



# WINTER PROGRAM GUIDE YMCA OF MIDDLETOWN

FEBRUARY 05, 2024 - APRIL 14, 2024

REGISTRATION BEGINS JANUARY 22, 2024

NO CLASSES: March 25-31

### REGISTRATION DETAILS:

- Must have an active YMCA Family Membership.
- 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.
- 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.

TO VIEW OUR PROGRAM POLICIES VISIT:

[WWW.MIDDLETOWNYMCA.ORG](http://WWW.MIDDLETOWNYMCA.ORG)

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	\$25

### PRESCHOOLERS: AGES 3-5 YEARS

MON	Intro to Acting	5:30pm-6:00pm	FREE
TUES	Soccer	5:30pm-6:00pm	\$54
WED	Basketball: Beginner	5:15pm-6:00pm	\$54
	Intro to Music	5:30pm-6:00pm	\$25
THUR	Multi Sports	5:30pm-6:00pm	\$54
FRI	Family Music & Movement	10:45am-11:15am	FREE
	Play, Make & Take (2-5)	12:15pm-1:00pm	\$25
SAT	Soccer	9:15am-9:45am	\$54
	Gymnastics: Beginner	9:45am-10:15am	\$90
	Gymnastics: Beginner	10:30am-11:00am	\$90

### TODDLER TIME AGES 9 MONTHS - 3 YEARS

THURSDAYS | 10:30AM-11:15PM | \$5 PER DAY

This drop-in program is a great way to meet other new parents while your little one has fun under your supervision. See page 4 for details.



**BASKETBALL CAMP**  
MARCH 25-29 | 9AM-1PM | AGES 8-14

\$150 with YMCA Membership  
\$200 Non-Members

### YOUTH: AGES 6-12 YEARS

MON	Basketball (6-8): Beginner	5:30pm-6:30pm	\$72
	Gymnastics: Beginner	5:45pm-6:30pm	\$90
	Actin' Up - Drama Team	6:15pm-7:00pm	\$54
	Gymnastics: By Invitation Only	6:30pm-7:15pm	\$90
	Basketball (9-12): Beginner	6:30pm-7:30pm	\$72
TUES	Girls Basketball (8-14): Beginner	4:30pm-5:30pm	\$54
	Sewing	4:30pm-5:30pm	\$72
	Gymnastics: Beginner	5:00pm-5:45pm	\$90
	Group Guitar	5:00pm-5:45pm	\$72
	Gymnastics: Advanced	6:00pm-7:30pm	\$125
	Soccer (6-8)	6:00pm-6:45pm	\$72
WED	Girls Fit (8-15)	4:00pm-4:45pm	FREE
	Kids Fit	5:00pm-6:00pm	\$25
	YMCA Kids Choir	6:15pm-7:00pm	FREE
	Keyboard	6:15pm-7:00pm	\$72
THUR	Let's Paint	4:30pm-5:15pm	\$54
	Pickle Ball (9-12)	5:00pm-5:45pm	\$72
	Color Pencil Art	5:30pm-6:15pm	\$54
	Crochet Time (8-12)	5:30pm-6:30pm	\$54
FRI	Homeschool Intro to Music	1:15pm-2:00pm	\$54
SAT	Gymnastics: By Invitation Only	9:00am-9:45am	\$90
	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
	Soccer (9-12)	11:00am-11:45am	\$72
	Gymnastics: Beginner	11:15am-12:00pm	\$90
	Basketball (9-12)	12:00pm-12:45pm	\$72
	Gymnastics: Advanced	12:00pm-1:30pm	\$125
	Chess	1:00pm-2:00pm	FREE

### TAEKWONDO (6-12) | \$142

THURS 6:15PM-7PM & SAT 9:15AM-10AM  
STUDENTS MUST ATTEND BOTH SESSIONS.

FOR MORE INFO CONTACT:

(P) 845 956 1512

(E) [KDORELUS@MIDDLETOWNYMCA.ORG](mailto:KDORELUS@MIDDLETOWNYMCA.ORG)

### PRIVATE LESSONS

ART | ACTING | CRAFTING | DANCE | MUSIC & VOICE

\$45 PER LESSON OR 4 FOR \$140

FOR DETAILS CONTACT: MAXIMILIAN MEZETIN

(P) 347 869 5316

(E) [PERFORMINGARTS@MIDDLETOWNYMCA.ORG](mailto:PERFORMINGARTS@MIDDLETOWNYMCA.ORG)

### GYMNASTICS

FRIDAYS | 5PM-7PM

FOR DETAILS CONTACT: KEVIN DORELUS

(P) 845 956 1512 (E) [KDORELUS@MIDDLETOWNYMCA.ORG](mailto:KDORELUS@MIDDLETOWNYMCA.ORG)

CONTACT KEVIN DORELUS FOR DETAILS.

(P) 845 956 1512

(E) [KDORELUS@MIDDLETOWNYMCA.ORG](mailto:KDORELUS@MIDDLETOWNYMCA.ORG)

TEENS & ADULTS: AGES 13+ YEARS			
TUES	Group Guitar (18+)	10:00am-10:45am	\$72
	Keyboard/Piano (18+)	11:00am-11:45am	\$72
	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
	Girls Basketball (8-14) Beginner	4:30pm-5:30pm	\$54
	Sewing Club	5:45pm-6:45pm	\$54
	Group Guitar (13-17)	6:00pm-6:45pm	\$72
	Group Guitar (18+)	7:00pm-7:45pm	\$72
WED	Girls Fit (8-15)	4:00pm-4:45pm	FREE
	Ping Pong/Table Tennis (13-17)	4:00pm-5:00pm	\$54
	Group Guitar (18+)	5:00pm-5:45pm	\$72
	Drum Circle	6:00pm-6:45pm	\$72
THUR	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
	Music Club	6:30pm-7:30pm	\$72
	Crochet Time	6:45pm-7:30pm	\$54
SAT	Drum Circle	9:00am-9:45am	\$72
	Group Guitar (13-17)	10:00am-10:45am	\$72
	Teen Strength & Endurance (13-17)	2:00pm-3:00pm	FREE

**TEEN PICK-UP BASKETBALL**  
FRIDAYS 4:30PM-6:45PM | AGES 13-17

**DROP-IN**  
FREE TO Y MEMBERS

**JUNIOR & TEEN LEADERS CLUB** CONTACT: BRITTANY BINNIE-DORELUS  
(E) bbinnie@middletownymca.org  
(P) 845 395 1021

## MAKING BIRTHDAY CELEBRATIONS SPECTACULAR

**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.
- Additional guests may be added at \$5/guest, due on the event date.
- Additional guests of honor may be added at \$20/guest.
- A non-refundable \$50 deposit is required to reserve a date.
- Parties must be paid in full before the party date.



**DON'T WAIT - RESERVE A PARTY DATE TODAY!**

### POOL PARTY

Make your next party a splash in our POOL. CONTACT: CHRISTINE DIRKS

Saturday 3:30PM-5:30PM (E) cdirks@middletownymca.org  
Sunday 2:30PM-4:30PM (P) 845 956 1549



### SPORTS PARTY

Make your next party a big hit in the Lyons Den with games lead by one of our sports instructor. CONTACT: KEVIN DORELUS  
(E) kdorelus@middletownymca.org  
(P) 845 956 1512

Sunday 11:00PM-1:00PM

**SUMMER CAMP REGISTRATION OPENS IN JANUARY**  
SCAN THE QR CODE TO EXPLORE OUR CAMPS



## KIDS NIGHT OUT - SAVE THE DATES

OPEN TO CHILDREN AGE 3 TO THOSE IN 5TH GRADE.

JANUARY 5, 2024

PLACE: THE CENTER FOR YOUTH PROGRAMS  
6 LIBERTY STREET  
MIDDLETOWN, NY 10940

JANUARY 19, 2024

TIME: 6:30PM-9:00PM

FEBRUARY 16, 2024

ADMISSION: \$5 YMCA MEMBERS | \$8 GUESTS  
ADMISSION INCLUDES PIZZA, SNACK & A DRINK

ADDITIONAL DATES TBA. VISIT: [WWW.MIDDLETOWNYMCA.ORG/KIDS-NIGHT-OUT](http://WWW.MIDDLETOWNYMCA.ORG/KIDS-NIGHT-OUT)

## BEAT THE STREETS - SAVE THE DATES

OPEN TO CHILDREN AGE 10-16.

JANUARY 6, 2024

Black History Month Trivia

PLACE: YMCA OF MIDDLETOWN  
81 HIGHLAND AVE  
MIDDLETOWN, NY 10940

FEBRUARY 10, 2024

Valentine's Day Dance

TIME: 6:30PM-9:00PM

ADMISSION: \$3

YMCA MEMBERSHIP IS NOT REQUIRED

MARCH 9, 2024

3v3 Basketball Tournament

"BEAT THE STREETS" IS A PRO-ACTION PROGRAM OFFERING YOUTH & TEENS AN ALTERNATIVE TO THE STREETS.

APRIL 6, 2024

Easter Egg Hunt

ADDITIONAL DATES - VISIT: [WWW.MIDDLETOWNYMCA.ORG/BEAT-THE-STREETS](http://WWW.MIDDLETOWNYMCA.ORG/BEAT-THE-STREETS)

## PRESCHOOL & UNIVERSAL PRE-K

YMCA BUILDING BLOCKS - 2 YEAR OLDS & FIRST STEP PRESCHOOL - 3&4 YEAR OLDS  
THE CENTER FOR YOUTH PROGRAMS - 6 LIBERTY STREET MIDDLETOWN, NY

Help your child develop the skills needed to succeed by enrolling in our affordable, quality preschools. Our schools are located at The Center For Youth Programs on Liberty Street in Middletown. Each day, children are challenged by a fun-filled age appropriate curriculum developed by nurturing and experienced teachers to help students grow individually. Our curriculum even includes weekly swim lessons!

REGISTER ONLINE TODAY:

[WWW.MIDDLETOWNYMCA.ORG/PRESCHOOL](http://WWW.MIDDLETOWNYMCA.ORG/PRESCHOOL)



## CLUB KID BEFORE & AFTER SCHOOL PROGRAM REGISTER ONLINE TODAY!

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  
WALKKILL  
WASHINGTONVILLE

REGISTER ONLINE TODAY:

[WWW.MIDDLETOWNYMCA.ORG/CLUB-KID](http://WWW.MIDDLETOWNYMCA.ORG/CLUB-KID)



**WE'RE HIRING - COUNSELORS NEEDED**

Scan the QR code above to learn more.

## SAVE THE DATES

INDOOR TRIATHLON | FEBRUARY 4

YMCA OF MIDDLETOWN

POCKETBOOK BINGO | FEBRUARY 10

SOUTH ORANGE FAMILY YMCA

BASKETBALL SKILLS COMPETITION | FEBRUARY 17

YMCA OF MIDDLETOWN

SAFETY AROUND WATER DAY | MARCH 26

YMCA OF MIDDLETOWN

EASTER EGG HUNT | MARCH 30

YMCA OF MIDDLETOWN

POCKETBOOK BINGO | APRIL 19

YMCA OF MIDDLETOWN

HEALTHY KIDS DAY | APRIL 20

THE CENTER FOR YOUTH PROGRAMS

FOLLOW US ON FACEBOOK OR VISIT OUR WEBSITE FOR DETAILS.

# SWIMMING LESSONS

## CHOOSE LEVEL BY AGE & ABILITY

NOTE: A minimum of 3 students per class is required to run each class. Levels may be combined in order to reach that minimum.

### AGES 6-36 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.

<b>WED</b>	<b>PC A&amp;B</b>	10:00am-10:30am	\$25
<b>SAT</b>	<b>PC A&amp;B</b>	10:15am-10:45am	\$25
<b>SUN</b>	<b>PC A&amp;B</b>	10:00am-10:30am	\$25
	<b>PC A&amp;B</b>	10:30am-11:00am	\$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)

<b>MON</b>	<b>PS 1</b>	4:00pm-4:30pm	\$108
	<b>PS 2</b>	4:30pm-5:00pm	\$108
	<b>PS 3/4</b>	5:45pm-6:15pm	\$108
<b>TUES</b>	<b>PS 1, 3/4</b>	4:00pm-4:30pm	\$108
<b>THUR</b>	<b>PS 1/2</b>	4:00pm-4:30pm	\$108
	<b>PS 2, 3/4</b>	4:30pm-5:00pm	\$108
<b>SAT</b>	<b>PS 1,2</b>	9:15am-9:45am	\$108
	<b>PS 3/4</b>	10:15am-10:45am	\$108
<b>SUN</b>	<b>PS 1,2,3/4</b>	10:00am-10:30am	\$108
	<b>PS 1,2,3/4</b>	10:30am-11:00am	\$108

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

Available to ages 3 and older. | Lessons are 30 minutes each.

	PRIVATE	SEMI-PRIVATE
<b>1 Lesson</b>	\$50	\$32
<b>4 Lessons</b>	\$180	\$102
<b>6 Lessons</b>	\$260	\$152
<b>8 Lessons</b>	\$340	\$202

#### TO ARRANGE PRIVATE OR SEMI-PRIVATE LESSONS:

1. Complete a private/semi private swim lessons form found on our website at [middletownymca.org/aquatics](http://middletownymca.org/aquatics).
2. Email forms to [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org) or drop forms off at the Y. A representative of our aquatics staff team will call you to schedule your first lesson.
3. Lessons must be paid for at the front desk upon arrival.

#### ADAPTIVE PRIVATE LESSONS ARE ALSO AVAILABLE

FOR MORE INFORMATION CONTACT THE

AQUATICS DEPARTMENT OR VISIT OUR WEBSITE.

(P) 845 956 1549 (E) [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org)

[WWW.MIDDLETOWNYMCA.ORG/AQUATICS](http://WWW.MIDDLETOWNYMCA.ORG/AQUATICS)

### AMERICAN RED CROSS LIFEGUARD TRAINING & CPR

Classes are available at our  
Middletown and Monroe locations.

[WWW.MIDDLETOWNYMCA.ORG/AMERICAN-RED-CROSS-COURSES](http://WWW.MIDDLETOWNYMCA.ORG/AMERICAN-RED-CROSS-COURSES)



### 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 helps young swimmers build endurance and improve stroke technique. Students are encouraged to register for multiple classes. There is no commitment to the swim team in BIT but swimmers will be encouraged to join the YMCA Barracudas when ready.

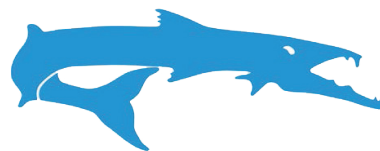
<b>MON</b>	<b>SA 3</b>	5:00pm-5:45pm	\$108
	<b>SA 5,6 = Barracudas In Training</b>	4:00pm-5:00pm	\$108
<b>TUES</b>	<b>SA 1,2</b>	4:30pm-5:15pm	\$108
	<b>SA 3,4</b>	5:15pm-6:00pm	\$108
<b>WED</b>	<b>SA 2</b>	4:00pm-4:45pm	\$108
	<b>SA 1</b>	4:45pm-5:30pm	\$108
	<b>SA 5,6 = Barracudas In Training</b>	5:00pm-6:00pm	\$108
<b>THUR</b>	<b>SA 3</b>	5:30pm-6:15pm	\$108
	<b>SA 3, 4</b>	5:00pm-5:45pm	\$108
<b>SAT</b>	<b>SA 1,3</b>	11:00am-11:45am	\$108
	<b>SA 1,2</b>	11:45am-12:30pm	\$108
<b>SUN</b>	<b>SA 3,4</b>	12:30pm-1:15pm	\$108
	<b>SA 1,2,3,4</b>	11:00am-11:45am	\$108
	<b>SA 1,2,3</b>	11:45am-12:30pm	\$108

### AGES 13+: TEENS (13-17) & ADULTS (18+)

T/A=TEENS & ADULTS COMBINED

**T/A 1**—Beginner  
**T/A 2**—Intermediate  
**T/A 3**—Advanced

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



**BARRACUDAS  
SWIM TEAM**

AGES 6-18

Contact Amy Phelps for details:

(P) 845 480 1626 (E) [barracudas@middletownymca.org](mailto:barracudas@middletownymca.org)

Notes: 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.

### WE'RE HIRING LIFEGUARDS & SWIM INSTRUCTORS



Training is available.

To apply contact the aquatics department at [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org) or visit

[WWW.MIDDLETOWNYMCA.ORG/JOBS](http://WWW.MIDDLETOWNYMCA.ORG/JOBS)



## 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.

**Toddler Time:** This is a great opportunity to meet other new parents while your little ones have fun playing with sensory items, rolling and climbing on the gymnastics mats, and safely exploring new surroundings under your supervision.

## PRESCHOOLERS: AGES 3-5 YEARS

**Basketball:** Students develop the motor skills needed to play basketball through fun games and exercises.

**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 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 Time:** This is a great opportunity to meet other new parents while your little ones have fun playing with sensory items, rolling and climbing on the gymnastics mats, and safely exploring new surroundings under your supervision.

## 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:** 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.

**Crochet Time:** It's Crochet time! In this beginner crochet class, we will learn and practice basic stitches and techniques. The foundation will be set for a lifetime of fun projects and creations. (Students must bring certain materials. The supply list will be provided by the instructor)

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

**Girls Fit(8-15):** This workout provides a comfortable place for girls to workout with peers and make new friends.

**Group Guitar: 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 Intro to Music:** Children learn the basic concepts of music through songs, instruments, and games.

**Keyboard:** Learn to play the keyboard and meet other students with a similar interest in music.

## YOUTH: AGES 6-12 YEARS CONTINUED

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

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

**Pickle Ball:** This fun sport combines many elements of tennis, badminton, and ping pong. The game is played on a badminton-sized court with a slightly modified tennis net using a paddle and a plastic ball with holes making it ideal for all ages and skill levels.

**Sewing:** Learn the life skill of hand sewing as it will promote creativity while developing fine motor skills. Various techniques and skills will be learned through fun exercises and projects. Students must bring fabric (details provided in the first class).

**Soccer:** Players develop coordination and all-around athleticism.

**Taekwondo:** Taekwondo is a sport that helps young individuals develop force, speed, balance, flexibility, and stamina. Through Taekwondo children learn new pathways and social and leadership skills that they carry on into school, life, and home.

**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

**Crochet Time:** It's Crochet time! In this beginner crochet class, we will learn and practice basic stitches and techniques. The foundation will be set for a lifetime of fun projects and creations. (Students must bring certain materials. The supply list will be provided by the instructor).

**Drum Circle:** Chillax with us as you learn to play the percussion drums and intermingle with other drummers.

**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.

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

**Keyboard/Piano (18+):** Learn to play the keyboard and meet other students with a similar interest in music.

**Music Club:** Learn, Make, and Play Music together. Bring your own instrument or play our percussion instruments.

**Ping Pong/Table Tennis (13-17):** Ping pong, also known as table tennis, is an excellent way for teens to enjoy a fast paced game that requires focus and concentration and cultivates friendly competition and comradery amongst peers. While learning the rules and participating in games, teens will improve agility and develop hand-eye coordination.

**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.

**FOR DETAILS VISIT: [WWW.MIDDLETOWNYMCA.ORG/PROGRAMS](http://WWW.MIDDLETOWNYMCA.ORG/PROGRAMS)  
OR FOLLOW US ON FACEBOOK: @YMCAOFMIDDLETOWN & @SOUTHORANGEYMCA  
DON'T FORGET, YOUR MEMBERSHIP INCLUDES ACCESS TO PROGRAMS  
AND SERVICES AT THE YMCA OF MIDDLETOWN & SOUTH ORANGE FAMILY YMCA.**

**YMCA OF MIDDLETOWN | 81 HIGHLAND AVE, MIDDLETOWN, NY  
845-344-9622 | [WWW.MIDDLETOWNYMCA.ORG](http://WWW.MIDDLETOWNYMCA.ORG)**