



Winter Program Guide

SOUTH ORANGE FAMILY YMCA

January 30–April 2, 2023
Registration begins January 16.



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.
- Credits will only be issued when withdrawal from class is due to a medical reason. 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

TUES	Intro to Music (L)	5:00pm–5:30pm	FREE
WED	Make and Take (L)	5:15pm–5:45pm	\$20
SAT	Multi Sports (LG)	9:00am–9:30am	\$54
SUN	Gymnastics: Beginner (LG)	8:45am–9:30am	\$81

DRUM CIRCLE

YOUTH, TEENS & ADULTS WELCOME!
Wednesday, 6:30pm–7:15pm
Students must bring their own drum.

\$90

PRIVATE LESSONS

ART | ACTING | CRAFTING | DANCE | MUSIC & VOICE

Contact Maximilian Mezetin:

(P) 347 869 5316

(E) performingarts@middletownymca.org

\$45/Lesson | 4 for \$140

GYMNASTICS

Contact Patrick Eckhart:

(P) 845 915 5341 (E) pe@middletownymca.org



4 for \$260

YOUTH: AGES 6–12 YEARS

MON	Guitar: Beginner	5:00pm–5:45pm	\$54
	Basketball (6–8) (BG)	5:15pm–6:00pm	\$81
	Basketball (9–12) (BG)	6:15pm–7:00pm	\$81
TUES	Intro to Wrestling (10–12) (M/A) \$160 for M&W	6:30pm–7:15pm	\$96
	Color Pencil Art (L)	5:45pm–6:30pm	\$54
	Kids MIX (6–8) (T)	5:45pm–6:30pm	\$54
	Actin' Up Drama (L)	6:45pm–7:30pm	\$54
	Kids MIX (9–12) (T)	5:15pm–6:00pm	\$54
WED	Gymnastics: Beginner (LG)	5:15pm–6:00pm	\$81
	Gymnastics: Int (LG)	6:00pm–6:45pm	\$81
	Intro to Volleyball (BG)	6:15pm–7:00pm	\$81
	Intro to Wrestling (10–12) (M/A) \$160 for M&W	6:30pm–7:15pm	\$108
	Girls Modified Volleyball (10–14) (BG)	7:15pm–8:15pm	\$108
THUR	Gymnastics: Beginner (LG)	5:15pm–6:00pm	\$81
	Gymnastics: Int (LG)	6:00pm–6:45pm	\$81
FRI	Swim & Gym (Age 7–12)	4:30pm–6:30pm	\$112
	Kids Yoga (Y)	9:15am–9:45am	\$108
	Flag Football (T)	9:45am–10:30am	\$81
SAT	Kidz Zumba (M/A)	10:00am–10:45am	\$108
	Multi Sports (LG)	10:45am–11:30am	\$54
	Soccer (T)	10:45am–11:30am	\$81
	Tennis (LG)	11:45am–12:30pm	\$81
	Chess Club (M&A)	11:45am–12:30pm	FREE
SUN	Gymnastics: Int (LG)	9:30am–10:15am	\$81
	Gymnastics: Adv (LG)	10:15am–12:15pm	\$126
	Gymnastics: Adv (LG)	12:15pm–2:15pm	\$126

TEENS & ADULTS: AGES 13+ YEARS

MON	Guitar	6:00pm–6:45pm	\$54
TUES	Reiki Circle	9:30am–10:30am	\$108
	\$160 for T&F or \$15/Class		
WED	Aerial Yoga (GX)	11:00am–11:45am	\$108
	\$160 for W&Sun or \$15/Class		
FRI	Girls Modified Volleyball (BG)	7:15pm–8:15pm	\$108
	Ages 10–14 Only		
SUN	Reiki Circle	5:30pm–6:30pm	\$108
	\$160 for T&F or \$15/Class		
SUN	Aerial Yoga (GX)	11:00am–11:45am	\$108
	\$160 for W&Sun or \$15/Class		

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.

MON	PC A&B	10:00am–10:30am	\$25
TUES	PC A&B	5:45pm–6:15pm	\$25
WED	PC A&B	10:00am–10:30am	\$25
SAT	PC A&B	9:45am–10:15am	\$25
	PC A&B	10:15am–10:45am	\$25
SUN	PC A&B	10:00am–10:30am	\$25

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	4:15pm–4:45pm	\$108
	PS 1,3	4:45pm–5:15pm	\$108
TUES	PS 1,2	4:30pm–5:00pm	\$108
	PS 1,2	5:45pm–6:15pm	\$108
WED	PS 2	10:30am–11:00am	\$108
	PS 1,2	4:15pm–4:45pm	\$108
	PS 3,4	4:45pm–5:15pm	\$108
THUR	PS 1,2,4	5:00pm–5:30pm	\$108
	PS 1,2,3	5:30pm–6:00pm	\$108
SAT	PS 3,4	9:15am–9:45am	\$108
	PS 1,2	9:45am–10:15am	\$108
	PS 1,2	10:15am–10:45am	\$108
SUN	PS 1,2	9:30am–10:00am	\$108
	PS 1,3	10:00am–10:30am	\$108

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	\$108
	SA 5,6=Barracudas In Training	5:00pm–6:00pm	\$77
TUES	SA 2	4:15pm–5:00pm	\$108
	SA 1,2,3	5:00pm–5:45pm	\$108
WED	SA 5,6=Barracudas In Training	5:00pm–6:00pm	\$77
THUR	SA 2,3,4	4:15pm–5:00pm	\$108
	SA 5,6=Barracudas In Training	5:00pm–6:00pm	\$77
SAT	SA 1,2,4	11:00am–11:45am	\$108
	SA 1,2,4	11:45am–12:30pm	\$108
	SA 1,3,4	12:30pm–1:15pm	\$108
SUN	SA 5,6=Barracudas In Training	9:00am–10:00am	\$77
	SA 1,2,3	10:30am–11:15am	\$108

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/A 1	10:30am–11:15am	\$108
	T 4–6=Jr. Masters	4:00pm–5:00pm	\$77
WED	T 4–6=Jr. Masters	4:00pm–5:00pm	\$77
	T/A 1,2	5:15pm–6:00pm	\$108
SUN	T/A 1,2,3	11:15am–12:00pm	\$108

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

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:

Contact the Aquatics Department at middletownaquatics@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:

January 13
February 10
March 17
April 21

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

*Additional dates TBA. Follow us on Facebook.

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.

SAVE THE DATE

Martin Luther King Jr.
Birthday Celebration
THE CENTER FOR YOUTH PROGRAMS
JANUARY 15 | 4PM

Visit our website or follow us on Facebook 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**.

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 STILL 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.

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.



Summer Camp -EARLY REGISTRATION-

REGISTER NOW—ONLY \$25 DEPOSIT PER SESSION
Hurry offer ends January 31, 2023.

CAMP OPEN HOUSE
JANUARY 7 & 14 | 11AM-2PM

CAMP WEE DISCOVER
AGE 3-1ST GRADE

CAMP DISCOVERY
AGE 6-15

FOLLOW US ON FACEBOOK FOR DETAILS ON CAMP OPEN HOUSE OR TO EXPLORE ALL THE YMCA SUMMER CAMPS IN ORANGE COUNTY.

-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. **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.

Guitar Class: Learn to play simple chords, rhythms, and melodies.

Gymnastics—Beginner, Intermediate & Advanced

Young gymnasts begin at an introductory level, practicing tumbling, cartwheels, balancing on the beam, and other floor exercises that help develop cardio, endurance, and strength. As students advance, they practice these skills at a much more difficult level. **PRIVATE LESSONS AVAILABLE. Notes:** Gymnasts will be evaluated. Class assignments are subject to change at the instructor's discretion. Two or more classes per week are recommended. **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 developing confidence and learning how to score points on opponents during these strength and conditioning workouts. The program is taught by instructor, Dan Gable.

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.

Tennis: This instructional program is designed to teach children the proper way to hold a racket and perform forehand and backhand strokes as well as how to serve the ball.

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.

Guitar Class: Learn to play simple chords, rhythms, and melodies.

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

Reiki Circle: Enjoy an energy healing atmosphere, where light stretching, breathing techniques, meditation and intention take place. Reiki helps clear negative energy and integrates positive energy into the body resulting in a deep cellular level.

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.