



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Fall Program Guide

### SOUTH ORANGE FAMILY YMCA

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 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      LG–Little Gym      Y–Yoga  
GX–Group Exercise      M/A–Movement/Arts  
L–Lounge      T–Turf

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

<b>TUES</b>	Intro to Music (L)	5:00pm–5:30pm	FREE
<b>WED</b>	Make and Take (L)	5:15pm–5:45pm	FREE
<b>SAT</b>	Multi Sports (LG)	9:00am–9:30am	\$25
<b>SUN</b>	Gymnastics: Beginner (LG)	8:45am–9:30am	\$72

## DRUM CIRCLE

YOUTH, TEENS & ADULTS WELCOME!  
Wednesday, 6:30pm–7:15pm

\$90

### Private Voice & Music Lessons

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



\$45/Lesson  
4 for \$140

### Private Gymnastics Lessons

Contact Patrick Eckhart:  
(P) 845 915 5341  
(E) pe@middletownymca.org



4 for \$260

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



### YOUTH: AGES 6–12 YEARS

<b>MON</b>	Basketball (6–8) (LG)	5:15pm–6:00pm	\$64
	Basketball (9–12) (LG)	6:15pm–7:00pm	\$64
	Intro to Wrestling (10–12) (M/A) \$140 for M&W	6:30pm–7:15pm	\$96
<b>TUES</b>	Color Pencil Art (L)	5:45pm–6:30pm	\$50
	Kids MIX (6–8) (T)	5:45pm–6:30pm	\$25
	Actin' Up Drama (L)	6:45pm–7:30pm	\$50
<b>WED</b>	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) \$140 for M&W	6:30pm–7:15pm	\$96
<b>THUR</b>	Gymnastics: Beginner (LG)	5:15pm–6:00pm	\$72
	Gymnastics: Int/Adv (LG)	6:15pm–7:00pm	\$72
	Swim & Gym	4:30pm–6:30pm	\$100
<b>FRI</b>	Kids Fit (LG)	8:15am–9:00am	\$25
	Kids Yoga (Y)	9:15am–9:45am	\$96
	Flag Football (T)	9:45am–10:30am	\$64
	Kidz Zumba (M/A)	10:00am–10:45am	\$96
	Multi Sports (LG)	10:45am–11:30am	\$25
	Soccer (6–9) (T)	10:45am–11:30am	\$64
	Soccer (10–12) (T)	11:45am–12:30pm	\$64
<b>SAT</b>	Chess Club (M&A)	11:45am–12:30pm	FREE
	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

### TEENS & ADULTS: AGES 13+ YEARS

<b>WED</b>	Aerial Yoga (GX) Try a class for \$15/Class	11:00am–11:45am	\$120
	Girls Modified Volleyball (BG) Ages 10–14 Only	7:15pm–8:15pm	\$96
	Intro to Wrestling (M/A) \$140 for M&W	7:30pm–8:15pm	\$96
<b>SUN</b>	Instructional Volleyball (BG) Age 15+	10:00am–12:00pm	\$96
	Aerial Yoga (GX) Try a class for \$15/Class	11:00am–11:45am	\$120

## 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.

<b>MON</b>	6:30pm–7:15pm	
<b>TUES</b>	6:30pm–7:15pm	
<b>WED</b>	5:30pm–6:15pm	6:30pm–7:15pm
<b>THUR</b>	5:30pm–6:15pm	6:30pm–7:15pm

Hand wraps & boxing gloves required.

Register online or at the Welcome Center.

(P) 845 782 9622  
(W) www.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.

## 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.

TUES	PC A&B	10:00am–10:30am	\$20
	PC A&B	5:45pm–6:15pm	\$20
THUR	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	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	10:00am–10:30am	\$89
	PS 1,2	4:15pm–4:45pm	\$89
	PS 1,3	4:45pm–5:15pm	\$89
TUES	PS 1,2	5:45pm–6:15pm	\$89
	PS 2	10:00am–10:30am	\$89
WED	PS 1,2	4:15pm–4:45pm	\$89
	PS 1,2	4:45pm–5:15pm	\$89
THUR	PS 1,2,4	5:00pm–5:30pm	\$89
	PS 1,2,3	5:30pm–6:00pm	\$89
SAT	PS 1,2	9:15am–9:45am	\$89
	PS 1,2	9:45am–10:15am	\$89
	PS 1,2	10:15am–10:45am	\$89
SUN	PS 1,2	9:30am–10:00am	\$89
	PS 1,3	10:00am–10:30am	\$89

### 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	5:15pm–6:00pm	\$89
	SA 5,6=Barracudas In Training	5:15pm–6:15pm	\$62
TUES	SA 1,2,3	4:15pm–5:00pm	\$89
	SA 1,2,3	5:00pm–5:45pm	\$89
WED	SA 5,6=Barracudas In Training	5:15pm–6:15pm	\$62
THUR	SA 2,3,4	4:15pm–5:00pm	\$89
	SA 5,6=Barracudas In Training	5:15pm–6:15pm	\$62
SAT	SA 1,2,4	11:00am–11:45am	\$89
	SA 1,2,3	11:45am–12:30pm	\$89
	SA 1,2,3	12:30pm–1:15pm	\$89
SUN	SA 1,2,3	10:30am–11:15am	\$89
	SA 5,6=Barracudas In Training	9:00am–10:00am	\$62

### Ages 13–17: Teens

Ages 18+: Adults

(T=Teens Only, A=Adults 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.

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

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

## Masters Swim Program Age 18+

### Practice Schedule:

Monday, 5:30am–6:30am

Wednesday, 5:30am–6:30am

Friday, 5:30am–6:30am

### MONTHLY RATES

1x Per Week	\$40
2x Per Week	\$50
3x Per Week	\$60

### TO REGISTER CONTACT:

Melissa Gillespie

(P) 845 395 1016

(E) mag@middletownymca.org

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

# KIDS NIGHT OUT

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

## EVENT DATES:

October 14  
November 11

\*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 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  
**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.

## 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 | 1st class is FREE  
\$75/Month

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

**SAVE THE DATE**

**HALLOWEEN EVENT**  
Saturday, October 22  
Details coming soon.



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



# 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 only runs on days the school district is in session.

**Financial Assistance** is available through the ACCESS program.

You may register at any time and children 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 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.



**5K Color Run**  
**JAVAJO'S COFFEE BAR, MONROE, NY**  
Saturday, October 1, 2022  
Race Starts at 10:00am

Register online at  
[www.RunSignUp.com/Race?raceId=132859](http://www.RunSignUp.com/Race?raceId=132859)  
or stop by the Y.

**SPONSORED BY:**

Wallkill Valley Federal  
Savings and Loan



**HOSTED BY:**



(P) 845 782 9622  
(W) [www.middletownymca.org](http://www.middletownymca.org)



## -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 available but students are encouraged to bring their own. .

**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.

### 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.

**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.**

**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 available but students are encouraged to bring their own.

**Flag Football:** Individual and team offensive and defensive concepts are emphasized with considerable time spent playing games.

**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.

**Kids Yoga:** Students practice stretching & flexibility while doing fun animal poses. Gain discipline while understanding how to be mindful in the moment.

**Kidz Zumba:** Learn awesome dance moves that will get your mind and body happy. Music will get you moving, grooving and sweating too!

**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.

### 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.**

**Drum Circle:** All ages are welcome to chillax as you learn to play the percussion drums and intermingle with other drummers. Drums are available but students are encouraged to bring their own.

**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.

### 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.

**SUMMER SAVINGS**

**JOIN NOW  
PAY THE DAY**

AUGUST 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	'1	'2	'3	'4	'5	'6
'7	'8	'9	'10	'11	'12	'13
'14	'15	'16	'17	'18	'19	'20
'21	'22	'23	'24	'25	'26	'27
'28	'29	'30	'31			

Join online or in-person August 1-31, 2022, and  
**PAY THE DAY.**

August Membership dues = The day you join.  
Regular membership dues begin September 1, 2022.  
This offer is only valid August 1-31, 2022.

**Already a YMCA Member?**

Tell your friends about this offer and you could receive  
**1 MONTH FREE** when you refer a new member. Stop by  
the Welcome Center for details.