



THERE'S SNOW PLACE BETTER TO PLAY THIS WINTER

MOST 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*
- *Competitive Sports - See page 3 for details.

Winter Program Guide

YMCA OF MIDDLETOWN & SOUTH ORANGE FAMILY YMCA

January 11, 2021-February 28, 2021

Registration: December 21-January 31, 2021

REGISTRATION DETAILS:

- Must have an active YMCA Family Membership.
- Social distancing is enforced, therefore, space is limited and each child may register for a maximum of 2 FREE classes.
- Masks are required. Swimmers may remove them upon entering the water.
- To register online or through our app a current e-mail address must be on file prior to registration.
- Three or more unexcused absences from a FREE program may result in being asked to forfeit the spot.
- Children age 5 & under must have a parent/guardian present during program time. Only 1 spectator per child. Spectator must be a YMCA Member.
- Parents/guardians of those 12 & under must remain at the Y.
- Visit our website for cancellation/refund policies.
- The YMCA may cancel/combine classes at any time.
- Arrive 10 minutes early for check-in & health screening.

We encourage members to participate in programs at both branches. Program descriptions are available on page 4.

INFANTS & TODDLERS: AGES 6-36 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
	Swim Lessons: Ray*	4:30pm-5:00pm
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*	10:00am-10:45am
	Swim Lessons: Pike / Ray*	12:30pm-1:00pm
SUN	Intro to Music & Art	9:30am-10:00am
	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
WED	Make & Take	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



For more information contact:
Sue Cummings
(P) 845 395 1025
(E) scummings@middletownymca.org



-CHILD WATCH-

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

SOUTH ORANGE FAMILY YMCA

MON	Basketball (6-8)	5:15pm-6:00pm
	Basketball (9-12)	6:15pm-7:00pm
	Basketball (9-12) Advanced	7:15pm-8:00pm
TUES	Gymnastics—All Levels	5:15pm-6:00pm
	Kids MIX	6:30pm-7:15pm
WED	Kids MIX	5:15pm-6:00pm
	Girls Volleyball (10-14)	6:30pm-7:30pm
THUR	Homeschool Gym	1:30pm-2:15pm
	Stay & Play—NEW! CHECK IT OUT!	4:00pm-6:30pm
	Kids MIX	6:30pm-7:15pm
SAT	Multi Sports	9:45am-10:30am
	Kids Fit	10:45am-11:30am
	Chess Club	12:00pm-12:45pm
SUN	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 YMCA of Middletown is committed to helping families meet the challenges of this ever-changing school year by offering a full day program at The Center for Youth Programs in Middletown. Students from any school district are welcome while participating in remote learning.

The Y has also partnered with a few school districts to offer full day programs on-site in some schools, so please contact us if and when your family is looking for full day child care to accommodate students while engaged in remote learning.

To register or for more information, please visit our website or contact:

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

-CHILD WATCH & YOUTH CENTER-

Schedules vary by branch.
Check our mobile app for details.

ADDITIONAL PROGRAMS ON PAGE 3:

Junior Lifeguard Course
Junior Leaders Club
Competitive Sports:
Swimming, Basketball, Flag Football, Wrestling

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	Swim Lessons: Teen & Adult*	6:15pm-7:00pm
	Teen Fit	6:30pm-7:15pm

**American Red Cross
JUNIOR LIFEGUARD COURSE***
Registration Fee: \$150

Ages 11-14

Students must've completed 5th grade.

SUN	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.	10:00am-12:00pm
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SOUTH ORANGE FAMILY YMCA

WED	Girls Volleyball (10-14)	6:30pm-7:30pm
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DON'T FORGET ABOUT SWIM LESSONS IN MIDDLETOWN*

JUNIOR LEADERS CLUB
5th-8th Grade

TEEN LEADERS CLUB
HS Students

The YMCA Leaders Clubs work 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



AMERICAN RED CROSS COURSES:
Lifeguard Training & CPR

Visit our website or stop by the front desk for details.



COMPETITIVE SPORTS

CALL OR EMAIL THE CONTACT LISTED BELOW FOR REGISTRATION DETAILS. ALL ATHLETES MUST BE YMCA MEMBERS.

DYNASTY BASKETBALL

The boys' 11U, 12U, and 15U travel teams are coached by Myckele Spencer. Practices are currently held in the gymnasium at the YMCA of Middletown following social distancing protocols. There is no traveling required at this time, therefore, **team fees are currently suspended**. Please be aware that fees will range from \$400-\$500 per season once travel resumes.

Practice Schedule*:

Monday 5:30pm-7:30pm
Tuesday 5:30pm-7:30pm
Friday 5:30pm-6:45pm
*Schedule is subject to change.



For more details, contact:

Kevin Dorelus
(P) 845 956 1512
(E) kdorelus@middletownymca.org

FLAG FOOTBALL

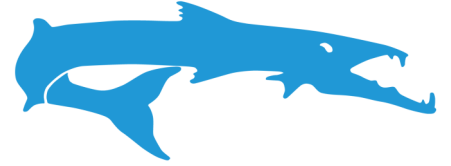
The YMCA travel Flag Football team is a **co-ed** team, open to players ages 9-12. The team is coached by Fox Williams and practices are held in the Lyons Den at the YMCA of Middletown. There is no traveling required at this time, therefore, **team fees are currently suspended**. Once travel resumes, team fees will be created and implemented based on the competition schedule.

Practice Schedule*:

Wednesday 6:15pm-7:45pm
*Schedule is subject to change.

For more details, contact:

Kevin Dorelus
(P) 845 956 1512
(E) kdorelus@middletownymca.org



BARRACUDAS SWIM TEAM

The Barracudas is a year-round competitive swim team for girls and boys, ages 5-18. All swimmers and coaches are members of United States Swimming. The team is currently being coached by Dan Olsen and Amy Phelps.

Space is very limited. There are no competitions scheduled at this time.

Team Fees*: \$50/Month

*Fees are subject to change as practice schedules change and competitions resume.

Practice Schedule*:

Monday-Friday
7:15pm-8:15pm / 8:30pm-9:30pm
*Schedule is subject to change.

For more details, contact:

Amy Phelps
(P) 845 480 1626
(E) barracudas@middletownymca.org

WRESTLING

Coach Eugene Noboa will be conducting **co-ed shadow wrestling** practices in the gymnasium at The Center.

Team Fees: \$10/Month



Practice Schedule:

Monday 6:30pm-8:00pm
*Schedule is subject to change.

For more details, contact:

Eugene Noboa (P) 845 742 3307



Private Voice & Music Lessons: Ages 3 & Older

For more information contact Maximilian Mezetin:
(P) 347 869 5316 (E) mmezetin@middletownymca.org



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

-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.

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

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.

Color Pencil Art: Create inspirational works of art while learning techniques such as layering, blending, shading, and more.

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

Girls Volleyball: Fees Apply

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

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 Art: Create inspirational works of art while learning techniques such as layering, blending, shading, and more.

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

Homeschool Music: Students learn the basic concepts of music through songs, instruments, and games.

Junior Lifeguard Course: Fees Apply

Please contact the Aquatics Department for details.
(P) 845 956 1549 (E) middletownaquatics@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.

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

Rhythm & Rhyme: Learn to play drums and other percussion instruments as we create rhythm and beats with inspirational messages and chants.

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.

Stay & Play: This is just what kids need after a long day of remote learning. Activities include games in the gym, arts & crafts, and even some rec time in the Youth Center. *Children may be dropped off and picked up at any time during program hours.*

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 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.