



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUMMER FUN

Summer Program Guide SOUTH ORANGE FAMILY YMCA

June 27-August 21, 2022

Registration begins June 13, 2022

*NO CLASSES: Monday, July 4. Class fees have been adjusted.

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.
- 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.
- A parents/guardian of children 12 & under must remain at the Y.
- Visit our website for cancellation/refund policies.
- The YMCA may cancel/combine classes at any time.

CLASS LOCATION | BG-Big Gym L-Lounge T-Turf
GX-Group Exercise LG-Little Gym Y-Yoga

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 (L)	5:00pm-5:30pm	FREE
WED	Make and Take (L)	5:15pm-5:45pm	FREE
SAT	T-Ball (LG)	8:15am-8:45am	\$25
	Multi Sports (LG)	9:00am-9:30am	\$25
SUN	Gymnastics: Beginner (LG)	8:45am-9:30am	\$72

YOUTH: AGES 6-12 YEARS

MON*	Basketball (6-8) (LG)	5:15pm-6:00pm	\$56
	Basketball (9-12) (LG)	6:15pm-7:00pm	\$56
	Intro to Wrestling (10-12)	6:30pm-7:15pm	\$84 \$140 for M&W
TUES	Color Pencil Art (L)	5:45pm-6:30pm	\$48
	Kids MIX (6-8) (T)	5:45pm-6:30pm	\$25
	Actin' Up Drama (L)	6:45pm-7:30pm	\$50

Private Gymnastics Lessons

Contact Patrick Eckhart:

(P) 845 915 5341

(E) pe@middletownymca.org



YOUTH: AGES 6-12 YEARS (CONTINUED)

WED	Kids MIX (9-12) (T)	5:15pm-6:00pm	\$25
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$72
	Gymnastics: Int/Adv (LG)	6:15pm-7:00pm	\$72
	Intro to Volleyball (BG)	6:15pm-7:00pm	\$72
	Intro to Wrestling (10-12)	6:30pm-7:15pm	\$96 \$140 for M&W
THUR	Girls Modified Volleyball (10-14) (BG)	7:15pm-8:15pm	\$96
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$72
SAT	Gymnastics: Int/Adv (LG)	6:15pm-7:00pm	\$72
	Kids Fit (T)	9:45am-10:30am	\$25
	Multi Sports (LG)	10:45am-11:30am	\$25
SUN	Soccer (6-9) (T)	10:45am-11:30am	\$64
	Soccer (10-12) (T)	11:45am-12:30pm	\$64
	Chess Club (Y)	11:45am-12:30pm	FREE
SUN	Gymnastics: Int (LG)	9:45am-10:30am	\$72
	Gymnastics: Int/Adv (LG)	10:45am-12:45pm	\$112
	Gymnastics: Adv (LG)	1:00pm-3:00pm	\$112

Private Voice & Music Lessons

Contact Maximilian Mezetin:

(P) 347 869 5316 (E) mmezetin@middletownymca.org



\$45/Lesson
4 for \$140

TEENS & ADULTS: AGES 13+ YEARS

MON*	Intro to Wrestling	7:30pm-8:15pm	\$84 \$140 for M&W
TUES	Peak Performance Training	6:45pm-7:30pm	\$80
	Ages 13-17 Only		\$130 for T&TH (T)
WED	Aerial Yoga (GX)	11:00am-11:45am	\$112
	Dharma Collage Workshop	6:30pm-7:15pm	\$90
	Girls Modified Volleyball (BG)	7:15pm-8:15pm	\$96
THUR	Ages 10-14 Only		
	Intro to Wrestling	7:30pm-8:15pm	\$96 \$140 for M&W
	Peak Performance Training	7:00pm-7:45pm	\$80
SUN	Ages 13-17 Only		\$130 for T&TH (T)
	Instructional Volleyball (BG)	10:00am-12:00pm	\$96
	Age 15+		
SUN	Aerial Yoga (GX)	11:00am-11:45am	\$112
	Try a class for \$15/Class		

DRUM CIRCLE

YOUTH, TEENS & ADULTS WELCOME!

Wednesday, 7:30pm-8:15pm

\$90

BOXING FITNESS

YOUTH, TEENS & ADULTS WELCOME (Ages 6+)
with Coach Rich Stephenson of Breathing Boxing Club

2 DAYS/WEEK = \$200/MONTH

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



MON	6:30pm-7:15pm	
TUES	6:30pm-7:15pm	
WED	5:30pm-6:15pm	6:30pm-7:15pm
THUR	5:30pm-6:15pm	6:30pm-7:15pm

Hand wraps & boxing gloves required.

Register online or at the Welcome Center.

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.

	PC A&B	9:15am–9:45am	\$20
SAT	PC A&B	9:45am–10:15am	\$20
	PC A&B	10:15am–10:45am	\$20
SUN	PC A&B	9:30am–10:00am	\$20
	PC A&B	10:00am–10:30am	\$20

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)

MON*	PS 1,2	4:45pm–5:15pm	\$78
TUES	PS 1,2,3	5:30pm–6:15pm	\$89
	PS 1,2	4:00pm–4:30pm	\$89
WED	PS 1,2	4:30pm–5:00pm	\$89
	PS 2,4	5:45pm–6:15pm	\$89
THUR	PS 1,2,4	4:45pm–5:15pm	\$89
	PS 1,2,3	5:15pm–5:45pm	\$89
	PS 1,2	9:15am–9:45am	\$89
SAT	PS 1,2	9:45am–10:15am	\$89
	PS 2,4	10:15am–10:45am	\$89
SUN	PS 1,2	9:30am–10:00am	\$89
	PS 1,3	10:00am–10:30am	\$89

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



BARRACUDAS SWIM TEAM

AGES 6–18

Contact Amy Phelps for details:

(P) 845 480 1626

(E) barracudas@middletownymca.org

Note: Swimmers must be able to swim at the PS4 or SA5/6 levels in order to tryout. Practices are held at the Minisink High School pool.

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

FAMILY POOL PARTY

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.

	SA 1,2	4:00pm–4:45pm	\$78
MON*	SA 5,6=Barracudas In Training	4:15pm–5:15pm	\$54
	SA 2,3	5:15pm–6:00pm	\$78
TUES	SA 2,3,4	4:00pm–4:45pm	\$89
	SA 1,2,3	4:45pm–5:30pm	\$89
WED	SA 5,6=Barracudas In Training	4:15pm–5:15pm	\$62
	SA 2,3	5:00pm–5:45pm	\$89
THUR	SA 2,3,4	4:00pm–4:45pm	\$89
	SA 5,6=Barracudas In Training	5:15pm–6:15pm	\$62
	SA 1,2,3	11:00am–11:45am	\$89
SAT	SA 1,2,3	11:45am–12:30pm	\$89
	SA 2,3,4	12:30pm–1:15pm	\$89
SUN	SA 1,2,3	10:30am–11:15am	\$89

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.

MON	T 4–6=Jr. Masters	5:15pm–6:15pm	\$54
WED	T 4–6=Jr. Masters	5:15pm–6:15pm	\$62
SUN	T/A 1,2,3	11:15am–12:00pm	\$89

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 Masters—See details in the yellow bubble below.

SUN	T/A 1,2,3	11:15am–12:00pm	\$89
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Masters Swim Program Age 18+

Practice Schedule:

Monday, 5:30am–6:30am

Wednesday, 5:30am–6:30am

Friday, 5:30am–6:30am

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

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.



-NOW HIRING- LIFEGUARDS & SWIM INSTRUCTORS

The YMCA is currently hiring lifeguards for indoor and outdoor pools in Orange County.

TO APPLY:

Email mag@middletownymca.org or stop by the Y.

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



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

-SPORTS CAMPS-

Flag Football Camp

Ages 6-12

August 22-26

11am-2pm

YMCA Member: \$120

Non-Member: \$175



Volleyball Camp

Ages 10-14

August 22-26

11am-2pm

YMCA Member: \$120

Non-Member: \$175



Basketball Camp

Ages 6-12

August 29-Sept 2

11am-2pm

YMCA Member: \$120

Non-Member: \$175



Soccer Camp

Ages 6-12

August 27 & 28

11am-2pm

YMCA Member: \$60

Non-Member: \$130



For more information contact Patrick Eckhart:
(P) 845 915 5341 (E) pe@middletownymca.org

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



POOL PARTY

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

GLOW IN THE DARK

pool parties are also available (call for details).



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

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:

Patrick Eckhart
(P) 845 915 5341

(E) pe@middletownymca.org



DON'T WAIT—RESERVE A PARTY DATE TODAY!

YMCA Building Blocks - 2 Year Olds First Step Preschool - 3 & 4 Year Olds

6 Liberty Street, Middletown, NY

Visit our website for details.

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

FAMILY SPECIAL:
2nd Family Member
\$37/Month.

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



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 OPEN FOR THE
2022-2023 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

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

-PROGRAM DESCRIPTIONS-

PRESCHOOLERS: AGES 3-5 YEARS

Drum Circle: All ages are welcome to chillax as you learn to play the percussion drums and intermingle with other drummers. Drums are provided.

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. **Please bring sneakers.**

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.

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.

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.

Drum Circle: All ages are welcome to chillax as you learn to play the percussion drums and intermingle with other drummers. Drums are provided.

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. **Please bring sneakers.**

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

Intro to Wrestling: Students will learn the fundamentals of the sport while also developing confidence and learn how to score points on opponents during these strength and conditioning workouts. The program is taught by instructor, Dan Gable.

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

Kids MIX: Kids will have 45 minutes of PE fun in the gymnasium and on the turf.

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.

Boxing Fitness: Coach Rich Stephenson, of Breathing Boxing Club, designed this fitness program to challenge students 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.**

TEENS & ADULTS: AGES 13+ 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 students 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.**

Dharma Collage Workshop: Let your intuition be your guide each week to create a collage for your Book Journal using a variety of mixed media like fabric, string, images from books or magazines, and items from nature. Supplies will be provided.

Drum Circle: All ages are welcome to chillax as you learn to play the percussion drums and intermingle with other drummers. Drums are provided.

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

Intro to Wrestling: Students will learn the fundamentals of the sport while also developing confidence and learn how to score points on opponents during these strength and conditioning workouts. The program is taught by instructor, Dan Gable.

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.

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.



5K Color Run
CRANE PARK, MONROE, NY
Saturday, October 1, 2022
Race Starts at 10:00am

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