



2010 Winter II SESSION: 3/1/10 – 4/26/10

Registration begins February 15, 2010 and ends February 28, 2010

Late Registration may be accepted pending on enrollment

Classes/Programs are scheduled to start the week of March 1, 2010

Registration takes place at the YMCA Wellness Center located in the Monticello High School 794-7700 ext. 10975

Please note that all adult classes are held at Monticello High School (except Aqua Fitness). Youth Program locations to be announced prior to class start.

PLEASE COMPLETE THE FOLLOWING INFORMATION

PARTICIPANT'S NAME: _____ D.O.B: _____

ADDRESS: _____ HOME PHONE: _____

CITY: _____ EMERGENCY CONTACT: _____

STATE: _____ ZIP: _____ EMERGENCY PHONE: _____

Method of Payment: Cash _____ Check (Check #) _____ Credit Card (Card Type _____) Card # _____

(The YMCA accepts payments in cash, check or credit card (Visa, MasterCard, and American Express)
(All programs will be discounted with family memberships)

<u>YOUTH/TEEN PROGRAMS</u>		<u>YMCA FINE ARTS PROGRAMS</u>	
<u>AGES 3-13 YEARS OLD</u>		<u>AGES 3-13 YEARS OLD</u>	
Fee listed is the total price for 8 weeks of class		Fee listed is the total price for 8 weeks of class	
<u>Pee Wee Sports</u>		<u>Pre-School Dance I</u>	
Ages 3-5 years old	Sat 9:00- 9:45am _____	Ages 3-4 years old	Thurs 5:15-5:45pm _____
Ages 6-8 Years old	Sat 9:45 – 10:30pm _____	FEE: \$15/Y Family Members	\$45/Program-Only
FEE: \$15/Y Family Members	\$45/Program-Only	<u>Pre-School Dance II</u>	
<u>Karate/Judo</u>		Ages 3-4 years old	Thurs 5:45-6:15pm _____
Ages 5-7 years old	Sat 8:30-9:15am _____	FEE: \$15/Y Family Members	\$45/ Program-Only
Ages 8-13 years old	Sat 9:30-10:15am _____	<u>Intro to Dance I</u>	
FEE: \$25/Y Family Members	\$65/ Program-Only	Ages 5-7 years old	Wed 6:00-6:45pm _____
<u>Youth Basketball (8 weeks of game)</u>		FEE: \$15/Y Family Members	\$45/ Program-Only
Ages 8-12years old	Sat 12:00 -1:00pm _____	<u>Intro to Dance II</u>	
Ages 13-18 years old	Sat 1:00-2:00pm _____	Ages 5-7 years old	Wed 7:00-7:45pm _____
FEE: \$15/Y Family Members	\$35/Program-Only	FEE: \$15/Y Family Members	\$45/ Program-Only
<u>Girls Recreation Soccer Club (Traveling Teams)</u>		<u>Hip Hop Dance I</u>	
Ages 12-17 years old	Fri 6-8pm _____	Ages 8-15 years old	Wed 7:45-8:30pm _____
FEE: \$15/Y Family Members	\$35/ Program-Only	FEE: \$15/Y Family Members	\$45/ Program-Only
<u>Monthly Membership Prices for the YMCA Wellness Center</u>		<u>ADULT/SENIOR PROGRAMS</u>	
		Fee listed is the total price for 8 weeks of class	
<u>Price</u>	<u>Hours of Operation</u>	<u>Pilates</u>	
Adult \$23	Mon - 4:30 - 9:00pm	Ages 14 and older	Mon 6:30 – 7:30pm _____
Family \$36	Tue - 2:30 – 9:00pm	FEE: \$25/Y Adult Members	\$65/ Program-Only
Senior \$21	Wed - 4:30 – 9:00pm	<u>Aqua Fitness (Rock Hill Lodge Pool)</u>	
College \$17	Thurs - 4:30 – 9:00pm	Ages 18 and older	Tue 4:15 – 5:00pm _____
	Fri - 2:30 – 9:00pm	Ages 18 and older	Tue 5:15 – 6:00pm _____
	Sat - 8:00 – 3:00pm	FEE: \$35/Y Adult Members	\$70/Program-Only
	Sun - 10:00 - 3:00pm	<u>New Adult and Group Fitness Classes/Programs</u>	
		<u>FREE With Membership</u>	
		<input type="checkbox"/>	Zumba
		<input type="checkbox"/>	Guts-N-Butts
		<input type="checkbox"/>	Calorie Burn Indoor Cycling
		<input type="checkbox"/>	Cardio Kick
		<input type="checkbox"/>	Full Body Toning
		<input type="checkbox"/>	Family Zumba – Coming Soon

There is a one time joiners fee of \$25.00

All reduced price youth/teen programs are based on a Family Membership

For more information call: (845) 794-7700

EXT: 10975 or visit our website at

www.middletownymca.org – Click on Branches