



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Spring 2 Program Guide

YMCA OF MIDDLETOWN &
SOUTH ORANGE FAMILY YMCA

May 3–June 20, 2021

Registration: April 19–May 23, 2021

PROGRAMS ARE EXCLUSIVE TO YMCA FAMILY MEMBERS.

There are no Programs on Memorial Day, Monday, May, 31st.
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

MON	Swim Lessons: PC A&B	10:00am–10:30am	FREE
WED	Swim Lessons: PC A	5:30pm–6:00pm	FREE
THUR	Swim Lessons: PC A&B	10:00am–10:30am	FREE
	Swim Lessons: PC B	4:30pm–5:00pm	FREE
FRI	Music & Movement	10:00am–10:30am	FREE
SAT	Swim Lessons: PC A	9:15am–9:45am	FREE
	Swim Lessons: PC B	10:00am–10:30am	FREE
SUN	Swim Lessons: PC A&B	10:15am–10:45am	FREE

SOUTH ORANGE FAMILY YMCA

MON	Swim Lessons: PC A	6:00pm–6:30pm	FREE
THUR	Swim Lessons: PC B	5:00pm–5:30pm	FREE
FRI	Swim Lessons: PC B	10:00am–10:30am	FREE
SAT	Swim Lessons: PC A	9:15am–9:45am	FREE
	Swim Lessons: PC B	10:00am–10:30am	FREE
SUN	Swim Lessons: PC A&B	10:00am–10:30am	FREE

*PLEASE NOTE: PC A: 6–18 Months / PC B: 19–36 Months.
One child per family is FREE. \$70 each additional child.

PRESCHOOLERS: AGES 3–5 YEARS

YMCA OF MIDDLETOWN

	Swim Lessons: PS 1	10:30am–11:00am	\$60
MON	Swim Lessons: PS 1&2	4:30pm–5:00pm	\$60
	Intro to Acting	5:45pm–6:15pm	FREE
	Swim Lessons: PS 1&2	10:45am–11:15am	\$70
TUES	Swim Lessons: PS 2&3	4:30pm–5:00pm	\$70
	Soccer	5:30pm–6:00pm	\$50
	Swim Lessons: PS 1	5:30pm–6:00pm	\$70
WED	Multi Sports	5:30pm–6:00pm	\$20
	Intro to Music	6:15pm–6:45pm	FREE
THUR	Swim Lessons: PS 1	10:30am–11:00am	\$70
	Swim Lessons: PS 3	4:30pm–5:00pm	\$70
FRI	Swim Lessons: PS 2&3	4:30pm–5:00pm	\$70
	Swim Lessons: PS 1,2&3	9:15am–9:45am	\$70
SAT	Soccer	9:15am–9:45am	\$50
	Gymnastics: Beginner	10:00am–10:45am	\$70
	Swim Lessons: PS 2	11:00am–11:30am	\$70
	Intro to Music	9:30am–10:00am	FREE
SUN	Swim Lessons: PS 1,2&3	10:15am–10:45am	\$70
	Swim Lessons: PS 4	11:00am–11:30am	\$70

SOUTH ORANGE FAMILY YMCA

MON	Swim Lessons: PS 1&2	5:00pm–5:30pm	\$60
	Make & Take	5:15pm–5:45pm	FREE
TUES	Swim Lessons: PS 2&3	5:00pm–5:30pm	\$70
	Intro to Music	5:15pm–5:45pm	FREE
WED	Swim Lessons: PS 1	10:00am–10:30am	\$70
	Make & Take	5:15pm–5:45pm	FREE
	Swim Lessons: PS 1	6:00pm–6:30pm	\$70
	Gymnastics: Int/Adv (5+)	6:15pm–7:00pm	\$70
	Swim Lessons: PS 2	10:00am–10:30am	\$70
THUR	Gymnastics: Beginner	5:15pm–6:00pm	\$70
	Swim Lessons: PS 3	5:00pm–5:30pm	\$70
	Gymnastics: Int/Adv (5+)	6:15pm–7:00pm	\$70
FRI	Swim Lessons: PS 3&4	5:00pm–5:30pm	\$70
	T-Ball	8:15am–8:45am	\$20
	Multi Sports	9:00am–9:30am	\$20
SAT	Swim Lessons: PS 1	9:15am–9:45am	\$70
	Swim Lessons: PS 2	10:00am–10:30am	\$70
	Swim Lessons: PS 1&3	12:45pm–1:15pm	\$70
SUN	Gymnastics: Beginner	9:00am–9:30am	\$70
	Swim Lessons: PS 2	10:00am–10:30am	\$70



YMCA FIRST STEP PRESCHOOL

REGISTER NOW FOR 2021–2022

REGISTER NOW FOR SUMMER CAMP

–SEE PAGE 3 FOR FAMILY PROGRAMS & MORE–

YOUTH: AGES 6-12 YEARS

YMCA OF MIDDLETOWN

MON	Swim Lessons: SA 1&2	5:15pm-6:00pm	\$60
	Basketball (6-8)	5:00pm-5:45pm	\$43
	Basketball (6-8) Advanced	6:00pm-6:45pm	\$43
	Basketball (9-12)	7:00pm-7:45pm	\$43
	Actin' Up - Drama	6:30pm-7:15pm	\$17
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: SA 2&3	5:15pm-6:00pm	\$70
	Gymnastics: Advanced	6:00pm-7:30pm	\$100
	Soccer (6-8)	6:15pm-7:00pm	\$50
WED	Swim Lessons: SA 1&2	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: SA 4&5	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: SA 1&3	5:15pm-6:00pm	\$70
SAT	Flag Football (6-8)	9:15am-10:00am	\$50
	Soccer	10:00am-10:45am	\$50
	Swim Lessons: SA 1,2&3	10:00am-10:45am	\$70
	Flag Football (9-12)	10:15am-11:00am	\$50
	Swim Lessons: SA 1,2&3	11:00am-11:45am	\$70
	Basketball (6-8)	11:00am-11:45am	\$50
	Gymnastics: Beg & Int	11:00pm-11:45pm	\$70
	Swim Lessons: SA 4,5&6	12:00pm-12:45pm	\$70
	Basketball (9-12)	12:00pm-12:45pm	\$50
	Chess Club	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$100
	Intro to Sewing (6-8)	12:15pm-1:00pm	\$50
	Intro to Sewing (9-12)	1:15pm-2:00pm	\$50
SUN	Actin' Up Drama	10:15am-11:00am	\$20
	Swim Lessons: SA 1,2&3	11:00am-11:45am	\$70
	Swim Lessons: SA 4,5&6	12:00pm-12:45pm	\$70

SOUTH ORANGE FAMILY YMCA

MON	Homeschool Gym	3:00pm-3:45pm	FREE
	Basketball (6-8)	5:15pm-6:00pm	\$43
	Swim Lessons: SA 1&2	5:45pm-6:30pm	\$60
	Basketball (9-12)	6:15pm-7:00pm	\$43
	Basketball (9-12) Advanced	7:15pm-8:00pm	\$43
TUES	Kids MIX	7:15pm-8:00pm	FREE
	Swim & Gym	5:00pm-6:30pm	\$70
	Swim Lessons: SA 2&3	5:45pm-6:30pm	\$70
	Actin' Up Drama	6:00pm-6:45pm	\$20
WED	Kids MIX	6:30pm-7:15pm	FREE
	Swim Lessons: SA 1&2	5:00pm-5:45pm	\$70
	Kids MIX	5:15pm-6:00pm	FREE
	Gymnastics: Int/Adv	5:15pm-6:00pm	\$70
THUR	Girls Volleyball (10-14)	6:30pm-7:30pm	\$50
	Stay & Play Drop in available - \$12/Day	4:00pm-6:30pm	\$70
	Kids MIX	5:15pm-6:00pm	FREE
	Gymnastics: Beginner	5:15pm-6:00pm	\$70
	Swim Lessons: SA 4&5	5:45pm-6:30pm	\$70
	Gymnastics: Int/Adv	6:15pm-7:00pm	\$70
	Swim Lessons: SA 1&3	5:45pm-6:30pm	\$70
SAT	Multi Sports	9:45am-10:30am	\$20
	Kids Fit	10:45am-11:30am	FREE
	Soccer (6-9)	10:45am-11:30am	\$50
	Swim Lessons: SA 2&3	10:45am-11:30am	\$70
	Swim Lessons: SA 1&4	11:45am-12:30pm	\$70
	Soccer (10-12)	11:45am-12:30pm	\$50
	Chess Club	11:45am-12:30pm	FREE
SUN	Swim Lessons: SA 5&6	1:30pm-2:15pm	\$70
	Gymnastics: Intermediate	9:45am-10:30am	\$70
	Gymnastics: Advanced	10:45am-12:45pm	\$120
	Swim Lessons: SA 1&2	10:45am-11:30am	\$70
	Swim Lessons: SA 2&3	11:45am-12:30pm	\$70

**SUMMER CAMP
REGISTER NOW!**

Visit our website to explore our 5 summer day camps.

Child Care



Club Kid - Before & After School Program

Club Kid is available in most school districts.

Contact: Irene Rumsey

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

Y Learning Academy

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

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



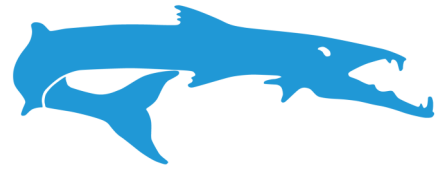
The YMCA travel Flag Football team is a **co-ed** team, open to players ages 9-12. The team is coached by Fox Williams and practices are held in the Lyons Den at the YMCA of Middletown. There is no traveling required at this time, therefore, **team fees are currently suspended**. Once travel resumes,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

TUES	Swim Lessons: T/A 1&2	10:00am-10:45am	\$70
	Teen Strength & Endurance	4:00pm-4:45pm	FREE
THUR	Teen Strength & Endurance	4:00pm-4:45pm	FREE
	Swim Lessons: T/A 1&2	6:15pm-7:00pm	\$70
	Singers & Songwriters	6:30pm-7:15pm	\$20
SUN	Teen Fit	6:30pm-7:15pm	FREE
	Swim Lessons: T/A 1&2	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

TUES	Swim Lessons: T/A 1&2	10:00am-10:45am	\$70
WED	Girls Volleyball (10-14)	6:30pm-7:30pm	\$50
SAT	Swim Lessons: T/A 1,2&3	8:15am-9:00am	\$70

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 / Yoga (6+) / Family Zumba (6+)
Reservations required. Visit our app or website for details.
Open Gym
No reservations needed. See the gym schedule for details.

SOUTH ORANGE FAMILY YMCA

Family Swim
Reservations required. Visit our app or website for details.
Family Gym
See the gym schedule or visit our app or website for details.

Private Voice & Music Lessons

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



Check Facebook for details on our
KIDS NIGHT OUT
events at both of our locations.

Private Swim Lessons

Contact the branch near you:
Middletown: (P) 845 956 1519
Monroe (SOFY): (P) 845 395 1016



YMCA Camper Game Nights

1

THE CENTER FOR YOUTH PROGRAMS

Friday, April 16, 2021
6:30pm-8:30pm
RSVP: stironi@middletownymca.org

2

SOUTH ORANGE FAMILY YMCA

Friday, April 30, 2021
6:30pm-8:30pm
RSVP: irumsey@middletownymca.org

Register your child during the month of April for one of our **5 summer day camps** in Orange County and sign them up for one of our YMCA Camp Game Nights and **enjoy an evening to yourself**. Game Night admission is **FREE** with camp registration and activities include BINGO and lots of other fun camp games. Our famous "Snack Shack" will be open, so send your camper with some spare change. Snack Shack items are \$0.25-\$1 each. Campers may purchase a hot dog, chips, and a drink for \$4.00. **TO SIGN UP: RSVP to the contact listed above for each event.**

-PROGRAM DESCRIPTIONS-

INFANTS & TODDLERS: AGES 6-36 MONTHS

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

Swim Lessons: Parent & Child

PC A—Water Discovery (6-18 Months)

PC B—Water Exploration (19-36 Months)

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.

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

Intro to Music: 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: Preschool Children (PS)

PS 1—Water Acclimation (Non-swimmer w/4 Bubble)

PS 2—Water Movement (Non-swimmer w/2 or 4 Bubble)

PS 3—Water Stamina ("Doggie Paddler" w/2 or No Bubble)

PS 4—Stroke Introduction (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 between peers as players learn the fundamentals and develop the skills of the sport.

Gymnastics—Beginner, Intermediate & Advanced

Young gymnasts begin at an introductory level, practicing tumbling, cartwheels, balancing on the beam, and other floor exercises. As they advance, students practice these skills at a much more difficult level. **PRIVATE LESSONS AVAILABLE.** **Please Note:** Class assignments are subject to change at the instructor's discretion.

Intro to Sewing: Hand sewing is a life skill. It promotes creativity, organization and develops fine motor skills. Students receive a starter kit but must bring fabric (details provided at the first class).

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.

YOUTH: AGES 6-12 YEARS (CONTINUED)

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 & Gym: Don't forget to wear sneakers and pack your swim suit and towel for this fun-filled combination of land and water activities. Non-swimmers are welcome to participate.

Swim Lessons: School Aged Children (SA)

SA 1—Water Acclimation (Non-Swimmer)

SA 2—Water Movement ("Doggie Paddler")

SA 3—Water Stamina (Deep Water Swimmer)

SA 4—Stroke Introduction

SA 5—Stroke Development

SA 6—Stroke Mechanics

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.

Leaders Club (Junior & Teen Leaders Club): See page 3 for details.

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

Swim Lessons: Teens & Adults (T/A):

T/A 1-3 See descriptions in **Swim Lessons: School Aged Children.**

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 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.

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.