



Winter Program Guide
YMCA OF MIDDLETOWN
 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 parent/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.

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

	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

	Toddler Tumble	4:15pm-5:00pm	\$81
MON	Gymnastics: Beginner	5:00pm-5:45pm	\$81
	Intro to Acting	5:45pm-6:15pm	FREE
TUES	Soccer	5:00pm-5:30pm	\$54
WED	Intro to Music	5:30pm-6:00pm	FREE
THUR	Intro to Dance	4:30pm-5:00pm	\$54
	Multi Sports	5:30pm-6:00pm	\$54
FRI	Family Music & Movement	10:45am-11:15am	FREE
	Play, Make & Take (2-5)	12:15pm-1:15pm	\$20
	Soccer	9:15am-9:45am	\$54
SAT	Gymnastics: Beginner	9:45am-10:30am	\$81
	Gymnastics: Beginner	10:30am-11:15am	\$81

YOUTH: AGES 6-12 YEARS

	Basketball (6-8) Beginner	5:00pm-5:45pm	\$72
	Gymnastics: Beginner	5:45pm-6:30pm	\$81
	Basketball (6-12) Advanced	6:00pm-6:45pm	\$72
MON	Gymnastics: By Invitation Only	6:30pm-7:15pm	\$81
	Actin' Up - Drama	6:30pm-7:15pm	\$54
	Kids Tumble	7:00pm-7:45pm	\$81
	Basketball (9-12) Beginner	7:00pm-7:45pm	\$72
	Homeschool Music Exploration	2:15pm-3:00pm	\$54
	Girls Basketball (8-14): Beg	4:00pm-5:00pm	\$54
	Sewing	4:15pm-5:15pm	\$72
	Gymnastics: Beginner	5:00pm-5:45pm	\$81
TUES	Guitar: Beginner	5:00pm-5:45pm	\$45
	Girls Basketball (8-14): Adv	5:15pm-6:15pm	\$54
	Soccer (6-8)	5:30pm-6:15pm	\$72
	Gymnastics: Advanced	6:00pm-7:30pm	\$108
	Let's Paint	6:45pm-7:30pm	\$54
	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	\$54
	Homeschool Art & Inspiration	2:15pm-3:00pm	\$54
	Color Pencil Art: Int/Adv	4:30pm-5:15pm	\$54
	Rock Climbing: Beginner	5:00pm-6:00pm	\$72
THUR	Let's Dance	5:15pm-6:00pm	\$54
	Volleyball Training	5:30pm-6:30pm	\$72
	YMCA Kids Choir	5:30pm-6:15pm	FREE
	Rhythm & Rhyme w/Drums	6:30pm-7:15pm	\$54
	Homeschool Bells & Recorder Ensemble	12:45pm-1:30pm	\$54
FRI	Homeschool Crafting Corner	1:45pm-2:45pm	\$54
	Gymnastics: Beginner	5:00pm-5:45pm	\$72
	Gymnastics: By Invitation Only	9:00am-9:45am	\$81
	Flag Football	9:15am-10:00am	\$72
	Soccer (6-8)	10:00am-10:45am	\$72
	Basketball (6-8): Beg/Int	10:00am-10:45am	\$72
	Music Exploration	11:00am-11:45am	\$54
SAT	Soccer (9-12)	11:00am-11:45am	\$72
	Basketball (6-8): Advanced	11:00am-11:45am	\$72
	Gymnastics: Beginner	11:15am-12:00pm	\$81
	Basketball (9-12)	12:00pm-12:45pm	\$72
	Chess Club	12:00pm-12:45pm	FREE
	Gymnastics: Advanced	12:00pm-1:30pm	\$108

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

PRIVATE LESSONS

ART | ACTING | CRAFTING | DANCE | MUSIC & VOICE

Color Pencils, Drawing, Audition Preparation, Jewelry Making,
 Mixed Modern Dance, Instruments, Singing, Songwriting
 Contact Maximilian Mezetin for details: (P) 347 869 5316 (E) performingarts@middletownymca.org

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

TEENS & ADULTS: AGES 13+ YEARS

	Guitar: Beginner (18+)	10:00am-10:45am	\$54
	Music Theory (18+)	11:00am-11:45am	\$54
	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
TUES	Girls Basketball (8-14): Beg	4:00pm-5:00pm	\$54
	Girls Basketball (8-14): Adv	5:15pm-6:15pm	\$54
	Sewing Club (18+)	5:30pm-6:30pm	\$50
	Guitar: Beginner (13-17)	6:00pm-6:45pm	\$54
WED	Girls Fit (10-15)	4:00pm-4:45pm	FREE
	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
THUR	Poetry Workshop (13+)	5:30pm-6:15pm	FREE
	Drama Team (18+)	6:30pm-7:15pm	FREE
FRI	Gymnastics (13-18)	6:00pm-6:45pm	\$72
SAT	Guitar: Beginner (13+)	10:00am-10:45am	\$54
	Drum Circle (13+)	12:00pm-12:45pm	\$54

JUNIOR & TEEN LEADERS CLUB

Leaders Club inspires youth and teens to make a difference in our community.

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

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



POOL PARTY

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



Saturday 3pm - 5pm
Sunday 2pm - 4pm

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 11am - 1pm

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 DATE

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

Visit our website or follow us on Facebook for details.

KIDS NIGHT OUT

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

SAVE THE DATES:

January 6
January 20
February 3
February 17
*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:

January 14
January 28
February 11
February 25
*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 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.

Visit our website or stop by the Y for details.

Summer Camp

-EARLY REGISTRATION-

Visit our website to explore our 5 camps in Orange County.

REGISTER NOW—ONLY \$25 DEPOSIT PER SESSION

Hurry offer ends January 31, 2023.

FOLLOW US ON FACEBOOK FOR DETAILS ON CAMP OPEN HOUSE

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	\$25
SAT	PC A&B	9:45am-10:15am	\$25
	PC A&B	10:15am-10:45am	\$25
SUN	PC A&B	9:30am-10:00am	\$25
	PC A&B	10:00am-10:30am	\$25

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

PRIVATE & SEMI-PRIVATE SWIM LESSONS

-ALL AGES-

PRIVATE	
1 Lesson	\$50
4 Lessons	\$180
6 Lessons	\$260
8 Lessons	\$340

SEMI-PRIVATE -Price per student-	
1 Lesson	\$30
4 Lessons	\$100
6 Lessons	\$150
8 Lessons	\$200

Lessons are 30 minutes.

To arrange Private & Semi-Private Swim Lessons:

- 1) Complete a Private/Semi private swim lessons form. Found on our website at middletownymca.org/aquatics.
- 2) Email forms to middletownaquatics@middletownymca.org or drop forms off at the Y. Make sure your account is active and wait for the aquatics staff to call you and set up your first lesson.
- 3) Pay for lessons at the front desk upon arrival for each lesson.

CONTACT THE AQUATICS DEPARTMENT FOR DETAILS:

(P) 845 956 1549 (E) middletownaquatics@middletownymca.org

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

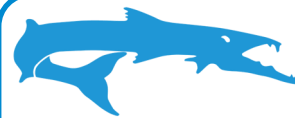
(T=Teens Only, A=Adults Only, T/A=Teens & Adults combined)

T/A 1—Beginner

T/A 2—Intermediate

T/A 3—Advanced

TUES	T/A 1,2,3	10:00am-10:45am	\$108
THUR	T/A 1,2	5:45pm-6:30pm	\$108
SUN	T/A 1	11:15am-12:00pm	\$108



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.



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.



-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.

Toddler Tumble: Kids travel through a fun circuit with mom, dad or caregiver while discovering how their own body moves.

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.

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

Homeschool Crafting Corner: Unleash creativity while sewing, painting and participating in other crafting activities.

YOUTH: AGES 6-12 YEARS (CONTINUED)

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

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

Kids Tumble: Kids travel through a fun circuit while discovering how their own body moves.

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.

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: Hand sewing is a life skill that promotes creativity and develops fine motor skills. Students receive a starter kit. Students continue to develop a comprehensive understanding of sewing techniques and skills throughout the program. **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 rules and develop 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

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

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

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

Gymnastics (13-18): All ability levels are welcome in this program where students progress through the variety of skills appropriate for individual needs. **PRIVATE LESSONS AVAILABLE. Bring sneakers.**

Music Theory (18+): This class lays the foundation for vocal and instrumental performance as well as songwriting.

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 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.