



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Summer Program Guide SOUTH ORANGE FAMILY YMCA

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

REGISTRATION BEGINS JUNE 14th

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.

Host your next BIRTHDAY PARTY at the Y.

Invite your guests to make
a splash in our new **POOL**
or play games in the **GYM**
followed by pizza and cake
in the **PARTY ROOM**.

Call the Y for details.

ULTIMATE TRAINING ZONE

Every time you enter The Zone
you'll be challenged physically
and mentally by our certified
trainers to help you crush your
personal fitness goals.

Call the Y for details.

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 unless otherwise noted.

Session 1: June 28th-July 25th

Session 2: July 26th-August 22nd

PRESCHOOLERS: AGES 3-5 YEARS

MON	Make and Take	5:15pm-5:45pm	FREE
TUES	Intro to Music	5:30pm-6:00pm	FREE
WED	Gymnastics: Beginner (8wks)	5:15pm-6:00pm	\$80
	Gymnastics: Int/Adv (8wks)	6:15pm-7:00pm	\$80
	Dance (7wks: July 1-Aug 12)	4:15pm-5:00pm	\$70
THUR	Gymnastics: Beginner (8wks)	5:15pm-6:00pm	\$80
	Gymnastics: Int/Adv (8wks)	6:15pm-7:00pm	\$80
SAT	Multi Sports	8:15am-8:45am	\$12
	Multi Sports	9:00am-9:30am	\$12
SUN*	Gymnastics: Beginner (8wks)	8:45am-9:30am	\$70

YOUTH: AGES 6-12 YEARS

MON	Basketball (6-8)	5:15pm-6:00pm	\$30
	Basketball (9-12)	6:15pm-7:00pm	\$30
TUES	Kids MIX	5:15pm-6:00pm	FREE
	Judo (6-9)-Session 1 Only	5:15pm-6:00pm	\$50
	Judo (10-12)-Session 1 Only	6:15pm-7:00pm	\$50
WED	Actin' Up Drama	6:15pm-7:00pm	\$12
	Kids MIX	5:15pm-6:00pm	FREE
	Gymnastics: Beginner (8wks)	5:15pm-6:00pm	\$80
	Gymnastics: Int/Adv (8wks)	6:15pm-7:00pm	\$80
	Girls Volleyball (10-14)	7:15pm-8:15pm	\$30
THUR	Kids MIX	5:15pm-6:00pm	FREE
	Dance (7wks: July 1-Aug 12)	5:15pm-6:00pm	\$70
	Judo (6-9)-Session 1 Only	5:15pm-6:00pm	\$50
	Gymnastics: Beginner (8wks)	5:15pm-6:00pm	\$80
	Judo (10-12)-Session 1 Only	6:15pm-7:00pm	\$50
SAT	Gymnastics: Int/Adv (8wks)	6:15pm-7:00pm	\$80
	Multi Sports	9:45am-10:30am	\$12
	Kids Fit	10:45am-11:30am	FREE
	Soccer (6-9)	10:45am-11:30am	\$30
SUN*	Soccer (10-12)	11:45am-12:30pm	\$30
	Chess Club	11:45am-12:30pm	FREE
	Gymnastics: Int (8wks)	9:45am-10:30am	\$70
	Gymnastics: Int/Adv (8wks)	10:45am-12:45pm	\$118

TEENS: AGES 13-18 YEARS

WED	Aerial Yoga	11:00am-11:45am	\$45
	Girls Volleyball (10-14)	7:15pm-8:15pm	\$30
SAT	Self-Defense	10:00am-10:45am	\$45

ADULTS: AGES 19+ YEARS

WED	Aerial Yoga	11:00am-11:45am	\$45
SAT	Self-Defense	10:00am-10:45am	\$45

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

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 10:50am–11:35am \$70

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

WED T/A 1&2 6:30pm–7:15pm \$80

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)

M-TH SA 1&2 4:50pm–5:35pm \$80

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) 845 395 1016

(E) mag@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:

Tuesday, 7:45pm–8:45pm
 Thursday, 7:45pm–8:45pm
 Sunday, 7:05am–8:05am

Additional practices are available at our Middletown 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. The team practices in Middletown. 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-

PRESCHOOLERS: AGES 3-5 YEARS

Dance: This class incorporates ballet, tap, and creative movement. Students will learn basic ballet and tap steps through fun songs, activities, and the use of props. Dance allows children to build motor skills and self-confidence while engaging socially with peers in a positive.

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 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.

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

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.

Dance: This class incorporates ballet, tap, and creative movement. Students will learn basic ballet and tap steps through fun songs, activities, and the use of props. Dance allows children to build motor skills and self-confidence while engaging socially with peers in a positive.

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.

Judo: Judo is a martial art that emphasizes the use of quick movement and leverage to throw an opponent. The techniques are generally intended to turn an opponent's force to one's own advantage rather than to oppose it directly.

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.

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

Aerial Yoga: Strengthen, stretch, and invert your body in new ways while suspended from the ceiling in an aerial hammock. All levels are welcome. Modifications are available.

Girls Volleyball:

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

Self-Defense: This class emphasizes the techniques used in Judo to teach students how to use an attacker's own force against them. Judo is a martial art that emphasizes the use of quick movement and leverage to throw an opponent so, when used to defend one's self, Judo turns an attacker's force to one's own advantage. This class is co-ed and all levels are welcome.

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

T/A 1-3 See descriptions in [Swim Lessons: School Aged Children](#).

ADULTS: AGES 19+ YEARS

Aerial Yoga: Strengthen, stretch, and invert your body in new ways while suspended from the ceiling in an aerial hammock. All levels are welcome. Modifications are available.

Self-Defense: This class emphasizes the techniques used in Judo to teach students how to use an attacker's own force against them. Judo is a martial art that emphasizes the use of quick movement and leverage to throw an opponent so, when used to defend one's self, Judo turns an attacker's force to one's own advantage. This class is co-ed and all levels are welcome.

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

T/A 1-3 See descriptions in [Swim Lessons: School Aged Children](#).

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: 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.