



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEP WARM WITH WINTER FUN

HOW TO REGISTER:

- Current Y Members may REGISTER 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 & Crafts Club at The Center

Each week a new medium will be explored for lots of messy fun!
\$50 with YMCA Membership / \$130 for Program Members

Ages 3-5	Mon	5:00pm-5:45pm
Ages 6-9	Mon	6:00pm-6:45pm

Storybook Art at The Center

Enter into a storybook world by creating story themed projects.
\$50 with YMCA Membership / \$130 for Program Members

Ages 2-5	Thurs*	5:30pm-6:15pm
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Tot Time Art/Gym at The Center

A unique experience for both parent and child to enjoy creative time with arts & crafts followed by active time in our gym and/or soft play room.

\$50 with YMCA Membership / \$130 for Program Members

Ages 18M-35M	Wed	10:00am-11:00am
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Ballet at The Center

Simple classical ballet exercises help children express themselves through creative dancing. Instructor: Nadia DraGeva

Ages 4-5 Beginner	Wed	4:00pm-5:00pm
\$65 with YMCA Membership \$130 for Program Members		
Ages 6-7 Beginner	Thurs*	5:30pm-6:30pm
	& Sat	1:00pm-2:00pm
\$90 with YMCA Membership \$180 for Program Members		
Intermediate—By Invitation Only!	Sat	2:00pm-3:00pm
\$65 with YMCA Membership \$130 for Program Members		

Winter I Programs

THE YMCA OF MIDDLETOWN &
THE CENTER FOR YOUTH PROGRAMS

November 21, 2016 - January 29, 2017

PROGRAM REGISTRATION BEGINS:

November 7, 2016 with YMCA Family Membership

November 9, 2016 with YMCA Membership

November 11, 2016 for Program Members

Program Registration ends December 4th.

There are NO PROGRAMS:

*November 24th & *January 1st

*Prices have been adjusted for these classes.

December 24th- December 31st

(Winter Break-These classes were not included in your class fees.)

Basketball—Youth Basketball Training at The Center

One Day Per Week:

\$65 for YMCA Members / \$130 for Program Members

Two Days Per Week:

\$90 for YMCA Members / \$180 for Program Members

Ages 6-8 Beginner	Mon	5:30pm-6:30pm
Ages 6-8 Advanced (By invitation Only)	Mon	6:30pm-7:30pm
Ages 6-8 Beginner	Sat	10:00am-11:00am
Ages 6-8 Advanced (By invitation Only)	Sat	11:00am-12:00pm

Basketball - Youth Basketball Training at Highland Ave

\$65 for YMCA Members / \$130 for Program Members

Ages 9-12 Co-Ed	Sat	1:30pm-3:00pm
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Basketball - High Level Basketball Training at Highland Ave

\$65 for YMCA Members / \$130 for Program Members

By invitation only	Fri	6:00pm-7:30pm
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Bowling at Quinnz Pinz

This class introduces students to the sport of bowling, including terminology, and safety. Each student will receive their very own appropriately fitted ball to take home.

\$85 with YMCA Membership / \$144 for Program Members

Ages 3-4	Wed	4:30pm-5:30pm
Ages 5-7	Wed	5:30pm-6:30pm
Ages 8-15	Wed	6:30pm-7:30pm

Chess Club at The Center

Games are set up by age and/or skill level.

FREE with YMCA Membership / \$6 per day for Program Members

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

Choir at The Center

Join the Y's Youth and Teen Choir for ALL young people!
Learn vocal performance, harmony, music theory, and perform at community events. Instructor: Maximilian Mezetin

Note: Each student must commit to fundraise through ticket sales.
FREE with YMCA Membership—YMCA Membership is required.

Ages 4-18	Wed	6:00pm-7:00pm
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ATTENTION MEMBERS

Did you know your family membership to the YMCA of Middletown includes access to the YMCA of Sullivan County where you can enjoy outdoor adventures all year round? Visit our website or stop by the welcome center for more information.

Cooking- Intro to cooking at The Center

Go on a culinary adventure each week preparing tasty treats.
\$75 for YMCA Members / \$150 for Program Members

Ages 5-7	Tues	5:00pm-6:00pm
Ages 8-12	Tues	6:15pm-7:15pm

Stage Drama at The Center

Learn or improve acting skills and take part in inspirational community events.

Instructor: Maximilian Mezetin

\$65 with YMCA Membership / \$130 for Program Members

Ages 6-13	Wed	7:00pm-8:00pm
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Gymnastics & Tumble at The Center

Explore the elementary forms of gymnastics, learn basic gymnastics skills and develop gross motor skills and muscle tone.

\$65 with YMCA Membership / \$130 for Program Members

Ages 18M-3Y Toddler Tumble—Parent & Child	Mon	4:30pm-5:15pm
Ages 18M-3Y Toddler Tumble—Parent & Child	Sat	9:00am-9:45am
Ages 3-4 Preschool Gymnastics	Mon	5:30pm-6:15pm
Ages 3-4 Preschool Gymnastics	Sat	10:00am-10:45am
Ages 3-4 Preschool Gymnastics	Tues	4:30pm-5:15pm
Ages 5-7 Kindernastics	Mon	6:30pm-7:15pm
Ages 5-7 Kindernastics	Tues	5:30pm-6:15pm
Ages 5-7 Kindernastics	Sat	11:00am-11:45am
Ages 8-9 Beginner Gymnastics	Tues	6:30pm-7:15pm
Ages 8-9 Beginner Gymnastics	Sat	12:00pm-12:45pm

Dance Group at The Center

Express yourself through movement and music through a combination of hip-hop and other dance styles.

Instructor: Patrice Hamilton

\$65 with YMCA Membership / \$130 for Program Members

Ages 9-15	Mon	5:30pm-6:30pm
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Instrumental Ensemble at The Center

This program is for experienced musicians of any level and with any instrument. Bring your instrument and your music stand and together the group will inspire the community through their music. Please e-mail Mollie at mollie277@hotmail.com with which Instrument you play.

Instructor: Mollie Rath

FREE with YMCA Membership

All Ages Welcome	Tues	7:15pm-8:00pm
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Intro to Studio at The Center

Recording & making your own music.

Learn the basics of engineering a studio recording session, while making and recording your own music. Instructor: Shawn Thomas

\$75 with YMCA Membership / \$150 for Program Members

***There is a class maximum of 6 participants.**

Ages 13-18	Sat	12:00pm-1:30pm
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Karate/Judo at The Center

Build character, strength, and self-confidence while improving coordination, balance, discipline, and mental concentration.

Note: Students must purchase a uniform from Sensei (\$25-\$30)

\$65 with YMCA Membership / \$130 for Program Members

Ages 3-4 Beginner	Tues	5:30pm-6:00pm
Ages 5-7 Beginner	Sat	12:15pm-1:00pm
Ages 5-7 Advanced	Sat	1:15pm-2:00pm
Ages 8-12 Beginner	Sat	2:15pm-3:00pm
Ages 8-12 Advanced	Sat	3:15pm-4:00pm
Ages 5-7 Beginner	Sat	4:15pm-5:00pm
Ages 13-18 Teen	Tues	6:15pm-7:00pm

Kids Fit at Highland Ave

A beginners workout curriculum just for kids. (Indoor & Outdoor)
FREE with YMCA Family Membership!

Ages 7-12	Wed	6:30pm-7:30pm
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Lacrosse - Girls

This introductory Lacrosse program was made possible by a grant from US Lacrosse.

FREE with YMCA Family Membership / \$25 for Program Members

Ages 9-12	Girls	Thurs*	5:30pm-6:30pm
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Little Friends Play Time at The Center

What a wonderful opportunity to meet other families while playing in our soft play room to help your child develop socialization and gross motor skills in a fun environment.

FREE with YMCA Family Membership!

Ages 4 & Under	Thurs*	10:30am-11:30am
Ages 4 & Under	Sat	11:30am-12:30pm

Mommy, Music & Me at The Center

Parent participation is required. Enhance your child's love of music through song, movement, instruments and stories.

NEW LOCATION: Ballet Room- 2nd Floor

\$50 with YMCA Membership / \$130 for Program Members

Ages 18M-36M	Sat	10:30am-11:15am
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Multi Sports at The Center

Sports and fitness activities help develop social and physical skills.

\$65 with YMCA Membership / \$130 for Program Members

Ages 3-5	Wed	5:30pm-6:15pm
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Music Appreciation Class at The Center

Learn music theory and introductory methods to rhythm, vocal performance, kazoo, recorder, piano and more!

Instructor: Maximilian Mezetin

\$65 with YMCA Membership / \$130 for Program Members

Ages 4-13	Wed	5:00pm-6:00pm
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Rock Wall Climbing at Highland Ave

There is a class maximum of 8 participants.

\$65 with YMCA Membership / \$130 for Program Members

Ages 7-12	Thurs*	5:00pm-6:00pm
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Soccer at Highland Ave

\$65 with YMCA Membership / \$130 for Program Members

\$35 with YMCA Family Membership (Ages 3-4 & 5-6 Only!)

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

Sports, Speed and Agility at The Center

Regardless of what sport you play, this class will help you develop agility, speed, reaction time, and hand-eye coordination.

\$65 with YMCA Membership / \$130 for Program Members

Ages 6-9	Wed	6:30pm-7:15pm
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Volleyball - Girl's Volleyball Training

This program is designed to develop young athletes and give them the competitive edge they need to join our volleyball team.

Ages 7-9	Junior Elite	Tues	5:30pm-7:15pm
			\$65 with YMCA Membership
			\$130 for Program Members
At Highland Ave			

Violin—Group Lessons at The Center

Master the fundamentals of playing the violin. Bring your own violin.

\$65 with YMCA Membership / \$130 for Program Members

Ages 5-15	Intermediate	Tues	5:45pm-6:30pm
Ages 5-15	Beginner	Tues	6:30pm-7:15pm

BEAT THE STREETS—Ages 10-17
2nd, 3rd & 4th Saturday—7PM to 10PM—\$2

Swimming Lessons

For additional information, please contact:
 Danielle McAvinue, Aquatics Director
 (P) 845 956 1549 (E) dmcavinue@middletownymca.org

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

Parent & Child Swimming Lessons (S.K.I.P) - Ages 6mo-3yrs


\$65 with YMCA Membership / \$130 for Program Members
1 Child FREE with YMCA FAMILY PASSPORT MEMBERSHIP!

Skip 1 (6mo-18mo)	Mon	10:30-11:00
Skip 2 (19mo-36mo)	Mon	11:00-11:30
Skip 2 (19mo-36mo)	Tues	11:30-12:00
Skip 1 (6mo-18mo)	Wed	10:30-11:00
Skip 2 (19mo-36mo)	Wed	11:00-11:30
Skip 1 (6mo-18mo)	Wed	5:30-6:00
Skip 2 (19mo-36mo)	Thurs*	5:45-6:15
Skip 1 (6mo-18mo)	Sat	9:00-9:30
Skip 2 (19mo-36mo)	Sat	9:30-10:00
Skip (6mo-36mo)	Sat	11:45-12:15
Skip (6mo-36mo)	Sun*	9:45-10:15

Preschool Swimming Lessons - Ages 3-5

\$65 with YMCA Membership / \$130 for Program Members

Pike—Beginner (Non-swimmer using a 4 Bubble)		
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)		
Pike / Eel	Mon	10:30-11:00
Pike / Eel / Ray	Mon	4:00-4:30
Pike / Eel	Tues	1:15-1:45
Pike / Eel / Ray	Tues	4:30-5:00
Pike / Eel / Starfish	Tues	5:00-5:30
Ray / Starfish	Wed	10:30-11:00
Pike / Eel	Wed	5:30-6:00
Pike / Eel / Starfish	Thurs*	4:30-5:00
Pike / Ray	Thurs*	5:45-6:15
Eel / Ray / Starfish	Fri	4:45-5:15
Pike / Eel / Ray	Sat	9:00-9:30
Pike / Eel / Starfish	Sat	9:30-10:00
Pike	Sat	10:00-10:30
Eel	Sat	10:30-11:00
Ray	Sat	11:00-11:30
Pike / Ray / Starfish	Sat	11:45-12:15
Eel / Ray / Starfish	Sun*	9:45-10:15
Pike	Sun*	10:15-10:45



Barracudas Swim Team
Ages 5-18

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

Youth Swimming Lessons - Ages 6-12

\$65 with YMCA Membership / \$130 for Program Members

Polliwog—Beginner (Non-Swimmer)		
Guppy—Advanced Beginner ("Doggie Paddler")		
Minnow—Intermediate (Deep Water Swimmer)		
Fish—Advanced #1		
Flying Fish—Advanced #2		
Shark—Advanced #3		
Polli / Guppy / Minnow	Mon	4:30-5:15
Polli / Guppy / Minnow	Tue	5:30-6:15
Polli / Guppy / Minnow	Wed	4:45-5:30
Polli / Guppy / Minnow (Homeschool)	Thurs*	10:15-11:00
Polli / Guppy / Minnow	Thurs*	5:00-5:45
Polli / Guppy / Minnow	Fri	4:00-4:45
Polli / Guppy / Minnow	Sat	10:00-10:45
Polli / Guppy / Minnow	Sat	10:45-11:30
Polli / Guppy / Minnow	Sun*	10:15-11:00
Fish / Flying Fish / Shark	Mon	5:15-6:00
Fish / Flying Fish / Shark	Fri	5:15-6:00
Fish / Flying Fish / Shark	Sat	12:15-1:00
Fish / Flying Fish / Shark	Sun*	11:00-11:45

Teen & Adult Swimming Lessons - Ages 13 & Older

\$65 with YMCA Membership / \$130 for Program Members

Int / Advanced	Tues	10:15-11:00
Beginner	Tues	11:15-12:00
Int / Advanced	Thurs*	7:00-7:45
Beginner	Sat	12:15-1:00
Advanced	Sun*	11:00-11:45

American Red Cross Courses

CPR Recertification in Monroe Nov. 19th—1:30pm-5:30pm \$50 w/ YMCA Membership \$75 for Program Members	Lifeguard Recertification in Middletown Dec. 17th—9:00am-5:00pm \$100 w/ YMCA Membership \$125 for Program Members
CPR for Prof. Rescuer in Monroe Nov. 19th—1:30pm-8:30pm \$75 w/ YMCA Membership \$100 for Program Members	WSI in Middletown Dec. 26th- Dec. 29th 9:00am-5:00pm \$300 w/ YMCA Membership \$325 for Program Members
CPR Recertification in Middletown Dec. 17th—9:00am-1:00pm \$50 w/ YMCA Membership \$75 for Program Members	Lifeguard Training in Middletown Dec. 26th- Dec. 29th 9:00am-5:00pm \$275 w/ YMCA Membership \$300 for Program Members

Home School Open Swim

Tuesdays 1:45pm-2:45pm

Register for the 9 week session—\$25
 or pay \$3 per day as you go.

First Step Preschool

THE CENTER FOR YOUTH PROGRAMS

The perfect place for your child to learn, grow and thrive, where they will feel comfortable, safe and nurtured.

The Y's First Step Preschool provides an environment where young learners engage in a stimulating, age appropriate, early literacy based curriculum with weekly swim lessons. Full Day and Half Day schedules are available.

Families enrolled in First Step Preschool are eligible for a **YMCA Family Advantage Membership—only \$38 per month!** Please stop by the Y at Highland Avenue for details.

2 Year Old Preschool Program

THE CENTER FOR YOUTH PROGRAMS

Tuesdays
9:30am-11:00am
\$34 Per Month with YMCA Membership
\$68 Per Month for Program Members



Children must be 2 years old by December 1st and parent participation is required. This preschool readiness program gives toddlers their first classroom experience following a flexible routine where they are encouraged to explore, try new things and make friends. A parent & child swim class is included at no additional charge (Oct-May).

For more information on Preschool contact **Sherrri Tironi** at (P) 845 956 1546 or (E) stironi@middletownymca.org

MAKING BIRTHDAY CELEBRATIONS SPECTACULAR



Option #1: Book a pool party in our new pool.
Contact: Danielle McAvinue
(P) 845 956 1549 (E) dmcavinue@middletownymca.org

Option #2: Book a party for your preschooler in our soft play room for ages 2-5.
Contact: Sherrri Tironi
(P) 845 956 1546 (E) stironi@middletownymca.org

Saturdays Together

THE CENTER FOR YOUTH PROGRAMS

Enjoy time with your little one in our soft play room for children up to age 5 or with your older child in our game room for ages 6-12.

Saturdays, 12:30pm-4:00pm
Open to YMCA Family Members.



Club Kid

Before & After School Program

With a program available at The Center For Youth Programs in Middletown as well as on-site in many school districts, 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—\$38/month!** Please stop by our Middletown or Monroe branch for further details.

For more information, please contact **Pat Weiss** at (P) 845 956 1495 or (E) pweiss@middletownymca.org

All registrations are subject to a 3 school-day waiting period from the time of registration to the time your child may attend Club Kid.

SAVE THE DATE

Y WARRIOR—Obstacle Course
January 29, 2017
REGISTRATION IS OPEN—\$50

For more information visit our website or contact **Debbie Brain:**
(E) dbrain@middletownymca.org (O) 845 956 1501

TEEN & ADULT PROGRAMS

Ages 13 & Older

Adult Self-Defense at The Center
Tuesdays, November 21st - December 13th, 7:15pm-8:15pm
\$35 with YMCA Membership/\$70 for Program Members

Red Ball Tennis at Highland Ave
Mondays & Wednesdays, 10:00am-10:45am
Mondays, 5:30pm-6:45pm
FREE with YMCA Membership

See our group exercise & gym schedules for additional classes and programs included in membership.

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