



FIND YOUR FIT THIS FALL

Fall 2 Program Guide

SOUTH ORANGE FAMILY YMCA
November 15, 2021-January 23, 2022
Registration begins November 1, 2021

NO CLASSES | PRORATED DATES: November 25, December 24, 25, 26
HOLIDAY BREAK WEEK: December 27-January 2

Registration Details:

- Must have an active YMCA Family Membership.
- Registration for FREE programs is limited to 1 per person. \$20 for each additional "FREE" program.
- Social distancing is enforced, therefore, space is limited.
- Masks are required 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.

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

Sports & Arts

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 |
| THUR* | Gymnastics: Beginner | 5:15pm-6:00pm | \$70 |
| | Gymnastics: Int/Adv | 6:15pm-7:00pm | \$70 |
| SAT* | Multi Sports | 8:15am-8:45am | \$18 |
| | Multi Sports | 9:00am-9:30am | \$18 |
| SUN* | Gymnastics: Beginner | 8:45am-9:30am | \$70 |



Private Gymnastics Lessons

Contact the Welcome Center
(P) 845 782 9622 (E) sofy@middletownymca.org



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 | Color Pencil Art | 5:45pm-6:30pm | \$50 |
| | Actin' Up Drama | 6:45pm-7:30pm | \$50 |
| | Kids MIX | 5:15pm-6:00pm | \$20 |
| | Gymnastics: Beginner | 5:15pm-6:00pm | \$80 |
| WED | 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 |
| | Swim & Gym | 4:30pm-6:30pm | \$90 |
| THUR* | Gymnastics: Beginner | 5:15pm-6:00pm | \$70 |
| | Gymnastics: Int/Adv | 6:15pm-7:00pm | \$70 |
| | Kids Fit | 9:45am-10:30am | \$18 |
| | Multi Sports | 10:45am-11:30am | \$18 |
| SAT* | Soccer (6-9) | 10:45am-11:30am | \$62 |
| | Soccer (10-12) | 11:45am-12:30pm | \$62 |
| | Chess Club | 11:45am-12:30pm | FREE |
| SUN* | Gymnastics: Int | 9:45am-10:30am | \$70 |
| | Gymnastics: Int/Adv | 10:45am-12:45pm | \$107 |

TEENS: AGES 13-17 YEARS

| | | | |
|--------------|----------------------------------|-----------------|-------|
| TUES | Peak Performance Training | 6:45pm-7:30pm | \$90 |
| | \$150 for TUES & THUR | | |
| | Aerial Yoga | 11:00am-11:45am | \$120 |
| WED | Girls Modified Volleyball | 7:15pm-8:15pm | \$100 |
| | Ages 10-14 | | |
| THUR* | Peak Performance Training | 7:00pm-7:45pm | \$80 |
| | \$150 for TUES & THUR | | |
| SUN* | Aerial Yoga | 11:00am-11:45am | \$105 |
| | Try a class for \$15/Class | | |

ADULTS: AGES 18+ YEARS

| | | | |
|-------------|----------------------------|-----------------|-------|
| WED | Aerial Yoga | 11:00am-11:45am | \$120 |
| | Aerial Yoga | 11:00am-11:45am | \$105 |
| | Try a class for \$15/Class | | |
| SUN* | Prenatal Yoga | 12:00pm-12:45pm | \$160 |
| | Try a class for \$20/Class | | |

NEW

BOXING FITNESS

with Coach Rich Stephenson of Breathing Boxing Club

NEW

\$200/MONTH

FAMILY SPECIAL: 2nd Family Member receives **50% OFF.**

Hand wraps & boxing gloves required.

Youth Boxing Fitness: Age 6-12

Wednesday & Thursday, 5:00pm-5:45pm

Junior-Adult Boxing Fitness: Age 13+

Monday & Wednesday, 6:30pm-7:15pm

All Female Boxing: Age 13+

Tuesday & Thursday, 6:30pm-7:15pm

Register online or at the Welcome Center.



Private Voice & Music Lessons

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



\$35/Lesson
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.

SELECT LEVEL BY AGE & ABILITY

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

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.

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

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)

| | | | |
|--------------|---------------|-----------------|-------|
| MON | PS 1 | 10:00am–10:30am | \$100 |
| | PS 2 | 10:35am–11:05am | \$100 |
| | PS 1,2 | 4:15pm–4:45pm | \$100 |
| | PS 1,2 | 4:50pm–5:20pm | \$100 |
| TUES | PS 1,2 | 4:15pm–4:45pm | \$100 |
| | PS 2,3 | 4:50pm–5:20pm | \$100 |
| WED | PS 1 | 10:35am–11:05am | \$100 |
| | PS 1,2 | 4:15pm–4:45pm | \$100 |
| THUR* | PS 1 | 10:00am–10:30am | \$90 |
| | PS 2 | 10:35am–11:05am | \$90 |
| | PS 1,2 | 4:15pm–4:45pm | \$90 |
| | PS 3,4 | 4:50pm–5:20pm | \$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 |
| | PS 1 | 9:35am–10:05am | \$90 |
| | PS 1,2 | 11:50am–12:20pm | \$90 |

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 (BIT)**

SA 6—Stroke Mechanics=**Barracudas in Training (BIT)**

BIT is a non-competitive training program that meets **twice a week** to build endurance and improve stroke technique. There is no commitment to the swim team in BIT but swimmers will be encouraged to join the YMCA Barracudas when ready.

| | | | |
|--------------------|--------------------------------------|-----------------|-------|
| MON | SA 1,2 | 5:25pm–6:10pm | \$100 |
| MON&WED | SA 5,6=Barracudas In Training | 6:15pm–7:15pm | \$135 |
| TUES | SA 2,3 | 5:25pm–6:10pm | \$100 |
| WED | SA 1,2 | 5:25pm–6:10pm | \$100 |
| THUR* | SA 2,3 | 5:25pm–6:10pm | \$90 |
| FRI* | SA 1,2 | 5:25pm–6:10pm | \$90 |
| | SA 2,3 | 10:15am–11:00am | \$90 |
| SAT* | SA 1,4 | 11:05am–11:50am | \$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 13–17: Teens

(T=Teens Only, T/A=Teens & Adults combined)

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

T 4–6 Jr. Masters meet **twice a week** to help 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.

| | | | |
|-------------------------|--------------------------|---------------|-------|
| TUES & THUR* | T 4-6=Jr. Masters | 7:15pm–8:15pm | \$128 |
| WED | T/A 2,3 | 6:15pm–7:00pm | \$100 |
| SUN* | T/A 1,2 | 8:15am–9:00am | \$90 |

Ages 18+: Adults

(A=Adults Only, T/A=Teens & Adults combined)

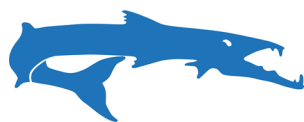
T/A 1–3 See descriptions above for SA 1–3.

A 4–6 Masters Practices are available at our Middletown location.

Contact Melissa Gillespie for details:

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

| | | | |
|-------------|----------------|---------------|-------|
| WED | T/A 2,3 | 6:15pm–7:00pm | \$100 |
| SUN* | T/A 1,2 | 8:15am–9:00am | \$90 |



BARRACUDAS SWIM TEAM

AGES 6–18

Contact Amy Phelps for details:

(P) 845 480 1626

(E) barracudas@middletownymca.org

FOLLOW US ON SOCIAL MEDIA OR DOWNLOAD OUR FREE MOBILE APP FOR INFORMATION ON OUR NEXT

DIVE-IN EVENT



AMERICAN RED CROSS LIFEGUARD TRAINING & CPR



Visit our website or stop by the front desk for details on classes available at our Middletown and Monroe locations.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Contact the Aquatics Office or visit our website for package pricing and scheduling options.
(P) 845 395 1016 (E) SOFY_aquatics@middletownymca.org

KIDS NIGHT OUT

Kids Night Out is open to children age 3 to those in 5th grade.

SAVE THE DATES:

November 19, 2021

December 17, 2021

*Additional dates TBA.

Follow us on Facebook.

TIME: 6:30PM-9:00PM

ADMISSION: \$7

Admission includes pizza, snack and a drink.

YMCA MEMBERS ONLY

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



POOL PARTY

Make your next party a splash in our **POOL**.



CONTACT:

Melissa Gillespie

(P) 845 395 1016

(E) mag@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!

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:

SOFY Welcome Center

(P) 845 782 9622

(E) SOFY@middletownymca.org



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
WALKKILL
WASHINGTONVILLE**

**REGISTRATION IS STILL OPEN 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.



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.

\$20/Class OR \$75/Month for the remainder of 2021.

Call the Y for details.

Don't forget, your membership includes access to programs and services at 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

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.

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 Boxing Fitness: Coach Rich Stephenson, of Breathing Boxing Club, designed this fitness program to challenge children physically and mentally. Students learn the basic fundamentals of boxing during this progressive fitness program that promotes healthy living and encourage students to practice self-discipline and take responsibility for one's actions. **Hand wraps & gloves required.**

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 meets twice a week to build endurance and improve stroke technique. There is no commitment to the Barracudas Swim Team but BIT 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.

Boxing Fitness: Coach Rich Stephenson, of Breathing Boxing Club, designed this fitness program to challenge teens physically and mentally. Students learn the basic fundamentals of boxing during this progressive fitness program that promotes healthy living and encourage students to practice self-discipline and take responsibility for one's actions. **Hand wraps & gloves required.**

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

Peak Performance Training: Coach Dakota, our certified Strength and Conditioning Specialist, helps all athletes develop strength and speed using a selection of exercises and equipment to prepare athletes for their upcoming seasons and keep them ahead of the game throughout the year.

Swim Lessons: Teens (T/A)

T/A 1-3 See descriptions above for **School Aged Children (SA 1-3).**

T 4-6 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

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.

Boxing Fitness: Coach Rich Stephenson, of Breathing Boxing Club, designed this fitness program to challenge adults physically and mentally. Students learn the basic fundamentals of boxing during this progressive fitness program that promotes healthy living and encourage students to practice self-discipline and take responsibility for one's actions. **Hand wraps & gloves required.**

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 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.