



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL FUN FOR EVERYONE

Performing Arts

NEW FOR 2018-2019

Performing Arts programs require a seasonal commitment with monthly payments.

Fall: September 10-December 14th

Winter: January 7-March 25

Spring: April 8-June 17

Students must commit to fundraise through ticket sales for seasonal performances.

Ballet

This progressive ballet program concentrates on correct body alignment, strength and flexibility, and provides formal training in the foundations of classical ballet.

Instructor & Location: Nadia Dragieva—Yoga Studio

Note: New students must register by January 1, 2019

\$40/Month with YMCA Membership

Ages 4-6	Sun	11:15am-12:15pm
Ages 7-12	Sun	12:30pm-1:30pm

Choir-Ubuntu Sings

Join the Y's Choir for ALL—children, teens and adults are welcome. Learn vocal performance, harmony, music theory, and perform at community events.

Instructor & Location: Wendy—Yoga Studio

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

Ages 10 & Older	Sat*	4:30pm-5:15pm
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Introduction to the Arts: Music & Stage Drama

Develop the social skills and confidence needed to enhance dramatic performances.

Instructor & Location: Max—Yoga

\$30/Month with YMCA Membership

Ages 4-12	Mon	5:30pm-6:15pm
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Special Interest

Chess Club

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

Instructor & Location: Garrett—Yoga Studio

FREE with YMCA Membership / \$48 for Program Members

Ages 7-12	Sat*	12:45pm-1:45pm
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Fall Session - Youth Program Guide

SOUTH ORANGE FAMILY YMCA

September 10, 2018–November 11, 2018

REGISTRATION BEGINS:

August 27, 2018 with YMCA Membership

August 31, 2018 for Program Members

Registration ends September 23, 2018.

*No Programs Saturday, October 20th.

*Prices have been adjusted for these classes.

HOW TO REGISTER:

- Current YMCA Members may REGISTER on the app or online. 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 visit our website for cancellation policies and download our app to get last-minute cancellation notifications.

SPORTS & FITNESS

Youth sports programs include **PICTURE DAY & a T-SHIRT**. Students should wear their t-shirt to each class.

Basketball Training

Learn and develop skills of the sport through drills in dribbling, shooting, passing, defense and teamwork.

Location: Gym

\$70 with YMCA Membership / \$140 for Program Members

Ages 6-8	Coach Garrett	Mon	5:00pm-6:00pm
Ages 9-12	Coach Shawn	Mon	7:00pm-8:00pm
GIRLS Ages 9-12	Coach Shawn	Tues	7:00pm-8:00pm

Boot Camp with Dwayne

45 minutes of athletic boot camp training using the outdoors to your advantage. Drills include: cardio, strength, agility and core training. Have fun challenging yourself while getting into the best shape ever.

Instructor & Location: Dwayne—Outside (Weather Permitting)

\$70 with YMCA Membership / \$140 for Program Members

Ages 13 & Older	Intermediate	Mon	10:30am-11:15am
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Boxing

Increase strength and speed through exercises that teach proper stance, footwork, and punching techniques.

Instructor & Location: Andre—Flex

Please bring your own wraps, gloves and jump rope.

\$70 with YMCA Membership / \$140 for Program Members

Ages 13 & Older	Beginner	Wed	6:45pm-7:45pm
Ages 13 & Older	Intermediate	Wed	7:45pm-8:45pm

Golf at Mansion Ridge (6 Weeks: September 11th-October 16th)

Master the basic elements and fundamentals of the golf stroke while learning the rules and proper etiquette of the game.

Classes meet at Mansion Ridge. Instructor: John

\$100 with YMCA Membership / \$180 for Program Members

***Please bring your own clubs.**

Private Lessons are also available. Call for details.

Ages 6-12		Tues	5:00pm-6:00pm
Ages 13 & Older		Tues	6:00am-7:00pm

Visit our Welcome Center to learn more about YMCA Family Passport Membership.

Gymnastics

During these introductory classes, children practice tumbling, cartwheels, balancing on the beam, and other floor exercises.

Please Note: Class assignments are subject to change based on each student's skill set at the instructor's discretion.

Instructor & Location: Coach Miguel—Gym

Students may take additional classes for \$35.

\$70 with YMCA Membership / \$140 for Program Members

Ages 3-4	Sun	11:00am-11:30am
Ages 5-8	Sun	11:45pm-12:45pm
Ages 7-12	Thurs	5:00pm-6:00pm
Ages 9-12	Sun	1:00pm-2:00pm

Karate/Judo

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

Instructor & Location: Israel—Flex

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

Students may take additional classes for \$35.

\$70 with YMCA Membership / \$140 for Program Members

Private Lessons are also available. Call for details.

Ages 3-4	Beginner	Thurs	4:30pm-5:00pm
Ages 3-4	Beginner	Sun	10:00am-10:30am
Ages 5-7	Advanced	Wed	4:45pm-5:30pm
Ages 5-7	Beginner	Thurs	5:15pm-6:00pm
Ages 5-7	Mixed Level	Sun	10:45am-11:30am
Ages 8-12	Advanced	Wed	5:45pm-6:30pm
Ages 8-12	Beginner	Thurs	6:15pm-7:00pm
Ages 8-12	Mixed Level	Sun	11:45am-12:30pm

Kids Fit

A beginners workout curriculum just for kids in the gymnasium.

\$20 with YMCA Membership

Ages 7-12	Coach Garrett	Sat*	11:30am-12:30pm
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KIDS NIGHT OUT

Drop the kids off at the Y for an evening of fun.

Age 3-9
1st two Fridays of each month.
October-June
6:30pm-9:30pm

Admission includes:
pizza, snack and drink
\$7 with YMCA Membership
\$15 for Program Members



Pre-registration is required.

WEEKEND WARRIORS

Each day is a new challenge.

Age 8-12
2nd & 4th Saturday of each month.
October-May
7:00pm-10:00pm

Admission includes:
Pizza or BBQ, snack and drink
\$7 with YMCA Membership
\$15 for Program Members

October 13th—Reilly Dodgeball Tournament
November 10th—Football Competition
November 24th—Flag Football Tournament

Please visit our website for the complete list of 2018-2019 events.



Little Friends Play Time

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

Instructor & Location: Cathy—Gym

FREE with YMCA Membership

Ages 4 & Under	Fri	10:30am-11:15am
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Multi Sports

An introduction to a variety of sports and games including: soccer, basketball, hockey, football, volleyball, tag games, kickball and more.

Instructor & Location: Coach Garrett—Gym

\$30 with YMCA Membership

Ages 5-6	Sat*	10:30am-11:15am
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T-Ball

Preschoolers are introduced to the sport of baseball through modified games and activities. Please bring a glove.

Instructor & Location: Coach Garrett—Gym

\$70 with YMCA Membership / \$140 for Program Members

Ages 3-5	Sat*	9:30am-10:15am
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Teen Fit

These programs make fitness fun and educational. Space is limited.

Instructor & Location: Tina (w/Girls), Andre (w/Boys)—HOIST

FREE with YMCA Family Membership

Ages 13-15	Teen Fit for Girls	Wed	5:30pm-6:15pm
Ages 13-15	Teen Fit for Boys	Wed	5:15pm-6:00pm

Volleyball Training

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

Instructor: Coach Shawn of YMCA Lady Elite Volleyball

Location: Gym

\$70 with YMCA Membership / \$140 for Program Members

Ages 10-14	Girls Only	Wed	5:00pm-6:30pm
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Children's Yoga

Learn the value of being mindful as you practice breathing techniques that help you stretch and increase flexibility.

Instructor & Location: Helena-Yoga Studio

\$70 with YMCA Membership / \$140 for Program Members

Ages 6-12	Fri	6:00pm-6:45pm
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Middle School Recreation 2018-2019 After School Program (Grades 6-8)

Students from Monroe Woodbury Middle School participate in fun and engaging physical and social activities in a safe, nurturing, supervised environment.



Arts & Crafts - Active Play - Games - Snacks
Community Service Projects - Homework

For more information and to register, please visit our Welcome Center.





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



FEELING FIT FOR FALL

Visit our website to view our current group exercise schedule.

Boot Camp with Dwayne

45 minutes of athletic boot camp training using the outdoors to your advantage. Drills include: cardio, strength, agility and core training. Have fun challenging yourself while getting into the best shape ever.

Location: Outside (Weather Permitting) or Indoors in Flex
\$70 with YMCA Membership / \$140 for Program Members

Ages 13 & Older Intermediate Mon 10:30am-11:15am

Boxing

Increase strength and speed through exercises that teach proper stance, footwork, and punching techniques.

Instructor & Location: Andre—Flex

Please bring your own wraps, gloves and jump rope.

\$70 with YMCA Membership / \$140 for Program Members

Ages 13 & Older Beginner Wed 6:45pm-7:45pm

Ages 13 & Older Intermediate Wed 7:45pm-8:45pm

Pickleball

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

Instructor & Location: Michele—Gym

FREE with YMCA Membership.

Ages 13 & Older Wed 12:00pm-1:30pm

Ages 13 & Older Fri 9:00am-10:15am

Ages 13 & Older Fri 2:00pm-3:30pm

Ages 13 & Older Sun 2:30pm-3:45pm

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.

1 session	\$20/Session
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Fall Session Health & Fitness Program Guide

SOUTH ORANGE FAMILY YMCA

September 10, 2018–November 11, 2018

REGISTRATION BEGINS:

August 27, 2018 with YMCA Membership

August 31, 2018 for Program Members

Registration ends September 23, 2018.

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- Current YMCA Members may REGISTER on the app or online. We must have a current e-mail address on file prior to registration.
- Special Program Rates for members with 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 visit our website for cancellation policies and download our app to get last-minute cancellation notifications.

Get Started

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. Please call or visit us for more information. **DON'T WAIT—GET STARTED TODAY!**

Location: Yoga

\$25 - YMCA MEMBERS ONLY!

Ages 13 & Older

Sat

11:00am-11:45am

Golf at Mansion Ridge (6 Weeks: September 11th-October 16th)

Master the basic elements and fundamentals of the golf stroke while learning the rules and proper etiquette of the game.

Classes meet at Mansion Ridge. Instructor: John

\$100 with YMCA Membership / \$180 for Program Members

***Please bring your own clubs.**

Private Lessons are also available. Call for details.

Ages 13 & Older

Tues

6:00am-7:00pm

Gymnastics for Adults

It's never too late to challenge yourself to try something **NEW**. Gymnastics helps develop and maintain strength, flexibility and balance at any age.

Please Note: Please notify the instructor of any physical limitations.

Instructor & Location: Cathy—Gym

\$70 with YMCA Membership / \$140 for Program Members

Ages 50 & Older

Fri

11:45am-12:45pm

WE'RE HERE TO HELP YOU

FREE Orientations: Every member receives 2 FREE 1-hour orientation sessions in our Wellness Center. Stop by the Welcome Center to schedule your appointments.

ADDING MORE PIECES

SOFY Capital Campaign



THE NEW PIECES

- Gymnasium
- 4-Lane, 25-Yard Pool with Family Play Area
- Family Locker Room
- Expansion of the Men's Locker Room
- Expansion of the Women's Locker Room
- Activity Room for All Ages

ADD YOUR PIECE TODAY

- Make a personal donation.
- Help spread the word.
- Identify potential donors.
- Host a Puzzle Party.

TO MAKE A DONATION OR FOR MORE INFORMATION CONTACT:

Ross Miceli, Campaign Chair

(P) 845 956 1490 (E) rmiceli@middletownymca.org

JUST ADD WATER

Come check out the 6-lane 25-yard pool at the YMCA of Middletown.

- Aquacize
- Lap Swim
- Family Swim
- Birthday Parties
- Swimming Lessons
- Lifeguard Training



For more information contact:

Danielle McAvinue

(P) 845 956 1549

(E) dmcavinue@middletownymca.org

SAVE THE DATE

Zumba with Fulanito
September 8th

Silent Auction
September 28th

Halloween Family Festival
October 20th



KIDS NIGHT OUT

Drop the kids off at the Y for an evening of fun.

Age 3-9

1st two Fridays of each month.

October-June

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MAKING BIRTHDAY CELEBRATIONS SPECIAL

Host your next Birthday Party at the Y.

Sports
Woodworking

Gymnastics
Ballet

Zumba
& More!



Additional party event options are available upon request.

Visit our Welcome Center to reserve a date!

SAVE \$25

on your next birthday party with this coupon!

This coupon is only valid at the South Orange Family YMCA.
Must present coupon for savings.