



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. 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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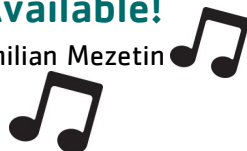
Stage Drama at The Center

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 5th (No classes July 4th)

Session 2: July 9th-July 19th

Session 3: July 23rd-August 2nd

Session 4: August 6th-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) dmcavinue@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

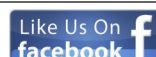
MISSED CLASSES & MAKE-UP CLASSES—There are NO credits or make-ups available for classes missed for personal reasons. In cases where classes are cancelled by the YMCA, due to inclement weather or other circumstances, all attempts will be made to make up those classes during the week following the end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