



THERE'S SNOW PLACE BETTER TO KEEP KIDS ACTIVE

Winter Program Guide

SOUTH ORANGE FAMILY YMCA

January 31–April 3, 2022

Registration begins January 17, 2022

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. 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	\$80
	Gymnastics: Int/Adv	6:15pm–7:00pm	\$80
SAT	Multi Sports	8:15am–8:45am	\$25
	Multi Sports	9:00am–9:30am	\$25
SUN	Gymnastics: Beginner	8:45am–9:30am	\$80



Private Gymnastics Lessons

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



Private Voice & Music Lessons

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



\$45/Lesson
4 for \$140

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
	Kids MIX (6-8)	5:45pm–6:30pm	\$25
	Actin' Up Drama	6:45pm–7:30pm	\$50
WED	Kids MIX (9-12)	5:15pm–6:00pm	\$25
	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
	Gymnastics: Beginner	5:15pm–6:00pm	\$80
	Gymnastics: Int/Adv	6:15pm–7:00pm	\$80
	Kids Fit	9:45am–10:30am	\$25
SAT	Multi Sports	10:45am–11:30am	\$25
	Soccer (6-9)	10:45am–11:30am	\$70
	Soccer (10-12)	11:45am–12:30pm	\$70
SUN	Chess Club	11:45am–12:30pm	FREE
	Gymnastics: Int	9:45am–10:30am	\$80
	Gymnastics: Int/Adv	10:45am–12:45pm	\$120

TEENS: AGES 13-17 YEARS

TUES	Peak Performance Training \$150 for TUES & THUR	6:45pm–7:30pm	\$90
	Aerial Yoga	11:00am–11:45am	\$120
WED	Girls Modified Volleyball Ages 10-14	7:15pm–8:15pm	\$100
THUR	Peak Performance Training \$150 for TUES & THUR	7:00pm–7:45pm	\$90
SAT	Instructional Volleyball Ages 15+	12:00pm–1:30pm	\$100
SUN	Aerial Yoga Try a class for \$15/Class	11:00am–11:45am	\$120

ADULTS: AGES 18+ YEARS

WED	Aerial Yoga	11:00am–11:45am	\$120
SAT	Instructional Volleyball Ages 15+	12:00pm–1:30pm	\$100
SUN	Aerial Yoga Try a class for \$15/Class	11:00am–11:45am	\$120

BOXING FITNESS

with Coach Rich Stephenson of Breathing Boxing Club

\$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.



(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–36 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	10:05am–10:35am	FREE
SUN	PC A&B	10:00am–10:30am	FREE

Ages 3–5: Preschool Children (PS)

PS 1—Water Acclimation (Non-Swimmer)

PS 2—Water Movement (Non-Swimmer, Comfortable in water)

PS 3—Water Stamina (“Doggie Paddler”)

PS 4—Stroke Introduction (Independent Swimmer)

	PS 1	10:00am–10:30am	\$100
MON	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
	PS 1,2	4:50pm–5:20pm	\$100
THUR	PS 1,2	4:15pm–4:45pm	\$100
	PS 2,3	4:50pm–5:20pm	\$100
FRI	PS 1,2	4:15pm–4:45pm	\$100
	PS 4	4:50pm–5:20pm	\$100
	PS 2,3	6:15pm–6:45pm	\$100
SAT	PS 1,2	9:30am–10:00am	\$100
	PS 2	10:05am–10:35am	\$100
	PS 1,3	12:20pm–12:55pm	\$100
SUN	PS 1,2	10:00am–10:30am	\$100
	PS 1,2,3	10:35am–11:05am	\$100

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	SA 5,6=Barracudas In Training	6:15pm–7:15pm	\$70
TUES	SA 3,4	5:25pm–6:10pm	\$100
	SA 5,6=Barracudas In Training	6:15pm–7:15pm	\$70
WED	SA 1,2	5:25pm–6:10pm	\$100
THUR	SA 2,3	5:25pm–6:10pm	\$100
FRI	SA 1,2	5:25pm–6:10pm	\$100
SAT	SA 2,3	10:40am–11:25am	\$100
	SA 1,4	11:30am–12:15pm	\$100
SUN	SA 5,6=Barracudas In Training	9:00am–10:00am	\$70
	SA 1,2,4	11:10am–11:55am	\$100
	SA 1,2,3	12:00am–12:45am	\$100

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	T 4–6=Jr. Masters	7:15pm–8:15pm	\$70
WED	T/A 2,3	6:15pm–7:00pm	\$100
THUR	T 4–6=Jr. Masters	7:15pm–8:15pm	\$70
SUN	T/A 1,2	8:15am–9:00am	\$100

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	\$100

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.

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

DIVE-IN EVENT



BARRACUDAS SWIM TEAM

AGES 6–18

Contact Amy Phelps for details:

(P) 845 480 1626

(E) barracudas@middletownymca.org

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.

EVENT DATES:

January 14, 2022

February 11, 2021

*Additional dates TBA.

Follow us on Facebook.

TIME: 6:30PM-9:00PM
ADMISSION: \$10 or \$15 to Swim
 Admission includes pizza and a drink.
YMCA MEMBERS ONLY

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



POOL PARTY

Make your next party a splash in our **POOL**. **GLOW IN THE DARK** pool parties are now available.



CONTACT:

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

Saturday 3:00pm - 5:00pm
 Sunday 2:00pm - 4:00pm

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

Visit our website for details.

For more information contact:

Sue Cummings:

(P) 845 395 1025

(E) scummings@middletownymca.org

middletownymca.org/preschool



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.

\$20/Class
\$75/Month
 1st class is FREE



IT'S NEVER TOO SOON TO THINK ABOUT SUMMER



Camp Funshine

The Center For Youth Programs keeps campers close to home but let's imaginations run wild.

Contact: Sherri Tironi

(P) 845 956 1546 (E) stironi@middletownymca.org

Contact: Sue Cummings

(P) 845 395 1025 (E) scummings@middletownymca.org

Summer Squad

The YMCA of Middletown is the place to be this summer for campers looking for endless fun.

Contact: Krystal Cable

(P) 845 395 1005 (E) kcable@middletownymca.org

Camp Discovery

Beautiful Harriman State Park is the perfect camp for nature lovers. Limited bussing is available.

Contact: Irene Rumsey

(P) 845 956 1493 (C) 914 443 1976

(E) discoveryymcacamp@yahoo.com

Camp Wee Discover

Spend the summer at the South Orange Family YMCA learning, growing and playing each and every day.

Contact: Felice Cicchesi

(P) 845 395 1013 (E) fc@middletownymca.org

Camp Robbins

Escape to the great outdoors in Walden where plenty of adventures await. Limited bussing is available.

Contact: Josh Horner

(P) 845 956 1519 (C) 845 346 6280

(E) jhorner@middletownymca.org

SUMMER CAMP REGISTRATION IS OPEN—REGISTER NOW!

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**.

CHESTER
 CORNWALL
 FLORIDA
 GOSHEN

MIDDLETOWN
 MINISINK
 MONROE-WOODBURY
 PINE BUSH

PORT JERVIS
 VALLEY CENTRAL
 WALLKILL
 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.

www.middletownymca.org/clubkid

-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)

PS 2—Water Movement (Non-swimmer, Comfortable in water)

PS 3—Water Stamina ("Doggie Paddler")

PS 4—Stroke Introduction (Independent Swimmer)

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**

BIT is a non-competitive training program that helps young swimmers build endurance and improve stroke technique.

There is no commitment to the Barracudas Swim Team.

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.

Instructional Volleyball: Players will learn and practice basic volleyball skills during the first half of each session, followed by games during the second half.

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 & Adults (T/A)

T/A 1—Beginner

T/A 2—Intermediate

T/A 3—Advanced

T 4-6—Jr. Masters 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.

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.**

Instructional Volleyball: Players will learn and practice basic volleyball skills during the first half of each session, followed by games during the second half.

Swim Lessons: Teens & Adults (T/A)

T/A 1—Beginner

T/A 2—Intermediate

T/A 3—Advanced

A 4-6—Masters-Workouts are led by a certified coach.

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.