



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



RAIN OR SHINE ALWAYS A GOOD TIME



Summer Program Guide YMCA OF MIDDLETOWN

REGISTRATION BEGINS JUNE 14th

**-PLEASE NOTE-
NO PROGRAMS:
Sunday, July 4th
*Fees have been
adjusted.**

Registration Details:

- Must have an active YMCA Family Membership.
- Each child may register for 1 FREE program. \$12 for each additional "FREE" program.
- Social distancing is enforced, therefore, space is limited and each child may register for a maximum of 1 FREE class.
- Masks are required for unvaccinated members age 2 and older. 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.

Visit our website to view YMCA Program Policies.
ALL YMCA CLASSES & SCHEDULES ARE SUBJECT TO CHANGE

SUMMER CAMP REGISTER NOW!

Visit our website to explore our 5 summer day camps in Orange County.

Boys & Girls Basketball Camp

August 23rd-27th / 9:00am-2:00pm / Camp Fee: \$100

The goal of this camp is to develop strong well-rounded players.

For more information or to register, contact Kevin Dorelus:
(P) 845 956 1512
(E) kdorelus@middletownymca.org



Private Voice & Music Lessons

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



Sports & Arts

Classes meet 1 day per week for 4 weeks.
Session 1: June 28th-July 25th / Session 2: July 26th-August 22nd

INFANTS & TODDLERS: AGES 6-36 MONTHS

FRI	Music & Movement	9:15am-9:45	FREE
	Music & Movement	10:00am-10:30am	FREE

PRESCHOOLERS: AGES 3-5 YEARS

MON	Intro to Acting	5:45pm-6:15pm	FREE
TUES	Soccer	5:30pm-6:00pm	\$30
WED	Intro to Music	5:30pm-6:00pm	FREE
SAT	Soccer	9:15am-9:45am	\$30
	Gymnastics: Beginner	10:00am-10:45am	\$40
SUN*	Let's Sew Together (5-8)	9:15am-10:15am	\$30

YOUTH: AGES 6-12 YEARS

MON	Basketball (6-8)	5:00pm-5:45pm	\$30
	Basketball (6-8) Advanced	6:00pm-6:45pm	\$30
	Basketball (9-12)	7:00pm-7:45pm	\$30
	Actin' Up - Drama	6:30pm-7:15pm	\$12
TUES	Girls Basketball (9-12)	5:00pm-5:45pm	\$30
	Gymnastics: Beginner	5:00pm-5:45pm	\$80
	Gymnastics: Advanced	6:00pm-7:30pm	\$100
WED	Soccer (6-8)	6:15pm-7:00pm	\$30
	Kids Fit (6-8)	5:00pm-5:45pm	FREE
	Color Pencil Art	6:15pm-7:00pm	\$12
THUR	Kids Fit (9-13)	6:00pm-6:45pm	FREE
	Rock Climbing (Advanced)	4:00pm-5:00pm	\$30
	Rock Climbing (Beginner)	5:15pm-6:15pm	\$30
	Rhythm & Rhyme	5:30pm-6:15pm	\$12
FRI	Singers & Songwriters	6:30pm-7:15pm	\$12
	Rock Wall Climbing	4:00pm-4:45pm	\$30
	Volleyball	5:30pm-6:30pm	\$40
SAT	Flag Football (6-8)-#1 Only	9:15am-10:00am	\$30
	Soccer	10:00am-10:45am	\$30
	Flag Football (9-12)-#1 Only	10:15am-11:00am	\$30
	Basketball (6-8)	11:00am-11:45am	\$30
	Gymnastics: Beg & Int	11:00pm-11:45pm	\$80
	Basketball (9-12)	12:00pm-12:45pm	\$30
SUN*	Chess Club-#2 Only	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$100
	Intro to Sewing (8-12)	12:45pm-1:45pm	\$30

TEENS: AGES 13-18 YEARS

TUES	Teen Strength & Endurance	4:00pm-4:45pm	FREE
THUR	Teen Strength & Endurance	4:00pm-4:45pm	FREE
	Singers & Songwriters	6:30pm-7:15pm	\$12
SUN*	Teen Fit	6:30pm-7:15pm	FREE
	Sewing Machine Basics (13+)	10:30am-11:30am	\$30

Swimming Lessons

STEP #1: CHOOSE LEVEL BY AGE & ABILITY

Ages 6 Months–18 Months: 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.

Ages 3–5: 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)

Ages 6–12: 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

Ages 13+: Teens & Adults (T/A)

T/A 1–3 See descriptions above for SA

STEP #2: SELECT AN OPTION

OPTION #1: 1 DAY PER WEEK FOR 8 WEEKS

These lessons meet 1 day per week:
June 28th–August 22nd

Ages 6 Months–18 Months: Parent & Child (PC)

SAT PC A&B 9:15am–9:45am FREE

SUN* PC A&B 10:55am–11:25am FREE

Ages 3–5: Preschool Children (PS)

PS 1 9:15am–9:45am \$80

SAT PS 2,3&4 9:50am–10:20am \$80

PS 1&3 11:15am–11:45am \$80

Ages 6–12: School Aged Children (SA)

SA 1&2 10:25am–11:10am \$80

SAT SA 2&3 11:50am–12:35pm \$80

SA 4&5 12:40pm–1:25pm \$80

SUN* SA 4,5&6 10:05am–10:50am \$70

Ages 13+: Teens & Adults (T/A)

THUR T/A 1&2 6:30pm–7:15pm \$80

SUN* T/A 1&2 9:15am–11:25am \$70

OPTION #2: 4 DAYS PER WEEK FOR 2 WEEKS

These lessons are held Monday–Thursday in 2-week sessions.
When registering, choose the session # and then class name.
(Ex: Session 1, PS 1)

SESSION	WEEK #1	&	WEEK #2
1	June 28 th –July 1 st	&	July 5 th –8 th
2	July 12 th –15 th	&	July 19 th –22 nd
3	July 26 th –29 th	&	August 2 nd –5 th
4	August 9 th –12 th	&	August 15 th –19 th

Ages 3–5: Preschool Children (PS)

M–TH PS 1&2 4:15pm–4:45pm \$80

Ages 6–12: School Aged Children (SA)

SA 1&2 4:50pm–5:35pm \$80

M–TH SA 3&4 5:40pm–6:25pm \$80

A minimum of 3 students is required to run a class.
Levels may be combined in order to reach that minimum.

Private Lessons

Private & Semi-Private Lessons are available to YMCA Members only.

SPACE IS LIMITED.

Contact the Aquatics Office for package pricing and scheduling options.

(P) 845 956 1549

(E) middletownaquatics@middletownymca.org



AMERICAN RED CROSS COURSES:
Lifeguard Training & CPR

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



SPEND QUALITY TIME AT THE Y
–Family Swim & Family Gym–

Download our free mobile app or visit our website for additional details and schedules.

Masters Swim Program Age 18+

Practice Schedule:
Wednesday, 5:45am–6:45am
Friday, 5:45am–6:45am
Sunday, 8:00am–9:00am

Additional practices are available at our Monroe location. Contact Melissa for details.

Practices Per Week	Monthly Rate
1x Per Week	\$40
2x Per Week	\$50
3x Per Week	\$60

To register, contact Melissa Gillespie at
(P) 845 395 1016 (E) mag@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. For more information or to schedule a tryout contact Amy Phelps:

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

-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.

Let's Sew Together: What a wonderful opportunity to spend some quality time with your little one and help them develop their fine motor skills while learning to sew.

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)

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.

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 that promotes creativity and develops fine motor skills. Students receive a starter kit but must bring fabric (details provided at the first class).

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.

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.

YOUTH: AGES 6-12 YEARS (CONTINUED)

Soccer: Players develop coordination and all-around athleticism.

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

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

Sewing Machine Basics: Do you have a sewing machine but need to learn how to use it? Bring your sewing machine and we'll teach you the basics and get you started with some beginner projects.

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 just enjoy 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.

Don't forget, your membership includes access to programs and services at two locations, the
YMCA of Middletown
and the
South Orange Family YMCA.

If you don't find a class at the branch nearest you, we encourage you to explore additional options available at the other branch.

Programs and schedules may vary by branch and all are subject to change.