b>SUN</b>	Swim Lessons: Polli / Guppy*	10:45am-11:30am
	Swim Lessons: Minnow / Fish*	11:45am-12:30pm
	Swim Lessons: Flying Fish / Shark*	12:45pm-1:30pm

### SOUTH ORANGE FAMILY YMCA

<b>MON</b>	Basketball (6-8)	5:15pm-6:00pm
	Basketball (9-12)	6:15pm-7:00pm
<b>TUES</b>	Games (6-8)	5:15pm-6:00pm
	Intro to the Arts	6:00pm-6:45pm
<b>WED</b>	Girls for Girls (10-15)	7:15pm-8:00pm
	Girls Volleyball (10-14)*	6:45pm-8:15pm
<b>THUR</b>	Homeschool Gym	1:30pm-2:30pm
	Kids MIX	5:15pm-6:15pm
<b>FRI</b>	<b>KIDS NIGHT OUT COMING SOON!</b>	TBA
<b>SAT</b>	Multi Sports	9:00am-9:45am
	Floor Hockey	11:00am-11:45am
	Chess Club	12:00pm-12:45pm
<b>SUN</b>	Gymnastics-Intermediate*	9:45am-10:30am
	Gymnastics-Advanced*	11:00am-12:30pm

### GOLF...

Interested in GOLF? Contact Chase Alexander.  
(P) 845 915 5341 (E) ca@middletownymca.org

### KIDS TIME

-RESERVATIONS REQUIRED-

Visit our website or app to reserve a spot.  
Monday-Friday, 8:00am-11:00am & 5:00pm-7:00pm  
Saturday, 8:00am-11:00am

**DON'T FORGET ABOUT SWIM LESSONS IN MIDDLETOWN\***

## Club Kid

### Before & After School Program

Club Kid is available in most school districts throughout Orange County. Visit our website for details.



## TEENS: AGES 13-18 YEARS

### YMCA OF MIDDLETOWN

<b>TUES</b>	Swim Lessons: Teen & Adult*	10:00am-10:45am
	Teen Strength & Endurance	4:00pm-4:45pm
<b>THUR</b>	Swim Lessons: Teen & Adult*	6:15pm-7:00pm
	Teen Fit	6:30pm-7:15pm
<b>FRI</b>	Girls for Girls	5:30pm-6:15pm

### SOUTH ORANGE FAMILY YMCA

<b>TUES</b>	Girls for Girls	7:15pm-8:00pm
<b>WED</b>	Girls Volleyball (10-14)	6:45pm-8:15pm

**DON'T FORGET ABOUT SWIM LESSONS IN MIDDLETOWN\***

### TEEN LEADERS CLUB

Contact Brittany Binnie-Dorelus for details:  
(E) bbinnie@middletownymca.org (P) 845 395 1021

## FAMILY

MUST ALL BE ON THE SAME FAMILY MEMBERSHIP ACCOUNT

### YMCA OF MIDDLETOWN

**Family Swim**  
**Reservations Required.**  
Visit our app or website for details.

### SOUTH ORANGE FAMILY YMCA

<b>THUR</b>	Family Game Night	5:15pm-6:15pm
<b>FRI</b>	<b>FAMILY NIGHTS COMING SOON!</b>	TBA

## -PROGRAM DESCRIPTIONS-

### INFANTS & TODDLERS: AGES 6-36 MONTHS

**Music, Mommy & Me:** Enjoy music and movement together while nurturing your child's inner musician.

**Swim Lessons (SKIP): Fees May Apply (See page 1 for details.)**

These parent & child swim lessons help acclimate little ones to the water at an early age and prepare them for our progressive swim program. This is a wonderful bonding experience for any parent/guardian and their child. The youngster must be accompanied in the pool by an adult on their same YMCA Family Membership account.

**Toddler Jam Session:** Spend time with your little one as they experience music and dance through songs, rhymes, and by playing with instruments.

### PRESCHOOLERS: AGES 3-5 YEARS

**Gymnastics:** 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.

**Intro to Acting:** Acting games help performers feel comfortable and confident as they explore their natural creative ability.

**Intro to Music & Art:** The best of both worlds collide in this class where students do more than just create interesting art work. Here children learn the basic concepts of music through songs, instruments, and games.

**Make & Take:** Each week make and take home a keepsake craft.

**Multi Sports:** Students are introduced to a variety of sports and games including: soccer, basketball, hockey, football, volleyball, tag games, kickball, and more.

**Soccer:** Players develop coordination and all-around athleticism.

**Swim Lessons: Fees Apply**

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

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

### YOUTH: AGES 6-12 YEARS

**Actin' Up - Drama:** Students enhance their acting skills through monologues, improv, skits, and short plays.

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

**Chess Club:** Games are set up by age and/or skill level.

**Flag Football:** Individual and team offensive and defensive concepts are emphasized with considerable time spent playing games.

**Floor Hockey:** All levels are welcome. Proper stick handling and safe playing habits are emphasized as players develop coordination and skills. Equipment is provided.

**Games:** Playing games is a fun and engaging way to practice the Y's core values of caring, honesty, respect, and responsibility. This class promotes positive interactions with peers so kids can make new friends while working as a team, building self-esteem and fostering mutual respect for others—all while having a blast learning new games at the Y.

**Girls for Girls:** This social outlet encourages sharing thoughts and feelings with peers in a safe, non-judgmental zone and intentionally focuses on helping girls feel empowered, build confidence, and creates a support system. Girls participate in activities and games while sharing stories and laughs, making lasting memories and meeting new friends as they grow into individuals and leaders.

**Girls Volleyball: Fees Apply**

Volleyball encourages effective communication with peers as players learn the fundamentals and develop the skills of the sport.

### YOUTH: AGES 6-12 YEARS (CONTINUED)

**Gymnastics—Beginner & Intermediate: Fees Apply**

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

**Gymnastics—Advanced: Fees Apply**

During these longer sessions, students practice tumbling, cartwheels, balancing on the beam, and other floor exercises at a much more difficult level.

**Please Note:** Class assignments are subject to change at the instructor's discretion.

**Homeschool Gym:** Students participate in a variety of fitness activities and games to fulfill their physical education requirements.

**Homeschool Music & Art:** The best of both worlds collide in this class where students do more than just create interesting art work. Here children learn the basic concepts of music through songs, instruments, and games.

**Intro to the Arts:** Creative Arts activities are at the heart of the Y's mission and nurture the potential of all children. Music and art develop self-expression and bring an increased sense of inspiration.

**Kids Fit:** A beginner's workout curriculum just for kids.

**Kids MIX:** Kids will have 30 minutes of PE fun in the gymnasium followed by 30 minutes of games and activities.

**Multi Sports:** Students are introduced to a variety of sports and games including: soccer, basketball, hockey, football, volleyball, tag games, kickball, and more.

**Music & Me:** Children will explore the world of music.

**Rock Wall Climbing:** Weekly challenges help young climbers build confidence and develop problem-solving skills to plan each move.

**Singers & Songwriters:** Students learn how to write lyrics and melodies as a group to create fun songs.

**Soccer:** Players develop coordination and all-around athleticism.

**Swim Lessons: Fees Apply**

Polliwog—Beginner (Non-Swimmer)  
Guppy—Advanced Beginner ("Doggie Paddler")  
Minnow—Intermediate (Deep Water Swimmer)  
Fish—Advanced #1  
Flying Fish—Advanced #2  
Shark—Advanced #3

### TEENS: AGES 13-18 YEARS

**Girls for Girls:** This social outlet encourages sharing thoughts and feelings with peers in a safe, non-judgmental zone and intentionally focuses on helping girls feel empowered, build confidence, and creates a support system. Girls participate in activities and games while sharing stories and laughs, making lasting memories and meeting new friends as they grow into individuals and leaders.

**Girls Volleyball: Fees Apply**

Volleyball encourages effective communication with peers as players learn the fundamentals and develop the skills of the sport.

**Swim Lessons: Fees Apply**

All levels are welcome.

**Teen Fit:** Each session includes a workout and group game. Classes meet in the gymnasium but teens are also introduced to various Group Exercise Classes and the Wellness Center.

**Teen Leaders Club:** Together, teens plan and organize service projects and other social & recreational programs for the group.

**Teen Strength & Endurance:** Train like the pro athletes with high intensity interval exercises that improve stamina, agility, and strength. Classes meet on the turf in the Lyons Den.

### FAMILY

**MUST ALL BE ON THE SAME FAMILY MEMBERSHIP ACCOUNT**

**Family Game Night:** Have fun with your family and friends playing various games and activities. Come share the laughs.