



# WINTER PROGRAM GUIDE

## SOUTH ORANGE FAMILY YMCA

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](http://www.middletownymca.org)

### PROGRAM LOCATIONS

BG – BIG GYM | GX – GROUP EXERCISE | L – LOUNGE  
LG – LITTLE GYM | M/A – MOVEMENT/ARTS | T – TURF | Y – YOGA

YOUTH AGES 6-12 YEARS			
MON	Intro to Acting (6-9) (L)	5:45pm-6:30pm	\$56
TUES	Learn & Play Pickleball (8-14) (LG)	5:00pm-5:45pm	\$92
	Tennis: Beginner (LG)	5:45pm-6:30pm	\$92
WED	Intro to Girls Volleyball (BG)	5:00pm-5:45pm	\$74
	Multi Sports (6-12) (T)	5:15pm-6:00pm	\$74
THUR	Flag Football (6-12) (T)	6:00pm-6:45pm	\$74
	Intro to Softball/Baseball (T)	5:00pm-5:45pm	\$74
FRI	Gymnastics: Beginner (LG)	5:00pm-5:45pm	\$92
	Intro to Art (L)	5:45pm-6:30pm	\$56
SAT	Gymnastics: Intermediate (LG)	6:00pm-6:45pm	\$92
	Move & Play Adaptive Gym (8-17) (LG)	4:00pm-4:45pm	FREE
SUN	Basketball (6-12): Beginner (BG)	5:00pm-5:45pm	\$82
	Basketball (6-12): Advanced (BG)	6:00pm-6:45pm	\$82
MON	Speed & Agility (T)	10:30am-11:15am	\$92
	Tennis: Advanced (LG)	10:30am-11:15am	\$92
	Soccer (T)	11:30am-12:15pm	\$92
	Chess (L)	11:30am-1:00pm	FREE
TUES	Flag Football (6-12) (T)	12:30pm-1:15pm	\$74
	Kids Yoga (M/A)	9:00am-9:45am	\$82
WED	Gymnastics: Int (LG)	10:00am-10:45am	\$82
	Gymnastics: Adv (LG)	11:00am-11:45am	\$82
THUR	Intro to Hip Hop (M/A)	11:00am-11:45am	\$82
	Intro to Dance (M/A)	12:00pm-12:45pm	\$82

TEENS & ADULTS: AGES 13+ YEARS			
TUES	Learn & Play Pickleball (8-14) (LG)	5:00pm-5:45pm	\$92
WED	Girls Teen Volleyball (13-17) (BG)	6:00pm-7:00pm	\$92
FRI	Move & Play Adaptive Gym (8-17) (LG)	4:00pm-4:45pm	FREE

## SPECIAL TECHNIQUE BOXING

**AGES 6+ | YOUTH, TEENS & ADULTS WELCOME!**  
HAND WRAPS & GLOVES REQUIRED.

This program is 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 Y.

INFANTS & TODDLERS: AGES 6-36 MONTHS			
THUR	Music & Movement (L)	10:00am-10:30am	FREE
	Tumbling (T) <b>NEW</b>	10:45am-11:15am	\$56
FRI	Toddler Time (T) (9M-36M)	12:00pm-12:30pm	FREE
PRESCHOOLERS: AGES 3-5 YEARS			
MON	Intro to Music (L)	5:00pm-5:30pm	\$25
WED	Gymnastics: Beginner (LG)	5:00pm-5:45pm	\$92
	Gymnastics: Advanced (LG)	6:00pm-6:45pm	\$92
THUR	Make & Take (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
SUN	Gymnastics: Beginner (LG)	9:00am-9:45am	\$82
	Intro to Ballet (M/A)	10:00am-10:45am	\$82

**PRIVATE LESSONS | 1 FOR \$45 OR 4 FOR \$130**  
ART | ACTING | CRAFTING | DANCE MUSIC | VOICE | GYMNASICS  
CONTACT: PATRICK ECKHART (P) 845 915 5341 (E) PE@MIDDLETOWNYMCA.ORG

## KIDS NIGHT OUT

**OPEN TO CHILDREN AGE 3 to 5<sup>TH</sup> GRADE | MUST BE POTTY TRAINED**

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

**6:30PM-9:00PM**  
JAN 9 | FEB 13 | MAR 13 | APR 10 | MAY 8  
ADMISSION: \$20 | \$5 Sibling Discount

**Note:** Swimming is included but children must be registered to swim.

## 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. **UTZ is open to ages 13+**

**MON 7PM-7:45PM | WED 7:15PM-8PM**  
**FRI 9:45AM-10:30PM | SAT 9:15AM-10AM**  
**SUN 10:15AM-11AM**

## DROP-IN \$5/CLASS

VISIT OUR WEBSITE FOR CLASS DESCRIPTIONS: [WWW.MIDDLETOWNYMCA.ORG/PROGRAMS](http://WWW.MIDDLETOWNYMCA.ORG/PROGRAMS)

# 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)

PS1 - 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	\$115
	PS 3,4	5:00pm-5:30pm	\$115
TUES	PS 1	10:00am-10:30am	\$115
	PS 2	10:30am-11:00am	\$115
	PS 1,2	4:30pm-5:00pm	\$115
	PS 3,4	5:00pm-5:30pm	\$115
WED	PS 3	10:30am-11:00am	\$115
	PS 1,2	4:30pm-5:00pm	\$115
THUR	PS 3,4	5:00pm-5:30pm	\$115
	PS 2	10:00am-10:30am	\$115
	PS 1	10:30am-11:00am	\$115
	PS 1,2	5:15pm-5:45pm	\$115
SAT	PS 1	5:45pm-6:15pm	\$115
	PS 4	10:00am-10:30am	\$115
	PS 1,3	10:30am-11:00am	\$115
SUN	PS 1,2,4	12:00pm-12:30pm	\$115
	PS 4	10:00am-10:30am	\$102
	PS 1,3	10:30am-11:00am	\$102
SUN	PS 1,2	12:45pm-1:15pm	\$102

### 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 5,6 = Barracudas In Training	4:30pm-5:30pm	\$115
	SA 2,3,4	5:30pm-6:15pm	\$115
TUES	SA 1,2	5:30pm-6:15pm	\$115
WED	SA 5,6 = Barracudas In Training	4:30pm-5:30pm	\$115
	SA 4	5:30pm-6:15pm	\$115
THUR	SA 1,2	4:30pm-5:15pm	\$115
SAT	SA 1,2,3	11:15am-12:00pm	\$115
SUN	SA 5,6 = Barracudas In Training	10:00am-11:00am	\$102
	SA 1,2,3	11:15am-12:00pm	\$102
	SA 2,4	12:00pm-12:45pm	\$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

WED	T/A 1,2	5:30pm-6:15pm	\$115
SAT	T/A 1,2,3	12:30pm-1:15pm	\$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](http://middletownymca.org/aquatics).
2. Email forms to [SOFY\\_aquatics@middletownymca.org](mailto:SOFY_aquatics@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) 845 395 1016 (E) [SOFY\\_aquatics@middletownymca.org](mailto:SOFY_aquatics@middletownymca.org)

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

## WE'RE HIRING LIFEGUARDS & SWIM INSTRUCTORS



Training is available.

To apply contact the aquatics department at [SOFY\\_aquatics@middletownymca.org](mailto:SOFY_aquatics@middletownymca.org) or visit

[WWW.MIDDLETOWNYMCA.ORG/JOBS](http://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](http://WWW.MIDDLETOWNYMCA.ORG/AMERICAN-RED-CROSS-COURSES)



## BARRACUDAS SWIM TEAM

AGES 6-18

Contact Amy Phelps for details:

(P) 845 480 1626 (E) [barracudas@middletownymca.org](mailto: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.



## MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



- 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 fee of \$5/guest to be paid on the day of the party.
- 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.  
Ask us about **GLOW-IN-THE-DARK POOL PARTIES**.  
Friday 6:30PM-8:30PM | Saturday 3:00PM-5:00PM |  
Sunday 2:00PM-4:00PM  
**CONTACT: MELISSA GILLESPIE**  
(E) mag@middletownymca.org | (P) 845 395 1016

### 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

## VACATION DAY DROP-IN 2025-2026

Open to children in grades K-6.

**\$65/day for Club Kid**  
**\$65/Day for YMCA Members**  
**\$75/day for Non-Members**

JANUARY 19 - MARTIN LUTHER KING JR. DAY  
FEBRUARY 16 - PRESIDENT'S DAY  
FEBRUARY 17 - LUNAR NEW YEAR  
FEBRUARY 18 - MID-WINTER BREAK

MARCH 20 - SUPT. CONFERENCE DAY  
MARCH 30 & 31 & APRIL 1 & 2 - SPRING RECESS  
MAY 19 - SUPT. CONFERENCE DAY  
JUNE 19 - JUNETEENTH

SCAN FOR  
DETAILS



## 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 WALLKILL WASHINGTONVILLE

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



FOR MORE DETAILS VISIT [WWW.MIDDLETOWNYMCA.ORG/EVENTS](http://WWW.MIDDLETOWNYMCA.ORG/EVENTS)

## INFANTS & TODDLERS: AGES 6-36 MONTHS

**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.

**Tumbling:** This class will develop gross motor skills and teach basic gymnastics. Children will learn to jump, balance, and roll while practicing taking turns and following a circuit.

## 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.

**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 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 Softball/Baseball (8-14):** This co-ed program introduces students to fielding, throwing, and hitting practice on the turf. Training baseballs and softballs will be featured.

**SOUTH ORANGE FAMILY YMCA**  
45 Gilbert Street Ext, Monroe, NY 10950  
(P) 845 782 9622

## YOUTH AGES 6-12 YEARS CONTINUED

**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.

**Move and Play Adaptive Gym (8-17):** This heartwarming program offers youth and teens with communication, social, behavioral, and learning differences the chance to enjoy a fun, safe, and supportive experience in our Little Gymnasium.

**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.

**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 & ADULTS: AGES 13+ YEARS

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

**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.

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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**

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