



SPRING PROGRAM GUIDE YMCA OF MIDDLETOWN APRIL 22, 2024 - JUNE 23, 2024 REGISTRATION BEGINS APRIL 8, 2024

NO CLASSES: May 27 & June 9

*Adjustments have been made to the fees for these dates.

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

ALL YMCA CLASSES & SCHEDULES ARE SUBJECT TO CHANGE.

SPORTS & ARTS

SEE PROGRAM DESCRIPTIONS ON PAGE 4.

INFANTS & TODDLERS: AGES 6-36 MONTHS

WED	Play, Make & Take (2-5)	12:15pm-1:00pm	\$25
	Music & Movement (6M-24M)	10:00am-10:30am	FREE
FRI	Family Music & Movement	10:45am-11:15am	FREE
	Family Music & Movement	11:30pm-12:00pm	FREE

PRESCHOOLERS: AGES 3-5 YEARS

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

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.



YOUTH: AGES 6-12 YEARS

MON	Basketball (6-8): Beginner	5:30pm-6:30pm	\$64
	Gymnastics: Beginner	5:45pm-6:30pm	\$80
	Actin' Up - Drama Team	6:15pm-7:00pm	\$48
	Gymnastics: By Invitation Only	6:30pm-7:15pm	\$80
TUES	Basketball (9-12): Beginner	6:30pm-7:30pm	\$64
	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
WED	Gymnastics: Advanced	6:00pm-7:30pm	\$125
	Soccer (6-8)	6:00pm-6:45pm	\$72
	Kids Fit	5:30pm-6:30pm	\$25
THUR	YMCA Kids Choir	6:15pm-7:00pm	FREE
	Keyboard	6:15pm-7:00pm	\$72
	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
FRI	Crochet Time (8-12)	5:30pm-6:30pm	\$54
	Let's Dance	6:15pm-7:00pm	\$54
	Homeschool Intro to Music	1:15pm-2:00pm	\$54
	Gymnastics: By Invitation Only	9:00am-9:45am	\$90
SAT	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) | \$144

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

CONTACT KEVIN DORELUS:

(P) 845 956 1512 (E) KDORELUS@MIDDLETOWNYMCA.ORG

PRIVATE LESSONS

ART | ACTING | CRAFTING | DANCE | MUSIC & VOICE
\$45 PER LESSON OR 4 FOR \$140

CONTACT: MAXIMILIAN MEZETIN

(P) 347 869 5316 (E) PERFORMINGARTS@MIDDLETOWNYMCA.ORG

GYMNASTICS

FRIDAYS | 5PM-7PM

CONTACT: KEVIN DORELUS

(P) 845 956 1512 (E) KDORELUS@MIDDLETOWNYMCA.ORG

BASE CAMP

STRONG KIDS ZONE

MON, TUES & THURS, 5:30PM-6:15PM | FREE

Strong Kids Zone is a circuit training class for kids, age 10-12. Kids are supervised by one of our Wellness Center trainers.

FAMILY FITNESS TIME

WED & FRI, 5:30PM-7:00PM | SUN, ALL DAY | FREE

Parents/guardians may work out with their kids, age 10-12. Children must be accompanied by an adult.

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 (13+)	5:45pm-6:45pm	\$54
WED	Group Guitar (13-17)	6:00pm-6:45pm	\$72
	Group Guitar (18+)	7:00pm-7:45pm	\$72
THUR	Group Guitar (18+)	5:00pm-5:45pm	\$72
	Teen Strength & Endurance (13-17)	4:00pm-4:45pm	FREE
	Poetry Club (13+)	5:30pm-6:15pm	FREE
	Acting Club (13+)	6:30pm-7:30pm	FREE
	Crochet Time (13+)	6:45pm-7:30pm	\$54
SAT	Taekwondo	7:00pm-8:00pm	\$72
	Drum Circle (13+)	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 **DROP-IN**
FRIDAYS 4:30PM-6:45PM | AGES 13-17 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
 Sunday 11:00PM-1:00PM (E) kdorelus@middletownymca.org
 (P) 845 956 1512

SUMMER CAMP REGISTER NOW

SCAN THE QR CODE TO EXPLORE OUR CAMPS



KIDS NIGHT OUT - SAVE THE DATES
 OPEN TO CHILDREN AGE 3 TO THOSE IN 5TH GRADE.

APRIL 5, 2024 Mix & Match Night	PLACE: THE CENTER FOR YOUTH PROGRAMS 6 LIBERTY STREET MIDDLETOWN, NY 10940 TIME: 6:30PM-9:00PM ADMISSION: \$5 YMCA MEMBERS \$8 GUESTS ADMISSION INCLUDES PIZZA, SNACK & A DRINK
MAY 3, 2024 Back to the Future	
MAY 17, 2024 Water Fun & Luau	

WWW.MIDDLETOWNYMCA.ORG/KIDS-NIGHT-OUT

BEAT THE STREETS - SAVE THE DATES
 OPEN TO CHILDREN AGE 10-16.

APRIL 6, 2024 Easter Egg Hunt	PLACE: YMCA OF MIDDLETOWN 81 HIGHLAND AVE MIDDLETOWN, NY 10940 TIME: 6:30PM-9:00PM ADMISSION: \$3 YMCA MEMBERSHIP IS NOT REQUIRED "BEAT THE STREETS" IS A PRO-ACTION PROGRAM OFFERING YOUTH & TEENS AN ALTERNATIVE TO THE STREETS.
MAY 4, 2024 FREE Haircuts by 6 West Barbershop	
JUNE 1, 2024 Ping Pong Tournament & BBQ	

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

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 WALLKILL WASHINGTONVILLE

REGISTER ONLINE TODAY: 

WWW.MIDDLETOWNYMCA.ORG/CLUB-KID

WE'RE HIRING - COUNSELORS NEEDED
 Scan the QR code above to learn more.

SAVE THE DATES

ZUMBATHON | APRIL 6
SOUTH ORANGE FAMILY YMCA

POCKETBOOK BINGO | APRIL 19
YMCA OF MIDDLETOWN

HEALTHY KIDS DAY | APRIL 20
THE CENTER FOR YOUTH PROGRAMS

MORTGAGE & MUNCH | MAY 19
SOUTH ORANGE FAMILY YMCA

RUTHIE DINO-MARSHALL 5K | JUNE 9
YMCA OF MIDDLETOWN

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.

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

	PS 1,2	4:00pm-4:30pm	\$96
MON	PS 1,2	4:30pm-5:00pm	\$96
	PS 1, 3/4	5:45pm-6:15pm	\$96
	PS 1, 3/4	4:00pm-4:30pm	\$108
WED	PS 1,2	5:30pm-6:00pm	\$108
THUR	PS 1,2	4:00pm-4:30pm	\$108
	PS 2, 3/4	4:30pm-5:00pm	\$108
	PS 1,2	5:00pm-5:30pm	\$108
SAT	PS 1,2	9:15am-9:45am	\$108
	PS 1,2	9:45am-10:15am	\$108
	PS 3/4	10:15am-10:45am	\$108
SUN	PS 1,2,3/4	10:00am-10:30am	\$96
	PS 1,2,3/4	10:30am-11:00am	\$96

PRIVATE & SEMI-PRIVATE SWIM LESSONS

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

	PRIVATE	SEMI-PRIVATE	ADAPTIVE
1 Lesson	\$50	\$32	\$30
4 Lessons	\$180	\$102	\$100
6 Lessons	\$260	\$152	\$150
8 Lessons	\$340	\$202	\$200

TO ARRANGE PRIVATE OR SEMI-PRIVATE 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. 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 - IEP REQUIRED

FOR MORE INFORMATION CONTACT THE AQUATICS DEPARTMENT OR VISIT OUR WEBSITE.

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



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.

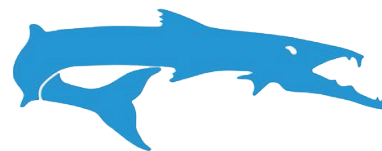
MON	SA 2,3	5:00pm-5:45pm	\$96
	SA 5,6 = Barracudas In Training	4:00pm-5:00pm	\$108
TUES	SA 1,2	4:30pm-5:15pm	\$108
	SA 3,4	5:15pm-6:00pm	\$108
WED	SA 2,3	4:00pm-4:45pm	\$108
	SA 1,2	4:45pm-5:30pm	\$108
	SA 5,6 = Barracudas In Training	5:00pm-6:00pm	\$108
SAT	SA 1,3	11:00am-11:45am	\$108
	SA 1,2	11:45am-12:30pm	\$108
	SA 2,3	12:30pm-1:15pm	\$108
SUN	SA 1,2,3,4	11:00am-11:45am	\$96
	SA 1,2,3	11:45am-12:30pm	\$96

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

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	5:30pm-6:15pm	\$108
SUN	T/A 2	11:45am-12:30pm	\$96



**BARRACUDAS
SWIM TEAM**

AGES 6-18

Contact Amy Phelps for details:

(P) 845 480 1626 (E) 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 or visit

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 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 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.

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.

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

YOUTH: AGES 6-12 YEARS CONTINUED

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.

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

Acting Club (13+): This club takes an interactive approach to building acting skills through exercises, games, and simple monologues and skits.

Crochet Time (13+): 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 (13+): 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.

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.

Poetry Club (13+): Participants of this club will explore the various forms of poetry while working together to write pieces. The group will help ignite each other's creativity and enhance one another's presentation skills.

Sewing Club (13+): 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
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**