



**FALL SESSION 2
PROGRAM GUIDE**
SOUTH ORANGE FAMILY YMCA
NOV 18-JAN 26
REGISTRATION BEGINS NOV 4

**NO CLASSES: NOV 28*, DEC 23-27, 31*
& JAN 1* (*FEES HAVE BEEN ADJUSTED)**

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

CLASS LOCATIONS:

**BG-BIG GYM C-CARDIO LG-LITTLE GYM GX-GROUP EXERCISE
L-LOUNGE M/A-MOVEMENT/ARTS T-TURF Y-YOGA**
SEE PROGRAM DESCRIPTIONS ON PAGE 4.

INFANTS & TODDLERS: 6-36 MONTHS

WED*	Mommy & Baby Yoga (M/A)	10:00am-10:30am	\$25
THUR*	Music & Movement (L)	10:00am-10:30am	FREE
FRI	Toddler Time (T) (9M-36M)	12:00pm-12:30pm	FREE

PRESCHOOLERS: AGES 3-5 YEARS

TUES*	Make & Take (L)	5:00pm-5:30pm	\$25
THUR*	Intro to Music (L)	5:00pm-5:30pm	\$25
FRI	Toddler Time (T) (9M-36M)	12:00pm-12:30pm	FREE
SAT	Multi Sports (LG)	9:00am-9:30am	\$54
	Soccer (LG)	9:45am-10:15am	\$54
	Intro to Ballet (M/A)	10:00am-10:45am	\$90
SUN	Gymnastics: Beginner 1 (LG)	8:00am-8:30am	\$90
	Gymnastics: Beginner 1 (LG)	8:30am-9:00am	\$90
	Gymnastics: Beginner 2 (LG)	9:00am-9:30am	\$90

YOUTH: AGES 6-12 YEARS

MON	Basketball (10-12): Beginner (BG)	5:15pm-6:00pm	\$90
	Basketball (10-12): Advanced (BG)	6:15pm-7:00pm	\$90
TUES*	Learn & Play Pickleball (8-14) (LG)	5:30pm-6:15pm	\$80
	Intro to Art (L)	5:45pm-6:30pm	\$48
WED*	Intro to Acting (6-9) (L)	5:00pm-5:45pm	\$48
	Intro to Girls Volleyball (BG)	5:00pm-5:45pm	\$64
	Multi Sports (6-12) (T)	5:15pm-6:00pm	\$64
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$80
THUR*	Gymnastics: Int (LG)	6:00pm-6:45pm	\$80
	Intro to Baseball/Softball (T)	5:00pm-5:45pm	\$64
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$80
FRI	Gymnastics: Int (LG)	6:00pm-6:45pm	\$80
	Basketball (6-9): Beginner (BG)	5:00pm-5:45pm	\$90
SAT	Basketball (6-9): Advanced (BG)	6:00pm-6:45pm	\$90
	Kids Yoga (M/A)	10:00am-10:45am	\$90
SUN	Tennis (LG)	10:30am-11:15am	\$90
	Intro to Hip Hop (M/A)	11:00am-11:45am	\$90
	Soccer (T)	11:30am-12:15pm	\$90
	Chess (L)	11:30am-1:00pm	FREE
	Intro to Dance (M/A)	12:00pm-12:45pm	\$90
	Intro to Wrestling (LG)	12:30pm-1:15pm	\$72
	Flag Football (6-12) (T)	12:30pm-1:15pm	\$72
	Gymnastics: Int (LG)	9:30am-10:15am	\$90
SUN	Gymnastics: Adv (LG)	10:15am-12:15pm	\$144
	Gymnastics: Adv (LG)	12:15pm-2:15pm	\$144

TEENS & ADULTS: AGES 13+ YEARS

MON	Group Guitar (13+) (L)	5:00pm-5:45pm	\$72
TUES*	Learn & Play Pickleball (8-14) (LG)	5:30pm-6:15pm	\$90
	Art Exploration: Paint & More (L)	6:45pm-7:30pm	\$48
WED*	Girls Teen Volleyball (13-17) (BG)	6:00pm-7:00pm	\$80



SPECIAL TECHNIQUE BOXING
YOUTH, TEENS & ADULTS WELCOME (AGES 6+)
HAND WRAPS & GLOVES REQUIRED
COACHED BY A LICENSED BOXING COACH



MONDAY-THURSDAY | 6:30PM-7:15PM

\$200/MONTH | 2ND FAMILY MEMBER RECEIVES 50% OFF

REGISTER ONLINE AT WWW.MIDDLETOWNYMCA.ORG/BOXING
OR VISIT THE WELCOME CENTER.

PRIVATE LESSONS

ART | ACTING | CRAFTING | DANCE
MUSIC | VOICE | GYMNASTICS

CONTACT: PATRICK ECKHART
(P) 845 915 5341 (E) PE@MIDDLETOWNYMCA.ORG

ULTIMATE TRAINING ZONE

Every time you enter The Zone, one of our certified personal trainers will challenge you physically and mentally to help you crush your fitness goals.

DROP-IN - \$5 PER CLASS

MON 7:00PM-7:45PM
WED 7:15PM-8:00PM
SAT 9:15AM-10:00AM
SUN 10:15AM-11:00AM

KIDS NIGHT OUT

OPEN TO CHILDREN AGE 3-5TH GRADE-MUST BE POTTY-TRAINED.

Enjoy an evening to yourself. Drop the kids at the Y to play with their friends and don't even worry about making dinner before dropping them off because admission includes pizza and a drink.

November 15

December 6

January 10

February 14

March 7

TIME:
6:30PM-9:00PM

ADMISSION:

\$10 PER CHILD

\$15 PER CHILD WITH SWIMMING

\$3 SIBLING DISCOUNT

NOTE: DISCOUNT IS NOT AVAILABLE ONLINE.

ADMISSION INCLUDES PIZZA AND A DRINK.

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

MIDDLETOWN

PORT JERVIS

CORNWALL

MINISINK

VALLEY CENTRAL

FLORIDA

MONROE-WOODBURY

WALKILL

GOSHEN

PINE BUSH

WASHINGTONVILLE

REGISTER ONLINE TODAY:

WWW.MIDDLETOWNYMCA.ORG/CLUB-KID



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.
- 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!

SPORTS PARTY

Make your next party a big hit in the gym with games lead by a sports instructor.

Saturday 3:00PM-5:00PM | Sunday 2:00PM-4:00PM

CONTACT: PATRICK ECKHART

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

POOL PARTY

Make your next party a splash in our **POOL**. Ask us about **GLOW-IN-THE-DARK POOL PARTIES**.

Saturday 3:00PM-5:00PM | Sunday 2:00PM-4:00PM

CONTACT: MELISSA GILLESPIE

(E) mag@middletownymca.org | (P) 845 395 1016

SAVE THE DATES

BLOOD DRIVE | OCT 25

SOUTH ORANGE FAMILY YMCA

TABLE TENNIS TOURNAMENT | NOV 16

YMCA OF MIDDLETOWN

ZUMBATHON | NOV 23

SOUTH ORANGE FAMILY YMCA

SANTA DAY | DEC 7

SOUTH ORANGE FAMILY YMCA

DROP & SHOP | DEC 14

YMCA OF MIDDLETOWN

BLOOD DRIVE | DEC 27

SOUTH ORANGE FAMILY YMCA

FOR MORE INFORMATION & DETAILS:

SCAN HERE TO FOLLOW US ON FACEBOOK

@SOUTHORANGEYMCA



SCAN HERE TO VISIT OUR WEBSITE



WWW.MIDDLETOWNYMCA.ORG/NEWS

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
THUR	PC A&B	5:45pm-6:15pm	\$25
SAT	PC A&B	10:00am-10:30am	\$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	4:30pm-5:00pm	\$108
	PS 3,4	5:00pm-5:30pm	\$108
TUES*	PS 1	10:00am-10:30am	\$96
	PS 2	10:30am-11:00am	\$96
	PS 1,2,3	4:30pm-5:00pm	\$96
	PS 1,2,4	5:00pm-5:30pm	\$96
WED*	PS 3	10:30am-11:00am	\$96
	PS 1,2	4:30pm-5:00pm	\$96
	PS 3,4	5:00pm-5:30pm	\$96
THUR*	PS 2	10:00am-10:30am	\$96
	PS 1	10:30am-11:00am	\$96
	PS 1,2,4	5:15pm-5:45pm	\$96
SAT	PS 1,2	5:45pm-6:15pm	\$96
	PS 4	10:00am-10:30am	\$108
	PS 1,3	10:30am-11:00am	\$108
SUN	PS 1,2,4	12:00pm-12:30pm	\$108
	PS 4	10:00am-10:30am	\$108
	PS 1,3	10:30am-11:00am	\$108
SUN	PS 1,2,3	12:45pm-1:15pm	\$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 5,6 = Barracudas In Training	4:30pm-5:30pm	\$108
	SA 2,3,4	5:30pm-6:15pm	\$108
TUES*	SA 1,2,3	5:30pm-6:15pm	\$96
WED*	SA 5,6 = Barracudas In Training	4:30pm-5:30pm	\$96
THUR*	SA 1,3,4	4:30pm-5:15pm	\$96
SAT	SA 1,2,3	11:15am-12:00pm	\$108
SUN	SA 5,6 = Barracudas In Training	10:00am-11:00am	\$108
	SA 1,2,3	11:15am-12:00pm	\$108
	SA 1,2,4	12:00pm-12:45pm	\$108

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

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 section below.

WED*	T/A 1,2,3	5:30pm-6:15pm	\$96
SAT	T 4-6 = Jr. Masters	10:00am-11:00am	\$108
	T/A 1,2,3	12:30pm-1:15pm	\$108

MASTERS SWIM PROGRAM (18+)

PRACTICE SCHEDULE		MONTHLY RATES	
MON	5:30am-6:30am	1x Per Week	\$40
WED	5:30am-6:30am	2x Per Week	\$50
FRI	5:30am-6:30am	3x Per Week	\$60

TO REGISTER FOR MASTERS CONTACT: MELISSA GILLESPIE (P) 845 395 1016 (E) MAG@MIDDLETOWNYMCA.ORG



BARRACUDAS SWIM TEAM
 AGES 6-18

CONTACT AMY PHELPS FOR MORE INFORMATION:
 (E) barracudas@middletownymca.org (P) 845 480 1626

Note: Swimmers must be able to swim at the PS4 or SA5/6 levels in order to tryout.

Practices are held at MinisinkValley High School.

WE'RE HIRING
 LIFEGUARDS & SWIM INSTRUCTORS
 Training is available.

To apply contact the aquatics department at
 sofy_aquatics@middletownymca.org or visit

WWW.MIDDLETOWNYMCA.ORG/JOBS



PRIVATE & SEMI-PRIVATE SWIM LESSONS

FOR PACKAGE PRICING & SCHEDULING OPTIONS VISIT:
WWW.MIDDLETOWNYMCA.ORG/AQUATICS
 OR CONTACT THE AQUATICS OFFICE:

(E) SOFY_aquatics@middletownymca.org (P) 845 395 1016

AMERICAN RED CROSS LIFEGUARD TRAINING & CPR CLASSES

Classes are available at our
 Middletown and Monroe locations.



WWW.MIDDLETOWNYMCA.ORG/AMERICAN-RED-CROSS-COURSES

INFANTS & TODDLERS: AGES 6-36 MONTHS

Mommy & Baby Yoga: Connect with other moms while bonding with your child through yoga.

Music & Movement: Enjoy music and movement together while nurturing your child's inner musician.

Toddler Time (9M-3Y): 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

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 Ballet: Ballet is a great introduction into getting your little ones learning basic ballet steps and movements like pointing their toes, ballet arms and walking on their tiptoes. This fun class engages kids in dance and will help them throughout their dance journey.

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, football, tag games, and more.

Soccer: Players develop coordination and all-around athleticism.

Toddler Time (9M-3Y): 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

Basketball: Learn and develop skills of the sport through drills for dribbling, shooting, passing, defense, and teamwork.

Chess: Games are set up by age and/or skill level.

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

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.

Intro to Acting (6-9): Participants will learn basic acting techniques and build the confidence to speak in front of an audience and collaborate with the group to create a show from scratch. There is no script work or reading in this group.

Intro to Art: Create inspirational works of art while learning techniques such as layering, blending, shading, and more.

Intro to Baseball/Softball: This co-ed program introduces students to fielding, throwing, and hitting practice on the turf. Training baseballs and softballs will be featured.

Intro to Dance: This stretching and conditioning class introduces young dance enthusiasts to basic dance actions.

Intro to Girls Volleyball: This program encourages effective communication amongst peers as players learn the fundamentals and develop the skills of the sport.

Intro to Hip Hop: Looking for something fun and exciting - take Intro to Hip-hop. This class is great in learning the foundations of hip-hop and what it takes to be a true hip-hop dancer. We will be learning dance combos and other routines in class. Get ready to break it down and get your sweat on!

Intro to Wrestling: During this instructional program, students are taught basic techniques and fundamentals to help them become better wrestlers. Conditioning is also a valued part of this program.

Kids Yoga: Classes are fun, creative, and playful to allow the young yogis and yoginis to use their imaginations as we learn simple yoga poses, playful breathing exercises and relaxation. Classes incorporate music, story-telling, cooperative games and endless imagination as an introduction to yoga.

Learn & Play Pickleball: 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.

Multi Sports: Students are introduced to a variety of sports and games including: soccer, basketball, football, tag games, and more.

Soccer: Players develop coordination and all-around athleticism.

Special Technique Boxing: The goal of this program is to educate, condition & implement the craft of boxing to the community. During this program, boxers gain tools that will modify their healthy behavior with discipline, repetition, motivation, competitiveness, while enhancing self-esteem.

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: AGES 13+ YEARS

Art Exploration: Paint & More : Develop your art skills through activities including painting, collage, drawing, portraiture and more!

Girls Teen Volleyball (13-17): This program encourages effective communication amongst peers as players further develop the skills of the sport.

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

Learn & Play Pickleball (8-14): 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.

Special Technique Boxing: The goal of this program is to educate, condition & implement the craft of boxing to the community. During this program, boxers gain tools that will modify their healthy behavior with discipline, repetition, motivation, competitiveness, while enhancing self-esteem.

FOR DETAILS VISIT: WWW.MIDDLETOWNYMCA.ORG/PROGRAMS
OR FOLLOW US ON FACEBOOK: @YMCAOFMIDDLETOWN & @SOUTHORANGEMYCA
DON'T FORGET, YOUR MEMBERSHIP INCLUDES ACCESS TO PROGRAMS
AND SERVICES AT THEYMCA OF MIDDLETOWN & SOUTH ORANGE FAMILY YMCA.

SOUTH ORANGE FAMILY YMCA | 45 GILBERT STREET EXT, MONROE NY
845-782-9622 | WWW.MIDDLETOWNYMCA.ORG