



THE
Play With
Purpose
PLACE
No Place Like This Place™

WINTER PROGRAM GUIDE

YMCA OF MIDDLETOWN

FEBRUARY 9–APRIL 12

*NO CLASSES April 3 & 5 in observance of Good Friday & Easter.
Adjustments have been made to the fees for these dates.

REGISTRATION BEGINS JANUARY 26

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.
- For all programs, children must bring sneakers.
- 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.

All classes & schedules are subject to change.

To view our program policies visit: www.middletownymca.org

SPORTS & ARTS

INFANTS & TODDLERS: AGES 6–36 MONTHS

| | | | |
|------|---------------------------------|-----------------|------|
| MON | Sensory Play Time | 11:15am–11:45am | \$25 |
| TUES | Toddler Fit (2Y–3Y) | 10:00am–10:30am | \$25 |
| WED | Play, Make & Take (2–5) | 12:15pm–1:00pm | \$25 |
| THUR | Toddler Time (9M–3Y) | 10:30am–11:15am | FREE |
| FRI | Music & Movement (6M–36M) | 10:00am–10:30am | FREE |
| | Family Music & Movement (6M–5Y) | 10:45am–11:15am | FREE |
| | Family Music & Movement (6M–5Y) | 11:30am–12:00pm | FREE |

PRESCHOOLERS: AGES 3–5 YEARS

| | | | |
|------|---------------------------------|-----------------|------|
| MON | Toddler Time (3Y–5Y) | 4:00pm–4:45pm | FREE |
| | Intro to Acting | 5:30pm–6:00pm | FREE |
| | Gymnastics: Beginner | 5:30pm–6:00pm | \$74 |
| TUES | Toddler Fit (2Y–3Y) | 10:00am–10:30am | \$25 |
| | Basketball | 5:00pm–5:30pm | \$56 |
| | Soccer | 5:30pm–6:00pm | \$56 |
| WED | Play, Make & Take (2–5) | 12:15pm–1:00pm | \$25 |
| | Intro to Music | 5:30pm–6:00pm | \$25 |
| | Multi Sports | 5:30pm–6:00pm | \$56 |
| | YMCA Youth Choir (3–17) | 6:15pm–7:00pm | FREE |
| THUR | Toddler Time (9M–3Y) | 10:30am–11:15am | FREE |
| | Flag Football | 5:15pm–5:45pm | \$56 |
| FRI | Family Music & Movement (6M–5Y) | 10:45am–11:15am | FREE |
| | Family Music & Movement (6M–5Y) | 11:30am–12:00pm | FREE |
| SAT | Soccer | 9:15am–9:45am | \$56 |
| | Gymnastics: Beginner | 9:45am–10:15am | \$74 |
| | Intro to Dance (3–5) | 11:15pm–11:45pm | \$56 |

YOUTH AGES 6–12 YEARS

| | | | |
|------|-------------------------------|-----------------|------|
| MON | Basketball (6–8): Beginner | 5:30pm–6:30pm | \$74 |
| | Volleyball (10–16): Advanced | 6:00pm–7:30pm | \$92 |
| | Actin' Up - Drama Team | 6:15pm–7:00pm | \$56 |
| | Gymnastics (6–8): Beg/Int | 6:15pm–7:00pm | \$74 |
| | Basketball (6–8): Advanced | 6:30pm–7:30pm | \$74 |
| | Gymnastics (9–12): Beg/Int | 7:15pm–8:00pm | \$74 |
| TUES | Rock Climbing (7–11): Int/Adv | 4:30pm–5:15pm | \$74 |
| | Group Guitar | 5:00pm–5:45pm | \$74 |
| | Rubik's Cube Club | 5:15pm–5:45pm | \$25 |
| | Girls Basketball (9–13) | 5:30pm–6:30pm | \$56 |
| | Canvas Painting | 6:15pm–7:00pm | \$74 |
| | Basketball (6–9): Advanced | 6:15pm–7:00pm | \$74 |
| | Soccer (6–8) | 6:15pm–7:00pm | \$74 |
| | Soccer (9–12) | 7:15pm–8:00pm | \$74 |
| WED | Girls Basketball (6–8) | 4:00pm–4:45pm | \$56 |
| | Kids Fit (6–12) | 5:00pm–6:00pm | \$25 |
| | Gymnastics (6–8): Advanced | 5:30pm–6:30pm | \$92 |
| | Keyboard | 6:15pm–7:00pm | \$74 |
| | YMCA Youth Choir (3–17) | 6:15pm–7:00pm | FREE |
| | Gymnastics (9–12): Advanced | 6:45pm–7:45pm | \$92 |
| THUR | Pickleball (9–12) | 5:00pm–5:45pm | \$74 |
| | Color Pencil Art | 5:30pm–6:15pm | \$56 |
| | Volleyball (10–16): Beginner | 6:00pm–7:00pm | \$74 |
| SAT | Flag Football | 9:00am–9:45am | \$74 |
| | Canvas Painting | 9:45am–10:30am | \$74 |
| | Soccer (6–8) | 10:00am–10:45am | \$74 |
| | Basketball (6–8): Beg/Int | 10:15am–11:00am | \$74 |
| | Soccer (9–12) | 11:00am–11:45am | \$74 |
| | Keyboard | 11:00am–11:45am | \$74 |
| | Basketball (9–12) | 12:00pm–12:45pm | \$74 |
| | Hip Hop Dance (6–8) | 12:00pm–12:45pm | \$74 |
| | Hip Hop Dance (9–12) | 1:00pm–1:45pm | \$74 |
| | Chess | 1:00pm–2:00pm | FREE |
| SUN | Gymnastics (6–8): Beg/Int | 9:15am–10:00am | \$74 |
| | Gymnastics (9–12): Beg/Int | 10:15am–11:00am | \$74 |

ADAPTIVE SPORTS FOR KIDS

AGE 6–12 | WEDNESDAYS 4:30PM–5:00PM | \$25

Empowering Every Ability Through
Play, Movement, and Teamwork.

Our Adaptive Sports for Kids program provides children of all abilities with the opportunity to stay active, build confidence, and have fun in a supportive and inclusive environment. Designed specifically for youth with physical, developmental, or cognitive challenges, this program focuses on skill development, teamwork, and the joy of movement—ensuring every child can experience the thrill of sports at their own pace. Through modified activities with specialized equipment and trained coaches, participants will explore a variety of sports such as basketball, soccer, track & field, and more.

Parent/Guardian Participation may be required.

WWW.MIDDLETOWNYMCA.ORG/PROGRAMS

| TEENS & ADULTS: AGES 13+ YEARS | | | |
|--------------------------------|-----------------------------------|-----------------|------|
| MON | Volleyball (10-16): Advanced | 6:00pm-7:30pm | \$92 |
| | Teen & Adult Drama Team | 7:00PM-7:45PM | \$25 |
| TUES | Group Guitar (18+) | 10:00AM-10:45AM | \$74 |
| | Group Keyboard (18+) | 11:00am-11:45am | \$74 |
| | Teen Strength & Endurance (13-17) | 4:00pm-4:45pm | FREE |
| | Group Guitar (13-17) | 6:00pm-6:45pm | \$74 |
| | Girls Basketball (8-13) | 5:30pm-6:30pm | \$56 |
| WED | Girls Fit (7-13) | 4:00pm-4:45pm | \$25 |
| | YMCA Youth Choir (3-17) | 6:15pm-7:00pm | FREE |
| | Creative Drum Circle (13+) | 7:00pm-7:45pm | \$74 |
| | YMCA Unity Singers (13+) | 7:00pm-7:45pm | FREE |
| | Group Keyboard (18+) | 7:30pm-8:00pm | \$56 |
| THUR | Teen Strength & Endurance (13-17) | 4:00pm-4:45pm | FREE |
| | Intro to Poetry (13+) | 5:00pm-5:45pm | \$25 |
| | Volleyball (10-16): Beginner | 6:00pm-7:00pm | \$74 |
| | Advanced Poetry Workshop (13+) | 6:00pm-6:45pm | \$25 |
| | Volleyball (10-16) | 6:00pm-7:00pm | \$66 |
| SAT | Hip Hop Dance (13-17) | 2:00pm-2:45pm | \$56 |

JUNIOR & TEEN LEADERS CLUB

The Y Junior Leaders and Teen Leaders Clubs provide a safe haven for local youth and teens to engage in positive activities under the guidance of adult mentors who help them become confident and contributing members of the community.
 CONTACT: BRITTANY BINNIE-DORELUS
 (E) bbinnie@middletownymca.org (P) 845-395-1021



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

RESERVE YOUR PARTY TODAY

POOL PARTY



Make your next party a splash in our POOL.
 Saturday 3PM-5PM
 Sunday 2:30PM-4:30PM

CONTACT: CHRISTINE DIRKS
 (E) cdirks@middletownymca.org | (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 instructors.
 Sunday 12PM-2PM

CONTACT: KEVIN DORELUS
 (E) kdorelus@middletownymca.org | (P) 845-956-1512

MUSIC/ART PARTY



Choose from a variety of music and art programs for your guests to enjoy. Activities will be lead by one of our talented and creative instructors.

CONTACT: MAXIMILIAN MEZETIN
 (E) mmezetin@middletownymca.org | (P) 347-869-5316

FAMILY FITNESS TIME

The Base Camp room is open daily for kids, ages 10-12, to workout, with a parent or guardian. The Base Camp room is located on the lower level and includes cardio equipment and hydraulic-based strength training machines.

MON-FRI: 4:30PM-7:30PM | SAT & SUN: ALL DAY
 FREE - NO REGISTRATION REQUIRED!

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

BASKETBALL | GYMNASTICS
 SCHEDULE BASED ON AVAILABILITY

CONTACT: KEVIN DORELUS
 (P) 845 956 1512 (E) KDORELUS@MIDDLETOWNYMCA.ORG

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

Martin Luther King Jr. Birthday Celebration | January 18
 THE CENTER FOR YOUTH PROGRAMS

Pocketbook Bingo | February 20
 SOUTH ORANGE FAMILY YMCA

Indoor Tri | March 7
 YMCA OF MIDDLETOWN

St. Patrick's Day Celebration | March 14
 YMCA OF MIDDLETOWN

Easter Eggstravaganza | March 28
 SOUTH ORANGE FAMILY YMCA

Easter Egg Hunt | April 4
 YMCA OF MIDDLETOWN

Pocketbook Bingo | April 17
 YMCA OF MIDDLETOWN

Annual Golf Outing | May 14
 SOUTH ORANGE FAMILY YMCA



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 | 10:00am-10:30am | \$25 |
| | PC A&B | 10:30am-11:00am | \$25 |
| SUN | PC A&B | 10:00am-10:30am | \$25 |
| | PC A&B | 10:30am-11:00am | \$25 |

AGES 3-5: PRESCHOOL CHILDREN (PS)

PS1 - Water Acclimation (Non-swimmer w/4 Bubble)

PS 2 - Water Movement (Non-swimmer w/2 or 3 Bubble)

PS 3 - Water Stamina ("Doggie Paddler" - No Bubble")

PS 4 - Stroke Introduction (Independent Swimmer - No Bubble)

| | | | |
|------|-------------|-----------------|-------|
| MON | PS 1,2 | 4:00pm-4:30pm | \$115 |
| | PS 2, 3/4 | 4:30pm-5:00pm | \$115 |
| | PS 1,2 | 5:45pm-6:15pm | \$115 |
| TUES | PS 2, 3/4 | 5:30pm-6:00pm | \$115 |
| WED | PS 1,2 | 5:30pm-6:00pm | \$115 |
| THUR | PS 1,2 | 4:00pm-4:30pm | \$115 |
| | PS 1,2, 3/4 | 5:15pm-5:45pm | \$115 |
| SAT | PS 1,2 | 10:00am-10:30am | \$115 |
| | PS 2,3/4 | 10:30am-11:00am | \$115 |
| SUN | PS 1,3/4 | 10:00am-10:30am | \$102 |
| | PS 1,2 | 10:30am-11:00am | \$102 |

AGES 6-12: SCHOOL AGED CHILDREN (SA)

SA1—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 | \$115 |
| TUES | SA 1,2 | 4:00pm-4:45pm | \$115 |
| | SA 3,4 | 4:45pm-5:30pm | \$115 |
| | SA 5,6 = Barracudas In Training | 5:00pm-6:00pm | \$115 |
| WED | SA 1,2 | 4:00pm-4:45pm | \$115 |
| | SA 3,4 | 4:45pm-5:30pm | \$115 |
| THUR | SA 5,6 = Barracudas In Training | 4:00pm-5:00pm | \$115 |
| | SA 1,2 | 4:30pm-5:15pm | \$115 |
| SAT | SA 5,6 = Barracudas In Training | 11:00am-12:00pm | \$115 |
| | SA 1,2 | 11:15am-12:00pm | \$115 |
| | SA 2, 3,4 | 12:00pm-12:45pm | \$115 |
| SUN | SA 1,2 | 12:45pm-1:30pm | \$115 |
| | SA 1,2,4 | 11:00am-11:45am | \$102 |
| | SA 1,2,3 | 11:45am-12:30pm | \$102 |

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 | 10:00am-10:45am | \$115 |
| THUR | T/A 1,2,3 | 5:45pm-6:30pm | \$115 |
| SAT | T/A 1 | 12:45pm-1:30pm | \$115 |

PRIVATE & SEMI-PRIVATE SWIM LESSONS

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

| | PRIVATE | SEMI-PRIVATE | ADAPTIVE |
|-----------|---------|--------------|----------|
| 1 Lesson | \$52 | \$34 | \$35 |
| 4 Lessons | \$188 | \$110 | \$120 |
| 6 Lessons | \$272 | \$164 | \$180 |
| 8 Lessons | \$356 | \$218 | \$240 |

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

BARRACUDAS SWIM TEAM

AGES 6-18



The YMCA Barracudas Swim team is a year round competitive swim team for children and teens ages 5 to 18 years old. Try-outs are available throughout the year. Swimmers must be able to swim at the PS4 or SA5/6 levels in order to tryout.

NOTE: Practices are held at the Minisink High School pool.

Contact Amy Phelps for details:

(P) 845 480 1626 (E) barracudas@middletownymca.org

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

AMERICAN RED CROSS LIFEGUARD TRAINING & CPR

Classes are available at our Middletown and Monroe locations.

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



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.

Sensory Play Time: Little ones will use their senses to explore various textures, sounds, and colors.

Toddler Fit (2Y-3Y): Come bring your toddler to their first introduction of beginner gym games and sports.

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.

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.

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

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 that will help performers feel comfortable and confident as they explore their natural creative ability.

Intro to Dance: Learn easy to follow choreographed routines for Hip Hop and other forms of modern dance.

Intro to Music: Children learn the basic concepts of music through song, 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.

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

Toddler Fit (2Y-3Y): Come bring your toddler to their first introduction of beginner gym games and sports.

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.

YMCA Youth Choir: Learn to sing and perform fun & inspirational songs while practicing the basics of singing and expression, as a group.

YOUTH AGES 6-12 YEARS

Actin' Up-Drama Team: Students enhance their acting skills through monologues, improv, skits, and short plays.

Adaptive Sports for Kids: This program provides children of all abilities with the opportunity to stay active, build confidence, and have fun in a supportive and inclusive environment. Designed specifically for youth with physical, developmental, or cognitive challenges, this program focuses on skill development, teamwork, and the joy of movement—ensuring every child can experience the thrill of sports at their own pace. Through modified activities with specialized equipment and trained coaches, participants will explore a variety of sports such as basketball, soccer, track & field, and more. Parent/Guardian Participation may be required.

Basketball: Learn and develop skills of the sport through drills for dribbling, shooting, passing, defense, and teamwork. **Girls Basketball (6-13)** is also available.

Canvas Painting: Enjoy painting on a canvas every at every class. Complete at least 7 of your own works to take home throughout the session.

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

YOUTH AGES 6-12 YEARS CONTINUED

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

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

Girls Fit: A beginner's workout curriculum just for girls.

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. Please Note: Class assignments are subject to change at the instructor's discretion. Bring sneakers.

Group Guitar: Learn to play simple chords, rhythms, and melodies on the guitar.

Hip Hop Dance: Learn easy to follow choreographed routines for Hip Hop and other forms of modern dance.

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.

Rock Climbing: Weekly challenges help young climbers build confidence and develop problem-solving skills to plan each move.

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.

Rubik's Cube Club: Learn and practice solving the Rubik's Cube, various techniques, different shapes that can be solved and more!

Soccer: Players develop coordination and all-around athleticism.

Volleyball (10-16): This program encourages effective communication amongst peers as players learn the fundamentals and develop the skills of the sport.

YMCA Youth Choir: Learn to sing and perform fun & inspirational songs while practicing the basics of singing and expression, as a group.

TEENS & ADULTS: AGES 13+ YEARS

Advanced Poetry Workshop: Learn all elements of writing Spoken Word poetry, bringing it to life using dramatic techniques for performance, and work on composing your own book of poetry.

Creative Drum Circle: Make music as a group percussion ensemble while enjoying an easy, interactive, and therapeutic session.

Girls Basketball (8-14): Learn and develop skills of the sport through drills in dribbling, shooting, passing, defense, and teamwork.

Girls Fit: A beginner's workout curriculum just for girls.

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

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

Hip Hop Dance: Learn easy to follow choreographed routines for Hip Hop and other forms of modern dance.

Intro to Poetry (13+): 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.

Teen & Adult Drama Team: Act out monologues, skits, and plays while building foundational skills of performing.

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.

Volleyball (10-16): This program encourages effective communication amongst peers as players learn the fundamentals and develop the skills of the sport.

YMCA Unity Singers: Sing, practice, and perform inspirational and gospel songs while practicing the basics of singing and expression as a group.

YMCA Youth Choir (3-17): Learn to sing and perform fun & inspirational songs while practicing the basics of singing and expression, as a group.

**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**