



# SPRING PROGRAM GUIDE

## SOUTH ORANGE FAMILY YMCA

### APRIL 21-JUNE 22

REGISTRATION BEGINS MARCH 31

### NO CLASSES: MAY 26

\*Adjustments have been made to the fees for this date.

#### 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	Toddler Time (T) (9M-36M)	10:00am-10:30am	FREE
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
	T-ball (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*	Kids Yoga (Y)	5:00pm-5:45pm	\$82
	Basketball (10-12): Beginner (BG)	5:15pm-6:00pm	\$82
	Basketball (10-12): Advanced (BG)	6:15pm-7:00pm	\$82
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
	Gymnastics: Int (LG)	6:00pm-6:45pm	\$92
THUR	Intro to Sewing (L)	6:00pm-6:45pm	\$56
	Intro to Golf @ Mansion Ridge (8-14)	5:00pm-5:45pm	\$74
	Gymnastics: Beginner (LG)	5:15pm-6:00pm	\$92
	Intro to Acting (6-9) (L)	5:45pm-6:30pm	\$56
FRI	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
SUN	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
	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

TUES	Learn & Play Pickleball (8-14) (LG)	5:30pm-6:15pm	\$92
WED	Aerial Yoga (13+)	11:00am-12:00pm	\$120
	Girls Teen Volleyball (13-17) (BG)	6:00pm-7:00pm	\$92
THUR	Intro to Golf @ Mansion Ridge (8-14)	5:00pm-5:45pm	\$74

## 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 | 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.

April 4

May 9

June 13

**TIME:**  
6:30PM-9:00PM

**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)

## SUMMER CAMP REGISTER NOW

SCAN THE QR CODE TO EXPLORE OUR CAMPS



## 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  
WALKILL  
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

**EASTER EGG HUNT/MEET & GREET | APRIL 5**  
YMCA CAMP ROBBINS

**POCKETBOOK BINGO | APRIL 11**  
YMCA OF MIDDLETOWN

**EASTER EGGSTRAVAGANZA | APRIL 12**  
SOUTH ORANGE FAMILY YMCA

**EASTER EGG HUNT | APRIL 19**  
YMCA OF MIDDLETOWN

**1ST ANNUAL YMCA GOLF OUTING | MAY 15**  
MANSION RIDGE GOLF COURSE

**RUTHIE DINO-MARSHALL 5K | JUNE 8**  
YMCA OF MIDDLETOWN

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	\$100
	PS 3,4	5:00pm-5:30pm	\$100
TUES	PS 1	10:00am-10:30am	\$112
	PS 2	10:30am-11:00am	\$112
	PS 2	4:00pm-4:30pm	\$112
	PS 1,2,3	4:30pm-5:00pm	\$112
	PS 1,2,4	5:00pm-5:30pm	\$112
WED	PS 2	10:30am-11:00am	\$112
	PS 1,2	4:30pm-5:00pm	\$112
	PS 3,4	5:00pm-5:30pm	\$112
THUR	PS 3	10:00am-10:30am	\$112
	PS 4	10:30am-11:00am	\$112
	PS 3	4:00pm-4:30pm	\$112
	PS 1,2,4	5:15pm-5:45pm	\$112
	PS 1,2	5:45pm-6:15pm	\$112
SAT	PS 4	10:00am-10:30am	\$112
	PS 1,3	10:30am-11:00am	\$112
	PS 1,2,4	12:00pm-12:30pm	\$112
SUN	PS 4	10:00am-10:30am	\$112
	PS 1,3	10:30am-11:00am	\$112
	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	\$100
	SA 2,3,4	5:30pm-6:15pm	\$100
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	5:30pm-6:15pm	\$112
	T 4 (Jr. Masters)	5:30pm-6:30pm	\$112
SAT	T/A 1,2,3	12:30pm-1:15pm	\$112

## 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)



**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

FOR MORE DETAILS, SCAN THE QR CODE OR VISIT

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



## 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.

**T-Ball:** This introduction to the sport of baseball is intended to help young children develop ball-game skills and have fun.

**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 Golf (8-14):** Classes meet at Mansion Ridge.

**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.

**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.

**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.

**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.

**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

**Aerial Yoga (13+):** Strengthen, stretch, and invert your body in new ways while suspended from the ceiling in an aerial hammock. All levels are welcome. Modifications are available.

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

**Intro to Golf (8-14):** Classes meet at Mansion Ridge.

**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 & @SOUTHORANGEYMCA  
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 10950  
(P) 845 782 9622

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