



# WINTER PROGRAM GUIDE

## SOUTH ORANGE FAMILY YMCA

### FEB 3-APRIL 6

REGISTRATION BEGINS JAN 20

#### 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

#### 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	\$56
	Basketball (LG)	9:45am-10:15am	\$56
	Intro to Ballet (M/A)	10:00am-10:45am	\$92
SUN	Gymnastics: Beginner 1 (LG)	8:00am-8:30am	\$92
	Gymnastics: Beginner 1 (LG)	8:30am-9:00am	\$92
	Gymnastics: Beginner 2 (LG)	9:00am-9:30am	\$92

### YOUTH: AGES 6-12 YEARS

MON	Basketball (10-12): Beginner (BG)	5:15pm-6:00pm	\$92
	Basketball (10-12): Advanced (BG)	6:15pm-7:00pm	\$92
TUES	Learn & Play Pickleball (8-14) (LG)	5:30pm-6:15pm	\$92
	Intro to Art (L)	5:45pm-6:30pm	\$56
WED	Intro to Girls Volleyball (BG)	5:00pm-5:45pm	\$74
	Multi Sports (6-12) (T)	5:15pm-6:00pm	\$74
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$92
THUR	Gymnastics: Int (LG)	6:00pm-6:45pm	\$92
	Intro to Baseball/Softball (T)	5:00pm-5:45pm	\$74
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$92
FRI	Intro to Acting (6-9) (L)	5:45pm-6:30pm	\$56
	Gymnastics: Int (LG)	6:00pm-6:45pm	\$92
	Basketball (6-9): Beginner (BG)	5:00pm-5:45pm	\$92
SAT	Basketball (6-9): Advanced (BG)	6:00pm-6:45pm	\$92
	Tennis (LG)	10:30am-11:15am	\$92
	Intro to Hip Hop (M/A)	11:00am-11:45am	\$92
	Soccer (T)	11:30am-12:15pm	\$92
	Chess (L)	11:30am-1:00pm	FREE
	Intro to Dance (M/A)	12:00pm-12:45pm	\$92
	Kids Yoga (Y)	12:00pm-12:45pm	\$92
Flag Football (6-12) (T)	12:30pm-1:15pm	\$74	
SUN	Gymnastics: Int (LG)	9:30am-10:15am	\$92
	Gymnastics: Adv (LG)	10:15am-12:15pm	\$148
	Speed & Agility (T)	11:30am-12:15pm	\$92
	Gymnastics: Adv (LG)	12:15pm-2:15pm	\$148

### TEENS & ADULTS: AGES 13+ YEARS

MON	Group Guitar (13+) (L)	5:00pm-5:45pm	\$74
TUES	Learn & Play Pickleball (8-14) (LG)	5:30pm-6:15pm	\$92
	Art Exploration: Paint & More (L)	6:45pm-7:30pm	\$56
WED	Girls Teen Volleyball (13-17) (BG)	6:00pm-7:00pm	\$92
SAT	Adult Ballet (13+) (M&A)	1:00pm-1:45pm	\$92

## 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 | 2<sup>ND</sup> FAMILY MEMBER RECEIVES 50% OFF

REGISTER ONLINE AT [WWW.MIDDLETOWNYMCA.ORG/BOXING](http://WWW.MIDDLETOWNYMCA.ORG/BOXING)  
 OR VISIT THE WELCOME CENTER.

## PRIVATE LESSONS

ART | ACTING | CRAFTING | DANCE  
 MUSIC | VOICE | GYMNASICS

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.

February 14	<b>TIME:</b> 6:30PM-9:00PM
March 7	
April 4	
May 9	
June 13	

**ADMISSION:**  
\$10 PER CHILD  
\$15 PER CHILD WITH SWIMMING  
**ADMISSION INCLUDES PIZZA AND A DRINK.**

[WWW.MIDDLETOWNYMCA.ORG/KIDS-NIGHT-OUT](http://WWW.MIDDLETOWNYMCA.ORG/KIDS-NIGHT-OUT)

## 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	MIDDLETOWN	PORT JERVIS
CORNWALL	MINISINK	VALLEY CENTRAL
FLORIDA	MONROE-WOODBURY	WALKILL
GOSHEN	PINE BUSH	WASHINGTONVILLE

**REGISTER ONLINE TODAY:**  
[WWW.MIDDLETOWNYMCA.ORG/CLUB-KID](http://WWW.MIDDLETOWNYMCA.ORG/CLUB-KID)



# MAKING BIRTHDAY CELEBRATIONS SPECTACULAR

**YMCA MEMBER FEE: \$300 | NON MEMBER FEE: \$400**

- 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 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](mailto: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](mailto:mag@middletownymca.org) | (P) 845 395 1016

# SAVE THE DATES

**INDOOR TRIATHLON | FEB 1**  
YMCA OF MIDDLETOWN

**BASKETBALL SKILLS COMPETITION  
FEB 15**  
YMCA OF MIDDLETOWN

**ZUMBATHON | FEB 16**  
YMCA OF MIDDLETOWN

**POCKETBOOK BINGO | FEB 28**  
SOUTH ORANGE FAMILY YMCA

FOR MORE INFORMATION & DETAILS:

SCAN HERE  
TO FOLLOW US  
ON FACEBOOK  
[@SOUTHORANGEYMCA](https://www.facebook.com/southorangeymca)



SCAN HERE  
TO VISIT  
OUR WEBSITE



[WWW.MIDDLETOWNYMCA.ORG/NEWS](http://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	\$112
	PS 3,4	5:00pm-5:30pm	\$112
TUES	PS 1	10:00am-10:30am	\$112
	PS 2	10:30am-11:00am	\$112
	PS 1,2,3	4:30pm-5:00pm	\$112
	PS 1,2,4	5:00pm-5:30pm	\$112
WED	PS 3	10:30am-11:00am	\$112
	PS 1,2	4:30pm-5:00pm	\$112
	PS 3,4	5:00pm-5:30pm	\$112
THUR	PS 2	10:00am-10:30am	\$112
	PS 1	10:30am-11:00am	\$112
	PS 1,2,4	5:15pm-5:45pm	\$112
SAT	PS 1,2	5:45pm-6:15pm	\$112
	PS 4	10:00am-10:30am	\$112
	PS 1,3	10:30am-11:00am	\$112
SUN	PS 1,2,4	12:00pm-12:30pm	\$112
	PS 4	10:00am-10:30am	\$112
	PS 1,3	10:30am-11:00am	\$112
SUN	PS 1,2,3	12:45pm-1:15pm	\$112

### 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	\$112
	SA 2,3,4	5:30pm-6:15pm	\$112
TUES	SA 1,2,3	5:30pm-6:15pm	\$112
WED	SA 5,6 = Barracudas In Training	4:30pm-5:30pm	\$112
THUR	SA 1,3,4	4:30pm-5:15pm	\$112
SAT	SA 1,2,3	11:15am-12:00pm	\$112
SUN	SA 5,6 = Barracudas In Training	10:00am-11:00am	\$112
	SA 1,2,3	11:15am-12:00pm	\$112
	SA 1,2,4	12:00pm-12:45pm	\$112

### 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	\$112
SAT	T/A 1,2,3	12:30pm-1:15pm	\$112

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



## PRIVATE & SEMI-PRIVATE SWIM LESSONS

FOR PACKAGE PRICING & SCHEDULING OPTIONS VISIT:  
[WWW.MIDDLETOWNYMCA.ORG/AQUATICS](http://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](http://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

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

**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.

**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!

**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.

**Speed & Agility:** Improve overall fitness providing a solid foundation for all sports & physical activities, increasing speed, agility, coordination & balance. Enhance athletic abilities with fun & engaging workouts.

**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

**Adult Ballet:** Students learn the basics of ballet while focusing on stretching and conditioning muscles which benefit the entire body from head to toe. There is strong emphasis on posture, alignment, and flexibility through barre exercises and across the floor. No ballet experience is needed. Students should bring a yoga mat to stretch on and wear comfortable workout clothes. Ballet shoes are recommended but not required.

**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](http://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.