



# Spring I Program Guide

YMCA OF MIDDLETOWN & SOUTH ORANGE FAMILY YMCA

March 8-April 25, 2021

Registration: February 22-March 28, 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 1 FREE class.
- 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.

PROGRAMS ARE EXCLUSIVE TO YMCA FAMILY MEMBERS.

Each child may register for 1 FREE program.  
\$20 for each additional "FREE" program.

There are no Programs on Easter Sunday, April, 4, 2021.  
Fees have been adjusted for these classes.

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

<b>MON</b>	Swim Lessons: SKIP 1*	11:00am-11:30am	FREE
<b>WED</b>	Swim Lessons: SKIP 1*	5:30pm-6:00pm	FREE
<b>THUR</b>	Swim Lessons: SKIP 2*	4:30pm-5:00pm	FREE
<b>FRI</b>	Music & Movement	10:00am-10:30am	FREE
<b>SAT</b>	Swim Lessons: SKIP 1*	9:15am-9:45am	FREE
	Swim Lessons: SKIP 2*	10:00am-10:30am	FREE
<b>SUN</b>	Swim Lessons: SKIP 1 & 2*	10:15am-10:45am	FREE

#### \*PLEASE NOTE:

SKIP 1: 6-18 Months / SKIP 2: 19-36 Months  
One child per family is FREE. \$70 each additional child.

### 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	\$70
	Intro to Acting	5:45pm-6:15pm	FREE
<b>TUES</b>	Swim Lessons: Pike	11:00am-11:30am	\$70
	Swim Lessons: Eel / Ray	4:30pm-5:00pm	\$70
	Soccer	5:30pm-6:00pm	\$50
<b>WED</b>	Gym Time w/Coach Brittany	Details on page 3.	<b>NEW</b>
	Swim Lessons: Pike	5:30pm-6:00pm	\$70
	Multi Sports	5:30pm-6:00pm	\$20
	Intro to Music & Art	6:15pm-6:45pm	FREE
<b>THUR</b>	Swim Lessons: Ray	4:30pm-5:00pm	\$70
<b>FRI</b>	Swim Lessons: Ray / Starfish	4:30pm-5:00pm	\$70
	Swim Lessons: Pike / Eel	9:15am-9:45am	\$70
<b>SAT</b>	Soccer	9:15am-9:45am	\$50
	Swim Lessons: Ray / Starfish	10:00am-10:30am	\$70
	Gymnastics - Beginner	10:00am-10:45am	\$70
<b>SUN</b>	Intro to Music & Art	9:30am-10:00am	FREE
	Swim Lessons: Pike / Eel	10:15am-10:45am	\$60
	Swim Lessons: Pike / Eel / Ray	12:00pm-12:30pm	\$60

### SOUTH ORANGE FAMILY YMCA

<b>MON</b>	Make & Take	5:15pm-5:45pm	FREE
<b>TUES</b>	Intro to Music & Art	5:15pm-5:45pm	FREE
<b>WED</b>	Make & Take	5:15pm-5:45pm	FREE
<b>SAT</b>	T-Ball	8:15am-8:45am	\$20
	Multi Sports	9:00am-9:30am	\$20
<b>SUN</b>	Gymnastics - Beginner	9:00am-9:30am	\$60

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

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



**REGISTRATION FOR THE 2021-2022 SCHOOL YEAR OPENS MARCH 1<sup>st</sup>.**



- Half Day or Full Day options.
- Before & After Care hours available.

Visit our website for details or contact:

Sue Cummings  
(P) 845 395 1025  
(E) scummings@middletownymca.org

# YOUTH: AGES 6-12 YEARS

## YMCA OF MIDDLETOWN

MON	Swim Lessons: Polli / Guppy	5:15pm-6:00pm	\$70
	Basketball (6-8)	5:00pm-5:45pm	\$50
	Basketball (6-8) Advanced	6:00pm-6:45pm	\$50
	Basketball (9-12)	7:00pm-7:45pm	\$50
	Actin' Up - Drama	6:30pm-7:15pm	\$20
TUES	Rock Wall Climbing	4:00pm-4:45pm	\$50
	Girls Basketball (9-12)	5:00pm-5:45pm	\$50
	Gymnastics: Beginner	5:00pm-5:45pm	\$70
	Swim Lessons: Guppy / Minnow	5:15pm-6:00pm	\$70
	Gymnastics: Advanced	6:00pm-7:30pm	\$100
	Soccer (6-8)	6:15pm-7:00pm	\$50
WED	Gym Time w/Coach Brittany	Details on page 3.	<b>NEW</b>
	Swim Lessons: Polli / Guppy	4:30pm-5:15pm	\$70
	Kids Fit	5:00pm-5:45pm	FREE
	Color Pencil Art	5:15pm-6:00pm	\$20
	Kids Fit	6:00pm-6:45pm	FREE
THUR	Homeschool Art	10:00am-10:45am	\$20
	Rock Wall Climbing	4:00pm-5:00pm	\$50
	Swim Lessons Fish / Flying Fish	5:15pm-6:00pm	\$70
	Rock Wall Climbing	5:15pm-6:15pm	\$50
	Multi Sports	5:30pm-6:15pm	\$20
	Rhythm & Rhyme	5:30pm-6:15pm	\$20
	Singers & Songwriters	6:30pm-7:15pm	\$20
FRI	Homeschool Music	1:00pm-1:45pm	\$20
	Homeschool Gym	2:00pm-2:45pm	FREE
	Rock Wall Climbing	4:00pm-4:45pm	\$50
	Swim Lessons: Polliwog / Minnow	5:15pm-6:00pm	\$70
SAT	Flag Football (6-8)	9:15am-10:00am	\$50
	Soccer	10:00am-10:45am	\$50
	Flag Football (9-12)	10:15am-11:00am	\$50
	Swim Lessons: Polli / Guppy / Minnow	10:45am-11:30am	\$70
	Basketball (6-8)	11:00am-11:45am	\$50
	Swim Lessons: Minnow / Fish / Shark	11:45am-12:30pm	\$70
	Gymnastics: Beg & Int	11:00pm-11:45pm	\$70
	Basketball (9-12)	12:00pm-12:45pm	\$50
	Chess Club	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$100
SUN	Actin' Up Drama	10:15am-11:00am	\$17
	Swim Lessons: Polli / Guppy / Minnow	11:00am-11:45am	\$60
	Swim Lessons: Fish / Flying Fish / Shark	12:45pm-1:30pm	\$60

## SOUTH ORANGE FAMILY YMCA

MON	Homeschool Gym	3:00pm-3:45pm	FREE
	Basketball (6-8)	5:15pm-6:00pm	\$50
	Basketball (9-12)	6:15pm-7:00pm	\$50
	Basketball (9-12) Advanced	7:15pm-8:00pm	\$50
TUES	Actin' Up Drama	6:00pm-6:45pm	\$20
	Kids MIX	6:30pm-7:15pm	FREE
WED	Kids MIX	5:15pm-6:00pm	FREE
	Girls Volleyball (10-14)	6:30pm-7:30pm	\$50
THUR	Stay & Play Drop in available - \$12/day.	4:00pm-6:30pm	\$70
	Gymnastics: All Levels	6:15pm-7:00pm	\$70
	Kids MIX	6:30pm-7:15pm	FREE
SAT	Multi Sports	9:45am-10:30am	\$20
	Kids Fit	10:45am-11:30am	FREE
	Soccer	11:45am-12:30pm	\$50
	Chess Club	12:00pm-12:45pm	FREE
SUN	Gymnastics: Intermediate	9:45am-10:30am	\$60
	Gymnastics: Advanced	11:00am-12:30pm	\$86

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



## Child Care

### Club Kid - Before & After School Program

Club Kid is available in most school districts throughout Orange County. The Y continues to work closely with school administrators to meet the needs of each individual district, so please contact us if your family is looking for child care. We can help you navigate this ever-changing school year.

**Contact: Irene Rumsey**

(P) 845 956 1493 (E) [irumsey@middletownymca.org](mailto:irumsey@middletownymca.org)

### Y Learning Academy

The YMCA of Middletown is committed to helping families meet the challenges of this ever-changing school year. Our full day remote learning program at The Center for Youth Programs in Middletown is open to students from all school districts.

**Contact: Krystal Cable-Scholz**

(P) 845 395 1005 (E) [kcable@middletownymca.org](mailto:kcable@middletownymca.org)

### Summer Camp

Registration is open for our 5 summer day camps in Orange County. Please visit our website to explore our camps.

**Contact: Irene Rumsey**

(P) 845 956 1493 (E) [irumsey@middletownymca.org](mailto:irumsey@middletownymca.org)

**-ADDITIONAL PROGRAMS ON PAGE 3-**

# YOUTH & TEEN: 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.

### Contact:

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

## FLAG FOOTBALL



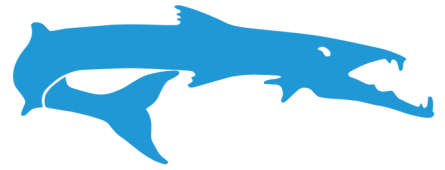
The YMCA travel Flag Football team is a **co-ed** team, open to players ages 9-12. The team is coached by Fox Williams and practices are held in the Lyons Den at the YMCA of Middletown. There is no traveling required at this time, therefore, **team fees are currently suspended**. Once travel resumes,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

### Practice Schedule\*:

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

### 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 6-18. 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.

Practice schedules and team fees are subject to change.

### Contact:

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

## TEENS: AGES 13-18 YEARS

### YMCA OF MIDDLETOWN

<b>TUES</b>	Swim Lessons: Teen & Adult	10:00am-10:45am	\$70
	Teen Strength & Endurance	4:00pm-4:45pm	FREE
<b>WED</b>	Gym Time w/Coach Brittany	Details on page 3.	<b>NEW</b>
	Teen Strength & Endurance	4:00pm-4:45pm	FREE
<b>THUR</b>	Swim Lessons: Teen & Adult	6:15pm-7:00pm	\$70
	Teen Fit	6:30pm-7:15pm	FREE
<b>SUN</b>	Swim Lessons: Teen & Adult	9:15am-10:00am	\$60



### AMERICAN RED CROSS COURSES: Lifeguard Training & CPR

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



### SOUTH ORANGE FAMILY YMCA

**WED** Girls Volleyball (10-14) 6:30pm-7:30pm \$50

**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

## FAMILY

MUST ALL BE ON THE SAME FAMILY MEMBERSHIP ACCOUNT

### YMCA OF MIDDLETOWN

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

## GYM TIME with COACH BRITTANY

You'll have the Lyons Den all to yourself!

### AGES 3 & OLDER

Schedule a 1-on-1 workout for your child or teen or bring the whole family for a group session with Coach Brittany.

**30 minute sessions available:**  
Wednesdays between 12:00pm-2:00pm  
\$10 per person/session

### TO RESERVE YOUR SESSION CONTACT:

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

### SOUTH ORANGE FAMILY YMCA

**Family Gym**  
See the gym schedule on our app or website for details.  
**DON'T FORGET ABOUT FAMILY SWIM IN MIDDLETOWN**

### Private Voice & Music Lessons Ages 3 & Older

Contact:  
Maximilian Mezetin  
(P) 347 869 5316  
(E) mmezetin@middletownymca.org



Children, teens,  
and adults  
welcome.

Don't forget to check Facebook for  
**KIDS NIGHT OUT**  
events at both our  
Middletown and Monroe locations.

## -PROGRAM DESCRIPTIONS-

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

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

#### **Swim Lessons (SKIP):**

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.

### 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 and at the instructor's discretion.

**Gym Time with Coach Brittany:** See page 3 for details.

**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:**

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.  
**Girls Basketball** is also available.

**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:**

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

#### **Gymnastics—Beginner & Intermediate:**

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

#### **Gymnastics—Advanced:**

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.

**Gym Time with Coach Brittany:** See page 3 for details.

### 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: NO CLASSES AT THIS TIME**

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:**

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:**

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

**Gym Time with Coach Brittany:** See page 3 for details.

**Swim Lessons:** 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 Gym:** Have some good old family fun running around in the gym - shoot hoops, play soccer, or even just a simple game of tag.

**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.