



ACTIVE KIDS MAKE MORE FRIENDS

Fall Program Guide SOUTH ORANGE FAMILY YMCA

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.

PRESCHOOLERS: AGES 3–5 YEARS

TUES	Intro to Music	5:00pm–5:30pm	FREE
	Gymnastics: Beginner	5:15pm–6:00pm	\$80
WED	Make and Take	5:15pm–5:45pm	FREE
	Gymnastics: Int/Adv	6:15pm–7:00pm	\$80
	Dance	4:15pm–5:00pm	\$80
THUR	Gymnastics: Beginner	5:15pm–6:00pm	\$80
	Gymnastics: Int/Adv	6:15pm–7:00pm	\$80
SAT	Multi Sports	8:15am–8:45am	\$12
	Multi Sports	9:00am–9:30am	\$12
SUN	Gymnastics: Beginner	8:45am–9:30am	\$80

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Extension, Monroe, NY 10950



YOUTH: AGES 6–12 YEARS

MON	Basketball (6–8)	5:15pm–6:00pm	\$70
	Basketball (9–12)	6:15pm–7:00pm	\$70
TUES	Swim & Gym	4:30pm–6:30pm	\$100
	Color Pencil Art	5:45pm–6:15pm	\$50
	Actin' Up Drama	6:30pm–7:15pm	\$50
WED	Kids MIX	5:15pm–6:00pm	\$20
	Gymnastics: Beginner	5:15pm–6:00pm	\$80
	Gymnastics: Int/Adv	6:15pm–7:00pm	\$80
	Intro to Volleyball	6:15pm–7:00pm	\$80
	Girls Modified Volleyball (10–14)	7:15pm–8:15pm	\$100
THUR	Swim & Gym	4:30pm–6:30pm	\$100
	Dance	5:15pm–6:00pm	\$80
	Gymnastics: Beginner	5:15pm–6:00pm	\$80
SAT	Gymnastics: Int/Adv	6:15pm–7:00pm	\$80
	Multi Sports	9:45am–10:30am	\$20
	Kids Fit	10:45am–11:30am	FREE
SUN	Soccer (6–9)	10:45am–11:30am	\$70
	Soccer (10–12)	11:45am–12:30pm	\$70
	Chess Club	11:45am–12:30pm	FREE
SUN	Gymnastics: Int	9:45am–10:30am	\$80
	Gymnastics: Int/Adv	10:45am–12:45pm	\$120

TEENS: AGES 13–17 YEARS

TUES	Teen Strength & Endurance	6:45pm–7:30pm	FREE
	Aerial Yoga	11:00am–11:45am	\$90
WED	Girls Modified Volleyball (10–14)	7:15pm–8:15pm	\$100
SUN	Mind-Body-Pilates	10:00am–10:45am	\$90
	Aerial Yoga	11:00am–11:45am	\$90

ADULTS: AGES 18+ YEARS

WED	Aerial Yoga	11:00am–11:45am	\$90
	Mind-Body-Pilates	10:00am–10:45am	\$90
SUN	Aerial Yoga	11:00am–11:45am	\$90
	Prenatal Yoga	12:00pm–12:45pm	\$150

RUN FOR FUN



Todd Lyons Paving 5K Color Run
Saturday, October 2, 2021

Presented By:



Sponsored In Part By:



Register online at
www.active.com
or stop by the Y.

Private Voice & Music Lessons

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



\$35 per lesson
–OR–
4 for \$100

(P) 845 782 9622
(W) www.middletownymca.org/south-orange-family-ymca

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)

WED	PC A&B	10:00am–10:30am	FREE
FRI	PC A&B	4:50pm–5:20pm	FREE
SAT	PC A	9:05am–9:35am	FREE
	PC B	9:40am–10:10am	FREE
SUN	PC B	9:00am–9:45am	FREE
	PC A	9:35am–10:05am	FREE

Ages 3–5: Preschool Children (PS)

MON	PS 1	10:00am–10:30am	\$90
	PS 2	10:35am–11:05am	\$90
WED	PS 1	10:35am–11:05am	\$90
THUR	PS 1	10:00am–10:30am	\$90
	PS 2	10:35am–11:05am	\$90
FRI	PS 1	10:00am–10:30am	\$90
	PS 2	10:35am–11:05am	\$90
	PS 1,2	4:15pm–4:45pm	\$90
SAT	PS 4	4:50pm–5:20pm	\$90
	PS 1	9:05am–9:35am	\$90
	PS 2	9:40am–10:10am	\$90
SUN	PS 1,3	11:55am–12:25pm	\$90
	PS 2	9:00am–9:30am	\$90
SUN	PS 1	9:35am–10:05am	\$90
	PS 1,2	11:50am–12:20pm	\$90

Ages 6–12: School Aged Children (SA)

FRI	SA 1,2	5:25pm–6:10pm	\$90
	SA 2,3	10:15am–11:00am	\$90
SAT	SA 1,4	11:00am–11:45am	\$90
	SA 1,2	12:30pm–1:15pm	\$90
SUN	SA 1,2	10:10am–10:55am	\$90
	SA 2,3	11:00am–11:45am	\$90

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

TUES	T/A 1,2	10:00am–10:45am	\$90
WED	T/A 2,3	6:15pm–7:00pm	\$90
SUN	T/A 1,2	8:15am–9:00am	\$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	4:15pm–4:45pm	\$90
	PS 1,2	4:50pm–5:20pm	\$90
T&TH	PS 1,2	4:15pm–4:45pm	\$90
	PS 1,2	4:50pm–5:20pm	\$90

Ages 6–12: School Aged Children (SA)

M&W	SA 1,2	5:25pm–6:10pm	\$90
M&W	SA 5,6= Barracudas In Training	6:15pm–7:15pm	\$120
	BIT 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.		

T&TH	SA 3,4	5:25pm–6:10pm	\$90
------	--------	---------------	------

Ages 13+: Teens Only

T&TH	T 4–6= Jr. Masters	7:15pm–8:15pm	\$120
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.			

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Contact the Aquatics Office for package pricing and scheduling options.

(P) 845 395 1016 (E) mag@middletownymca.org



AMERICAN RED CROSS Lifeguard Training & CPR

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



Masters Swim Program

Age 18+

Practices are available at our Middletown location.

Contact Melissa Gillespie for details.

(P) 845 395 1016 (E) mag@middletownymca.org



BARRACUDAS SWIM TEAM

AGES 6–18

Contact Amy Phelps for details:

(P) 845 480 1626

(E) barracudas@middletownymca.org

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 in our **NEW POOL**.



CONTACT:

Melissa Gillespie
(P) 845 395 1016
(E) mag@middletownymca.org

SPORTS PARTY

Make your next party a big hit with fun and games lead by one of our sports instructors in the gym or on the turf.

CONTACT:

Chase Alexander
(P) 845 915-5341
(E) ca@middletownymca.org

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.
- 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!

First Step Preschool

THE CENTER FOR YOUTH PROGRAMS

6 Liberty Street, Middletown, NY

REGISTER NOW!

Visit our website for contact

Sue Cummings:

(P) 845 395 1025

(E) scummings@middletownymca.org

middletownymca.org/preschool



SPECIAL EVENT RENTALS

PARTIES-SHOWERS-REUNIONS-MEETINGS

INDOOR & OUTDOOR OPTIONS AVAILABLE

Contact Claire Piccorelli:

(P) 845 956 1496 (E) 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
WALLKILL
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.

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-

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

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.

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.

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 Modified Volleyball: Volleyball encourages effective communication between peers as players further develop their skills and learn proper positioning for game play.

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

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

YOUTH: AGES 6-12 YEARS (Continued)

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.

TEENS: AGES 13-17 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 Modified Volleyball: Volleyball encourages effective communication between peers as players further develop their skills and learn proper positioning for game play.

Mind-Body-Pilates: This 45 minute class uses the essentials of Pilates to transform your body and calm your mind.

Swim Lessons: Teens (T/A)

T/A 1-3 See descriptions above for **School Aged Children (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 Strength & Endurance: Train like the pro athletes with high intensity interval exercises that improve stamina, agility, and strength.

ADULTS: AGES 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.

Mind-Body-Pilates: This 45 minute class uses the essentials of Pilates to transform your body and calm your mind.

Prenatal Yoga: Are you looking for something special to guide you through this time? You have the knowledge and power to give birth. Now, learn to connect to your inner wisdom and strength through yoga postures, breath work, and meditation. The ability to focus on breathing and physical sensations will calm your mind, release anxiety, and relax your body.

A signed doctor's or midwife's note is required to participate.

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

T/A 1-3 See descriptions above for SA 1-3.

A 4-6 **Masters**

Masters practices are available at our Middletown location.

Contact Melissa Gillespie at (P) 845 395 1016

or (E) mag@middletownymca.org for details.

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.