



THE Play With Purpose PLACE

SUMMER PROGRAM GUIDE YMCA OF MIDDLETOWN

JUNE 29 - AUGUST 23 | Registration begins June 15

*NO CLASSES July 4 in observance of Independence Day. Fee adjustments have been made for these dates.

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

WED	Play, Make & Take (2-5)	12:15pm-1:00pm	\$25
FRI	Music & Movement (6M-36M)	10:00am-10:30am	FREE
FRI	Family Music & Movement (6M-5Y)	10:45am-11:15am	FREE
FRI	Family Music & Movement (6M-5Y)	11:30am-12:00pm	FREE

PRESCHOOLERS: AGES 3-5 YEARS

MON	Intro to Acting (3-8)	5:30pm-6:00pm	FREE
MON	Gymnastics: Beginner	5:30pm-6:00pm	\$66
TUES	Basketball	5:00pm-5:30pm	\$56
TUES	Soccer	5:30pm-6:00pm	\$56
WED	Play, Make & Take (2-5)	12:15pm-1:00pm	\$25
WED	Clay Play, Arts & Crafts (4-12)	4:30pm-5:15pm	\$74
WED	Intro to Music	5:30pm-6:00pm	\$25
WED	Multi Sports	5:30pm-6:00pm	\$56
WED	YMCA Youth Choir (3-17)	6:15pm-7:00pm	FREE
THUR	Flag Football	5:15pm-5:45pm	\$56
FRI	Family Music & Movement (6M-5Y)	10:45am-11:15am	FREE
FRI	Family Music & Movement (6M-5Y)	11:30am-12:00pm	FREE
SAT	Soccer	9:15am-9:45am	\$49
SAT	Gymnastics: Beginner	9:45am-10:15am	\$65

YOUTH AGES 6-12 YEARS

MON	Intro to Dance (6-8)	4:00pm-4:45pm	\$56
MON	Basketball (6-8): Beginner	5:30pm-6:30pm	\$66
MON	Intro to Acting (3-8)	5:30pm-6:00pm	\$56
MON	Volleyball (10-16): Advanced	6:00pm-7:00pm	\$92
MON	Y Steppers (6-17)	6:15pm-7:00pm	\$56
MON	Gymnastics (6-12): Beg/Int	6:15pm-7:00pm	\$66

YOUTH AGES 6-12 YEARS

TUES	Group Guitar	4:30pm-5:15pm	\$74
TUES	Girl P.O.W.E.R.	4:30pm-5:15pm	FREE
TUES	Rubik's Cube Club	5:00pm-5:45pm	\$25
TUES	Girls Basketball (9-13)	5:30pm-6:30pm	\$56
TUES	Canvas Painting	6:15pm-7:00pm	\$74
TUES	Soccer (6-8)	6:15pm-7:00pm	\$74
TUES	Soccer (9-12)	7:15pm-8:00pm	\$74
WED	Clay Play, Arts & Crafts (4-12)	4:30pm-5:15pm	\$74
WED	Kids Fit (6-12)	5:00pm-6:00pm	\$25
WED	Gymnastics (6-8): Advanced	5:30pm-6:30pm	\$92
WED	YMCA Youth Choir (3-17)	6:15pm-7:00pm	FREE
WED	Gymnastics (9-12): Advanced	6:45pm-7:45pm	\$92
THUR	Intro to Dance (9-13)	4:00pm-4:45pm	\$56
THUR	Color Pencil Art	5:30pm-6:15pm	\$56
THUR	Volleyball (10-16): Beginner	6:00pm-7:00pm	\$74
THUR	Group Keyboard	6:15pm-7:00pm	\$74
FRI	Hip Hop Dance (6-8)	5:00pm-5:45pm	\$74
FRI	Hip Hop Dance (9-13)	6:00pm-6:45pm	\$74
SAT	Flag Football	9:00am-9:45am	\$65
SAT	Canvas Painting	9:45am-10:30am	\$65
SAT	Soccer (6-8)	10:00am-10:45am	\$65
SAT	Basketball (6-8): Beg/Int	10:15am-11:00am	\$65
SAT	Soccer (9-12)	11:00am-11:45am	\$65
SAT	Basketball (9-12)	12:00pm-12:45pm	\$65
SUN	Gymnastics (6-8): Beg/Int	9:15am-10:00am	\$66
SUN	Gymnastics (9-12): Beg/Int	10:15am-11:00am	\$66
SUN	Crochet (10+)	11:30am-12:15pm	\$56

TEENS & ADULTS: AGES 13+ YEARS

MON	Volleyball (10-16): Advanced	6:00pm-7:00pm	\$92
MON	Y Steppers (6-17)	6:15pm-7:00pm	\$56
TUES	Group Guitar (18+)	10:00am-10:45am	\$74
TUES	Group Keyboard (18+)	11:00am-11:45am	\$74
TUES	Group Guitar (13+)	6:00pm-6:45pm	\$74
TUES	Girls Basketball (9-13)	5:30pm-6:30pm	\$56
WED	Teen & Adult Drama Team	6:15pm-7:00pm	\$25
WED	YMCA Youth Choir (3-17)	6:15pm-7:00pm	FREE
WED	YMCA Unity Singers (13+)	7:00pm-7:45pm	FREE
THUR	Intro to Dance (9-13)	4:00pm-4:45pm	\$56
THUR	Soccer (13-17)	5:00pm-6:00pm	\$74
THUR	Volleyball (10-16): Beginner	6:00pm-7:00pm	\$74
THUR	Group Keyboard (13+)	7:15pm-8:00pm	\$74
FRI	Hip Hop Dance (9-13)	6:00pm-6:45pm	\$74
SUN	Crochet (10+)	11:30am-12:15pm	\$56

JUNIOR & TEEN LEADERS CLUB

CONTACT: BRITTANY BINNIE-DORELUS
(E) bbinnie@middletownymca.org (P) 845-395-1021



PRIVATE LESSONS:
\$45 PER LESSON OR 4 FOR \$140

ART | ACTING | CRAFTING | DANCE | MUSIC & VOICE
CONTACT: MAXIMILIAN MEZETIN (P) 347 869 5316
(E) PERFORMINGARTS@MIDDLETOWNYMCA.ORG

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

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.			
SAT	PC A&B	10:00am-10:30am	\$25
SUN	PC A&B	10:00am-10:30am	\$25
	PC A&B	10:35am-11:05am	\$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 1,2	4:35pm-5:05pm	\$115
	PS 2, 3/4	6:00pm-6:30pm	\$115
TUES	PS 1,2	5:40pm-6:10pm	\$115
WED	PS 1,3/4	5:40pm-6:10pm	\$115
THUR	PS 2, 3/4	4:00pm-4:30pm	\$115
	PS 1,2, 3/4	5:25pm-5:55pm	\$115
SAT	PS 1	10:00am-10:30am	\$101
	PS 2,3/4	10:35am-11:05am	\$101
SUN	PS 1,2	10:00am-10:30am	\$115
	PS 1,2	10:35am-11:05am	\$115

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 1,3	5:10pm-5:55pm	\$115
TUES	SA 1,2	4:00pm-4:45pm	\$115
	SA 1,2	4:50pm-5:35pm	\$115
WED	SA 5,6 = Barracudas In Training	5:00pm-6:00pm	\$115
	SA 1,2	4:00pm-4:45pm	\$115
THUR	SA 3,4	4:50pm-5:35pm	\$115
	SA 5,6 = Barracudas In Training	4:00pm-5:00pm	\$115
SAT	SA 1,2	4:35pm-5:20pm	\$115
	SA 5,6 = Barracudas In Training	10:00am-11:00am	\$101
	SA 1,2	11:10am-11:55am	\$101
	SA 1, 3,4	12:00pm-12:45pm	\$101
SUN	SA 1,2	12:50pm-1:35pm	\$101
	SA 1,2,3	11:10am-11:55am	\$115
	SA 1,2,4	12:00pm-12:45pm	\$115

AGES 13+: TEENS (13-17) & ADULTS (18+)			
T/A=TEENS & ADULTS COMBINED			
T/A 1—Beginner T/A 2—Intermediate T/A 3—Advanced			
THUR	T/A 1,2,3	6:00pm-6:45pm	\$115
SAT	T/A 1	12:50pm-1:35pm	\$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

AMERICAN RED CROSS LIFEGUARD TRAINING & CPR

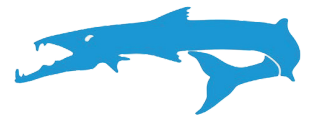
Classes are available at our Middletown and Monroe locations.

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



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