



WHERE SMILES SHINE THROUGH ALL SEASON LONG

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

****Swim Lessons: SKIP: 1 Child FREE, Additional Child - \$70****

Swim Lessons: Ages 6 & Older - \$70

Gymnastics: Beg & Int - \$70 / Adv - \$100

Junior Lifeguard Course - \$150

Note: Program descriptions are available on page 4.

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

Fall Session 2 Program Guide

YMCA OF MIDDLETOWN & SOUTH ORANGE FAMILY YMCA

November 2, 2020–December 20, 2020

Registration: October 19–November 22, 2020

No Programs on Thanksgiving Day, Thursday, November 26th.

REGISTRATION DETAILS:

- This session is available to current YMCA Family Members only.
- All program activities follow proper social distancing protocols. Masks are required until children are in their designated spaces.
- 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

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

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

SOUTH ORANGE FAMILY YMCA

MON	Make & Take	5:15pm-5:45pm
TUES	Music & Me	5:15pm-5:45pm
SAT	T-Ball	8:15am-8:45am
	Multi Sports	9:00am-9:30am
SUN	Gymnastics – Beginner*	9:00am-9:30am

DON'T FORGET ABOUT SWIM LESSONS IN MIDDLETOWN*

First Step Preschool
THE CENTER FOR YOUTH PROGRAMS
6 Liberty Street, Middletown, NY



REGISTER NOW!
Visit our website for details.

-CHILD WATCH-
Opening mid-October.
Schedules will vary by branch.
Check our mobile app for details.

YOUTH: AGES 6-12 YEARS

YMCA OF MIDDLETOWN

MON	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
TUES	Swim Lessons: Guppy / Minnow*	5:15pm-6:00pm
	Soccer (6-8)	6:15pm-7:00pm
WED	Homeschool Gym	1:30pm-2:15pm
	Swim Lessons: Polli / Fish*	4:30pm-5:15pm
	Kids Fit	6:00pm-6:45pm
THUR	Homeschool Music & Art	10:00am-10:45am
	Swim Lessons: Guppy / Flying Fish*	5:15pm-6:00pm
	Rock Wall Climbing	5:30pm-6:15pm
	Multi Sports	5:30pm-6:15pm
FRI	Singers & Songwriters	6:30pm-7:15pm
	Homeschool Music & Art	1:00pm-1:45pm
	Homeschool Gym	2:00pm-2:45pm
SAT	Rock Wall Climbing	4:00pm-4:45pm
	Swim Lessons: Shark / Minnow*	5:15pm-6:00pm
	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
SUN	Chess Club	12:00pm-12:45pm
	Swim Lessons: Flying Fish / Shark*	1:15pm-2:00pm
	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

MON	Basketball (6-8)	5:15pm-6:00pm
	Basketball (9-12)	6:15pm-7:00pm
TUES	Kids MIX	5:15pm-6:00pm
WED	Girls Volleyball (10-14)	6:00pm-7:15pm
THUR	Homeschool Gym	1:30pm-2:15pm
	Kids MIX	5:15pm-6:00pm
SAT	Multi Sports	9:45am-10:30am
	Kids Fit	10:45am-11:30am
	Chess Club	12:00pm-12:45pm
SUN	Golf (Indoor)*	12:00pm-1:00pm
	Gymnastics-Intermediate*	9:45am-10:30am
	Gymnastics-Advanced*	11:00am-12:30pm

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.

Full Day Program

The Center for Youth Programs in Middletown offers a full day program for children participating in remote learning.

Visit our website for details or contact:

Irene Rumsey
(P) 845 956 1493
(E) irumsey@middletownymca.org



Check out the TEENS section below for information on our **JUNIOR LIFEGUARD COURSE & JUNIOR LEADERS CLUB**

-CHILD WATCH & YOUTH CENTER-

Opening mid-October.
Schedules will vary by branch.
Check our mobile app for details.

TEENS: AGES 13-18 YEARS

YMCA OF MIDDLETOWN

TUES	Swim Lessons: Teen & Adult*	10:00am-10:45am
	Teen Strength & Endurance	4:00pm-4:45pm
THUR	Teen Strength & Endurance	4:00pm-4:45pm
	Swim Lessons: Teen & Adult*	6:15pm-7:00pm
	Teen Fit	6:30pm-7:15pm
SUN	American Red Cross JUNIOR LIFEGUARD COURSE* Registration Fee: \$150 Ages 11-14 Students must've completed 5th grade.	10:00am-12:00pm
	Students must swim proficiently in order to register. Students will be tested at the end of the course to earn certification in CPR for the Professional Rescuer and receive a CPR mask.	

SOUTH ORANGE FAMILY YMCA

WED	Girls Volleyball (10-14)	6:00pm-7:15pm
-----	--------------------------	---------------

DON'T FORGET ABOUT SWIM LESSONS IN MIDDLETOWN*

JUNIOR LEADERS CLUB
5th-8th Grade

TEEN LEADERS CLUB
HS Students

The YMCA Leaders Club works closely with peers and YMCA staff to make a difference in our community by planning and organizing their own service projects as well as volunteering at events hosted by the Y and other local organizations.

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

THUR Family Game Night

5:15pm-6:15pm

DON'T FORGET ABOUT FAMILY SWIM IN MIDDLETOWN

KIDS NIGHT OUT
is back at both our
Middletown and
Monroe locations
and it's going to be
**A GHOULISHLY
GOOD TIME**

Kids Night Out
Friday, October 30, 2020
6:30PM-9:00PM



Wear your costume and protective face mask to join the Halloween fun. Kids, ages 3 to 5th grade, are invited to join us for an evening of safe socially distanced Halloween themed games, arts & crafts, sports, and more.
Note: Children must be potty-trained.

ADMISSION

\$5 per child with
YMCA Family Membership.
Admission includes
pizza, snack, and a drink.

YMCA MEMBERS ONLY
SPACE IS LIMITED
REGISTER NOW!

Register online,
visit us on Facebook,
or stop by the Welcome Center.



SAVE THESE DATES FOR THE NEXT KIDS NIGHT OUT EVENTS:
November 20th & December 18th



JOIN US IF YOU DARE
-WICKED WOODS SLEEPAWAY CAMP-

Haunted Trail
YMCA OF SULLIVAN COUNTY
Friday, October 16, 2020
Friday, October 23, 2020

7:00PM-10:00PM
ADMISSION
Adults-\$7.00
Children 12 & Under- \$5.00
Tickets available online at:
www.middletownymca.org
Facebook: @SullivanCountyYMCA

DONUTS & CIDER for sale.
Scary MOVIES & STORIES while you wait.

PARKING
Park at Rock Hill Ambulance Corp. Socially
distanced transportation provided.

YMCA OF SULLIVAN COUNTY 98 Wild Turnpike, Rock Hill, NY 12775

(P) 845 395 1024 (E) mg@middletownymca.org

YMCA OF MIDDLETOWN
81 Highland Avenue, Middletown, NY 10940
(P) 845 344 9622

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Ext., Monroe, NY 10950
(P) 845 782 9622



www.middletownymca.org

-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, kids make and take home keepsake crafts.

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.

Girls Volleyball: Fees Apply

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

Golf (Indoor)

Students may bring their own clubs. Foam golf balls are used indoors to safely practice putting and driving.

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.

YOUTH: AGES 6-12 YEARS (CONTINUED)

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 Music & Art: 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.

Junior Lifeguard Course: Fees Apply

Please contact the Aquatics Department for details.

(P) 845 956 1549

(E) dmcaivue@middletownymca.org

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

Poliwog—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 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.

Family Swim: Reservations are required for 50-minute sessions. A maximum of 5 family members, on the same YMCA Family Membership, may attend. All in attendance must actively participate in the swim session. At this time, **no guests** allowed.

Please see our online calendar and Facebook for additional program and special event announcements.