



SNOW MUCH FUN

Winter Program Guide

YMCA OF MIDDLETOWN

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.

INFANTS & TODDLERS: AGES 6-36 MONTHS

WED	Music & Movement (6M-24M)	3:00pm-3:30pm	FREE
FRI	Music & Movement (6M-24M)	10:00am-10:30am	FREE
	Family Music & Movement	10:45am-11:15am	FREE

PRESCHOOLERS: AGES 3-5 YEARS

MON	Intro to Acting	5:45pm-6:15pm	FREE
TUES	Soccer	5:30pm-6:00pm	\$50
	T-Ball	5:00pm-5:30pm	\$50
WED	Intro to Music	5:30pm-6:00pm	FREE
THUR	Multi Sports	5:00pm-5:30pm	\$25
FRI	Family Music & Movement	10:45am-11:15am	FREE
	Soccer	9:15am-9:45am	\$50
SAT	Gymnastics: Beginner	10:00am-10:45am	\$80

YOUTH: AGES 6-12 YEARS

MON	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
TUES	Gymnastics: Beginner	5:00pm-5:45pm	\$80
	Girls Basketball (8-14)	5:00pm-6:00pm	\$50
	Intro to Sewing 1	5:30pm-6:30pm	\$70
	Gymnastics: Advanced	6:00pm-7:30pm	\$100
	Soccer (6-8)	6:15pm-7:00pm	\$70
	Let's Paint	6:45pm-7:30pm	\$50
WED	Girls Fit (10-15)	4:00pm-4:45pm	FREE
	Kids Fit (6-12)	5:30pm-6:30pm	\$20
	Optimal Performance (6-17)	6:00pm-7:00pm	FREE
	Color Pencil Art	6:15pm-7:00pm	\$50
THUR	Homeschool Color Pencil Art	2:30pm-3:15pm	\$50
	Rock Climbing (Advanced)	4:00pm-5:00pm	\$70
	Rock Climbing (Beginner)	5:15pm-6:15pm	\$70
	Singers & Songwriters (12+)	5:30pm-6:15pm	FREE
	Co-Ed Volleyball Training	5:30pm-6:30pm	\$70
	Rhythm & Rhyme w/Drums	6:30pm-7:15pm	\$50
FRI	Homeschool Music	1:00pm-1:45pm	\$50
	Gymnastics: Beg & Int	9:00am-9:45am	\$80
SAT	Soccer	10:00am-10:45am	\$70
	Flag Football	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: Beginner	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$100
	Chess Club: Advanced	1:00pm-1:45pm	FREE
	Optimal Performance (6-17)	2:00pm-3:00pm	FREE
SUN	Crafting Corner	10:00am-11:00am	\$50

TEENS: AGES 13-17 YEARS

TUES	Teen Strength & Endurance	4:00pm-4:45pm	FREE
	Girls Basketball (8-14)	5:00pm-6:00pm	\$50
WED	Girls Fit (10-15)	4:00pm-4:45pm	FREE
	Optimal Performance (6-17)	6:00pm-7:00pm	FREE
THUR	Teen Strength & Endurance	4:00pm-4:45pm	FREE
	Teen Singers & Songwriters	5:30pm-6:15pm	FREE
	Teen Fit	6:30pm-7:15pm	FREE
SAT	Optimal Performance (6-17)	2:00pm-3:00pm	FREE

JUNIOR & TEEN LEADERS CLUB

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

Private Sewing Lessons
\$45 per lesson -OR- 4 for \$140
Contact Khadijah Rahman:
(E) sewing@middletownymca.org

PRIVATE LESSONS

Private Voice & Music Lessons
\$45 per lesson -OR- 4 for \$140
Contact Maximilian Mezetin:
(P) 347 869 5316 (E) mmezetin@middletownymca.org

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.

CHOOSE 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
	PC A&B	4:30pm–5:00pm	FREE
SAT	PC A&B	9:15am–9:45am	FREE
	PC A&B	10:30am–11:00am	FREE
SUN	PC A&B	11:15am–11:45am	FREE
	PC A&B	9:30am–10:00am	FREE
SUN	PC A&B	10:45am–11:15am	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 1,2	4:30pm–5:00pm	\$100
	PS 1,3,4	5:00pm–5:30pm	\$100
TUES	PS 2,3,4	4:15pm–4:45pm	\$100
WED	PS 1	4:30pm–5:00pm	\$100
	PS 2,3,4	5:00pm–5:30pm	\$100
THUR	PS 2,3,4	4:15pm–4:45pm	\$100
SAT	PS 1,2	9:15am–9:45am	\$100
	PS 2,3,4	10:30am–11:00am	\$100
SUN	PS 1,3,4	11:15am–11:45am	\$100
	PS 2	9:30am–10:00am	\$100
SUN	PS 1	10:45am–11:15am	\$100



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.

Caylin Rosenblum

(P) 845 956 1551 (E) cr@middletownymca.org



AMERICAN RED CROSS LIFEGUARD TRAINING & CPR COURSES



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

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.

M&W	SA 5,6=Barracudas In Training	5:15pm–6:15pm	\$135
MON	SA 1,2	5:30pm–6:15pm	\$100
TUES	SA 1,2	4:45pm–5:30pm	\$100
	SA 3,4	5:30pm–6:15pm	\$100
WED	SA 1,2	5:30pm–6:15pm	\$100
THUR	SA 1,2	4:45pm–5:30pm	\$100
	SA 3,4	5:30pm–6:15pm	\$100
SAT	SA 1,2,3	9:45am–10:30am	\$100
	SA 1,2,3	11:45am–12:30pm	\$100
SUN	SA 2,3,4	12:30pm–1:15pm	\$100
	SA 1,2	10:00am–10:45am	\$100
SUN	SA 4	11:15am–12:00pm	\$100

Ages 13+: Teens (13–17) & Adults (18+)

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

T/A 1—Beginner

T/A 2—Intermediate

T/A 3—Advanced

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.

A 4–6—Masters—See details in the orange bubble below.

M&W	T 4–6=Jr. Masters	4:15pm–5:15pm	\$135
TUES	T/A 1,2	10:00am–10:45am	\$100
THUR	T/A 1,2	6:15pm–7:00pm	\$100
SUN	T/A 3	11:15am–12:00pm	\$100

Masters Swim Program

Age 18+

Practice Schedule:

Tuesday, 5:30am–6:30am

Thursday, 5:30am–6:30am

Saturday, 7:00am–8:00am

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

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

DIVE-IN EVENT

KIDS NIGHT OUT

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

SAVE THE DATES:

January 7, 2022
January 21, 2022
February 4, 2022
February 18, 2022
*Additional dates TBA.
Follow us on Facebook.

LOCATION: The Center
6 Liberty Street, Middletown, NY 10940
TIME: 6:30PM-9:00PM
ADMISSION:
\$3 YMCA Members / \$6 Guests
Admission includes pizza, snack and a drink.

BEAT THE STREETS

Beat the Streets is open to children age 10-16.

SAVE THE DATES:

January 8, 2022
January 29, 2022
February 12, 2022
February 26, 2022
*Additional dates TBA.
Follow us on Facebook.

LOCATION: YMCA of Middletown
81 Highland Ave, Middletown, NY 10940
TIME: 6:30PM-9:00PM
ADMISSION: \$3
YMCA membership is NOT required.

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



POOL PARTY

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



Saturday 2:30pm - 4:30pm
Sunday 1:30pm - 3:30pm

CONTACT:

Christine Dirks
(P) 845 956 1549
(E) cdirks@middletownymca.org

SPORTS PARTY

Make your next party a big hit with fun and games lead by one of our sports instructors in the Lyons Den.



Sunday 11:00pm - 1:00pm

CONTACT:

Kevin Dorelus
(P) 845 956 1512
(E) kdorelus@middletownymca.org

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



Visit our website for details.

For more information contact:

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



middletownymca.org/preschool



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
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.

www.middletownymca.org/clubkid

-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.

Multi Sports: Students are introduced to a variety of sports and games including: soccer, basketball, football, tag games, and more.

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.

Crafting Corner: Children explore different arts and crafts projects each week such as painting, drawing, and making collages, jewelry, and macramé.

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 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).

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

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

Optimal Performance: This program is designed to identify diverse and individualized movement performance patterns by incorporating technology science and media tools to provide the most comprehensive development program for each athlete.

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**

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 Barracudas Swim Team but BIT 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 Basketball: Learn and develop skills of the sport through drills in dribbling, shooting, passing, defense, and teamwork.

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

Optimal Performance: This program is designed to identify diverse and individualized movement performance patterns by incorporating technology science and media tools to provide the most comprehensive development program for each athlete.

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—Beginner

T/A 2—Intermediate

T/A 3—Advanced

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.

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

Teen Fit: Each session includes a workout and group game. Classes meet in the Lyons Den 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.

Junior & Teen Leaders Club: Tweens and teens develop their own leadership style by working with peers to plan and organize service projects and participating in other character building activities.