



# ACTIVE KIDS

## DEVELOP HEALTHY HABITS

### Fall 1 Program Guide

#### YMCA OF MIDDLETOWN

September 13–November 7, 2021  
Registration begins August 30.

#### Registration Details:

- Must have an active YMCA Family Membership.
- Each child may register for 1 FREE program. \$20 for each additional "FREE" program.
- Social distancing is enforced, therefore, space is limited.
- Masks are encouraged for unvaccinated members age 2 and older. Policy updates will be announced if necessary.
- 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

## Sports & Arts

Classes meet 1 day per week for 8 weeks.  
September 13–November 7, 2021

See program descriptions on page 4.

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

<b>WED</b>	Music & Movement (6M-24M)	1:00pm-1:30pm	FREE
	Music & Movement (6M-24M)	9:15am-9:45	FREE
<b>FRI</b>	Music & Movement (6M-24M)	10:00am-10:30am	FREE
	Family Music & Movement NEW	10:45am-11:15am	FREE

### PRESCHOOLERS: AGES 3-5 YEARS

<b>MON</b>	Intro to Acting	5:45pm-6:15pm	FREE
<b>TUES</b>	Soccer	6:00pm-6:30pm	\$50
<b>WED</b>	Intro to Music	5:30pm-6:00pm	FREE
	T-Ball	6:00pm-6:30pm	\$50
<b>FRI</b>	Family Music & Movement NEW	10:45am-11:15am	FREE
	Soccer	9:15am-9:45am	\$50
<b>SAT</b>	Gymnastics: Beginner	10:00am-10:45am	\$80
	Let's Sew Together (5-8)	12:30pm-1:30pm	\$50

### YOUTH: AGES 6-12 YEARS

<b>MON</b>	Basketball (6-8) Beginner	5:00pm-5:45pm	\$70
	Basketball (6-12) Advanced	6:00pm-6:45pm	\$70
	Actin' Up - Drama	6:30pm-7:15pm	\$50
	Basketball (9-12) Beginner	7:00pm-7:45pm	\$70
<b>TUES</b>	Gymnastics: Beginner	5:00pm-5:45pm	\$80
	Intro to Sewing 1	5:30pm-6:30pm	\$70
	Girls Basketball (9-12)	6:00pm-7:00pm	\$70
	Gymnastics: Advanced	6:00pm-7:30pm	\$100
	Soccer (6-8)	6:45pm-7:30pm	\$70
	Let's Paint	6:45pm-7:30pm	\$50
<b>WED</b>	Homeschool Gym	1:30pm-2:30pm	\$50
	Girls Fit (10-15) NEW	4:00pm-4:45pm	FREE
	Kids Fit (6-8)	5:00pm-6:00pm	\$20
	Color Pencil Art	6:15pm-7:00pm	\$50
	Kids Fit (9-12)	6:00pm-7:00pm	\$20
<b>THUR</b>	Homeschool Color Pencil Art	10:00am-10:45am	\$50
	Rock Climbing (Advanced)	4:00pm-5:00pm	\$70
	Rock Climbing (Beginner)	5:15pm-6:15pm	\$70
	Multi Sports	5:30pm-6:15pm	\$20
	Singers & Songwriters (12+)	5:30pm-6:15pm	FREE
	Co-Ed Volleyball Training	5:00pm-6:30pm	\$100
	Rhythm & Rhyme w/Drums	6:30pm-7:15pm	\$50
<b>FRI</b>	Homeschool Music	1:00pm-1:45pm	\$50
<b>SAT</b>	Gymnastics: Beg & Int	9:00am-9:45am	\$80
	Flag Football (6-8)	9:15am-10:00am	\$70
	Soccer	10:00am-10:45am	\$70
	Flag Football (9-12)	10:15am-11:00am	\$70
	Basketball (6-8)	11:00am-11:45am	\$70
	Gymnastics: Beg & Int	11:00pm-11:45pm	\$80
	Basketball (9-12)	12:00pm-12:45pm	\$70
	Chess Club	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$100
	Let's Sew Together (5-8)	12:30pm-1:30pm	\$50
	Intro to Sewing 2	1:45pm-2:45pm	\$50

### TEENS: AGES 13-17 YEARS

<b>TUES</b>	Teen Strength & Endurance	4:00pm-4:45pm	FREE
	Girls Basketball	5:00pm-6:00pm	\$70
<b>WED</b>	Girls Fit (10-15) NEW	4:00pm-4:45pm	FREE
	Teen Strength & Endurance	4:00pm-4:45pm	FREE
<b>THUR</b>	Teen Singers & Songwriters	5:30pm-6:15pm	FREE
	Teen Fit	6:30pm-7:15pm	FREE

**TEEN LEADERS CLUB**

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

#### Private Voice & Music Lessons

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



\$35 per lesson  
-OR-  
4 for \$100

# Swimming Lessons

NOTE: A minimum of 3 students per class is required to run each class. Levels may be combined in order to reach that minimum.

## 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=**Barracudas in Training**-details below.  
 SA 6—Stroke Mechanics=**Barracudas in Training**-details below.

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

T/A 1–3 See descriptions above for SA 1–3.  
 T/A 4–6 Jr. Masters/Masters-details below.

## STEP #2: SELECT AN OPTION

### OPTION #1: 1 DAY PER WEEK FOR 8 WEEKS

These lessons meet 1 day per week, **Sept 13–Nov 7, 2021.**

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

MON	PC A&B	10:00am–10:30am	FREE
	PC A&B	4:30pm–5:00pm	FREE
WED	PC A&B	10:00am–10:30am	FREE
	PC A&B	4:30pm–5:00pm	FREE
SAT	PC A&B	9:15am–9:45am	FREE
	PC A&B	9:45am–10:15am	FREE
	PC A&B	11:15am–11:45am	FREE
SUN	PC A&B	9:30am–10:00am	FREE

#### Ages 3–5: Preschool Children (PS)

MON	PS 1,2	10:30am–11:00am	\$90
	PS 1	9:15am–9:45am	\$90
SAT	PS 2	9:45am–10:15am	\$90
	PS 3	11:15am–11:45am	\$90
SUN	PS 1	9:30am–10:00am	\$90

#### Ages 6–12: School Aged Children (SA)

SAT	SA 1,2	10:15am–11:00am	\$90
	SA 1,2	11:45am–12:30pm	\$90
	SA 3,4	12:30pm–1:15pm	\$90
SUN	SA 3,4	10:00am–10:45am	\$90

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

TUES	T/A 1,2	10:00am–10:45am	\$90
THUR	T/A 1,2	6:15pm–7:00pm	\$90
SUN	T/A 1,2,3	10:45am–11:30am	\$90

### OPTION #2: 2 DAYS PER WEEK FOR 4 WEEKS

These lessons meet 2 days per week for 4 weeks, unless otherwise noted.

SESSION 1	Sept 13–Oct 10
SESSION 2	Oct 11–Nov 7

#### Ages 3–5: Preschool Children (PS)

M&W	PS 1,2	4:30pm–5:00pm	\$90
	PS 3,4	5:45pm–6:15pm	\$90
T&TH	PS 1,2	5:00pm–5:30pm	\$90

#### Ages 6–12: School Aged Children (SA)

M&W	SA 1,2	5:00pm–5:45pm	\$90
	SA 5,6= <b>Barracudas In Training BIT</b> is a non-competitive 8 week training program that builds endurance and improves stroke technique. There is no commitment to the swim team in BIT but swimmers will be encouraged to join when ready.	5:00pm–6:00pm	\$120
T&TH	SA 1,2	4:15pm–5:00pm	\$90
	SA 3,4	5:30pm–6:15pm	\$90

#### Ages 13–17: Teens ONLY

T 4–6=Jr. Masters	4:00pm–5:00pm	\$120
W&F	This 8 week program helps teens build endurance and learn the stroke techniques needed to take a lifeguarding class, tryout for a swim team, or just enjoy swimming for fitness.	



#### BARRACUDAS SWIM TEAM

AGES 6–18  
 Contact Amy Phelps for details:  
 (P) 845 480 1626  
 (E) barracudas@middletownymca.org

**AMERICAN RED CROSS**  
**Lifeguard Training & CPR**

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

**PRIVATE & SEMI-PRIVATE LESSONS**

Contact the Aquatics Office for package pricing and scheduling options.  
 (P) 845 956 1549 (E) middletownaquatics@middletownymca.org

## Masters Swim Program

Age 18+

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

**TO REGISTER CONTACT:**  
 Melissa Gillespie  
 (P) 845 395 1016  
 (E) mag@middletownymca.org

MONTHLY RATES	
1x Per Week	\$40
2x Per Week	\$50
3x Per Week	\$60

# First Step Preschool

THE CENTER FOR YOUTH PROGRAMS

6 Liberty Street, Middletown, NY



## REGISTER NOW!

Visit our website for details.

For more information contact:

Sue Cummings

(P) 845 395 1025

(E) [scummings@middletownymca.org](mailto:scummings@middletownymca.org)



[middletownymca.org/preschool](http://middletownymca.org/preschool)

Don't forget to follow us on Facebook for upcoming

## KIDS NIGHT OUT

-and-

## BEAT THE STREETS

events beginning in October.

## MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



### POOL PARTY

Make your next party a splash by hosting a pool party at the Y. The family of the guest of honor is responsible for decorations, food, refreshments, cake, and any activities in the party room. Our Birthday Party Coordinator will be there to assist you in decorating and organizing the party.

Saturday 3:00pm - 5:00pm  
Sunday 3:00pm - 5:00pm

YMCA Member Fee: \$275  
Program Member Fee: \$375

- Parties should be booked at least 2 weeks in advance and are subject to availability.
- Fee includes 15 guests, NOT including the guest of honor.
- Parties may be hosted for more than one guest of honor for a fee of \$20.
- Additional guests may be included at a fee of \$5/guest to be paid on the day of the party.
- Each guest receives a YMCA Water Bottle.
- A non-refundable \$50 deposit is required to reserve a date.
- All parties must be paid in full before the party date.



### DON'T WAIT—RESERVE A PARTY DATE TODAY!

Contact Christine Dirks at  
(P) 845 956 1549 or (E) [cdirks@middletownymca.org](mailto:cdirks@middletownymca.org).

## SPECIAL EVENT RENTALS

PARTIES-SHOWERS-REUNIONS-MEETINGS

INDOOR & OUTDOOR OPTIONS AVAILABLE

Contact Claire Piccorelli:  
(P) 845 956 1496 (E) [cpiccorelli@middletownymca.org](mailto:cpiccorelli@middletownymca.org)

# Club Kid

## Before & After School Program

The YMCA's before and after school program is offered in twelve school districts throughout Orange County and is licensed by the Office of Children and Family Services.

Our well trained staff are fingerprinted and must undergo a background check prior to employment. While having fun in a **safe, nurturing, and supervised environment**, children choose from a variety of activities to suit their own **individual needs and interests**.



**Arts & Crafts • Sports • Games • Snacks • Group Projects**  
**Homework/Study Time • Special Events**

Each location follows their local school district's calendar and **only runs on days that the school is in session**.

**Financial Assistance** is available through our ACCESS program for all who apply and qualify.

You may register at any time and **your child may attend the program 3 school days after registering**.

CHESTER  
CORNWALL  
FLORIDA  
GOSHEN  
MIDDLETOWN  
MINISINK

MONROE-WOODBURY  
PINE BUSH  
PORT JERVIS  
VALLEY CENTRAL  
WALKILL  
WASHINGTONVILLE

## REGISTER NOW FOR THE 2021-2022 SCHOOL YEAR!

**SPECIAL YMCA FAMILY ADVANTAGE MEMBERSHIP AVAILABLE FOR CLUB KID FAMILIES.**

Visit our website or stop by the Y for details.

[www.middletownymca.org/clubkid](http://www.middletownymca.org/clubkid)

## STRONG KIDS CAMPAIGN

The Strong Kids Campaign makes **Financial Assistance** available for YMCA Membership and Child Care Services including Preschool, Club Kid and Camp. Visit our Welcome Center to learn how you can apply, volunteer at an event or make a donation.



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

We encourage you to explore options available at both branches.

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

## -PROGRAM DESCRIPTIONS-

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

**Family Music & Movement:** This class is focused on bringing everyone in the family together for 30 minutes of singing and dancing. Only one person in the family needs to be registered for the class but up to 4 family members may attend.

**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

**Family Music & Movement:** This class is focused on bringing everyone in the family together for 45 minutes of singing and dancing. Only one person in the family needs to be registered for the class but up to 4 family members may attend.

**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 exercises 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. PARENT PARTICIPATION REQUIRED.

**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:** This introduction to the sport of baseball is intended to help young children develop ball-game skills and have fun.

### 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. Daytime classes are also available for homeschooled students.

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

**Girls Fit:** This workout provides a comfortable place for girls to workout with peers and make new friends.

#### 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.

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

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

### YOUTH: AGES 6-12 YEARS (CONTINUED)

**Intro to Sewing 1:** 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).

**Intro to Sewing 2:** After completing Intro to Sewing 1, students will continue to develop a comprehensive understanding of sewing techniques and skills. Students must bring fabric (details provided at the first class).

**Kids Fit:** A beginner's workout curriculum just for kids.

**Let's Paint:** Explore the art of painting using watercolors, canvas, and more.

**Let's Sew Together:** What a wonderful opportunity to spend some quality time with your child while helping them develop fine motor skills while learning to sew. PARENT PARTICIPATION REQUIRED.

**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 with Drums:** Learn to play drums and other percussion instruments as we learn rhythms and create 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.

#### 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=Barracudas in Training

SA 6—Stroke Mechanics=Barracudas in Training

**Barracudas in Training** is a non-competitive training program that builds endurance and improves stroke technique. There is no commitment to the Barracudas Swim Team in BIT but swimmers will be encouraged to join when ready.

**Volleyball Training:** This volleyball program encourages effective communication with peers as players learn the fundamentals and develop the skills of the sport.

### TEENS: AGES 13-17 YEARS

**Girls Fit:** This workout provides a comfortable place for girls to workout with peers and make new friends.

**Leaders Club (Junior & Teen Leaders Club):**

**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 above for SA 1-3.

T 4-6 Jr. Masters

**Jr. Masters** is a training program that helps teens build endurance and learn the stroke techniques needed to take a lifeguarding class, tryout for a swim team, or just enjoy swimming for fitness.

**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.