



Fall Program Guide

YMCA OF MIDDLETOWN

September 12-November 6, 2022
Registration begins August 22, 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.
- 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 parent/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.

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

See program Descriptions on page 4.

Sports & Arts

INFANTS & TODDLERS: AGES 6-36 MONTHS

	Music & Movement (6M-24M)	10:00am-10:30am	FREE
FRI	Family Music & Movement	10:45am-11:15am	FREE
	Play, Make & Take (2-5)	12:15pm-1:00pm	\$20

PRESCHOOLERS: AGES 3-5 YEARS

MON	Gymnastics	5:00pm-5:45pm	\$72
	Intro to Acting	5:45pm-6:15pm	FREE
TUES	Soccer	5:30pm-6:00pm	\$50
WED	T-Ball	5:00pm-5:30pm	\$50
	Intro to Music	5:30pm-6:00pm	FREE
	Intro to Dance	4:30pm-5:00pm	\$50
THUR	Multi Sports	5:30pm-6:00pm	\$25
FRI	Family Music & Movement	10:45am-11:15am	FREE
	Play, Make & Take (2-5)	12:15pm-1:15pm	\$20
	Soccer	9:15am-9:45am	\$50
SAT	Gymnastics: Beginner	9:45am-10:30am	\$72
	Gymnastics: Beginner	10:30am-11:15am	\$72

SUMMER SAVINGS

JOIN NOW

PAY THE DAY

Join online or in-person August 1-31, 2022, and **PAY THE DAY.**
Visit our website for details.

YOUTH: AGES 6-12 YEARS

	Basketball (6-8) Beginner	5:00pm-5:45pm	\$64
	Basketball (6-12) Advanced	6:00pm-6:45pm	\$64
MON	Gymnastics: Beginner	6:00pm-6:45pm	\$72
	Actin' Up - Drama	6:30pm-7:15pm	\$50
	Basketball (9-12) Beginner	7:00pm-7:45pm	\$64
	Homeschool Music Exploration	2:15pm-3:00pm	\$50
	Sewing: Beginner	4:15pm-5:15pm	\$64
	Gymnastics: Beginner	5:00pm-5:45pm	\$72
	Guitar Class: Beginner	5:00pm-5:45pm	\$50
TUES	Girls Basketball (8-14)	5:00pm-6:00pm	\$50
	Sewing: Inter/Adv	5:30pm-6:30pm	\$64
	Gymnastics: Advanced	6:00pm-7:30pm	\$96
	Soccer (6-8)	6:15pm-7:00pm	\$64
	Let's Paint	6:45pm-7:30pm	\$50
	Girls Fit (10-15)	4:00pm-4:45pm	FREE
WED	Kids Fit (6-12)	5:30pm-6:30pm	\$20
	Color Pencil Art: Beginner	6:15pm-7:00pm	\$50
	Homeschool Art & Inspiration	2:15pm-3:00pm	\$50
	Rock Climbing (Advanced)	4:00pm-5:00pm	\$64
	Color Pencil Art: Int/Adv	4:30pm-5:15pm	\$50
THUR	Rock Climbing (Beginner)	5:15pm-6:15pm	\$64
	Let's Dance	5:15pm-6:00pm	\$50
	Volleyball Training	5:30pm-6:30pm	\$64
	YMCA Kids Choir	5:30pm-6:15pm	FREE
	Rhythm & Rhyme with Drums	6:30pm-7:15pm	\$50
FRI	Homeschool Bell Choir & Recorder Ensemble	12:45pm-1:30pm	\$50
	Gymnastics: By Invitation Only	9:00am-9:45am	\$72
	Soccer (6-8)	10:00am-10:45am	\$64
	Mini Band (8-14)	10:00am-10:45am	\$50
	Flag Football	10:15am-11:00am	\$64
	Basketball (6-8)	11:00am-11:45am	\$64
SAT	Music Exploration	11:00am-11:45am	\$50
	Soccer (9-12)	11:00am-11:45am	\$64
	Gymnastics: Beginner	11:15am-12:00pm	\$72
	Basketball (9-12)	12:00pm-12:45pm	\$64
	Chess Club	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$96

PRIVATE LESSONS

\$45 per lesson
-OR-
4 for \$140

Private Sewing Lessons
Contact Khadijah Rahman:
(E) sewing@middletownymca.org

Private Voice & Music Lessons
Contact Maximilian Mezetin:
(P) 347 869 5316
(E) mmezetin@middletownymca.org

TEEN & ADULT PROGRAMS ON NEXT PAGE.
Swimming lessons for all ages, see page 3.

TEENS & ADULTS: AGES 13+ YEARS

TUES	Guitar Class: Beg (18+)	10:00am-10:45am	\$50
	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
	Girls Basketball (8-14)	5:00pm-6:00pm	\$50
WED	Guitar Class: Beg (13-17)	6:00pm-6:45pm	\$50
	Girls Fit (10-15)	4:00pm-4:45pm	FREE
THUR	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
	Poetry Workshop (13+)	5:30pm-6:15pm	FREE
	Dance Off (13-17)	6:05pm-6:50pm	\$50
	Drama Team (18+)	6:30pm-7:15pm	FREE
	Teen Fit	6:30pm-7:15pm	FREE
SAT	Mini Band (8-14)	10:00am-10:45am	\$50
	Hand Percussion (13+)	12:00pm-12:45pm	\$50

JUNIOR & TEEN LEADERS CLUB

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

SEWING CLUB

Adults (18+)

\$50

Friday, 1:45pm-2:45pm
Contact: Khadijah Rahman
(E) sewing@middletownymca.org

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 / Non-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!

SAVE THE DATES

UNITY FAIR

September 24
2PM-5PM

Vendors needed.
See Facebook for details



5K COLOR RUN

October 1
10AM

Visit our website or see Facebook for details.



Sponsored By:



HALLOWEEN EVENT

October 29



Details coming soon.

KIDS NIGHT OUT

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

SAVE THE DATES:

October 7
October 21
November 4
November 18

*Additional dates TBA.
Follow us on Facebook.

PLACE:

The Center
6 Liberty Street

TIME:

6:30PM-9:00PM

ADMISSION:

\$4 YMCA Members
\$7 Guests

Admission includes pizza, snack and a drink.

BEAT THE STREETS

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

SAVE THE DATES:

September 24
October 8
November 12
November 26

*Additional dates TBA.
Follow us on Facebook.

PLACE:

YMCA of Middletown
81 Highland Ave

TIME:

6:30PM-9:00PM

ADMISSION:

\$3
YMCA membership is NOT required.

YMCA Building Blocks - 2 Year Olds
First Step Preschool - 3 & 4 Year Olds
THE CENTER FOR YOUTH PROGRAMS
6 Liberty Street, Middletown, NY



Visit our website for details.

Contact:

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



Visit our website or stop by the Y for details.

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.

Visit our website or stop by the Y for details.

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–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	\$20
	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)

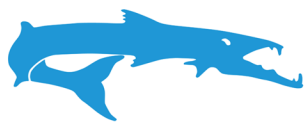
PS 1—Water Acclimation (Non-swimmer w/4 Bubble)

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



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.

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

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	\$124
MON	SA 1,2	4:00pm–4:45pm	\$89
	SA 2,3	5:15pm–6:00pm	\$89
T&TH	SA 5,6=Barracudas In Training	4:15pm–5:15pm	\$124
TUES	SA 1,2	4:30pm–5:15pm	\$89
	SA 3,4	5:15pm–6:00pm	\$89
WED	SA 1,2	5:00pm–5:45pm	\$89
THUR	SA 3,4	5:00pm–5:45pm	\$89
	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
	SA 3,4	11:15am–12:00pm	\$89

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. **CALL FOR SCHEDULE.**

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

M&W	T 4–6=Jr. Masters	4:15pm–5:15pm	\$124
TUES	T/A 1,2,3	10:00am–10:45am	\$89
THUR	T/A 1,2	5:45pm–6:30pm	\$89
SUN	T/A 1	11:15am–12:00pm	\$89

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

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

TO APPLY:
Email
cr@middletownymca.org
or stop by the Y.

YMCA OF MIDDLETOWN

81 Highland Avenue, Middletown, NY 10940



(P) 845 344 9622
(W) www.middletownymca.org

-PROGRAM DESCRIPTIONS-

INFANTS & TODDLERS: AGES 6-36 MONTHS

Family Music & Movement: Bring the whole family together for 30 minutes of singing and dancing. Only one person in the family needs to be registered but up to 4 family members may attend.

Music & Movement: Enjoy music and movement together while nurturing your child's inner musician.

Play, Make & Take (2-5): Each week, children will make a craft to take home and enjoy some playtime on the soft play equipment.

PRESCHOOLERS: AGES 3-5 YEARS

Family Music & Movement: Bring the whole family together for 30 minutes of singing and dancing. Only one person in the family needs to be registered 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. **Bring sneakers.**

Intro to Acting: Acting exercises help performers feel comfortable and confident as they explore their natural creative ability.

Intro to Dance: Learn easy & fun dance moves in a group setting.

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.

Play, Make & Take (2-5): Each week, children will make a craft to take home and enjoy some playtime on the soft play equipment.

Soccer: Players develop coordination and all-around athleticism.

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 for dribbling, shooting, passing, defense, and teamwork. **Girls Basketball (8-14)** is also available.

Chess Club: Games are set up by age and/or skill level.

Color Pencil Art (Beg/Int/Adv): Create inspirational works of art while learning techniques such as layering, blending, shading, and more.

Crafting Corner: 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 (10-15): This workout provides a comfortable place for girls to workout with peers and make new friends.

Guitar Class: Beginner: Learn to play simple chords, rhythms, and melodies on the guitar.

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. **Bring sneakers.**

Homeschool Art & Inspiration: Create works of art using color pencils, markers, crayons, and paint. Enjoy expressing yourself through art that can inspire others. (Age exceptions may be made for siblings at the instructor's discretion.)

Homeschool Bell Choir & Recorder Ensemble: Learn about music as we practice fun songs on the Bells & Recorder.

Homeschool Music Exploration: Discover the joy in making music on the piano, guitar, and percussion instruments.

YOUTH: AGES 6-12 YEARS (CONTINUED)

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

Let's Dance: Learn expressive dance movements based on Hip Hop, Jazz, Modern, & African styles.

Let's Paint: Explore the art of painting with watercolors and more.

Mini Band (8-14): Experience the fun of making music as a band. Musicians and singers welcome. **Instrumental or vocal experience required.**

Music Exploration: Discover the joy in making music on the piano, guitar, and percussion instruments.

Rock 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.

Sewing:

Beginner—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).

Inter/Adv—After completing the beginner program, students will continue to develop a comprehensive understanding of sewing techniques and skills. Students must bring fabric (details provided at the first class).

Soccer: Players develop coordination and all-around athleticism.

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

YMCA Kids Choir: Learn to sing and perform fun & inspirational songs while practicing the basics of singing and expression, as a group.

TEENS: AGES 13+ YEARS

Dance Off (13-17): This teen dance group explores fun, creative Hip Hop dance routines and moves with modern and African styles. Enhance dance skills, technique, confidence, and readiness to perform.

Drama Team (18+): Enhance acting skills through monologues, skits, plays, and creative exercises. Express yourself, motivate others, and impact the community.

Girls Basketball (8-14): Learn and develop skills of the sport through drills in dribbling, shooting, passing, defense, and teamwork.

Girls Fit (10-15): This workout provides a comfortable place for girls to workout with peers and make new friends.

Guitar Class: Beginner (13-17/18+): Learn to play simple chords, rhythms, and melodies on the guitar.

Hand Percussion (13+): Explore the possibilities while playing Conga Drums, Bongos, Claves, Maracas, and more using simple rhythms.

Mini Band (8-14): Experience the fun of making music as a band. Musicians and singers welcome. **Experience is required.**

Poetry Workshop (13+): Enjoy self-expression and creativity through various forms of poetry. Create, Collaborate & Perform!

Sewing Club (18+): Bring your sewing machine, supplies, or projects to work on and sew in the company of others. An instructor is available to answer questions and provide guidance. All levels welcome.

Teen Fit (13-17): 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 (13-17): 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.

Don't forget, your membership includes access to programs and services at the YMCA of Middletown & South Orange Family YMCA.