



**THE**  
Play With  
Purpose  
**PLACE**  
No Place Like This Place™

# SUMMER PROGRAM GUIDE

## SOUTH ORANGE FAMILY YMCA

**JUNE 29–AUGUST 23 | Registration opens 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](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

# SPORTS & ARTS

### PRESCHOOLERS: AGES 3-5 YEARS

MON	Make & Take (Y)	5:00pm-5:30pm	\$25
WED	Gymnastics: Beginner (LG)	5:00pm-5:45pm	\$92
	Gymnastics: Advanced (LG)	6:00pm-6:45pm	\$92
THUR	Intro to Music (M/A)	5:00pm-5:30pm	\$25
SAT	Multi Sports (LG)	9:00am-9:30am	\$49
	T-ball (LG)	9:45am-10:15am	\$49
SUN	Gymnastics: Beginner (LG)	9:00am-9:45am	\$92
	Intro to Ballet (M/A)	10:00am-10:45am	\$92

## SPECIAL TECHNIQUE BOXING

AGES 6+ | YOUTH, TEENS & ADULTS WELCOME!

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

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

## 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 9:30AM-10:15PM | 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)

### YOUTH AGES 6-12 YEARS

MON	Intro to Art (Y)	5:45pm-6:30pm	\$56
	Intro to Acting (6-9) (L)	6:00pm-6:45pm	\$56
TUES	Learn & Play Pickleball (8-14) (LG)	5:00pm-5:45pm	\$92
	Kids Fit (8-14) (T)	5:00pm-5:45pm	\$74
	Juvenile Mass Choir (M/A)	5:00pm-5:45pm	\$74
	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
	Flag Football (6-12) (T)	6:00pm-6:45pm	\$74
THUR	Intro to Softball/Baseball (T)	5:00pm-5:45pm	\$74
	Gymnastics: Beginner (LG)	5:00pm-5:45pm	\$92
	Intro to Golf (8-14) @ Mansion Ridge	5:00pm-5:45pm	\$92
	Rhythm & Voices Chorus (M/A)	5:45pm-6:30pm	\$74
FRI	Gymnastics: Intermediate (LG)	6:00pm-6:45pm	\$92
	Basketball (6-12): Beginner (BG)	5:00pm-5:45pm	\$92
	Basketball (6-12): Advanced (BG)	6:00pm-6:45pm	\$92
	SAT	Speed & Agility (T)	10:30am-11:15am
Tennis: Advanced (LG)		10:30am-11:15am	\$81
Soccer (T)		11:30am-12:15pm	\$81
Chess (L)		11:30am-1:00pm	FREE
Flag Football (6-12) (T)		12:30pm-1:15pm	\$65
SUN	Gymnastics: Int (LG)	10:00am-10:45am	\$92
	Gymnastics: Adv (LG)	11:00am-11:45am	\$92
	Intro to Hip Hop (M/A)	11:00am-11:45am	\$92
	Intro to Dance (M/A)	12:00pm-12:45pm	\$92

### TEENS & ADULTS: AGES 13+ YEARS

TUES	Learn & Play Pickleball (8-14) (LG)	5:00pm-5:45pm	\$92
	Kids Fit (8-14) (T)	5:00pm-5:45pm	\$74
	Teen & Adult Mass Choir (13+) (M/A)	6:00pm-6:45pm	\$74
WED	Outdoor Bootcamp	10:00am-10:45am	\$92
	Girls Teen Volleyball (13-17) (BG)	6:00pm-7:00pm	\$92
THUR	Intro to Golf (8-14) @ Mansion Ridge	5:00pm-5:45pm	\$92

## PRIVATE LESSONS | 1 FOR \$45 OR 4 FOR \$130

ART | ACTING | CRAFTING | DANCE MUSIC | VOICE | GYMNASTICS

CONTACT: PATRICK ECKHART (P) 845 915 5341 (E) [PE@MIDDLETOWNYMCA.ORG](mailto:PE@MIDDLETOWNYMCA.ORG)

# HYROX TRAINING CLUB

It's official...  
South Orange Family YMCA  
is a HYROX Training Club!

This is more than just another fitness class. HYROX training combines strength, endurance, power, and conditioning into one high-energy training experience designed for ALL fitness levels.

**CLASSES START IN JUNE! Stay tuned for details.**

# 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	5:55pm-6:25pm	\$25
SAT	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 2,3	4:30pm-5:00pm	\$115
	PS 3,4	5:05pm-5:35pm	\$115
TUES	PS 1	10:00am-10:30am	\$115
	PS 2	10:45am-11:15am	\$115
	PS 2,3	4:30pm-5:00pm	\$115
	PS 2,3	5:05pm-5:35pm	\$115
WED	PS 3	10:45am-11:15am	\$115
	PS 1,2	4:30pm-5:00pm	\$115
	PS 3,4	5:05pm-5:35pm	\$115
THUR	PS 2	10:00am-10:30am	\$115
	PS 1	10:45am-11:15am	\$115
	PS 3,4	5:20pm-5:50pm	\$115
	PS 1	5:55pm-6:25pm	\$115
SAT	PS 1	10:00am-10:30am	\$101
	PS 1,3	10:35am-11:05am	\$101
	PS 1,2,4	12:10pm-12:40pm	\$101
SUN	PS 2,3	10:00am-10:30am	\$115
	PS 1,3	10:35am-11:05am	\$115
	PS 1,2,3	1:00pm-1:30pm	\$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 5,6 = Barracudas In Training	4:30pm-5:30pm	\$115
	SA 2,3,4	5:40pm-6:25pm	\$115
TUES	SA 1	10:00am-10:45am	\$115
	SA 1,2	5:40pm-6:25pm	\$115
WED	SA 2	10:00am-10:45am	\$115
	SA 5,6 = Barracudas In Training	4:30pm-5:30pm	\$115
THUR	SA 3,4	5:40pm-6:25pm	\$115
	SA 3	10:00am-10:45am	\$115
SAT	SA 1,2	4:30pm-5:15pm	\$115
	SA 1,2,3	11:20am-12:05pm	\$101
SUN	SA 3,4	12:45pm-1:30pm	\$101
	SA 5,6 = Barracudas In Training	10:00am-11:00am	\$115
SUN	SA 1,2,3	11:20am-12:05pm	\$115
	SA 2,3,4	12:10pm-12:55pm	\$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

WED	T/A 2	5:40pm-6:25pm	\$115
SAT	T/A 1	12:45pm-1:30pm	\$101

**WE'RE HIRING**  
**LIFEGUARDS &**  
**SWIM INSTRUCTORS**



**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.



### 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)