



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HERE COMES THE FUN



## Summer Session Programs

YMCA OF MIDDLETOWN &  
THE CENTER FOR YOUTH PROGRAMS  
June 25, 2018–August 19, 2018

### REGISTRATION BEGINS:

June 11, 2018 with YMCA Membership  
June 15, 2018 for Program Members

**Registration ends July 8, 2018.**

\*No Programs Wednesday, July 4th.

\*Prices have been adjusted for these classes.

**Note:** Parents of children 12 and under must remain within the facility when that child is checked into a supervised YMCA program.

### HOW TO REGISTER:

- Current Y Members may REGISTER on the app or online at [www.middletownymca.org](http://www.middletownymca.org). We must have a current e-mail address on file prior to registration.
- Special Program Rates for members with a YMCA FAMILY MEMBERSHIP can only be applied when registration is done in-person.
- First time registrants and Program Members must register at our Welcome Center.
- Please see back page for cancellation/refund policies.
- A minimum of 6 students is required to run most classes.

## Arts & Special Interest

### Chess Club at The Center

Games are set up by age and/or skill level.  
**FREE with YMCA Membership**

Ages 7-12	Beginner	Sat	1:00pm-2:00pm
All Ages	Advanced	Sat	2:00pm-3:00pm

### Choir at The Center

Join the Y's Choir. Learn vocal performance, harmony, music theory, and perform at community events. **Note:** Students must commit to fundraise through ticket sales for seasonal performances.  
**FREE with YMCA Membership**

Ages 3-12		Wed*	5:30pm-6:30pm
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### Intro to Drones at Highland Ave

This class will take you through basics from Federal Aviation Administration (FAA) regulations to hands on readiness. Gain direct experience through various flying exercises, simulators, and safety readiness.  
**\$62 with YMCA Membership / \$124 for Program Members**

Ages 16 & Older	Backyard	Sat	1:00pm-2:00pm
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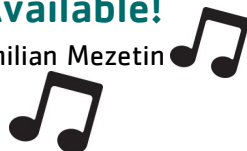
### Stage Drama at The Center

Learn or improve acting skills and take part in inspirational community events. Instructor: Maximilian Mezetin  
**\$62 with YMCA Membership / \$124 for Program Members**

Ages 6-13		Wed*	6:30pm-7:30pm
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## Private Music Lessons Available!

For more information contact: Maximilian Mezetin  
(P) 347 869 5316  
(E) memax8@hotmail.com



## Sports & Fitness

### Basketball Training at Highland Ave

**\$50 with YMCA Membership / \$124 for Program Members**

Ages 6-8	Beginner	Lyons Den	Tues	5:30pm-6:30pm
Ages 6-8	Advanced	Lyons Den	Tues	6:30pm-7:30pm
Ages 6-8	Beginner	Lyons Den	Sat	9:30am-10:30am
Ages 9-12		Lyons Den	Mon	5:30pm-6:30pm

### Basketball Training at Highland Ave-Continued

**\$50 with YMCA Membership / \$124 for Program Members**

Ages 9-14		Highland Gym	Sat	1:00pm-2:00pm
Ages 11-14	Girls Only	Highland Gym	Thurs	5:00pm-6:00pm

### Boxing Fundamentals with New Breed Boxing

Practice proper stance, footwork & punching techniques while building strength and speed.  
**\$62 with YMCA Membership / \$124 for Program Members**



Ages 8-18			Sat	11:00am-12:00pm
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### Girls Volleyball Training at Highland Ave

Learn volleyball fundamentals and develop skills in the areas of bumping, setting, and serving.  
**\$90 with YMCA Membership / \$180 for Program Members**

Ages 10-14		Highland Gym	Thurs	6:00pm-7:30pm
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### Gymnastics & Tumble at Highland Ave

**\$62 with YMCA Membership / \$124 for Program Members**

Ages 18M-3Y	Parent & Child		Sat	9:30am-10:15am
Ages 3-4			Mon	5:00pm-5:45pm
Ages 3-4			Tues	4:30pm-5:15pm
Ages 3-4			Sat	10:30am-11:15am
Ages 5-7			Mon	6:00pm-6:45pm
Ages 5-7			Tues	5:30pm-6:15pm
Ages 5-7			Sat	11:30am-12:15pm
Ages 8-9			Tues	6:30pm-7:15pm
Ages 8-9			Sat	12:30pm-1:15pm
Ages 9-11	(By Invitation Only)		Mon	7:00pm-7:45pm

### Karate/Judo at The Center

Build character, strength, and self-confidence while improving coordination, balance, discipline, and mental concentration. A minimum of 5 students is needed to run a class.

**Note: Students must purchase a uniform from Sensei (\$25-\$30)  
\$62 with YMCA Membership / \$124 for Program Members**

Ages 3-4	Beginner		Sat	11:30am-12:00pm
Ages 5-7	Beginner		Sat	12:15pm-1:00pm
Ages 5-7	Advanced		Sat	1:15pm-2:00pm
Ages 5-7	Beginner		Sat	4:15pm-5:00pm

### Karate/Judo at The Center—Continued

Note: Students must purchase a uniform from Sensei (\$25-\$30)  
\$62 with YMCA Membership / \$124 for Program Members

Ages 8-12	Beginner	Sat	2:15pm-3:00pm
Ages 8-12	Advanced	Sat	3:15pm-4:00pm

### Kids Fit at Highland Ave

A beginners workout curriculum just for kids.  
\$20 with YMCA Membership

Ages 7-12	Gymnasium	Wed*	6:35pm-7:35pm
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### Soccer at Highland Ave

\$50 with YMCA Membership / \$124 for Program Members

Ages 3-4	Lyons Den	Mon	5:30pm-6:00pm
Ages 3-4	Gymnasium	Sat	9:15am-9:45am
Ages 5-6	Lyons Den	Mon	6:15pm-7:00pm
Ages 5-6	Gymnasium	Sat	10:00am-10:45am
Ages 7-10	Gymnasium	Sat	11:00am-11:45am
Ages 11-14	Gymnasium	Sat	12:00pm-1:00pm

# HELPING YOU GET STARTED

### 2 FREE Orientations

Every member, age 15 and older, receives 2 FREE 1-hour Orientation sessions in our Wellness Center. Members, ages 13 & 14, must complete three FREE 1-hour orientations prior to working out in the Wellness Center. During the sessions, a trainer will help you design a workout to suit your individual needs with instruction on proper use of the equipment. Call the Y or stop by and speak to one of our Trainers to schedule your appointments.



### Get Started at Highland Ave

This 9-week program is designed for new and returning health seekers. This program is perfect for members looking to begin an exercise program. Our experienced trainers help individuals consider personal fitness goals, create a balanced routine, and encourages them to work at their own pace.

**\$25 - YMCA MEMBERS ONLY!**

**DON'T WAIT—GET STARTED TODAY!**

Please call or visit us for more information.

Ages 13 & Older	Kelly	Mon	1:00pm-1:45pm
Ages 13 & Older	Angie	Tues	2:00pm-2:45pm
Ages 13 & Older	May	Thurs	11:00am-11:45am
Ages 13 & Older	Angie	Thurs	4:00pm-4:45pm

## MAKE IT PERSONAL

### Personal Training

A program just for you.  
Each session is 1 hour.

3 sessions (1st Time)	\$35/Session
1 session	\$47/Session
3 sessions	\$45/Session
5 sessions	\$42/Session
10 sessions	\$37/Session



### Partner Training

Train with a friend.  
Each session is 1 hour.  
Pricing is per pair.

1 session	\$75/Session
3 sessions	\$68/Session
5 sessions	\$62/Session
10 sessions	\$59/Session



### Small Group Training

Train with 3-5 friends.  
Each session is 1 hour.

As low as \$20/Session



# NEW BREED BOXING



The YMCA of Middletown has teamed up with New Breed Boxing to bring competitive and non-competitive boxing programs to the Y. These boxing programs are **EXCLUSIVE** to members of the YMCA of Middletown. **Members must be evaluated by Coach Virgil Derrick Merino BEFORE REGISTERING.**

	Age	Competitive Full Contact	Non-Competitive Non-Contact
Youth	8-12	\$50/month	\$60/month
Teen	13-18	\$60/month	\$70/month
Young Adult	18-25	\$60/month	\$70/month
Adult	26 & Older	\$50/month	\$60/month

### HOURS OF OPERATION:

Mon-Thurs 4PM-9PM, Fri 4PM-8PM, Sat 10AM-3PM, Sun CLOSED

Contact Coach V for more information:  
(P) 845 344 9622 x219 (C) 845 978 6498  
(E) coachv@middletownymca.org

Follow us on  
facebook:  
NewBreedBoxingNY



## Open Games

INCLUDED IN YMCA MEMBERSHIP

**Basketball - Age 19+**  
Monday 7:30pm-9:45pm

**Pickleball - Age 13+**

Play a fun game that combines elements of tennis, badminton and ping pong. You'll learn the rules of the game and compete. Equipment is provided.

Tuesday 10:15am-12:00pm  
Wednesday 7:30pm-9:30pm  
Thursday 10:15am-12:00pm  
Thursday 7:00pm-9:30pm



**Volleyball - Age 19+**  
Thursday 8:00pm-9:45pm



**Red Ball Tennis - Age 13+**

Develop hand-eye coordination, agility, balance and ball skills while playing on a smaller court with a slower moving tennis ball. Equipment is provided.

Monday 10:00am-11:00am  
Wednesday 10:00am-11:00am

# Swimming Lessons

\$62 with YMCA Membership / \$124 for Program Members

## STEP #1: CHOOSE YOUR SWIMMER'S LEVEL BY AGE & ABILITY

### SKIP-Parent & Child Swimming Lessons - Ages 6mo-3yrs 1 Child FREE with YMCA FAMILY PASSPORT MEMBERSHIP!

SKIP 1—6 months to 18 months

Student to Teacher Ratio:  
1:10

SKIP 2—19 months to 36 months

### Preschool Swimming Lessons - Ages 3-5

Pike—Beginner (Non-swimmer using a 4 Bubble)

Student to Teacher  
Ratio: 1:5

Eel—Advanced Beginner (Non-swimmer using a 2 or 4 Bubble)

Ray—Intermediate ("Doggie Paddler" using 2 or No Bubble)

Starfish—Advanced (Independent Swimmer - No Bubble)

### Youth Swimming Lessons - Ages 6-12

Polliwog—Beginner (Non-Swimmer)

Guppy—Advanced Beginner ("Doggie Paddler")

Minnow—Intermediate (Deep Water Swimmer)

Fish—Advanced #1

Flying Fish—Advanced #2

Shark—Advanced #3

Student to  
Teacher Ratio:  
1:8

Student to Teacher Ratio:  
1:10

### Teen & Adult Swimming Lessons - Ages 13 & Older

Beginner / Intermediate / Advanced

## STEP #2: SELECT AN OPTION

### OPTION #1: 1 DAY PER WEEK FOR 8 WEEKS

SKIP (combined)	Sat	9:30am-10:00am
SKIP (combined)	Sat	12:15pm-12:45pm
Pike / Eel / Ray	Fri	4:45pm-5:15pm
Pike / Eel / Ray	Sat	9:00am-9:30am
Ray / Starfish	Sat	9:30am-10:00am
Pike / Eel	Sat	11:45am-12:15pm
Pike / Eel / Ray	Sun	9:45am-10:15am
Polli / Guppy / Minnow	Fri	4:00pm-4:45pm
Polli / Guppy / Minnow	Sat	10:00am-10:45am
Polli / Guppy / Minnow	Sat	11:00am-11:45am
Polli / Guppy / Minnow	Sun	10:15am-11:00am
Fish / Flying Fish / Shark	Fri	5:15pm-6:00pm
Fish / Flying Fish / Shark	Sat	12:15pm-1:00pm
Fish / Flying Fish / Shark	Sun	11:00am-11:45am
Teen & Adult—Beg / Int / Adv	Thurs	7:00pm-7:45pm

### OPTION #2: 4 DAYS PER WEEK FOR 2 WEEKS

These lessons are Monday - Thursday during the following 2 week sessions.

**Session 1:** June 25th-July 6th (No classes July 4th)

**Session 2:** July 9th-July 19th

**Session 3:** July 23rd-August 2nd

**Session 4:** August 8th-August 16th

SKIP 1 / Pike / Eel	4:30pm-5:00pm
SKIP 2 / Ray / Starfish	5:00pm-5:30pm
Polli / Guppy / Minnow	5:30pm-6:15pm
Fish / Flying Fish / Shark	6:15pm-7:00pm

A minimum of 3 students is required to run a class. Levels may be combined in order to reach that minimum.

### For additional information, please contact:

Danielle McAvinue, Aquatics Director

(P) 845 956 1549

(E) dmcaivue@middletownymca.org

## Private Lessons

Private lessons are available to **YMCA members only**. Lessons are Monday—Friday with limited availability on the weekends.



### Summer Package Options

1 x per week	\$35
2 x per week	\$60
3 x per week	\$75

### AVAILABLE TIMES

12:00pm & 12:30pm • 3:30pm & 4:00pm • 6:00pm & 6:30pm

Private lessons will run during the Summer Session (6/25—8/9).

## Swim Stroke Clinic

August 20-24, 2018

9:00am-5:00pm

### Schedule:

August 20-Butterfly Stroke	August 21-Back Stroke
August 22-Breast Stroke	August 23-Free Stroke
August 24-IM and Turns	

Designed for swimmers, ages 6-18, to enhance their stroke efficiency through stroke specific drills & workouts. Swimmers must swim at the YMCA's Fish level or higher.

\$75 per day or \$300 for the week.

### LAP SWIM CLUB

Challenge yourself to swim 100 miles. Log your laps at the pool and earn prizes along the way:  
25 Miles—Swim Cap / 50 Miles—Goggles / 100 Miles—T-shirt

**\$25 TO JOIN—START AT ANY TIME!**





## Barracudas Swim Team Ages 5-18



For more information, or to set up a try-out,  
contact Amy Phelps:  
(P) 845 956 1517  
(E) barracudas@middletownymca.org

SAVE THE DATE

### COMMUNITY BBQ

June 16, 2018

### TODD LYONS PAVING 5K COLOR RUN

July 14, 2018

### UNITY FAIR

September 29, 2018

Check our website and Facebook for details.



## SUMMER CAMP

Registration for Summer Camp is open.  
Visit our website for details.

Camp Discovery at Harriman State Park, Ages 5-15

Camp Funshine at The Center, Ages 3-8

Camp Robbins in Walden, Ages 5-16

Preschool Summer Camp at SOFY, Ages 3-5

Summer Squad at The YMCA of Middletown, Ages 9-16

YMCA of Sullivan Day Camp in Rock Hill, Ages 5-12

## GET A JUMP START ON PLANS FOR THE 2018-2019 SCHOOL YEAR

### First Step Preschool at The Center 3 & 4 Year Olds

It's critical for your child's early education experience to be successful. That happens when you choose the best place to help your child learn, grow and thrive, where they feel comfortable, safe and nurtured.

The Y's First Step Preschool provides an environment where young learners are engaged in a stimulating, age appropriate, early literacy based curriculum with **free weekly swim lessons** and extended hours are available.



Families enrolled in First Step Preschool are eligible for a **YMCA Family Advantage Membership—only \$38 per month!** Please stop by our Middletown or Monroe branch for further details.

**For more information contact Sherri Tironi:**  
(P) 845 956 1546 (E) stironi@middletownymca.org

### Club Kid—Before & After School Program

With programs on-site in many school districts as well as one of our own facilities, the Y gives elementary and middle school students around Orange County a safe place to go before and after school. Club Kid provides children the opportunity to choose among a variety of activities to suit their individual interests. Visit our website to see if we offer Club Kid in your community.

**AM Program: 7:00AM—Start of School Day**  
**PM Program: End of School Day—6:00PM**

**Extended hours** are available at some locations from 6:00PM– 6:30PM.

Families enrolled in Club Kid are eligible for a **YMCA Family Advantage Membership—only \$38 per month!** Please stop by our Middletown or Monroe branch for further details.

**For more information contact Pat Weiss:**  
(P) 845 956 1495 (E) pweiss@middletownymca.org

Financial assistance is available through our ACCESS program, for those who qualify. Please visit our Middletown or Monroe branch to apply.

### YMCA Program Policies

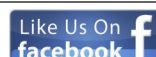
**MISSED CLASSES & MAKE-UP CLASSES**—There are NO credits or make-ups available for classes missed for personal reasons. In cases where classes are cancelled by the YMCA, due to inclement weather or other circumstances, all attempts will be made to make up those classes during the week following the end of the session.

**SWITCHING CLASSES**—When space is available, a \$5 fee will be charged to switch a class once the session has started. Switching is only possible before or during the first 2 weeks of each session.

**WITHDRAWAL FROM CLASSES**—There are no refunds. Credits will only be issued when withdrawal from class(es) is due to a medical reason. A doctor's note must be provided including the dates of absence.

### ALL YMCA CLASSES & SCHEDULES ARE SUBJECT TO CHANGE

YMCA OF MIDDLETOWN 81 Highland Avenue, Middletown, NY 10940  
THE CENTER FOR YOUTH PROGRAMS 6 Liberty Street, Middletown, NY 10940



(P) 845 344 9622  
(W) www.middletownymca.org