

# DISCOVER YOUR Y

**South Shore YMCA  
Winter/Spring 2019  
PROGRAM & CLASS GUIDE**

**3939 Richmond Avenue  
Staten Island, NY 10312  
718-227-3200  
[ymcanyc.org/southshore](http://ymcanyc.org/southshore)**

**NEW YORK CITY'S YMCA**



# CONTACT US

PHONE: 718-227-3200

WEB: [ymcanyc.org/southshore](http://ymcanyc.org/southshore)

 @SISouthShoreY

 [facebook.com/sisouthshorey](https://facebook.com/sisouthshorey)

 @sisouthshorey

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# WHY THE Y

**NO HIDDEN FEES  
NO ANNUAL FEES  
NO PROCESSING FEES  
NO CONTRACTS**

Where there's a Y there's a way — to achieving your goals, supporting your family, and strengthening your community. Our programs help members learn, grow, and reach their full potential. At the YMCA, we're here for all New Yorkers, to empower youth, improve health, and strengthen community.

## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday - Thursday: 5:00 AM - 11:00 PM  
Friday: 5:00 AM - 10:00 PM  
Saturday - Sunday: 6:00 AM - 9:30 PM

### MEMBER SERVICE DESK

Monday - Thursday: 9:00 AM - 9:30 PM  
Friday: 9:00 AM - 7:00 PM  
Saturday - Sunday: 9:00 AM - 7:00 PM

## 2019 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

Member: December 15, 2018  
Community: December 22, 2018

### WINTER SESSION DATES:

January 2, 2019 - February 24, 2019

### SPRING I REGISTRATION DATES

Member: February 9, 2019  
Community: February 16, 2019

### SPRING I SESSION DATES:

February 25, 2019 - April 21, 2019

### SESSION BREAK:

April 22, 2019 - April 28, 2019

### SPRING II REGISTRATION DATES

Member: April 13, 2019  
Community: April 20, 2019

### SPRING II SESSION DATES:

April 29, 2019 - June 23, 2019

### SAFETY AROUND WATER WEEK FREE WATER SAFETY CLASSES

APRIL 22, 2019 - APRIL 26, 2019

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
<b>Member discounts and priority registration</b> on all fee-based programs, such as swim, sports, camp, and more	✓	✓
<b>State-of-the-art fitness center</b> – including cardio and strength equipment	✓	✓
<b>Unlimited FREE weekly group exercise classes</b> – includes yoga, spin, aqua fitness, and more	✓	✓
<b>FREE YMCA Weight Loss Program</b>	✓	✓
<b>Y Fit Start</b> – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
<b>Swimming Pool</b>	✓	✓
<b>Sauna and Men's Steam rooms</b>	✓	✓
<b>Basketball court</b>	✓	✓
<b>Indoor running track</b>	✓	✓
<b>FREE child watch</b>	✓	✓
<b>FREE Y Kid Zone</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>Many FREE family classes</b> – such as family art, music, swim, and more		✓
<b>FREE teen orientation to the fitness center</b>		✓
<b>FREE teen programs</b> – including Youth & Government, Leaders Club, and Teen Center		✓
<b>Convenient family locker room</b>		✓



# SOUTH SHORE Y

## INFORMATION

### STAFF LISTING

Tom Swanciger - Executive Director  
[tswanciger@ymcanyc.org](mailto:tswanciger@ymcanyc.org)

John Semerad - Senior Property Director  
[jsemerad@ymcanyc.org](mailto:jsemerad@ymcanyc.org)

Dina Vicenti - Business Manager  
[dvicenti@ymcanyc.org](mailto:dvicenti@ymcanyc.org)

Diane Schirripa - Membership Director  
[dschirripa@ymcanyc.org](mailto:dschirripa@ymcanyc.org)

Heather Lananna - Membership Coordinator  
[hlananna@ymcanyc.org](mailto:hlananna@ymcanyc.org)

Valerie Krause - Adult Program Director/Healthy Lifestyles  
[vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org)

Lorraine Nygard - Healthy Lifestyles/ Personal Training Coordinator  
[lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org)

Meghan Sinback - Senior Youth & Family Director  
[msinback@ymcanyc.org](mailto:msinback@ymcanyc.org)

Nicholas Bitetto - Program Director/Y Afterschool P.S. 39  
[nbitetto@ymcanyc.org](mailto:nbitetto@ymcanyc.org)

Tylar Simon - Program Director  
[tsimon@ymcanyc.org](mailto:tsimon@ymcanyc.org)

Bonnie Schiuma - Early Childhood Director  
[bschiuma@ymcanyc.org](mailto:bschiuma@ymcanyc.org)

Eileen Kratz - Early Childhood Assistant Director  
[ekratz@ymcanyc.org](mailto:ekratz@ymcanyc.org)

Helen Larino - Community School Director/P.S. 46  
[hlarino@ymcanyc.org](mailto:hlarino@ymcanyc.org)

Joyce C. Strype - Community School Director/P.S. 57  
[jstrype@ymcanyc.org](mailto:jstrype@ymcanyc.org)

Amanda Garcia - Senior Site Director/ Y Afterschool P.S. 57  
[agarcia@ymcanyc.org](mailto:agarcia@ymcanyc.org)

Toni DiTrapani - Program Director/Y Afterschool P.S. 57  
[tditrapani@ymcanyc.org](mailto:tditrapani@ymcanyc.org)

Arielle Fiorica - Program Director/Y Afterschool P.S. 36  
[afiorica@ymcanyc.org](mailto:afiorica@ymcanyc.org)

Nicole Restivo - Site Director/Y Afterschool P.S. 22  
[nrestivo@ymcanyc.org](mailto:nrestivo@ymcanyc.org)

Leeann Hernandez - Site Coordinator/Y Afterschool P.S. 68  
[lhernandez@ymcanyc.org](mailto:lhernandez@ymcanyc.org)

Kimberly Castano - Site Coordinator/Y Afterschool P.S. 31  
[kcastano@ymcanyc.org](mailto:kcastano@ymcanyc.org)

Shaina Smith - Program Director/Y Afterschool P.S. 32  
[shsmith@ymcanyc.org](mailto:shsmith@ymcanyc.org)

Michael Creegan - Aquatics Director  
[mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org)

Debra Carbone - Director of Special Events/Executive Administrative Assistant  
[dcarbone@ymcanyc.org](mailto:dcarbone@ymcanyc.org)

Carol Ann Curtis - Director of Communications  
[ccurtis@ymcanyc.org](mailto:ccurtis@ymcanyc.org)

### HOLIDAY HOURS

#### Thanksgiving

Thursday, November 22 5:00 AM - 3:00 PM

#### Christmas Eve

Monday, December 24 5:00 AM - 3:00 PM

#### Christmas Day

Tuesday, December 25 CLOSED

#### New Years Eve

Monday, December 31 5:00 AM - 3:00 PM

#### New Years Day

Tuesday, January 1 8:00 AM - 8:00 PM

#### Easter

Sunday, April 21 6:00 AM - 8:00 PM

#### Memorial Day

Monday, May 27 5:00 AM - 8:00 PM

Note: All fee-based classes will be prorated in the event of holidays or other closings.

### CONTACT US

Phone: 718-227-3200

E-mail: [sisouthshore@ymcanyc.org](mailto:sisouthshore@ymcanyc.org)

Web: [ymcanyc.org/southshore](http://ymcanyc.org/southshore)

 @SISouthShoreY

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# BENEFITS OF A YMCA MEMBERSHIP

## MEMBERSHIP BENEFITS

Join the South Shore YMCA and become part of a community committed to helping you and your kids learn, grow and thrive. Membership includes:

- Unlimited **FREE** adult group exercise classes per week
- State-of-the-Art cardio fitness centers
- Strength Training and free weight rooms
- Swimming Pool
- Sauna Rooms
- Y Fit Start: a **FREE** 12-week program of individual exercises designed for new and returning exercisers
- **FREE** supervised Child Watch & Y Kid Zone
- **FREE** Youth & Teen Enrichment Programs
- Priority online program registration
- **FREE** WiFi available
- **FREE** guest passes to share with your friends and family

The option for a Boroughwide Membership allows you to use the other YMCA in the borough - the Broadway YMCA - which offers a quality facility, programs and a swimming pool. The option for a Citywide Membership also is available.

## CHILD WATCH

Do you need someone to look after your child (ages 6 months - 5 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible South Shore Branch staff members. **FREE** with Family Membership.

<b>Monday-Thursday</b>	<b>8:00am - 1:00pm AND 5:00pm - 9:00pm</b>
<b>Friday</b>	<b>8:00am - 1:00pm</b>
<b>Saturday</b>	<b>8:30am - 1:00pm</b>
<b>Sunday</b>	<b>8:45am - 1:00pm</b>

Times are subject to change.

## KID ZONE

Our Kid Zone provides a variety of activities to youth (ages 6 - 11 years) with a family membership, offering a safe place for kids to hang out while their parents work out. Children may visit the Y Kid Zone for up to two hours per day. The parent or guardian must remain in the facility while the child is in Y Kid Zone. This is a **FREE** service with Family Membership.

Saturday & Sunday 8:00am-12:00pm

Times are subject to change.

## NEW MEMBER ORIENTATION

New to the Y? We offer a **FREE** fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Orientations are held Tuesdays from 9:00AM-11:00AM or Saturdays from 12:00PM-2:00PM.



## FREE FITNESS ASSESSMENT

All new members are welcome to a **FREE** 30-minute fitness assessment that will ensure any discrepancies in proper form are addressed. Contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org) to schedule an assessment.

## Y FIT START PROGRAM

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, the **Y FIT START PROGRAM** is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support and motivation. The **Y FIT START PROGRAM** will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12-week program includes four sessions with a Y FIT START coach. Please sign up for the **Y FIT START PROGRAM** at the Fitness Center Office, or contact Valerie Krause at [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org) for more information.

## TEEN FITNESS CENTER

Adults are welcome to use the Teen Fitness Center at all times during operational hours, although teens have priority on fitness machines and other equipment during the hours of 3:30pm-6:30pm. Teens ages 12-17 are permitted to use the Teen Fitness Center at all times after completing a mandatory training. Teens will receive a stamp on their membership card after completion and should have their card on them while in the fitness area. **Teen Fitness Certification is available in the Fitness Center on Tuesdays, Thursdays and Fridays at 5:30pm, Saturdays at 12:30pm and Sundays at 12:30pm.** For their safety, children under the age of 12 are not permitted on the strength or cardio machines. They must be accompanied by a parent or guardian while in the facility, unless they are part of a supervised program. Teens ages 12-17 also are welcome to use the Adult Fitness Center after completing Teen Fitness Orientation. The hours teens are welcome to use the Adult Fitness Center are:

**Monday-Friday from 3:30pm-6:30pm, and  
Saturday-Sunday from 1:30pm-6:30pm.**

# JOIN THE Y

## MEMBERSHIP INFORMATION

### MEMBERSHIP RATES

Membership Type	South Shore YMCA Fee	Boroughwide Fee	Joiner's Fee
Youth <i>Children under 12 must be accompanied by an adult when using the facility</i>	\$39/mo	\$41/mo	\$75
Teen (12 - 17)	\$39/mo	\$45/mo	\$100
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$51/mo	\$67/mo	\$100
Adult (18 - 64)	\$65/mo	\$86/mo	\$100
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$97/mo	\$125/mo	\$100
Family II <i>2 Adult and kids under 18 years, living in the same household</i>	\$106/mo	\$131/mo	\$100
Senior (65+)	\$53/mo	\$75/mo	\$100

### VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member, or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole. Contact [volunteer@ymcanyc.org](mailto:volunteer@ymcanyc.org) for more information.

### JOB OPPORTUNITIES

Visit [ymcanyc.org/careers](http://ymcanyc.org/careers) for open positions in our staff family at the YMCA or at one of more than 100 sites throughout the five boroughs and at our New York YMCA Camp upstate.

### FINANCIAL ASSISTANCE

The South Shore YMCA offers financial assistance for our programs and services. Contact Debra Carbone at 718-227-3200 or at [dcarbone@ymcanyc.org](mailto:dcarbone@ymcanyc.org) for more information.

### MISSION

We're here for all New Yorkers — to empower youth, improve health, and strengthen community.

### POLICY OF NON-DISCRIMINATION

YMCA membership is available to all persons regardless of race, religion, gender, age, marital status, sexual orientation, gender identity, national origin, disability, or financial circumstances. The YMCA welcomes families and persons of all ages, income levels, and physical conditions with an emphasis on responsibility and self-improvement.

### MEMBERSHIP CANCELLATION

Cancellation of membership requires a fifteen (15) day written notice prior to the monthly draft date.

### MEMBERSHIP TRANSFER

Membership and program privileges are not transferable from one person to another.

### MEMBERSHIP GUARANTEE

Membership in the YMCA is fully guaranteed. Members who are not completely satisfied with their YMCA membership are entitled to a refund of any unused portion of their membership. Joiner fees are not refundable.

### MEMBERSHIP CARD

**MEMBERSHIP CARD** The Branch membership card must be presented and scanned in order to gain access into a YMCA facility.

**PROGRAM CARDS** Program members will be issued a card granting them YMCA access for their program. This card must be presented and scanned for access into the YMCA facility and/or a specific program.

**LOST CARDS** Please let us know if your card is lost or stolen.

# MEMBERSHIP INFORMATION

## MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. A monthly hold fee will be charged. Membership privileges are surrendered while your membership is on hold. Medical holds are available with written documentation from a physician. With proper documentation, medical holds can be granted up to 1 year. There will be no credits for scheduled holidays, snow days or other weather conditions beyond our control.

## PROGRAM CREDIT

Program fees are not refundable. Upon withdrawal from a program prior to the starting date, a credit will be issued less a \$10 service fee. During the first and second week of the program session, a credit may be requested in writing and is subject to the appropriate department head's approval before being granted. No credit will be granted after the second week. In addition, credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. There will be no make-ups for scheduled holidays, snow days or other weather conditions beyond our control.

## PAYMENT OPTIONS & INFORMATION

- Membership fees must be up-to-date in order to use facility.
- Rates and schedules are subject to change.
- Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express, and Discover cards.
- Monthly payments are payable by credit card or bank draft only. There is no cash option for monthly payments.
- A service fee of \$15.00 will be added to the payment amount for every automated payment that is declined.

## GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free passes are available on the YMCA web site to introduce the Y to friends and associates. Day Passes are available to purchase.

Community members are permitted 1 FREE guest pass per calendar year. Additional guest passes are available for purchase at \$15.00 per day. Guests must be 18 and up and have valid ID.

## CAMERA POLICY

For the privacy and security of all — especially our kids and teens — we do not allow any photo or video recording without permission from the Executive Director.

## LOCKER ROOMS

- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of the opposite gender.

## YMCA "AWAY" POLICY

**AWAY** (Always Welcome at the YMCA) As a YMCA member, you have access to YMCAs across the country and around the world. You must present a valid YMCA ID to be eligible to use AWAY privileges. Call ahead to check on individual branch policies.

## CONVERTING TO A FULL MEMBERSHIP

We encourage all Program Members to convert to a Full Membership. Visit the Member Service Desk for more details on the benefits of a Y Membership and our personalized wellness programs.





# ADULTS

Train with friends, play a sport, try a new class, and take care of the whole you. The YMCA is here to help you get healthier, achieve your goals, and have fun while doing it. For more information, contact Valerie Krause, Adult Program Director/Healthy Lifestyles at [vkrause@ymcany.org](mailto:vkrause@ymcany.org).



**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION  
◆ INCLUDED IN MEMBERSHIP  
▶ ONLINE REGISTRATION AVAILABLE

## GROUP EXERCISE CLASSES

The following group exercise classes are for **FREE** and **UNLIMITED** for YMCA members! We are family friendly. Teens over the age of 12 are welcome with parental consent or parental participation.

### CONDITIONING

#### ◆ AOA (ACTIVE OLDER ADULT) CARDIO CONDITIONING

A gentle aerobic workout especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

#### ◆ Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

#### ◆ Cardio Circuit

This efficient and challenging form of cardio training uses a variety of exercises and workout stations.

#### ◆ Muscle Conditioning

This class features high intensity strength building exercises to maximize muscle strength and definition, while increasing muscular endurance using a variety of equipment. This will include multiple core movements and abdominal work.

#### ◆ Pilates Mat

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury and build strength and flexibility. All levels welcome.

#### ◆ SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

#### ◆ Stability Ball Training

Learn how to use your core more effectively and focus on strength training using stability balls.



## ◆ Total Body Conditioning

A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

## MARTIAL ARTS

### ◆ Qigong

Qigong combines slow, deliberate movements, meditation and breathing exercises. It involves posture, breathing techniques and mental focus. The gentle rhythmic movements of Qigong reduce stress, build stamina, increase vitality and enhance the immune system.

### ◆ Tai Chi

An ancient form of mind-body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

## MIND/BODY

### ◆ Gentle Yoga

A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition. All levels welcome.

### ◆ Vinyasa Yoga

Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

### ◆ Yogalates

This is a combination of both Yoga and Pilates movements. Exercises are performed both seated and standing. All levels welcome. Classes may work with light weights.

## CARDIO

### ◆ Cardio Kickboxing

This high-energy class blends athletic drills with martial arts to create an intense cardiovascular workout.

### ◆ Hi-Lo Cardio

An energizing workout that uses high and low impact movements. Participants can choose their own levels of intensity and impact.

### ◆ HIIT

A timed workout alternating cardio conditioning and strength training.

## ◆ Step

Using an aerobic step, participants follow choreography and step up and down to the music.

## ◆ Step & Sculpt

Combine the fantastic cardio workout of step with the strength gains of a sculpting workout for a total body challenge.



### ◆ P90X LIVE®



Power through full-body strength and cardio alongside others determined to reach their fitness goals with P90X® LIVE. P90X LIVE is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.



### ◆ Indoor Cycling

Coach By Color®

An intense cardio workout of simulated road bike riding to energizing music. Classes are **FREE** with membership, but you can reserve a seat in any of our classes with the below pricing. **Pricing based on 8-week session.**

OPTIONS	1x per week	2x per week	3x per week	4x per week	5x per week
Member	\$49	\$69	\$85	\$100	\$111
Community Member	\$104	\$117	\$135	\$152	\$178



### ◆ Interval Training

High intensity cardio alternated with recovery periods of lower cardio intensity.

### ◆ Low Impact Cardio

Get a cardio challenge with minimal impact on bones and joints!

## REMINDER: MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

### ◆ Zumba®

Zumba® takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**Program participants are welcome to join the fun and participate in the above classes!**

\$104 – 1X a week per 8-week session | \$117 – 2X a week  
\$135 – 3X a week | \$152 – 4X a week

### ◆ Strong by Zumba®

Achieve your fitness goals this fall with our NEW Strong by Zumba® group exercise class. This class combines body weight, muscle conditioning, cardio, and plyometric training moves synced to music designed to match every move. Burn calories while toning arms, legs, abs, and glutes.

Member: FREE  
Program Member: \$104 per person 8-week session



## CHILD WATCH

Do you need someone to look after your child ages (6 months to 5 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible South Shore YMCA staff members. **FREE with Family Membership.**

**Monday-Thursday 8:00am – 1:00pm AND  
5:00pm – 9:00pm**  
**Friday 8:00am – 1:00pm**  
**Saturday 8:30am – 1:00pm**  
**Sunday 8:45am – 1:00pm**

Times are subject to change.

## DANCE

### Dancing with the Y Stars

Learn the basics of cha-cha, hustle, rumba and tango. Please wear leather-soled shoes. A partner is not necessary to participate in this 4-week program. **Contact Valerie Krause for start dates. Class will be held Friday from 7:30pm – 9:00pm based on registration.** Private Lessons available by appointment \$60.00 per hour.

Member: \$67 per person | \$100 per couple  
Program Member: \$99 per person | \$130 per couple

### Salsa On2

Salsa On2 is a popular New York City style dance that originated in Cuba. It involves basic steps, partner work, dance styling and more. As the class progresses, participants will work on creative turn patterns, leading and following, and the roles for men and women. **Contact Valerie Krause for start dates at 718-227-3200 or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org).**

Sunday 7:30pm – 8:30pm Studio

Member: \$40 | per 4-week session  
Program Member: \$60 | per 4-week session

### Private Dance Lessons

Private Dance Lessons with Instructor, Eva Paradise by appointment only. **Please contact Valerie Krause at 718-227-3200 or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org).**

Member: \$60 | per hour  
Program Member: \$80 | per hour

## ADULT SPORTS

### **NEW!** Adult Basketball League

New League - New players welcome! Contact Valerie Krause for additional information and fees at 718-227-3200, or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org).

Wednesday 7:00pm – 11:00pm

### **NEW!** Adult Pickleball

Practice your new favorite sport! Spend an extra hour each week developing your Pickleball skills and fine-tuning your game.

Member: **FREE**

Program Member: Flat rate of \$150 per 8-week session

Times are subject to change due to court availability. All levels will have equal play time and the court is divided by levels.

Sunday	5:30pm – 9:30pm	Gym
Tuesday	11:30am–3:30pm	Gym
Wednesday	11:30am–3:30pm	Gym
Thursday	7:00pm–11:00pm	Gym
Friday	11:30am–3:30pm	Gym

## ADULT MARTIAL ARTS

### Tae Kwon Do (Ages 16 to Adult)

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking and blocking as applied to the art of self-defense. This traditional training style teaches self-defense, physical fitness, reduces stress and helps participants gain increased confidence, mental focus and heightened self-awareness.

Tuesday OR  
Thursday 8:30pm – 9:30pm Teen Center

Member: \$75-1X a week per 8-week session  
\$115-2X a week per 8-week session  
Program Member: \$120-1X a week per 8-week session  
\$185-2X a week per 8-week session

## ADULT SPECIALTY PROGRAM

### **NEW!** Circuit Workout

Challenge your cardio workouts and strength systems in this high-energy, total body conditioning class. Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building and improve agility and muscular endurance through various stations.

Tuesday & Thursday 6:45am –7: 45am Studio

Member: **FREE**  
Program Member: \$134-1X a week per 8-week session  
\$240-2X a week per 8-week session



### First Aid & CPR/AED

**Attention Parents!** American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Valerie Krause at 718-227-3200 or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org) to learn more.

## ADULT RECREATION

### Table Tennis

Come join the fun and learn to play an exciting Olympic sport! Table tennis is a wonderful sport for all ages and it improves reflexes and hand-eye coordination while raising self-esteem and self-confidence in a friendly environment. Space is limited to a maximum of four participants.

Daily Teen Fitness Center **FREE**

### Lunch-A-Month Club

Join your Y friends for a 2-hour lunch at a local restaurant. It's a different restaurant each month. Please contact Valerie Krause for more details.

### Senior Card Club

Make new friends learning new card games. A great way to socialize and exercise the brain.

Tuesday 12:30pm–2:30pm Stage Room





# WELLNESS PROGRAMS

## NUTRITION

### Nutrition Counseling Special

The nutrition intro pack includes two one-hour counseling sessions. One purchase only. First-time clients only.

**Member: \$50      Program Member: \$65**

### 21-Day Food Revolution

Take the journey to feeling better and having more energy with the 21-Day Food Revolution. This program will focus on strengthening your plant-based eating habits. The more you incorporate plant-based eating into your life, the more you will experience its benefits, including weight-loss, clear skin, a sharper mind and healthy digestion. Form a new eating habit that will transform the way you eat and live. **Contact Valerie Krause for start dates at 718-227-3200 or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org).**

**Member: \$40 per 4-week session**  
**Program Member: \$65 per 4-week session**

### One-to-One Nutritional Counseling Packages

Let us be your Nutrition Coach! Proper nutrition is vital to a healthy lifestyle and our certified nutritionist can provide you with strategies for healthy eating. Proper nutrition can help you increase your energy, lower your blood pressure and cholesterol and help with weight management and weight loss to ensure that you meet your individual health and wellness goals.

# Sessions	5	10	20
<b>Member:</b>	<b>\$250</b>	<b>\$440</b>	<b>\$855</b>
<b>Program Member:</b>	<b>\$400</b>	<b>\$700</b>	<b>\$1350</b>

### ◆ YMCA Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is a 16-week program that combines education, group sessions and exercise tips. Whatever your goals, the Y helps you find your way toward better health and wellness. Talk to our staff to find what's right for you. **Contact Theresa Solimeo at [tsolimeo@ymcanyc.org](mailto:tsolimeo@ymcanyc.org) for more information.**



## PERSONAL TRAINING

### ◆ New Member Orientation

New to the Y? We offer a **FREE** fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Orientations are held Tuesdays from 9:00AM-11:00AM or Saturdays 12:00PM-2:00PM.

### ◆ FREE ASSESSMENT

All new members are welcome to a **FREE** 30-minute fitness assessment that will ensure any discrepancies in proper form are addressed. **Contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org) to schedule an assessment.**



### ◆ YMCA Weight Loss Program

This **FREE** weight loss program is designed to empower people seeking a healthier weight. Rather than focusing on short-term solutions, the program helps participants make small lifestyle changes and form sustainable, healthy habits. For 12 consecutive weeks, participants meet in a group for 1-hour per week, discussing topics including creating a supportive environment, goal setting, balanced eating, physical activity, positive psychology, and sustainability. **Contact Theresa Solimeo at [tsolimeo@ymcanyc.org](mailto:tsolimeo@ymcanyc.org) for more information.**

### Personal Training Special

The personal training intro-pack includes two one-hour sessions. One purchase only. First-time clients only.

**Member: \$50**  
**Program Member: \$75**

### Express Training

1 thirty-minute session for \$30  
Express package: 4 thirty-minute sessions for \$99  
One purchase only. First-time clients only. Members Only.

Looking for a new challenge or need some additional motivation? A certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

# of Sessions	1	5	10	20
<b>Member</b>	<b>\$55</b>	<b>\$250</b>	<b>\$440</b>	<b>\$855</b>
<b>Community</b>	<b>\$88</b>	<b>\$400</b>	<b>\$700</b>	<b>\$1350</b>

All personal training sessions are one (1) hour in length. Small Group Training Sessions are available upon request. **For more information, contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org).**



## Tag Team Training

Join with a partner and share a one hour Personal Training session with a certified personal trainer. You will get 30 minutes instructed cardio, plus 30 minutes guided weight training that will not only increase your resting metabolic rate, but will leave you with a feeling of time well spent.

**7 sessions for \$299.00. Contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org).**

## TRX Training

TRX Suspension Training will take your workout to new heights! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results. For days and times, **contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org).**



## Civil Service Training

Are you preparing for a career with the NYPD or FDNY? Our Personal Trainers can get you ready for the vigors of the academy. Special packages are available upon request. **Contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org).**

### Package Options

### # of Sessions

1 Month Package (Valid 31 days from initial start date)	\$280 for 8 Sessions
2 Month Package (Valid 65 days from initial start date)	\$500 for 16 Sessions
3 Month Package (Valid 100 days from initial start date)	\$1005 for 32 Sessions



## Prenatal & Postnatal Personal Training

Get ready to welcome your little one into the world while staying in shape with our Certified Personal Trainer, Brittany! Brittany is a mother of one with another bundle of joy on the way! Regular exercise throughout pregnancy can help you maintain a healthy lifestyle while improving posture and decreasing common discomforts, such as backaches and fatigue. Whether you're in your first trimester or coming to the end of your pregnancy, our trainers are here to help you every step of the way.

### # of Sessions

	1	5	10	20
Member	\$55	\$250	\$440	\$855
Community	\$88	\$400	\$700	\$1350

## REMINDER:

**MEMBERS GET PRIORITY REGISTRATION**

◆ **INCLUDED IN MEMBERSHIP**

▶ **ONLINE REGISTRATION AVAILABLE**

## Small Group Training

Have you been thinking about trying personal training, but don't want to do it alone? Now is your chance to redefine yourself with a partner during one of our NEW Small Group Training sessions with Brittany! Workouts will be circuit style, incorporating weights, cardio, agility, and more to get you in the best shape you've ever been in! Spots are limited to 6 people and are given on a first come, first serve basis.

**Tuesday & Thursday 6:00pm – 7:00pm** Teen Fitness Center  
**Saturday 8:00am – 9:00am** Teen Fitness Center

# Per Week	1X	2X	3X
4-week session			
Member	\$60	\$90	\$120
Program Member	\$80	\$120	\$150



## Mobility at its Core

Are you 65+ and trying to improve your overall health and fitness? Our Personal Trainers will motivate you to become the best version of yourself with our NEW Mobility Adult Personal Training package! Workouts can be tailored to each individual's needs to ensure the best possible results.

**3 Personal Training sessions for \$85.00. Contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org).**



## Fit Survivor Personal Training Program

Calling all survivors! Take the next step toward achieving your health goals with our NEW Fit Survivor Personal Training program. Participants who have completed the Y LIVESTRONG program will work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance.



**3 Personal Training sessions for \$90.00. Contact Lorraine Nygard at [lnygard@ymcanyc.org](mailto:lnygard@ymcanyc.org).**

## Personal Training Policies

A client may cancel directly with the trainer without penalty by giving 24-hour notice. If notice is not given within a 24-hour period, the client will be charged for the session. All sessions are valid for six months from date of purchase. Only YMCA training staff is permitted to conduct personal training sessions within the facility.

# SWIM

## HAVE QUESTIONS?

Contact Aquatics Director Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org). See page 34 for swim class descriptions.

SESSION	DATES	MEMBER PRICE PER SESSION	PROGRAM MEMBER PRICE PER SESSION
[SESSION BREAK: No classes Monday, December 24th through Tuesday, January 1st]			
WINTER	1/2 - 2/24	\$149 - 1X a week   \$224 - 2X a week	\$276 - 1X a week   \$382 - 2X a week
SPRING I	2/25 - 4/21	\$149 - 1X a week   \$224 - 2X a week	\$276 - 1X a week   \$382 - 2X a week
[Safety Around Water Week - IN-SESSION BREAK - FREE water safety classes Monday, April 22nd through Friday, April 26th]			

### Stage 1: Water Acclimation Adult

Tuesday 8:30 pm - 9:30 pm  
OR Sunday 6:30 pm - 7:30 pm

### Stage 2: Water Movement Adult

Tuesday 8:30 pm - 9:30 pm  
OR Sunday 6:30 pm - 7:30 pm

### Stage 3: Water Stamina Adult

Tuesday 7:30 pm - 8:30 pm

### Stage 4: Stroke Introduction Adult

Tuesday 7:30 pm - 8:30 pm

### Stage 5: Stroke Development Adult

Sunday 5:30 pm - 6:30 pm

### Stage 6: Stroke Mechanics Adult

Sunday 5:30 pm - 6:30 pm

## WATER FITNESS

Are you already fit and want an intense workout, reaching a plateau in your current program, or looking for a great way to get in shape? We offer a variety of options in water fitness so it is easy to find a class that fits your individual needs.

### ◆ Aqua Exercise ages 18+

A great introduction to water fitness, perfect for beginners - easy on the joints, easy to follow and lots of fun!

Monday  
OR Wednesday 11:00am - 12:00pm OR  
7:30pm - 8:30pm

Tuesday  
OR Thursday 6:30am - 7:30am  
Friday 11:00am - 12:00pm  
Sunday 8:45am - 9:45am

Price per 8-week session

Member: **FREE**

Program Member: \$91 - 1X a week | \$130 - 2X a week  
\$169 - 3X a week | \$208 - 4X a week

SESSION: WINTER SPRING I  
DATES: 1/2-2/24 2/25-4/21

Session Break: No classes Monday, December 24th through Tuesday, January 1st.

Safety Around Water Week - IN-SESSION BREAK  
**FREE** water safety classes Monday, April 22nd through Friday, April 26th.





## REMINDER: MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

### ◆ Aqua Exercise Deep Water Ages 18+

Just like the regular starter water fitness class, only held entirely in the deep-water end for a buoyant, low-impact workout.

Tuesday  
OR Thursday 6:30pm – 7:30pm

Pricing based on 8-week session

Member: **FREE**

Program Member: \$91 – 1X a week | \$130 – 2X a week  
169 – 3X a week | \$208 – 4X a week

SESSION:	WINTER	SPRING I
DATES:	1/2–2/24	2/25–4/21

Session Break: No classes Monday, December 24th through Tuesday, January 1st.

Safety Around Water Week – IN-SESSION BREAK  
**FREE** water safety classes Monday, April 22nd through Friday, April 26th.

### ◆ Water Workout Ages 18+

An advanced-level combination of “the best of the best,” this class includes segments of shallow water aerobics, deep water exercise and aqua-kickboxing. Think you can’t sweat in the water? Think again.

Wednesday 8:30am – 9:30am

Price per 8-week session

Member: **FREE**

Program Member: \$91 – 1X a week | \$130 – 2X a week  
\$169 – 3X a week | \$208 – 4X a week

SESSION:	WINTER	SPRING I
DATES:	1/2–2/24	2/25–4/21

Session Break: No classes Monday, December 24th through Tuesday, January 1st.

Safety Around Water Week – IN-SESSION BREAK  
**FREE** water safety classes Monday, April 22nd through Friday, April 26th.



### Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on your needs and abilities. For further information, please contact Michael Creegan at [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org) or register at the Member Services Desk.

Member:	\$63 – one 45 minute lesson
	\$168 – three 45 minute lessons
	\$240 – five 45 minute lessons
	\$330 – eight 45 minute lessons

Program Member:	\$95 – one 45 minute lesson
	\$252 – three 45 minute lessons
	\$360 – five 45 minute lessons
	\$445 – eight 45 minute lessons

### Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your needs and ability.

Member:	\$46 – one 30 minute lesson
	\$127 – three 30 minute lessons
	\$187 – five 30 minute lessons
	\$273 – eight 30 minute lessons

Program Member:	\$69 – one 30 minute lesson
	\$185 – three 30 minute lessons
	\$264 – five 30 minute lessons
	\$363 – eight 30 minute lessons



### First Aid & CPR/AED

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Valerie Krause at 718-227-3200 or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org).



# EARLY CHILDHOOD

From preschool to family night to kids swimming classes, we offer something for all young New Yorkers and their families. For more information, contact Early Childhood Director Bonnie Schiuma at [bschiuma@ymcanyc.org](mailto:bschiuma@ymcanyc.org).

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



## FAMILY

### ◆ Family Night

Our **FREE** Family Nights are a special time for families to have fun and create memories that last a lifetime. Enjoy our themed nights that include sports, games, crafts, and much more. All children must be accompanied by an adult during all Family Night activities including swimming. Registration opens the first of every month at the Member Service Desk.

February 22 - Western Night 7:00 p.m. - 9:00 p.m.  
March 22 - Pajama Dance Party 7:00 p.m. - 9:00 p.m.  
April 27 - Healthy Kids Day 10:00 a.m. - 3:00 p.m.

Member: **FREE** with Family Membership  
Program Member: \$30 per family of four  
\$8 per person

## PARENT & CHILD

Members and program members must register for the below.

### ◆ Y Musical Jamboree (Ages 1 - 5 years)

Our Y Musical Jamboree play and music class is designed for your child to build creativity, confidence and lifelong friendships. This program is specifically designed to help young children learn and develop as they play. Our Musical Jamboree also will help parents learn how to encourage their child's development while enjoying the simple pleasure of playing together.

Saturday 9:00am - 9:45am Room 4

Member: **FREE** with family membership  
Program Member: \$100 per 8-week session

## CHILD WATCH

Do you need someone to look after your child ages (6 months to 5 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible South Shore YMCA staff members. **FREE with Family Membership.**

**Monday-Thursday 8:00am – 1:00pm AND  
5:00pm – 9:00pm**  
**Friday 8:00am – 1:00pm**  
**Saturday 8:30am – 1:00pm**  
**Sunday 8:45am – 1:00pm**

Times are subject to change.



### ◆ **Born to Move (Ages 1 – 5 years)**

Toddlers with parent/caregiver will have fun while introducing little ones to popular nursery rhymes through songs, stories and theme-related activities.

**Sunday 10:00am – 10:45am Room 4**

**Member: FREE with family membership**  
**Program Member: \$84 per 8-week session**

### ◆ **Mother Goose Rhyme Time (Ages 1.5 – 3 years)**

Toddlers with parent/caregiver will have fun while introducing little ones to popular nursery rhymes through songs, stories and theme-related activities.

**Saturday 10:00am – 10:45am Room 4**

**Member: FREE with family membership**  
**Program Member: \$100 per 8-week session**

### **Giggle & Groove (Ages 2 – 4 years)**

Toddlers - and their caregivers - will shake, rattle and roll to the beat of music in this fun class!

**Tuesday 11:00am – 11:45am Stage Room**

**Member: FREE with family membership**  
**Program Member: \$168 per 8-week session**

### **Building Buddies (Ages 2 – 4 years)**

Come build soaring towers using blocks. All mini-architects welcome!

**Thursday 11:00am – 11:45am Stage Room**

**Member: FREE with family membership**  
**Program Member: \$168 per 8-week session**

**For more information on the above programs, contact  
Tylar Simon at 718-227-3200 or [tsimon@ymcanyc.org](mailto:tsimon@ymcanyc.org).**

### **Let's Get Ready (Ages 18 – 30 months)**

This social class gives you and your child special time together to nurture his/her social development. Your child will become familiar with the classroom atmosphere and be better prepared to eventually attend classes independently.

**Tuesday AND/OR**

**Thursday 10:45am – 12:00pm Room 2**

**Member: \$120 – 1X a week per 8-week session**  
**\$165 – 2X a week per 8-week session**  
**Program Member: \$182 – 1X a week per 8-week session**  
**\$230 – 2X a week per 8-week session**

### **Now We Are Ready (Ages 2 – 3 years)**

This class is designed to encourage your child's curiosity, as well as develop intellectual, emotional and social skills. The goal is to develop independence and ease first time separation.

**Monday, Wednesday AND/OR**

**Friday 11:00am-12:15pm Room 2**

**Member: \$120 – 1X a week per 8-week session**  
**\$165 – 2X a week per 8-week session**  
**\$205 – 3X a week per 8-week session**  
**Program Member: \$182 – 1X a week per 8-week session**  
**\$230 – 2X a week per 8-week session**  
**\$304 – 3X a week per 8-week session**



### **Pediatric and Adult First Aid & CPR/AED**

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Valerie Krause at 718-227-3200 or [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org) for more information.





# ARTS

## Art & Play (Ages 2 – 3 years)

Children will have independent playtime, art activities and fun with friends. This class is designed to enhance and explore your child's curiosity, as well as develop intellectual, emotional and social skills. The goal of this class is to develop independence and ease first time separation.

**Tuesday AND/OR  
Thursday 9:00am-10:30am Room 2**

**Member: \$135– 1X a week per 8-week session  
\$205– 2X a week per 8-week session  
Program Member: \$203– 1X a week per 8-week session  
\$246– 2X a week per 8-week session**

## Preschool Prep (Ages 2 – 3 years)

Preschool Prep gives us the opportunity to set the stage for a child's success in school and in life. Preschool Prep is a content-rich program that supports active learning and promotes children's progress in developmental areas. Preschool Prep believes that children learn best when they are actively involved in learning projects.

**2X a week  
Tuesday & Thursday 12:45pm – 2:45pm Room 2**

**Member: \$237 per 8-week session  
Program Member: \$287 per 8-week session**

## Playgroup (Ages 2.5 – 3.5 years)

An independent program in a classroom setting which will facilitate language development and social skills through play. This class includes self-expression through art, structured group activities, games, circle time and snack time. The objective of Playgroup is for us to help your child learn the skills to succeed in a school environment.

**Monday, Wednesday AND/OR  
Friday 12:45pm-2:30pm Room 2**

**Member: \$143– 1X a week per 8-week session  
\$187– 2X a week per 8-week session  
\$247– 3X a week per 8-week session  
Program Member: \$208– 1X a week per 8-week session  
\$259– 2X a week per 8-week session  
\$318– 3X a week per 8-week session**

## My Little Academy (Age 3 years)

For children who have achieved independence in our socialization program, we offer this creative curriculum. This class will build upon the social skills for children with an academic component. Children need not be potty-trained to be in this program. This class will have enriched activities with hands-on learning.

**3X a week  
Monday, Wednesday & Friday  
9:00am-10:45am Room 2**

**Member: \$247 per 8-week session  
Program Member: \$318 per 8-week session**

**For more information, contact Bonnie Schiuma at  
718-227-3200 or [bschiuma@ymcanyc.org](mailto:bschiuma@ymcanyc.org).**





## Y EARLY CHILDHOOD DEVELOPMENT

The YMCA believes that a quality program should provide enriching experiences which facilitate a child’s cognitive, social, physical and emotional growth. We strive to meet the developmental needs and temperament of each individual child by working in partnership with families. YMCA Early Childhood Development programs, licensed by the New York City Department of Health, provide a nurturing environment where children’s natural curiosity is a springboard to learning skills that are necessary for success in school. Children learn how to share, take turns and work in groups. They also develop age-appropriate skills that form the foundation for reading, writing and mathematics. Imaginative play, art projects and hands-on experience will spark your child’s imagination and encourage lifelong, positive values. For additional information, or to arrange a tour, call Bonnie Schiuma, Early Childhood Director, at (718) 227-3200 or [bschiuma@ymcanyc.org](mailto:bschiuma@ymcanyc.org).

### Pre-K 3 (Nursery School, Age 3 years)

Our Pre-K 3 program offers full-day and half-day options. Classrooms are staffed with a licensed Early Childhood teacher and a qualified teacher’s assistant who will encourage your child through hands-on learning experiences. Gym and movement activities as well as weekly swim instruction for 3 and 5 day classes are included. Children must be born in 2015 and toilet trained. A Birth Certificate is required. To register, parents are required to complete a registration form and pay a \$100 non-refundable deposit that will be applied toward tuition payments. The amounts below represent one payment. There are 10 equal payments per year.

Registration for school year 2018-2019 is now open.

#### Pre-K 3 Program Options

Half Day: 9:00am–11:45am OR 12:30pm–3:15pm

# Days	5	3	2
Member:	\$581	\$343	\$238
Program Member:	\$660	\$394	\$289

Full Day: 9:00am–3:15pm

# Days	5	3	2
Member:	\$803	\$573	\$395
Program Member:	\$892	\$661	\$484

### LUNCH BUDDY PROGRAM

Children in our half day Pre-K 3 program are invited to stay with us from 11:45am until 1:00pm and enjoy a nutritious lunch while participating in enrichment curriculum, including handwriting and pre-reading skills, cooking, adventures with science and STEM.

# Days	5	3	2
Price per student:	\$184	\$107	\$77

### PRE-K FOR ALL (Universal Pre-K, Age 4 years)

The Staten Island South Shore YMCA presents NYC’s FREE full-day PRE-K FOR ALL, a quality program five days a week that is open to members and non-members of the Y! We focus on developing children by providing a safe, nurturing environment where they are intellectually, socially and physically stimulated while participating in fun activities. Children will be engaged with highly qualified, certified teachers and personnel. Our curriculum places a high priority on creating an environment in the classroom that encourages children to experiment, explore and pursue their own interests. Cost: FREE for all residents of NYC, spots are limited; first come, first reserved! Participants must be born in 2014 to enroll in the 2018-2019 school year. Please check the [NYC DOE website](#) for information on registration procedures.

### BEFORE & AFTER CARE

Available to Pre-K 3 and PRE-K FOR ALL Students.

# Days	5	3	2
AM: 7:30 – 9:00	\$161	\$114	\$92
PM: 3:15 – 6:00	\$250	\$183	\$120
AM & PM:	\$334	\$242	\$192

### CAMP RAINBOW (Ages 3-5 years)

The South Shore YMCA will host a fun-filled summer camp. Campers will discover, learn and grow through a variety of activities that include arts and crafts, instructional swim (for 3 and 5 day a week campers) and music and movement. Each session features a different theme on which daily creative lesson plans are based. Space is limited. Early Bird discount available. \*All children must be toilet trained.

# SWIM

EARLY CHILDHOOD

SESSION	DATES	MEMBER PRICE PER SESSION	PROGRAM MEMBER PRICE PER SESSION
[SESSION BREAK: No classes Monday, December 24th through Tuesday, January 1st]			
WINTER	1/2 - 2/24	\$123 - 1X a week   \$180 - 2X a week	\$233 1X a week   \$312 - 2X a week
SPRING I	2/25 - 4/21	\$123 - 1X a week   \$180 - 2X a week	\$233 - 1X a week   \$312 - 2X a week
[Safety Around Water Week - IN-SESSION BREAK - FREE water safety classes Monday, April 22nd through Friday, April 26th]			

**PARENT & CHILD CLASSES:** Water Discovery & Water Exploration classes are meant to increase a child's comfort level in the water and are not intended to teach children how to swim. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

## Stage A: Water Discovery Parent/Child (Ages 6 - 19 months)

Children participating in the class should be able to hold their head up and sit with support. \*Children must wear a swim diaper.

Saturday 9:30am-10:00am  
OR Sunday 10:15am-10:45am

## Stage B: Water Exploration Parent/Child (Ages 6 - 19 months)

Children participating in the class should be able to hold their head up and sit with support. \*Children must wear a swim diaper.

Saturday 10:05am - 10:35am  
OR Sunday 10:50am - 11:20am

## Stage A: Water Discovery Parent/Child (Ages 19 - 36 months)

\*Children must wear a swim diaper.

Saturday 10:40am - 11:10am  
OR Sunday 11:25am - 11:55am

## Stage B: Water Exploration Parent/Child (Ages 19 - 36 months)

\*Children must wear a swim diaper.

Saturday 11:15am - 11:45am  
OR Sunday 12:00pm - 12:30pm

**Swim Testing:** Progressive-level learn-to-swim classes are divided by skill. Please do not register your child for any of the following classes unless he/she has been swim tested or promoted within our program prior to registration. To schedule a Swim Test for your child, please contact the Aquatics Director, Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org)

## PRESCHOOL PROGRESSIVE LEVEL (STAGES 1-4) LEARN-TO-SWIM CLASSES FOR AGES 3 - 5

### Stage 1: Water Acclimation, with Parent Parent/Pre-school child (Ages 3 - 5 years)

Saturday 11:50am - 12:20pm  
OR Sunday 12:35pm - 1:05pm

### Stage 1: Water Acclimation Pre-school child (Ages 3 - 5 years)

Monday 3:30pm-4:00pm OR 4:40pm-5:10pm  
Tuesday 4:05pm-4:35pm OR 5:15pm-5:45pm  
Wednesday 3:30pm-4:00pm OR 4:40pm-5:10pm  
Thursday 4:05pm-4:35pm OR 5:15pm-5:45pm  
Friday 3:30pm-4:00pm OR 4:40pm-5:10pm  
Saturday 8:55am-9:25 am OR 10:05am-10:35am OR 11:15am-11:45am  
Sunday 10:10am-10:40am OR 11:20am-11:50am OR 12:30pm-1:00pm

### Stage 2: Water Movement Pre-school child (Ages 3 - 5 years)

Monday 5:15pm-5:45pm  
Tuesday 4:40pm-5:10pm  
Wednesday 5:15pm-5:45pm  
Thursday 4:40pm-5:10pm  
Friday 5:15pm-5:45pm  
Saturday 9:30am-10:00am OR 10:40am-11:10am  
Sunday 10:45am-11:15am OR 11:55am-12:25pm



# PARTY TIME!

Make your next party a BIG SPLASH at the YMCA with a **POOL PARTY!**

**Themes: Pool Party • Ooey Goey • Karate • Sports • Party • Canvas Art • Dance**

All Y parties include one hour of activities and one hour of party time for food and drinks in the party room. Our "no mess, no stress" approach to parties allows you to choose from three different packages. Parties can be booked for Saturdays or Sundays. We offer reasonable prices and a variety of rooms, equipment and themes to choose from.

**Basic Party Package:** Member, \$275 / Program, \$325

- Private party room • Birthday child is **FREE!** • up to 20 guests • Set-up upon arrival and clean-up
- Activities run by enthusiastic staff (pool parties are recreational swim)

**Deluxe Package:** Member, \$350/ Program Member, \$425. Upgrade to include: invitations, paper products, birthday candles, juice boxes and a personalized birthday cake for up to 20 guests.

**Ultimate Package:** Member, \$425/Program Member, \$500. Leave everything to us! All the above plus pizza for 20 guests and party favors. The Ultimate package must be booked two weeks in advance.

There is an additional \$5 fee per person over the amount of 20.

## Stage 3: Water Stamina Pre-school child (Ages 3 – 5 years)

Monday	4:05pm-4:35pm
Tuesday	5:50pm-6:20pm
Wednesday	4:05pm-4:35pm
Thursday	5:50pm-6:20pm
Friday	4:05pm-4:35pm
Saturday	11:50am-12:20pm
Sunday	1:05pm-1:35pm

## Stage 4: Stroke Introduction Pre-school child (Ages 3 – 5 years)

Monday	5:50pm-6:20pm
Tuesday	3:30pm-4:00pm
Wednesday	5:50pm-6:20pm
Thursday	3:30pm-4:00pm
Friday	5:50pm-6:20pm
Saturday	12:25pm-12:55pm
Sunday	1:40pm-2:10pm

## Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your child's needs and ability.

Member:	\$46-one 30 minute lesson
	\$127-three 30 minute lessons
	\$187-five 30 minute lessons
	\$273-eight 30 minute lessons

Program Member:	\$69-one 30 minute lesson
	\$185-three 30 minute lessons
	\$264-five 30 minute lessons
	\$363-eight 30 minute lessons

## Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on your children's needs and abilities.

Member:	\$63-one 45 minute lesson
	\$168-three 45 minute lessons
	\$240-five 45 minute lessons
	\$330-eight 45 minute lessons

Program Member:	\$95-one 45 minute lesson
	\$252-three 45 minute lessons
	\$360-five 45 minute lessons
	\$445-eight 45 minute lessons



# SCHOOL-AGE

The South Shore YMCA provides after school, day and weekend programming for youth ages 5 to 17 years. We offer a host of programs that promote healthy spirit, mind and body through intellectual, social and recreational activities. For more information contact Tylar Simon, Program Director at [tsimon@ymcanyc.org](mailto:tsimon@ymcanyc.org).



**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

Parents are invited to observe their child's first and last class of each session! Please join them as they explore and learn. During all other classes, we ask that you please wait outside until the class is over. We appreciate the cooperation.

## ARTS

### Mommy and Me Fun Time (Ages 1 – 5)

Open your child's world with creativity! Interacting with other children and expressing their own identity. Moms will have a blast and feel so very proud of how quickly their children adapt to a new and amazing environment.

Wednesday 11:00am-11:45am Stage Room

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session



### Young Chefs School-age children (Ages 5 – 10)

Explore the kitchen! Learn to make healthy treats in an exciting way. All supplies included.

Thursday 5:00pm– 6:00pm Room 4

Member: \$71 per 8-week session  
Program Member: \$142 per 8-week session

### Passport to Art School-age children (Ages 5 – 12)

What you'll learn in this kid's craft class: This creative class combines art with geography and imagination and is one of our most popular classes. Each student receives a passport and we travel throughout the world filling the pages with illustrations from our trips.

Friday 5:00pm – 6:00pm Stage Room

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session

## Let's Go Paint

### School-age children (Ages 6 – 12)

Introducing a fun and artistic class where parents and kids can have fun together. Budding artists will develop their individual artistic expressions through a variety of media including clay, collage, watercolors, pastels and more. No prior experience is necessary.

Wednesday 5:15pm–6:00pm Stage Room

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session

## ◆ Jewelry Making

### School-age children (Ages 6 – 11)

Kids will enjoy making necklaces, bracelets and more in this class. New activities each week and all supplies are included.

Tuesday 4:30pm – 5:15pm Stage Room

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

## Stitch in Time

### School-age children (Ages 7 – 14)

In this new class, children will foster their creativity while learning how to crochet their own masterpieces. Surprise crafts will be added throughout the session.

Tuesday 5:15pm – 6:30pm Stage Room

Member: \$52 per 8-week session  
Program Member: \$105 per 8-week session

## Kid Reporter

### School-age children (Ages 6 – 12)

Want to become a reporter and have your work read by people all over the country? In the Kid Reporter Program workshops, students are guided on an in-depth exploration of media literacy and learn how to become critical journalists. Students take part in every aspect of producing the newspaper – from topic selection, researching and writing, content production, interviewing, on-the-ground reporting, editing and finalizing their work for publication, and finally, distributing the paper to a growing, national audience of their peers.

Wednesday 4:15pm–5:15pm Stage Room

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session

## Young Performers

### School-age children (Ages 7 – 12)

Children will have the opportunity to learn all aspects of theater including voice, diction and stage direction.

Tuesday 4:00pm–5:00pm Room 2  
OR Saturday 11:15am–12:15pm Room 2

Member: \$68 per 8-week session  
Program Member: \$136 per 8-week session

## Sing It

### School-age children (Ages 6 – 12)

Voice study is the secret to success for many contemporary vocal artists. This class is an introductory course designed to teach you how to make your voice sound more powerful, how to use vocal technique to expand your range and expression, and how to become more confident in vocal performances. This course is a fantastic starting point for anyone wanting to make the most of their voice.

Wednesday 5:00pm – 6:00pm Room 4

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session

## Strike A Chord

### School-age children (Ages 6 – 12)

Students will demonstrate mastery of musical skills and concepts at levels of increasing difficulty. They will learn to participate in music as a musician through singing, playing instruments, performing rhythms, moving to music, and improvising/composing. Students will participate in all aspects of music production and demonstrate appropriate use of related materials, methods, and technologies.

Monday 5:00pm – 5:45pm Room 4

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session

# SCIENCE

## ◆ Mad Scientist

### School-age children (Ages 6 – 11)

This class bring hands-on fun and wonder of all things science.

Monday 4:00pm – 4:45pm Stage Room

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

## ◆ Y-Botics

### School-age children (Ages 6 – 11)

Our instructors will have your kids putting together all types of cool and educational robotics projects. Robotics is a great way to introduce kids at a very young age to the concept of STEM. Your kids will be learning all about engineering and technology in the best environment possible, in a setting that feels like play.

Monday 5:00pm – 6:00pm Stage Room

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

# DANCE

Led by our dance specialists, the YMCA offers fun-filled dance classes in a variety of styles. Appropriate dance attire must be worn with ballet slippers. Tap shoes are not needed.

## Tiny Toes (Ages 3 – 5)

Children will learn the fundamentals of ballet and tap.

Saturday 1:30pm – 2:15pm Studio  
& Sunday 1:15pm – 2:00pm Studio

Member: \$69 per 8-week session  
Program Member: \$138 per 8-week session

## Ballet/Tap/Hip Hop School-age children (Ages 5 – 12)

Children will continue with what they learned in Tiny Toes and add hip hop to the routine.

Saturday 12:30pm-1:30pm Studio  
OR Sunday 2:00pm-3:00pm

Member: \$84 per 8-week session  
Program Member: \$168 per 8-week session



## Spring I Dance Recital

Join us for our Dance Recital at the end of the session. Students who sign up for Winter & Spring I by the first week of the program will be eligible to participate. Proper dance attire for class includes a leotard, tights and ballet slippers. See you at the show!



## Model Inc. School-age children (Ages 7 – 14)

Want to be the South Shore Y's next model? Come and have fun while learning to pose and walk the runway like a real model. Show off your unique style!

Tuesday 4:00pm – 5:00pm Teen Center

Member: \$71 per 8-week session  
Program Member: \$ 142 per 8-week session

# FITNESS



## Upper Cutters School-age children (Ages 7 – 14)

This class will teach a variety of bag work, shadow boxing, and footwork. Students will also go through a variety of core cardio and strength exercises. Each class will be designed to teach professional boxing and self-defense skills.

Sunday 12:15pm – 1:15pm Teen Center

Member: \$71 per 8-week session  
Program Member: \$ 142 per 8-week session



## Ninja Warrior School-age children (Ages 6 – 12)

Want your kids moving? In this class they will learn mobility and gain endurance and strength.

Thursday 3:30pm – 4:15pm Gym Side B

Member: \$60 per 8-week session  
Program Member: \$120 per 8-week session

## ◆ Kids Zumba® School-age children (Ages 7 – 11)

Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Tuesday OR 5:45pm-6:30pm Teen Center  
Saturday 10:45am-11:15am Teen Fitness Center

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

# MARTIAL ARTS

## ◆ Kids Yoga Fit School-age children (Ages 5 – 11)

A playful, creative and functional movement class which combines mind and body work. We use mindful movements, games, share circles, breath work and visualization to move energy through the body as we calm the mind. Kids Yoga Fit allows all children to participate at their own level.

Tuesday OR Wednesday 5:00pm–5:45pm Teen Center

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

## **NEW!** ◆ CATCH for Grades 1-8

CATCH is a physical activity and nutrition education program designed for school-aged children (grades 1-8) in an after-school, recreational setting. Contact Valerie Krause at 718-227-3200 or vkrause@ymcanyc.org.

Wednesday (Grades 1-4) 4:00pm – 5:00pm Studio  
Thursday (Grades 5-8) 4:00pm – 5:00pm Studio

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

For more information on Youth Sports contact Tylar Simon at [tsimon@ymcanyc.org](mailto:tsimon@ymcanyc.org). Program fees are non-refundable and class make-ups only available if the YMCA cancels.

# GYMNASTICS

The YMCA is the place for your child to develop gymnastics skills while building character and learning teamwork.

## Tumbling Tots (Ages 3 – 5)

This class is designed to introduce children to basic tumbling, rolling and jumping movements.

Friday 3:30pm–4:15pm Gymnasium

Member: \$102 per 8-week session  
Program Member: \$204 per 8-week session

## **NEW!** Tumbling Stars School-age children (Ages 6 – 10)

This class is designed to introduce children to intermediate tumbling, rolling and jumping movements.

Friday 4:15pm–5:00pm Gymnasium

Member: \$102 per 8-week session  
Program Member: \$204 per 8-week session

The YMCA's Martial Arts program combines fitness, self-defense, sport, meditation, discipline, character development and self-confidence. Join us for these progressive programs, make new friends and have fun! Tae Kwon Do participants are required to wear a uniform during class.

## Tae Kwon Do School-age children (Ages 4 – 14)

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking and blocking as applied to the art of self-defense. This traditional training style teaches self-defense, physical fitness, reduces stress, and helps participants gain increased confidence, mental focus, and heightened self-awareness.

LEVEL	DAY	TIME
Pre-K 	Sunday	12:15pm–1:15pm
Ages 5-7 	Tuesday	4:00pm–5:00pm
	Friday	4:00pm–5:00pm
	Saturday	10:00am–11:00am
Ages 7-14 	Tuesday	5:00pm–6:00pm
	Friday	5:00pm–6:00pm
	Saturday	11:00am–1:00pm
Tournament Training	Saturday	1:00pm–2:15pm
Advanced (Black and Brown belts)	Saturday	2:15pm–4:15pm

Member: \$96 – 1X a week per 8-week session  
\$140 – 2X a week per 8-week session  
\$158 – 3X a week per 8-week session  
Program Member: \$192 – 1X a week per 8-week session  
\$280 – 2X a week per 8-week session  
\$316 – 3X a week per 8-week session

\*Please note: Saturday 2-hour classes pay 2X a week price





# SPORTS

## Sports Sampler

### School-age children (Ages 4 – 6)

The South Shore YMCA is proud to offer the Sports Sampler Program, in which children will experience different sports such as flag football, baseball, basketball, soccer, volleyball and more!

Friday 3:30pm-4:30pm  
Gymnasium

Member: \$52 per 8-week session  
Program Member: \$104 per 8-week session

## YOUTH LEAGUES

### **NEW!** SSY Basketball League School-age children (Ages 5 – 18)

This 10-week program is open to boys and girls ages 5-18 to give them the opportunity to participate in recreational league play. Games are played on Saturdays and volunteer coaches are needed to make this league a success.

Members & Program Members :  
\$100 per 10-week program

Evaluations are on Jan 12 and the make-up date is Jan 19  
12:00pm for grades K - 1st  
12:30pm for grades 2nd - 3rd  
1:00pm for grades 4th - 5th  
1:30pm for grades 6th - 8th  
2:00pm for All High School

### **NEW!** ♦ FLAG FOOTBALL School-age children (Ages 4 – 12)

Learn the basics of throwing, catching, punting and kicking. Work into positions and game set-up. No equipment necessary.

♦ Beginner Flag Football (Ages 4 – 7)   
Tuesday 5:00pm-6:00pm Gymnasium

Member: **FREE** with family membership  
Program Member: \$90 per 8-week session

♦ Semi-Pro Flag Football (Ages 8 – 12)   
Tuesday 6:00pm-7:00pm Gymnasium

Member: **FREE** with family membership  
Program Member: \$90 per 8-week session



**NEW!** ♦ Youth Volleyball   
School-age children (Ages 7 – 12)  
Tuesday 3:30pm-4:15pm Gymnasium

Member: \$52 per 8-week session  
Program Member: \$104 per 8-week session

**NEW!** ♦ Teen Volleyball   
School-age children (Ages 13 – 17)  
Tuesday 4:15pm-5:00pm Gymnasium

Member:  
\$52 per 8-week session

Program Member:  
\$104 per 8-week session

### **NEW!** ♦ TABLE TENNIS Ping-Pong Clinic (Ages 6 – 12)

Table tennis, or ping-pong is an easy to play, fun, low impact sport that has multiple benefits for its participants. Table tennis improves hand-eye coordination and aids in the strengthening of bones and muscle development. The repetitive and multidirectional movements promote your child's agility and flexibility.

Ages 6-8 Thursday 3:30pm-4:30pm Teen Fitness Center  
Ages 9-12 Thursday 4:30pm-5:30pm Teen Fitness Center

Member: **FREE** with family membership  
Program Member: \$84 per 8-week session

## ◆ TRACK

### New York Road Runners Mighty Milers School-age children (Ages 5 – 12)

A marathon program where children run or walk regularly and learn how to integrate healthy habits into their lifestyle. Mighty Milers gives kids the opportunity and encouragement to get moving, release energy, improve fitness and health, and strive for individual goals through an incentive program. Children receive rewards for reaching mileage milestones. Program runs from October through June.

Ages 5-8	Monday	6:00pm – 7:00pm
Ages 9-12	Monday	7:00pm – 8:00pm

Member: **FREE** with family membership  
Program Member: \$93 per 8-week session

## BASKETBALL

Youth Basketball is designed to holistically develop your child's performance and character on and off the court. More importantly, the Y helps players learn values and build self-confidence. Using the Junior NBA curriculum, classes are tailored for both boys and girls to learn the fundamentals of basketball in both league and clinic play, sharpen skills, make new friends and have some fun!

### Rookie Basketball School-age children (Ages 4 – 6)

Introduce your child to the game of basketball. Smaller basketballs and lower baskets are used to build confidence and proper skills, but most importantly to have fun!

Monday OR	3:30pm-4:00pm	Gymnasium
Wednesday		

Member: \$60 1X a week per 8-week session  
\$82 2X a week per 8-week session

Program Member: \$120 1X a week per 8-week session  
\$164 2X a week per 8-week session

### Starter Basketball Clinic School-age children (Ages 6 – 8)

Monday OR	4:00pm-5:00pm	Gymnasium
Wednesday OR	4:00pm-5:00pm	
Saturday	9:30am-10:30am	

Member: \$97 – 1X a week per 8-week session  
\$120 – 2X a week per 8-week session  
\$158 – 3X a week per 8-week session

Program Member: \$194 – 1X a week per 8-week session  
\$240 – 2X a week per 8-week session  
\$316 – 3X a week per 8-week session

### All Star Basketball Clinic School-age children (Ages 8 – 12)

Monday OR	5:00pm-6:00pm	Gymnasium
Wednesday OR	5:00pm-6:00pm	
Saturday	10:30am-11:30am	

Member: \$97 – 1X a week per 8-week session  
\$120 – 2X a week per 8-week session  
\$158 – 3X a week per 8-week session

Program Member: \$194 – 1X a week per 8-week session  
\$240 – 2X a week per 8-week session  
\$316 – 3X a week per 8-week session

### MVP Basketball Clinic School-age children (Ages 12 – 14)

Monday OR	6:00pm-7:00pm
Wednesday	6:00pm – 7:00pm

Member: \$97 – 1X a week per 8-week session  
\$120 – 2X a week per 8-week session

Program Member: \$194 – 1X a week per 8-week session  
\$240 – 2X a week per 8-week session





## SOCCER

From indoor clinics to skills camps, our soccer programs offer something for everyone. Come learn new skills and meet other players just like you!

### Lil' Kicks Soccer

#### School-age children (Ages 4 – 6)

Our Lil' Kicks program will introduce your youngster to the sport of soccer with this instructional, beginner level class!

Thursday 4:00pm – 4:30pm Gymnasium

Member: \$60 per 8-week session  
Program Member: \$120 per 8-week session

### Instructional Soccer Ages

#### School-age children (Ages 5 – 7)

Thursday 4:30pm – 5:30pm Gymnasium

Member: \$97 per 8-week session  
Program Member: \$194 per 8-week session

### Intermediate/Advanced Level Soccer

#### School-age children (Ages 8 – 12)

This class will allow the intermediate to advanced players to hone their dribbling, passing, shooting and juggling skills.

Thursday 5:30pm – 6:30pm Gymnasium

Member: \$97 per 8-week session  
Program Member: \$194 per 8-week session

### YOUTH TENNIS

#### School-age children (Ages 6 – 12)

Make a racquet with our certified tennis instructor, Dymtro Marchenko! The program brings children into the game of tennis by utilizing special equipment such as shorter courts and racquets. Tennis builds endurance and hand-eye coordination and will leave kids feeling challenged and invigorated. Through programs like youth tennis, we nurture kids' sense of self-confidence and introduce them to the concept of teamwork in a supportive, non-competitive environment.

Ages 6-8 Friday 5:00pm – 6:00pm  
Ages 9-12 Friday 6:00pm – 7:00pm

Member: \$97 per 8-week session  
Program Member: \$194 per 8-week session

## PARTY TIME!

Celebrate your child's special day at the Y!

Themes Include:

Pool Party • Ooey Goey • Karate  
Sports Party • Canvas Art • Dance

All Y parties include one hour of activities and one hour of party time for food and drinks in the party room. Our "no mess, no stress" approach to parties allows you to choose from three different packages. Parties can be booked for Saturdays or Sundays. We offer reasonable prices and a variety of rooms, equipment and themes to choose from.

**Basic Party Package:** Member, \$275 / Program, \$325

- Private party room • Birthday child is **FREE!**
- up to 20 guests
- Activities run by enthusiastic staff (pool parties are recreational swim)
- Set-up upon arrival and clean-up

**Deluxe Package:** Member, \$350/ Program Member, \$425

Upgrade to include: invitations, paper products, birthday candles, juice boxes and a personalized birthday cake for up to 20 guests.

**Ultimate Package:** Member, \$425/Program Member, \$500

Leave everything to us! All the above plus pizza for 20 guests and party favors.

There is an additional \$5 fee per person over the amount of 20.

The Ultimate package must be booked two weeks in advance.

For more information, contact Tylar Simon at  
718-227-3200 or [tsimon@ymcanyc.org](mailto:tsimon@ymcanyc.org).



# SWIM

## HAVE QUESTIONS?

Contact Aquatics Director Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org). See page 34 for swim class descriptions.

SESSION	DATES	MEMBER PRICE PER SESSION	PROGRAM MEMBER PRICE PER SESSION
[SESSION BREAK: No classes Monday, December 24th through Tuesday, January 1st]			
WINTER	1/2 - 2/24	\$129 - 1X a week   \$191 - 2X a week	\$241 - 1X a week   \$321 - 2X a week
SPRING I	2/25 - 4/21	\$129 - 1X a week   \$191 - 2X a week	\$241 - 1X a week   \$321 - 2X a week
[Safety Around Water Week - IN-SESSION BREAK - FREE water safety classes Monday, April 22nd through Friday, April 26th]			

### PROGRESSIVE-LEVEL SWIMMING INSTRUCTION

#### Stage 1: Water Acclimation School-age children (Ages 5 - 12)

Monday, Tuesday OR Friday 3:30pm - 4:15pm  
 Wednesday 4:20pm - 5:05pm  
 Thursday 5:10pm - 5:55pm  
 Saturday 8:45am - 9:30am  
 Sunday 10:05am - 10:50am

#### Stage 2: Water Movement School-age children (Ages 5 - 12)

Monday OR Friday 4:20pm - 5:05pm  
 Tuesday 5:10pm - 5:55pm  
 Wednesday OR Thursday 3:30pm - 4:15pm  
 Saturday 9:35am - 10:20am  
 Sunday 10:55am - 11:40am

#### Stage 3: Water Stamina School-age children (Ages 5 - 12)

Monday, Wednesday OR Friday 5:10pm - 5:55pm  
 Tuesday OR Thursday 4:20pm - 5:05pm  
 Saturday 10:25am - 11:10am  
 Sunday 11:45am - 12:30pm

#### Stage 4: Stroke Introduction School-age children (Ages 5 - 12)

Monday, Wednesday  
 OR Friday 6:00pm - 6:45pm  
 Saturday 11:15am - 12:00pm  
 Sunday 12:35pm - 1:20pm

#### Stage 5: Stroke Development School-age children (Ages 5 - 12)

Monday, Wednesday  
 OR Friday 6:45pm - 7:30pm  
 Saturday 12:05pm - 12:50pm  
 Sunday 1:25pm - 2:10pm

**Swim Testing:** Progressive-level learn-to-swim classes are divided by skill. Please do not register your child for any of the following classes unless he/she has been swim tested or promoted within our program prior to registration. To schedule a Swim Test for your child, please contact the Aquatics Director, Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org)

#### Stage 6: Stroke Mechanics School-age children (Ages 5 - 12)

Monday, Wednesday  
 OR Friday 6:25pm - 7:25pm  
 Saturday 1:00pm - 2:00pm  
 Sunday 2:15pm - 3:15pm

SCHOOL-AGE





**REMINDER:  
MEMBERS GET PRIORITY REGISTRATION**

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

# PATHWAYS

## Aquatic Conditioning [Skills & Drills] School-age children (Ages 7 – 12)

Participants refine their abilities, build their endurance and develop skills specific to compliance with the YMCA of the USA and United States Swimming regulations. Evaluations are required before registering; please contact Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org), to schedule an appointment. [Current participation on a swim team not required; please note the Staten Island YMCA does not sponsor a swim team.]

**Tuesday**  
**OR Thursday** 6:25pm – 7:25pm  
**Saturday** 1:00pm – 2:00pm  
**Sunday** 2:15pm – 3:15pm

## Lifeguard Preparation School-age children (Ages 7 – 12)

Interested in eventually becoming a lifeguard? Learn the prerequisite skills needed for the YMCA Lifeguard pre-course assessment test. Lifeguard Preparation is not a “learn to swim” or lifeguard certification program, but we do offer the opportunity to improve current swimming skills while working on the lifeguard prerequisites. Evaluations are required before registering; please contact Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org), to schedule an appointment.

**Friday 7:30pm – 8:30pm**

## Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your child’s needs and ability.

**Member:**  
\$46 – one 30 minute lesson  
\$127 – three 30 minute lessons  
\$187 – five 30 minute lessons  
\$273 – eight 30 minute lessons

**Program Member:** \$69 – one 30 minute lesson  
\$185 – three 30 minute lessons  
\$264 – five 30 minute lessons  
\$363 – eight 30 minute lessons

## Semi-Private Swim Lessons

For 2 people to share, these 45-minute lessons will focus on your children’s needs and abilities.

**Members:**  
\$63 – one 45-minute lesson  
\$168 – three 45-minute lessons  
\$240 – five 45-minute lessons  
\$330 – eight 45-minute lessons

**Program Members:**  
\$95 – one 45-minute lesson  
\$252 – three 45-minute lessons  
\$360 – five 45-minute lessons  
\$445 – eight 45-minute lessons





## TIME TO CELEBRATE!

Make your next party a **BIG SPLASH** with a **YMCA POOL PARTY!** SEE PAGE 21 for all our birthday party options.

## DAY CAMP

### South Shore STARS Day Camp School-age children (Ages 6 – 13)

Looking for a place where your child can have fun and learn over the summer? Look no further than South Shore Stars. This camp offers a variety of supervised, fun activities including arts and crafts, health and fitness, group games, science and nature, music, drama, sports, and more. Each session features a new theme to spark your camper's curiosity and broaden their horizon as they explore art, music, science, and the natural world through hands-on learning and in house camp trips. See page [42](#) for more day camp options and rates.

### Camp Pouch School-age children (Ages 8 – 10)

The YMCA Day Camp at Camp Pouch offers a summer camp experience like no other. At Pouch, the YMCA combines the natural beauty of an outdoor camp with an enthusiasm that only the YMCA at Pouch can bring. Located at the William H. Pouch Scout Camp, campers have the opportunity to go swimming every day in Pouch's own Ohrbach lake, or go out on the lake in rowing and paddling boats, and go rock climbing on the camp's private rock climbing wall. See page [42](#) for more day camp options and rates.

### Sports Specialty Camp School-age children (Ages 8 – 12) (Half day, two- week sessions)

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds in sports, campers will learn the history, rules, and key skills of different sports, all while practicing their techniques in mini-games. In addition, campers will explore the values of teamwork, good sportsmanship and a strong work ethic. See page [42](#) for more day camp options and rates.

### Swim and Outdoor Adventure Camp School-age children (Ages 6 – 13)

Swim Camp combines our Outdoor Adventure Camp with swimming activities. Your camper will arrive at Camp Pouch at 9:00 AM to spend the first half of the day. He or she will be transported by bus to Swim Camp and returned to Camp Pouch for regular dismissal each day. Campers will be divided into skill levels. This camp runs each session. See page [42](#) for more day camp options and rates.

### Pouch Specialty Camps School-age children (Ages 6 – 13)

Swim Camp Specialty camps are half-day camps that run in two-week sessions, Monday through Friday, from 9:00 AM – 12:00 PM, and they can transition into a full-day camp. Additional hours at camp equal MORE FUN! Campers extending their day will enjoy swimming, indoor, and outdoor activities. Try one, or try them all! See page [42](#) for more day camp options and rates.





# TEENS

The Y gives teens a safe space to socialize and be themselves. Teens can play a sport, work on leadership skills, prep for college, and give back through Y programs designed for them. Civic Teen Programs run September - June.



**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION  
◆ INCLUDED IN MEMBERSHIP  
▶ ONLINE REGISTRATION AVAILABLE

## LEADERSHIP & CIVIC ENGAGEMENT

### ◆ Leaders Club Teens (Ages 11-16)

A nationally recognized core YMCA teen program that provides participants with opportunities for leadership training, personal growth, service to others and social development. Teens meet on a weekly basis in small groups, working closely with their peers and an adult advisor on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service and goal-setting. **This program meets Friday evenings from 6:00pm-7:00pm.**

### ◆ Teens Take the City Teens (Ages 14-17)

This civic engagement program explores government at the local level. High School students identify issues in their community, then work on proposals to address those issues. Teens present their proposals at City Hall at the end of the program. **This program meets Fridays from 7:00pm-8:00pm.**

### ◆ Youth & Government Teens (Ages 13-16)

Youth & Government teaches teens about government at the state level. Teens identify issues that affect New York State residents and learn how proposals become bills and laws. Teens present bills in Albany during the program session. **This program meets Sundays from 1:00pm-2:30pm.**

### ◆ Friday Night Teen Center Teens Ages (11-15)

The South Shore Y is proud to offer Teen Center, Friday nights dedicated to youth ages 11-15 years old. Teen Center offers kids the opportunity to play basketball, football, ping pong and Wii Fit, swim and learn about STEM, as well as utilize our track and Teen Fitness Center upon receiving a certificate. The best part: It's **FREE**. Parents, all you have to do is visit the Member Service Desk and fill out a form. Sign up today! **Teen Center is held the first three Fridays of September through June from 7:30pm-9:45pm.**

For more information on Civic Teen Programs, please contact Tylar Simon at 718-227-3200 or [tsimon@ymcanyc.org](mailto:tsimon@ymcanyc.org).

# SWIM

SESSION	DATES	MEMBER PRICE PER SESSION	PROGRAM MEMBER PRICE PER SESSION
[SESSION BREAK: No classes Monday, December 24th through Tuesday, January 1st]			
WINTER	1/2 - 2/24	\$140 - 1X a week	\$259 - 1X a week
SPRING I	2/25 - 4/21	\$140 - 1X a week	\$259 - 1X a week
[Safety Around Water Week - IN-SESSION BREAK - FREE water safety classes Monday, April 22nd through Friday, April 26th]			

## Stages 1: Water Acclimation Teens (Ages 12 - 17)

Friday 7:30pm - 8:30pm

## Stages 2: Water Movement Teens (Ages 12 - 17)

Friday 7:30pm - 8:30pm

## Stages 3: Water Stamina Teens (Ages 12 - 17)

Thursday 7:30pm-8:30pm

## Stages 4: Stroke Introduction Teens (Ages 12 - 17)

Thursday 7:30pm-8:30pm

## Stages 5: Stroke Development Teens (Ages 12 - 17)

Friday 8:30pm-9:30pm

## Stages 6: Stroke Mechanics Teens (Ages 12 - 17)

Friday 8:30pm-9:30pm

# PATHWAYS

## Lifeguard Preparation Teens (Ages 12 - 17)

Interested in eventually becoming a lifeguard but not sure you're ready? Learn the prerequisite skills needed for the YMCA Lifeguard pre-course assessment test. Lifeguard Preparation is not a "learn to swim" or lifeguard certification program, but we do offer the opportunity to improve current swimming skills while working on the lifeguard prerequisites. Evaluations are required before registering; please contact Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org), to schedule an appointment.

Friday 8:30pm-9:30pm

## Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your needs and ability.

Member: \$46 - one 30 minute lesson  
\$127 - three 30 minute lessons  
\$187 - five 30 minute lessons  
\$273 - eight 30 minute lessons

Program Member: \$69 - one 30 minute lesson  
\$185 - three 30 minute lessons  
\$264 - five 30 minute lessons  
\$363 - eight 30 minute lessons

## Semi-Private Swim Lessons

For 2 people to share, these 45-minute lessons will focus on your needs and abilities.

Member: \$63 - one 45 minute lesson  
\$168 - three 45 minute lessons  
\$240 - five 45 minute lessons  
\$330 - eight 45 minute lessons

Program Member: \$95 - one 45 minute lesson  
\$252 - three 45 minute lessons  
\$360 - five 45 minute lessons  
\$445 - eight 45 minute lessons

# CAMP

## Counselor-In-Training Program Teen (Ages 14-16)

Our C.I.T. program is for tomorrow's leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning. All participants receive training in program safety and participate in service learning projects. C.I.T. camp is available at both camp locations, Camp Pouch and the South Shore Y branch. See page [42](#) for more details.



# SWIM

Swimming is a life skill, great exercise, and a challenging sport. Whether you're looking for swim classes for your kids, want to learn water safety, or swimming for exercise, you'll find what you're looking for at the Y.

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

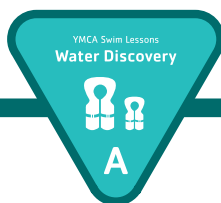




# SWIM STAGE DESCRIPTIONS

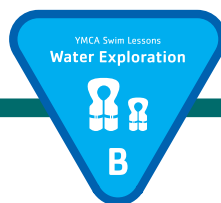
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



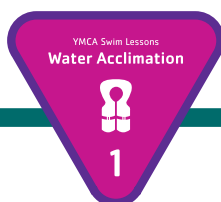
### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

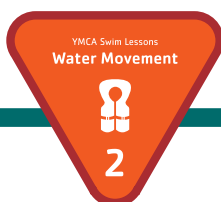
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



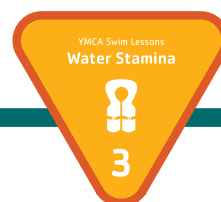
### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

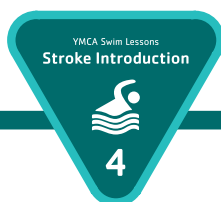


### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

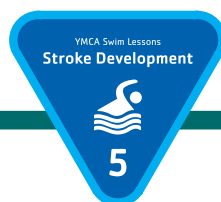
## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



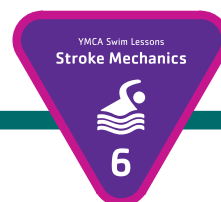
### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

# STAGES OF LEARNING

## SWIM STARTERS

Parent & child lessons

### A Water Discovery

Blow bubbles on surface, assisted

Front tow chin in water, assisted

Water exit parent & child together

Water entry parent & child together

Back float assisted, head on shoulder

Roll assisted

Front float chin in water, assisted

Back tow assisted, head on shoulder

Wall grab assisted

### B Water Exploration

Blow bubbles mouth & nose submerged, assisted

Front tow blow bubbles, assisted

Water exit assisted

Water entry assisted

Back float assisted, head on chest

Roll assisted

Front float blow bubbles, assisted

Back tow assisted, head on chest

Monkey crawl assisted, on edge, 5 ft.

## SWIM BASICS

Recommended skills for all to have around water

### 1 Water Acclimation

Submerge back independently

Front glide assisted, to wall, 5 ft.

Water exit independently

Jump, push, turn, grab assisted

Back float assisted, 10 secs., recover independently

Roll assisted

Front float assisted, 10 secs., recover independently

Back glide assisted, at wall, 5 ft.

Swim, float, swim assisted, 10 ft.

### 2 Water Movement

Submerge look at object on bottom

Front glide 10 ft. (5 ft. preschool)

Water exit look ahead only

Jump, push, turn, grab

Back float 20 secs. (10 secs. preschool)

Roll

Front float 20 secs. (10 secs. preschool)

Back glide 10 ft. (5 ft. preschool)

Tread water 10 secs., near wall, & exit

Swim, float, swim 5 yd.

### 3 Water Stamina

Submerge retrieve object in chest-deep water

Swim on front 15 yd. (10 yd. preschool)

Water exit independently


Jump, swim, turn, swim, grab 10 yd.


Swim on back 15 yd. (10 yd. preschool)


Roll


Tread water 1 min. & exit (30 secs. preschool)

Swim, float, swim 25 yd. (15 yd. preschool)

 **Infant & Toddler**  
6 mos, 3 yrs,  
Stages A-B

 **Preschool**  
3-5 yrs,  
Stages 1-4

 **School Age**  
6-12 yrs,  
Stages 1-6

 **Teen & Adult**  
12+ yrs,  
Stages 1-6

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction

**Endurance**  
any stroke or  
combination of  
strokes, 25 yd.

**Front crawl**  
rotary breathing,  
15 yd.

**Back crawl**  
15 yd.

**Dive**  
sitting

**Resting stroke**  
elementary  
backstroke,  
15 yd.

**Tread water**  
scissor & whip  
kick, 1 min.

**Breaststroke**  
kick, 15 yd.

**Butterfly**  
kick, 15 yd.

### 5 Stroke Development

**Endurance**  
any stroke or  
combination of  
strokes, 50 yd.

**Front crawl**  
beat-arm  
recovery,  
25 yd.

**Back crawl**  
pull, 25 yd.

**Dive**  
kneeling

**Resting stroke**  
side stroke,  
25 yd.

**Tread water**  
scissor & whip  
kick, 2 min.

**Breaststroke**  
25 yd.

**Butterfly**  
simultaneous arm  
action & kick,  
15 yd.

### 6 Stroke Mechanics

**Endurance**  
any stroke or  
combination of  
strokes, 150 yd.

**Front crawl**  
flip turn,  
50 yd.

**Back crawl**  
pull & flip turn,  
50 yd.

**Dive**  
standing

**Resting stroke**  
elementary  
backstroke or  
sidestroke,  
50 yd.

**Tread water**  
retrieve object  
off bottom,  
tread 1 min.

**Breast stroke**  
open turn,  
50 yd.

**Butterfly**  
25 yd.

## PATHWAYS

Specialized tracks

### Competition



### Leadership



### Recreation





**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ONLINE REGISTRATION AVAILABLE

## SWIM STARTERS PARENT/CHILD

### Swim Starters Lesson Fees

Member	\$123 1X a week	\$180 2X a week
Community	\$233 1X a week	\$312 2X a week

### Stage A: Water Discovery Parent/Child 6 – 19 months

Children participating in the class should be able to hold their head up and sit with support. \*Children must wear a swim diaper.

Saturday 9:30am-10:00am  
OR Sunday 10:15am-10:45am

### Stage B: Water Exploration Parent/Child 6 – 19 months

Children participating in the class should be able to hold their head up and sit with support. \*Children must wear a swim diaper.

Saturday 10:05am – 10:35am  
OR Sunday 10:50am – 11:20am

### Stage A: Water Discovery Parent/Child 19 – 36 months

\*Children must wear a swim diaper.

Saturday 10:40am – 11:10am  
OR Sunday 11:25am – 11:55am

### Stage B: Water Exploration Parent/Child 19 – 36 months

\*Children must wear a swim diaper.

Saturday 11:15am – 11:45am  
OR Sunday 12:00pm – 12:30pm

## SWIM BASICS PRESCHOOL

### Swim Basics Preschool Lesson Fees

Member	\$123 1X a week	\$180 2X a week
Community	\$233 1X a week	\$312 2X a week

### Stage 1: Water Acclimation, with Parent Parent/Preschool child (Ages 3 – 5)

Saturday 11:50am – 12:20pm  
OR Sunday 12:35pm – 1:05pm

### Stage 1: Water Acclimation Preschool child (Ages 3 – 5)

Monday 3:30pm-4:00pm OR 4:40pm-5:10pm  
Tuesday 4:05pm-4:35pm OR 5:15pm-5:45pm  
Wednesday 3:30pm-4:00pm OR 4:40pm-5:10pm  
Thursday 4:05pm-4:35pm OR 5:15pm-5:45pm  
Friday 3:30pm-4:00pm OR 4:40pm-5:10pm  
Saturday 8:55am-9:25 am OR 10:05am-10:35am OR  
11:15am-11:45am  
Sunday 10:10am-10:40am OR 11:20am-11:50am OR  
12:30pm-1:00pm

### Stage 2: Water Movement Preschool child (Ages 3 – 5)

Monday 5:15pm-5:45pm  
Tuesday 4:40pm-5:10pm  
Wednesday 5:15pm-5:45pm  
Thursday 4:40pm-5:10pm  
Friday 5:15pm-5:45pm  
Saturday 9:30am-10:00am OR 10:40am-11:10am  
Sunday 10:45am-11:15am OR 11:55am-12:25pm

### Stage 3: Water Stamina Preschool child (Ages 3 – 5)

Monday 4:05pm-4:35pm  
Tuesday 5:50pm-6:20pm  
Wednesday 4:05pm-4:35pm  
Thursday 5:50pm-6:20pm  
Friday 4:05pm-4:35pm  
Saturday 11:50am-12:20pm  
Sunday 1:05pm-1:35pm

## SWIM STROKES PRESCHOOL

### Stage 4: Stroke Introduction Preschool child (Ages 3 – 5)

Monday 5:50pm-6:20pm  
Tuesday 3:30pm-4:00pm  
Wednesday 5:50pm-6:20pm  
Thursday 3:30pm-4:00pm  
Friday 5:50pm-6:20pm  
Saturday 12:25pm-12:55pm  
Sunday 1:40pm-2:10pm



## SWIM BASICS SCHOOL AGE CHILD 5-12

### Swim Basics School Age Child Lesson Fees

Member	\$129 1X a week	\$191 2X a week
Community	\$241 1X a week	\$321 2X a week

### Stage 1: Water Acclimation School-age children (Ages 5 – 12)

Monday, Tuesday OR Friday 3:30pm – 4:15pm  
 Wednesday 4:20pm – 5:05pm  
 Thursday 5:10pm – 5:55pm  
 Saturday 8:45am – 9:30am  
 Sunday 10:05am – 10:50am

### Stage 2: Water Movement School-age children (Ages 5 – 12)

Monday OR Friday 4:20pm – 5:05pm  
 Tuesday 5:10pm – 5:55pm  
 Wednesday OR Thursday 3:30pm – 4:15pm  
 Saturday 9:35am – 10:20am  
 Sunday 10:55am – 11:40am

### Stage 3: Water Stamina School-age children (Ages 5 – 12)

Monday, Wednesday OR Friday 5:10pm – 5:55pm  
 Tuesday OR Thursday 4:20pm – 5:05pm  
 Saturday 10:25am – 11:10am  
 Sunday 11:45am – 12:30pm

## SWIM STROKES SCHOOL AGE CHILD 5-12

### Stage 4: Stroke Introduction School-age children (Ages 5 – 12)

Monday, Wednesday  
 OR Friday 6:00pm – 6:45pm  
 Saturday 11:15am – 12:00pm  
 Sunday 12:35pm – 1:20pm

### Stage 5: Stroke Development School-age children (Ages 5 – 12)

Monday, Wednesday  
 OR Friday 6:45pm – 7:30pm  
 Saturday 12:05pm – 12:50pm  
 Sunday 1:25pm – 2:10pm

### Stage 6: Stroke Mechanics School-age children (Ages 5 – 12)

Monday, Wednesday  
 OR Friday 6:25pm – 7:25pm  
 Saturday 1:00pm – 2:00pm  
 Sunday 2:15pm – 3:15pm

## SWIM BASICS TEEN -12-17

### Swim Basics Teen Lesson Fees

Member	\$140 1X a week
Community	\$259 1X a week

### Stages 1: Water Acclimation Teens (Ages 12 – 17)

Friday 7:30pm – 8:30pm

### Stages 2: Water Movement Teens (Ages 12 – 17)

Friday 7:30pm – 8:30pm

### Stages 3: Water Stamina Teens (Ages 12 – 17)

Thursday 7:30pm-8:30pm

## SWIM STROKES TEENS 12-17

### Stages 4: Stroke Introduction Teens (Ages 12 – 17)

Thursday 7:30pm-8:30pm

### Stages 5: Stroke Development Teens (Ages 12 – 17)

Friday 8:30pm-9:30pm

### Stages 6: Stroke Mechanics Teens (Ages 12 – 17)

Friday 8:30pm-9:30pm

## PATHWAYS

### Lifeguard Preparation Teens (Ages 12 – 17)

Interested in eventually becoming a lifeguard but not sure you're ready? Learn the prerequisite skills needed for the YMCA Lifeguard pre-course assessment test. Lifeguard Preparation is not a "learn to swim" or lifeguard certification program, but we do offer the opportunity to improve current swimming skills while working on the lifeguard prerequisites. Evaluations are required before registering; please contact Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org), to schedule an appointment.

Friday 8:30pm-9:30pm

**REMINDER:**  
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- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

## ADULT

### Swim Starters Lesson Fees

Member	\$149 1X a week	\$224 2X a week
Community	\$276 1X a week	\$382 2X a week

### Stage 1: Water Acclimation Adult

Tuesday 8:30 pm - 9:30 pm  
OR Sunday 6:30 pm - 7:30 pm

### Stage 2: Water Movement Adult

Tuesday 8:30 pm - 9:30 pm  
OR Sunday 6:30 pm - 7:30 pm

### Stage 3: Water Stamina Adult

Tuesday 7:30 pm - 8:30 pm

### Stage 4: Stroke Introduction Adult

Tuesday 7:30 pm - 8:30 pm

### Stage 5: Stroke Development Adult

Sunday 5:30 pm - 6:30 pm

### Stage 6: Stroke Mechanics Adult

Sunday 5:30 pm - 6:30 pm

## WATER FITNESS

Are you already fit and want an intense workout, reaching a plateau in your current program, or looking for a great way to get in shape? We offer a variety of options in water fitness so it is easy to find a class that fits your individual needs.

### ◆ Aqua Exercise ages 18+

A great introduction to water fitness, perfect for beginners – easy on the joints, easy to follow and lots of fun!

Monday

OR Wednesday 11:00am – 12:00pm OR  
7:30pm – 8:30pm

Tuesday

OR Thursday 6:30am – 7:30am

Friday 11:00am – 12:00pm

Sunday 8:45am – 9:45am

Price per 8-week session

Member: **FREE**

Program Member: \$91 – 1X a week | \$130 – 2X a week  
\$169 – 3X a week | \$208 – 4X a week

SESSION: WINTER SPRING I

DATES: 1/2-2/24 2/25-4/21

Session Break: No classes Monday, December 24th through Tuesday, January 1st.

Safety Around Water Week – IN-SESSION BREAK

**FREE** water safety classes Monday, April 22nd through Friday, April 26th.





## HAVE QUESTIONS?

Contact Aquatics Director Michael R. Creegan, at 718-227-3200 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org). See page 34 for swim class descriptions.

### ◆ Aqua Exercise Deep Water Ages 18+

Just like the regular starter water fitness class, only held entirely in the deep-water end for a buoyant, low-impact workout.

Tuesday  
OR Thursday 6:30pm – 7:30pm

Pricing based on 8-week session

Member: **FREE**

Program Member: \$91 – 1X a week | \$130 – 2X a week  
169 – 3X a week | \$208 – 4X a week

SESSION: WINTER SPRING I  
DATES: 1/2-2/24 2/25-4/21

Session Break: No classes Monday, December 24th through Tuesday, January 1st.

Safety Around Water Week – IN-SESSION BREAK  
FREE water safety classes Monday, April 22nd through Friday, April 26th.

### ◆ Water Workout Ages 18+

An advanced-level combination of “the best of the best,” this class includes segments of shallow water aerobics, deep water exercise and aqua-kickboxing. Think you can’t sweat in the water? Think again.

Wednesday 8:30am – 9:30am

Price per 8-week session

Member: **FREE**

Program Member: \$91 – 1X a week | \$130 – 2X a week  
\$169 – 3X a week | \$208 – 4X a week

SESSION: WINTER SPRING I  
DATES: 1/2-2/24 2/25-4/21

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### Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on your needs and abilities. For further information, please contact Michael Creegan at [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org) or register at the Member Services Desk.

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For those who need more individual attention, these 30-minute lessons will focus on your needs and ability.

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\$127 – three 30 minute lessons  
\$187 – five 30 minute lessons  
\$273 – eight 30 minute lessons

Program Member: \$69 – one 30 minute lesson  
\$185 – three 30 minute lessons  
\$264 – five 30 minute lessons  
\$363 – eight 30 minute lessons



### First Aid & CPR/AED

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Valerie Krause at 718-227-3200.



# SUMMER CAMP

At YMCA summer camps, children learn leadership skills and develop self-confidence in a safe, accepting, and stimulating environment. They also build robots, go on field trips, shoot hoops, learn to swim, make new friends, and laugh all summer long!

**10% Early Bird and Sibling Discounts available. Ask YMCA staff for details.**

\*Offers cannot be combined

ONLINE REGISTRATION AVAILABLE FOR MOST CAMPS.

## DAY CAMP

### **Early Childhood Camp (Ages 3-5)**

Our Early Childhood Camp - Camp Rainbow - provides our youngest campers with hands-on, experiential, fun activities designed to support each child's social, physical, and cognitive skill development. Activities include swimming, outdoor play, music and movement, interactive science, language and literacy activities, and themes for each week of camp. All Staff members are CPR & First Aid certified. They are experienced in engaging with preschoolers, and understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers also will enjoy our cool, air-conditioned classrooms in a peanut and tree nut free facility.

### **South Shore STARS Day Camp School-age children (Ages 6 - 13)**

Looking for a place where your child can have fun and learn over the summer? Look no further than South Shore Stars. This camp offers a variety of supervised, fun activities including arts and

crafts, health and fitness, group games, science and nature, music, drama, sports, and more. Each session features a new theme to spark your camper's curiosity and broaden their horizon as they explore art, music, science, and the natural world through hands-on learning and in house camp trips. Campers will also learn to express themselves in a safe, bully-free environment while developing strong citizenship and integrity. Camp offers a peanut and tree nut free facility as well as air-conditioned rooms, with swimming five days a week in an indoor pool.

South Shore STARS runs from 9:00 AM to 4:00 PM from July 1st through August 23, 2019. Extended hours available 7:30 AM to 9:00 AM and 4:00 PM to 6:00 PM.

### **Sports Specialty Camp School-age children (Ages 8 - 12) (Half day, two- week sessions)**

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds in sports, campers will learn the history, rules, and key skills of different sports, all while practicing their techniques in mini-games. In addition, campers will explore the values of teamwork, good sportsmanship and a strong work ethic.

Sports Camp at the South Shore YMCA will teach the fundamentals of cheerleading, baseball, flag football, and soccer. This camp runs from 9:00 AM – 12:00 PM.

- Session 1 – Baseball
- Session 2 – Soccer
- Session 3 – Flag Football
- Session 4 – Cheerleading

**Sports Camps** are half-day camps that run in two week sessions, Monday through Friday, from 9:00 AM to 12:00 PM, and they can transition to a full-day camp. Additional hours are available. Campers may extend their day by enjoying swimming, indoor, and outdoor activities.

**Specialty Camp (AGES 6-13)** Additional Hours (Half day, two- week sessions). Not ready for the fun to stop? Register your child for Additional hours after their sports camp has ended. Campers will eat lunch, swim, and join the South Shore STARS for the afternoon to keep the fun going. Available from 12:00 PM to 4:00 PM.

**Counselor-In-Training Program Teen (Ages 14 – 16)**

Our C.I.T. program is for tomorrow’s leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning. All participants receive training in program safety and participate in service learning projects. C.I.T. camp is available at both camp locations, Camp Pouch and South Shore Y branch.

**Camp Pouch School-age children (Ages 5 – 13)**

The YMCA Day Camp at Camp Pouch offers a summer camp experience like no other. At Pouch, the YMCA combines the natural beauty of an outdoor camp with an enthusiasm that only the YMCA Camp Pouch can bring. Located at the William H. Pouch Scout Camp, campers have the opportunity to go swimming every day in Pouch’s own Ohrbach lake, go out on the lake in rowing and paddling boats, and go rock climbing on the camp’s private rock climbing wall, but the fun doesn’t stop there! We offer a structured camp day that includes building social and emotional skills in a fun and inclusive environment that creates an atmosphere of family and unity. This includes a focus on classroom structure,

transitional activities, group play, theme based dance, drama, and arts and crafts projects. Each camper will have to opportunity to participate in a wide range of theme days such as “Crazy Hat Day,” “Impersonation Day,” “Super Hero Day,” and “90s Nickelodeon Slime Day.” Each of these days and weeks are camp wide and encourage the campers to embrace their imagination and creativity. The YMCA Day Camp at Camp Pouch offers memories and experiences that will last a lifetime!

	Week 1	Week 2
Session 1	Ancient Engineering July 1-5	Amazing Race July 8th-July 12th
Session 2	Welcome to Hogwarts July 15-19	Wizardsing World of Pouch July 22-26
Session 3	Color Wars July 29-Aug 2	Dig in with Pouch August 5-9
Session 4	Hollywood August 12-16	Back to the Future August 19-23

Outdoor Adventure Camps runs 9:00 AM to 4:00 PM from July 1st through August 23, 2019. Extended hours are available 7:15 AM to 9:00 AM and 4:00 PM to 6:00 PM. Transportation is available for five-day campers to camp from the intersection closest to your home for an additional fee.





## Combo and Swim Camp School-age children (Ages 6 – 13)

Combo Camp combines our Outdoor Adventure Camp with swimming activities. Your camper will arrive at Camp Pouch at 9:00 AM to spend the first half of the day. He or she will be transported by bus to Swim Camp and returned to Camp Pouch for regular dismissal each day. Campers will be divided into skill levels. This camp runs each session.

Our Swim Camp helps children and teens develop important swimming skills and a lifetime love of the water, while instilling values around water safety and responsibility. Swim Camp is divided into age groups. Campers will also be divided into skill levels. The key components of Swim Camp are:

- Swimmers are given an opportunity to build swimming skills.
- Stroke development and training are tailored by age and skill level.
- Activities and interactions emphasize building self-esteem and self-confidence.

Swim Camp runs from 12:15 PM to 3:15 PM each day for the entire summer and is held at the South Shore Y. For more information about our Swim Camps, contact Camp Director Michael Creegan at [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org) or 718-227-3200.

## POUCH SPECIALTY CAMPS School-age children (Ages 5 – 13)

Swim Camp Specialty camps are half-day camps that run in two-week sessions, Monday through Friday, from 9:00 AM – 12:00 PM, and they can transition into a full-day camp. Additional hours at camp equal MORE FUN! Campers extending their day will enjoy swimming, indoor, and outdoor activities. Try one or try them all!

Runs July 1 – August 23, 2019

Session 1	Harry Potter	Baseball
Session 2	Pouch Studios	Flag Football
Session 3	Mad Scientist	Soccer
Session 4	Outdoor Adventures	Backyard Sports

SOUTH SHORE YMCA DAY	MEMBER	COMMUNITY MEMBER	
Early Childhood Transition	\$255	\$291	
Camp Rainbow	<b>Full Days</b> 5 day - \$565	<b>Full Days</b> 5 day - \$630	<b>Extended Hours AM</b> 5 day - \$100
	3 day - \$383	3 day - \$434	3 day - \$60
	2 day - \$281	2 day - \$332	2 day - \$40
	<b>Half Days</b> 5 day - \$347	<b>Half Days</b> 5 day - \$398	<b>Extended Hours PM</b> 5 day - \$220
	3 day - \$212	3 day - \$263	3 day - \$132
	2 day - \$158	2 day - \$209	2 day - \$88
STARS	5 day - \$595	5 day - \$695	<b>Extended Hours AM and PM</b> 5 day - \$290
	3 day - \$375	3 day - \$445	3 day - \$180
	2 day - \$255	2 day - \$300	2 day - \$124
South Shore CIT	\$405	\$502	
SPORTS	\$410	\$560	
Swim Camp	\$406	\$483	
Additional Hours (Sports/Specialty)	\$250	\$250	
CAMP POUCH LOCATION	MEMBER	COMMUNITY MEMBER	
Pouch	5 day - \$610	5 day - \$686	<b>Extended Hours AM</b> 5 day - \$175
	3 day - \$388	3 day - \$464	3 day - \$110
Combo	\$735	\$812	<b>Extended Hours PM</b> 5 day - \$200
Pouch Specialty	\$450	\$600	3 day - \$126
Pouch Sports	\$410	\$560	<b>Extended Hours AM and PM</b> 5 day - \$305
Pouch CIT	\$405	\$502	3 day - \$203
Additional Hours (Sports/Specialty)	\$250	\$250	<b>Transportation</b> AM - \$333 PM \$333 AM & PM - \$450

## ENRICHMENT SPECIALTY CAMPS

### SOUTH SHORE SPECIALTY CAMPS (Ages 6-13)

Specialty camps are half-day camps that run in one-week sessions, Monday through Friday, from 9:00 AM - 12:00 PM, and they can transition into a full-day camp. Additional hours at camp equal MORE FUN! Campers extending their day will enjoy swimming, indoor, and outdoor activities. Try one or try them all!

#### ONE-WEEK SESSIONS:

Runs July 8 – August 23, 2019

Week 1	No Camp	
Week 2	Art	Disney Princesses
Week 3	Science	Minecraft
Week 4	Cooking	Discovering Dinosaurs
Week 5	Art	LEGO® Robotics
Week 6	Science	Minecraft
Week 7	Cooking	Walk the Red Carpet
Week 8	LEGO Robotics	Green Thumb

### MAGICAL WORLD OF DISNEY PRINCESSES Week 2 (Ages 6-8)

Come explore the magical world of Disney to discover your inner princess. Through art, music, dance and song we will explore Belle's castle, swim under the sea with the Little Mermaid, build a snowman with Elsa and Anna and so much more! Wear your favorite Disney costume!



### ASPIRING ARTISTS WEEK 2 (Ages 8-10) WEEK 5 (Ages 6-8)

Young artists will explore the wonderful world of art and make their own masterpieces through the use of an assortment of art media. Children will create drawings, learn to paint, sculpt, and design through the art of collage.

### MAD SCIENTISTS WEEK 3 (Ages 8-10) WEEK 6 (Ages 7-9)

Join us for an excellent opportunity to experience hands on science. Campers will use their creativity to build and assemble different projects and experiments.

**10% Early Bird and Sibling Discounts available. Ask YMCA staff for details.**

\*Offers cannot be combined

CAMP



**EATING AROUND THE WORLD  
(KIDS KITCHEN WITH A TWIST)  
WEEK 4 (Ages 10-12)  
WEEK 7 (Ages 7-9)**

Children will explore the world of cooking by creating different recipes with a focus on cooking different foods from around the world. Campers learn about various cultures, traditions, etc. Young chefs will learn proper hygiene, safe food handling, basic cooking principles as well as proper etiquette.

**LEGO® ROBOTICS:  
WEEK 5 and 8 (Ages 9-11)**

Create different robots using the Lego® WeDo curriculum. Learn how robots think and respond as you program the robot to move and follow simple commands. Campers will have plenty of time to play, experiment, and learn.

**HAVE CAMP QUESTIONS?**

Contact Arielle Fiorica at  
718-227-3200  
or [afiorica@ymcanyc.org](mailto:afiorica@ymcanyc.org).

**MINECRAFT WORLD  
WEEK 3 (Ages 8-11)  
WEEK 6 (Ages 10-13)**

Lose yourself in the world of Minecraft and make your blocks come to life. Throughout the week, children will digitally design a world using the game of Minecraft, and then bring their designs to life. Students will engage in real-life games and crafts related to Minecraft and its characters.

**WALK THE RED CARPET  
WEEK 7 (Ages 7-10)**

Campers will shine during this week of creativity! Come join us for a camp full of karaoke, theatre, drama, and talent.

**DISCOVERING DINOS  
WEEK 4 (Ages 7-9)**

Join us for a wild week of Discovering Dinosaurs! Campers will be able to let their imaginations run free, as they become mini-paleontologists. We will spend the week getting involved in hands-on projects related to dinosaurs, creating our own version of fossils, and going on a dinosaur dig! Campers will also take part in art projects, Dino activities, and reading fun all geared towards dinosaurs. Join us on our expedition!

**GREEN THUMB  
WEEK 8 (Ages 8-10)**

With a little green thumb and some imagination our campers will enjoy making terrariums, bird houses and garden signs. The campers will also plant their own vegetable garden. This camp provides a great way for campers to learn about gardening and gain hands on experience.







## TEEN SLEEPAWAY

### Camp Talcott (Ages 11-14)

Just up the hill from Camp McAlister, Camp Talcott provides the perfect next step for pre-teens and young teenagers ready to expand their horizons. Recognizing that teens crave independence, but still need a structured, safe environment to express themselves, our program allows teens the opportunity to shape their own camp experience. After sampling a wide range of camp activities in the first days of each session, Talcott campers can choose new favorites each week to explore more deeply. With an eye toward developing our future staff, we focus constantly on fostering responsibility, confidence, and leadership skills among campers, while simultaneously ensuring a fantastic time!

### BOLD-GOLD Adventure Trips (Ages 15-16)

BOLD/GOLD (Boys/Girls Outdoor Leadership Development) combines the very best of a summer at Camp Talcott with exciting team building activities, leadership development, and awesome adventure trips designed especially for our oldest campers. Our trips explore some of the best outdoor playgrounds that our Tri-State region has to offer. Activities for campers include hiking, camping, canoeing, tubing, climbing, high team adventure, backpacking, and more! BOLD/GOLD is designed to bring together young high school students from all different walks of life to grow and learn together in a fun and challenging way. No experience necessary, and personal growth is assured! Two week sessions only.

### Leaders-In-Training (Ages 15)

Designed for 15 year old campers who would prefer not to go on trips, our Leaders-In-Training (LIT) Program allows a range of leadership and skill building opportunities on-site at Camp Talcott. Participating in a blend of formal leadership training, service learning opportunities, and traditional camp activities, LIT campers get the best of both worlds, an opportunity to enjoy camp with their peers while learning what it takes to be a future leader, both at camp and beyond! Our LIT program runs in two week sessions only.

## SLEEPAWAY CAMP

### TRADITIONAL SLEEPAWAY

Located just 90 minutes outside of NYC, the NY YMCA Camp boasts over 1,000 beautifully wooded acres, three lakes, miles of hiking trails, playing fields & courts, a horse ranch, low/high ropes courses and more. One of the best and most important things about our sleepaway program is that it is designed to change with the changing developmental needs of your child. We offer the perfect mix of fun, challenge and support at every age to ensure that camp is a place you never outgrow!

### Camp McAlister (Ages 7-11)

Camp McAlister is carefully designed to provide a happy and successful introduction to the magical world of sleepaway camp. Small group sizes (6 campers per cabin), low ratios, and staff carefully chosen for their experience working with younger children ensure that all campers have a safe, nurturing and very fun first camp experience. Campers explore a wide range of activities including swimming, archery, arts and crafts, field games of every variety, canoeing, hiking and so much more. Friendships form and deepen quickly as cabin groups become like family and each new day brings more opportunities for shared meals, new experiences, outdoor adventures, and late night laughter.



### **Counselor-In-Training Program (Ages 16-17)**

The first step in our rigorous staff development program, our CIT programs is a rewarding introduction to the world of camp counseling. These programs combine formal leadership training, service learning opportunities, and daily practical experience working with small groups of children. CITs acquire skills to become responsible, thoughtful, and creative leaders. These positions requires a mandatory training session and a two-week minimum commitment.

### **Global Teen Camp (Ages 12-16)**

A truly international experience, our Global Friends Camp offers a one-of-a-kind language and cultural exchange opportunity for older children and young teens. In a traditional summer camp setting, this dual language immersion program brings together campers from five different countries—the US, France, Germany, China and Colombia—to live, learn, have fun, and create lasting friendships. This program, designed and overseen by certified, bilingual teachers, utilizes tandem learning, in which peers guide and encourage each other's learning (e.g., an American child learning German is paired with a German child learning English). Through a combination of academic and recreational activities, each child becomes more proficient in their "target" language while serving as an expert in their native tongue. Blending the fun of traditional sleepaway camp with the skills needed to navigate a diverse, multilingual world, campers develop friendships and have shared experiences that inspire language learning and cultural fluency both during and long after camp has ended. American campers can specify in which language village they would like to live and study.

## **SPECIALTY SLEEPAWAY**

### **World Volleyball Training Center (Girls, Ages 10-18)**

We offer progressive training techniques for all skill levels, position-specific training, and video training with personal feedback. We also offer plyometric and weight training opportunities for qualified campers. Our camp includes six indoor courts with sport court floor, outdoor grass courts, and a training room. Certified athletic trainers are on site and medical attention is available 24/7. Teams attending together are offered teambuilding activities, and all athletes enjoy the opportunity to engage in traditional camp activities during the times of day they are not training.

### **International Judo Camp (Starting at Age 8)**

For more than 45 years, the International Judo Camp has offered world class training for athletes from around the world. During daily practice and evening Randori, our coaches evaluate skills to develop an individualized, training program for every camper. Our focus is to support each child and adult to learn new skills and to perfect their existing ones. Our camp includes six competition areas of two inch Dollamar Flexi-roll mats—ideal for safe training and competition. Weightlifting and cardiovascular training equipment is available, and trainers and medical staff are on site 24/7.



# SAFE POOLS HAVE RULES



## **New York City Department of Health Code states:**

1. No diving is allowed.
2. Members must shower before entering the pool and wear appropriate bathing attire.
3. Persons with infections, open sores, cuts and/or ear or nose discharges will not be allowed to enter.
4. Urinating, expectorating or blowing of nose, or allowing human waste in the pool is prohibited.
5. Prolonged or repetitive breath holding can be deadly. Intentional hyperventilation or underwater competitive breath holding is not allowed.
6. Conduct that is dangerous or compromises the safety of others is not allowed.
7. Use of lotions or oils is not allowed.

## **YMCA of Greater New York requires:**

1. Bathing caps must be worn in the pool.
2. Appropriate swimming attire is required.
3. Swim diapers are required for individuals that wear diapers.
4. No food or drink (except water in plastic containers) is allowed in pool area.
5. Running, skipping, pushing, or any kind of horseplay is dangerous and not allowed.
6. The YMCA lifeguard must be on duty to enter the pool area. Members must observe the pool schedule.
7. Street shoes are not allowed in the pool area.
8. Non-swimmers must remain in the shallow area.

## **Family or Youth Recreational Swim additional requirements:**

1. Children age 8 and under must be accompanied by an adult in the water within arm's reach during swim time.
2. Children ages 9-11 must have an adult on the pool deck or in the viewing area during swim time.
3. Bubbles/backpacks, noodles, or lifejackets (PFD's) are provided for use. Inflatable swim aids are not allowed.
4. Anyone wearing flotation equipment must remain in the shallow area.

## **Be sure to follow the Lifeguard's directions to ensure everyone's safety.**

All questions regarding aquatics policies or procedures should be directed to the Aquatics Director or Executive Director.





# SCHOOL HOLIDAYS MEAN FUN AT THE Y

## SCHOOL'S OUT ACTIVITIES ARE HERE

For kids, school holidays are all about having fun. As a parent, you'd like something more to go along with that fun. Through the Y's programs like **School's Out Activities**, we help kids grow stronger in spirit, mind and body with fun activities that help them build independence while making new friends. Children will enjoy activities days that include swimming, games and more! **Please pack lunch, a swimsuit and sneakers. An afternoon snack will be provided!** Contact Arielle Fiorica at 718-227-3200 or [afiorica@ymcanyc.org](mailto:afiorica@ymcanyc.org).

AGES: 4 -12 HOURS: 8AM-5PM MEMBERS: \$40 PER DAY COMMUNITY MEMBERS: \$50 PER DAY



**d a t e s**

Dec 26<sup>th</sup> through Dec 28<sup>th</sup>  
 Jan 21<sup>st</sup> | Feb 5<sup>th</sup> | Feb 18<sup>th</sup>-22<sup>nd</sup>  
 April 19<sup>th</sup> through April 26<sup>th</sup>



## SOUTH SHORE YMCA SUMMER DAY CAMPS

Indoor and Outdoor Camp Options at two convenient Staten Island locations

**SOUTH SHORE YMCA**  
 3939 Richmond Ave. | 718-227-3200

**YMCA OUTDOOR DAY CAMP at POUCH CAMP**  
 1465 Manor Road | (917) 597-6381

WHERE THERE'S A Y  
THERE'S A WAY



### VISIT OUR CAMP OPEN HOUSES

January 26 | March 23 | April 27 (HKD) | May 18  
 FROM 10AM-3PM

SAVE 10% WITH OUR EARLY BIRD DISCOUNT  
 (Early Bird ends April 27)

**We have camps for kids ages 3-16.**

Outdoor Adventure Day Camp at Camp Pouch \* Swim & Sports Camps \* Counselor-In-Training Program  
 Early Childhood & Youth In-House Camps \* Specialty Enrichment Camps for Art and STEM



# Y AFTER SCHOOL

Over 1,000 kids spend 3:00pm - 6:00pm of every school day with our caring, supportive staff at local sites. Y After School is geared to further enriching kids' academic development, engaging them in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Staten Island YMCA Y After School sites are located at:

PS 19, The Curtis School  
780 Post Avenue  
Port Richmond

PS 32, The Gifford School  
232 Barlow Avenue  
Great Kills

PS 46, Albert V. Maniscalco School  
41 Reid Avenue  
South Beach

PS 22, The Graniteville School  
1860 Forest Avenue  
Graniteville

PS 36, John C. Drumgoole School  
255 Ionia Avenue  
Annadale

PS 57, Hubert H. Humphrey School  
140 Palma Drive  
Clifton

PS 31, William T. Davis  
55 Layton Avenue  
St. George

PS 39, Francis J. Murphy Jr. School  
71 Sand Lane  
Arrochar

PS 68, The Port Richmond School  
for Visionary Learners  
1625 Forest Avenue  
Port Richmond

the **Y** YMCA

**AWAKEN  
SUMMER  
IMAGINATION**

**Saturday  
April 27**  
EVENT IS FREE  
& OPEN TO THE  
PUBLIC

Kick Off Summer With  
**Healthy Kids Day®!**

# REBUILDING LIVES, RESTORING HOPE

## YMCA COUNSELING SERVICE

Celia Iervasi – Chair, YMCA Counseling Service Committee of Management

Jacqueline Filis, LCSW, CASAC – Executive Director, YMCA Counseling Service – [jfilis@ymcanyc.org](mailto:jfilis@ymcanyc.org)

### We can help. Contact us today.

#### PROGRAM OVERVIEW

**Little Steps** is an expressive art and play therapeutic program for children (ages 5-17) whose lives have been affected by their family's use of drugs or alcohol. The program offers expressive activities through which children learn to identify and change patterns of thinking, feeling and behavior.

**Adolescent Programs** focus on adolescents and young adults (ages 12-21) who are displaying high-risk behaviors and attitudes as well as those teens who are struggling with alcohol and/or drug use. Through group and individual treatment, we work to empower young people to achieve a positive, productive and drug-free lifestyle.

**Youth/Adolescent Anger Management** is open to youth (ages 5 – 11) and adolescents (ages 12 – 17). Anger Management is a 12-week program that seeks to reduce anger and improve coping skills in our young people. This program is designed to combat unhealthy core beliefs, promote responsible behavior and enhance quality of life. There is a nominal fee for this program.

**Parenting Skills** is a 12-week program aimed at enhancing knowledge and understanding of the multi-faceted issues involved in parenting. These classes take an in-depth look at child development, communication, discipline, child/family health, learning/play, stress, nutrition, budget, substance abuse, family violence and teen behavior. There is a nominal fee for this program.

**Family Association** is open to the community and is a network of parents, spouses, guardians and other family members. This group meets weekly, providing a supportive venue where individuals can learn new skills for dealing with the complex issues associated with living with a family member's addiction.

**Adult Programs** help chemically-dependent adults work toward recovery from addiction through group and individual treatment. This not only means accepting their struggles with substances, but also facing the relationship problems, economic hardships or personal issues that may be contributing to their use of drugs and/or alcohol. Adult services include programming for individuals struggling with mental health and substance use disorders as well as those utilizing medication to support their recovery efforts.



**If you, a family member or someone close to you is struggling with alcoholism or substance abuse, do not wait to call.**

#### YMCA COUNSELING SERVICE LOCATIONS

##### SOUTH SHORE CENTER

3911 Richmond Avenue • Staten Island, NY 10312  
Tel (718) 948-3232 • Fax (718) 966-6605

##### NORTH SHORE CENTER

285 Vanderbilt Avenue • Staten Island, NY 10304  
Tel (718) 981-4382 • Fax (718) 981-2054

# LOCKER ROOM & SAUANA ETIQUETTE

While in our YMCA, we ask you to please follow the below to keep our facilities safe and comfortable for all members and guests.

## LOCKER ROOM ETIQUETTE

1. Full and half lockers are for day use only and are free. They should be emptied after every use. Safe boxes also are available free of charge at the Member Service Desk for valuables, i.e. wallets, watches, phones, etc.
2. Members must bring their own locks. We are not responsible for any lost or stolen items.
3. Items may not be left in lockers overnight, except with the permission of the Executive Director. All other lockers will be clipped nightly.
4. Please be courteous and respectful to all when using the locker rooms. Please refrain from using inappropriate language and please clean up after yourself and help us keep our Y clean.
5. The South Shore YMCA has several locker rooms to meet your needs. These include locker rooms specifically designated for men, women, families and special needs individuals. Please check with the Member Service Desk on the age ranges of our locker rooms and for any other questions.



**THE YMCA CAN NOT ASSUME RESPONSIBILITY FOR LOSS OR THEFT OF PERSONAL PROPERTY.**

## SAUNA ROOM ETIQUETTE

1. No one under the age of 18 is permitted in the sauna.
2. No water or water bottles are permitted.
3. No lotions, creams or oils are allowed.
4. No street clothes or shoes are allowed.
5. Do not dry your wet clothing in the sauna.
6. Do not pour water on the hot coals; doing so may result in sauna shut off.
7. Please follow posted signage with more information.



# CODE OF CONDUCT

**At New York City's YMCA, creating a safe and welcoming environment is a team effort.**

**We ask everyone — staff, members, and guests — to follow our Code of Conduct, which is based on our core values of caring, honesty, respect, and responsibility.**

1. Speak in respectful tones; refrain from the use of vulgar or derogatory language; and dress appropriately.
2. Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
3. Respect others by refraining from intimate behavior in public; abstain from contact of a sexual nature.
4. Respect the property of others; never engage in theft or destruction.
5. Create a safe, caring environment; never carry illegal firearms or devices.
6. Participate in programs to build a healthy spirit, mind, and body; never engage in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
7. Adherence to the YMCA Code of Conduct and regulations is essential.



**Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.**

# EXERCISING COURTESY

To make your YMCA experience safe and enjoyable, please review the following tips.



- 1. Get oriented.** Not sure how to use the equipment or what you should be doing? Orientations are free for all members!
- 2. Speak up.** Report any incidents or accidents to a uniformed staff member immediately. Notify a staff member if equipment is not working properly.
- 3. Be safe.** Appropriate clothing and footwear for exercise are required. Sandals, open-toed shoes, and street clothing, or other clothing that restricts movement are not allowed.
- 4. Get a buddy.** We strongly encourage working out with a partner and using a spotter when training with free weights.
- 5. Keep it simple.** Our fitness equipment was not designed for the use of straps, belts, chains, ropes, and other devices designed for pulling or pushing the equipment. Doing so will compromise the stability of fitness center equipment and your own safety.
- 6. Please help keep facilities clean and safe** by wiping off equipment after use, returning all equipment to its proper place, picking up personal items, and removing plates from weight lifting bars when you are finished. Do not bring food, open containers, or coffee cups into the fitness center.
- 7. Give others a turn** by respecting the 30-minute time limit on all cardiovascular equipment if others are waiting.
- 8. Lock it up.** Daily lockers are reserved for your personal items while you are in the Y. Items may be left overnight in rented lockers only. Please visit the front desk for more information on monthly locker rentals.
- 9. Youth are welcome.** Before using the Fitness Center, children ages 12 to 17 must complete an orientation session and submit a signed parental consent form to staff.
- 10. Hang it up.** For your security and safety and the consideration of others, please refrain from cell phone use in the fitness facilities.

# TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

We will thank you with  
**A FREE GIFT** of your choice  
when a new member tells us  
they joined because of the  
great things you mentioned  
about the Y.



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



Visit the member services desk or go to [ymlcnyr.org](http://ymlcnyr.org) for more information.

## YMCA NEW AMERICANS WELCOME CENTERS

Our multilingual resource and referral centers provide immigrant families and community members with a wide array of instructional, vocational, recreational, family support, and social services including:

- English as a Second Language
- Cultural Orientation
- Citizenship Preparation
- Job Readiness
- Computer Literacy
- Adult Literacy
- High School Equivalency Test (formerly GED) Preparation

**FOR REGISTRATION/PRE-TESTING & CLASS SCHEDULE, GO TO**

**For more information, visit the member services desk at your Y.**





# TAKE CONTROL

Visit [www.nyc.ydiabetes.com](http://www.nyc.ydiabetes.com) today!

REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA'S DIABETES PREVENTION PROGRAM.

## ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

## PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

## WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)\* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a healthcare provider.

The national price for the program is \$429.00 per person. Check with your health insurance provider to see if the cost is covered. Financial assistance is also available. For any additional information please call Jordan Correa at 212-630-9619.

\*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

For more information contact Elena Garcia at 212-912-2542 or email [egarcia@ymcanyc.org](mailto:egarcia@ymcanyc.org).



# LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll. The free LIVESTRONG at the YMCA program is here to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve goals related to strength, flexibility, and endurance, while building confidence. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind, and body.



**SIGN UP AT**  
[ymcanyc.org/livestrong](http://ymcanyc.org/livestrong)

“She has the pride  
and self-esteem that  
comes with feeling  
strong as a swimmer.”

Lindsay Ackroyd & Augustinus Tjahaya,  
and their daughter Nikko  
Chinatown & Park Slope Armory YMCAs / Brooklyn



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WHERE THERE'S A Y, THERE'S A WAY.

For every path forward  
there is a Y to help—  
and a Y supporter  
who unlocks the door

**When you support the Y,** you empower the youth of New York City. You improve the health of New Yorkers. And you strengthen communities and neighborhoods across all five boroughs.

**With your help,** we can expand YMCA services to reach more young people. We can help people of all ages improve the quality of their lives. We can build lasting connections that strengthen community.

**Every dollar you give** goes directly to programs and scholarships that provide new options and new ways forward for children, families and seniors.

**No one is ever turned away.** Your kindness and generosity toward the Y's Annual Campaign opens new doors of opportunity and possibility for the people who need it most in New York City.

**PLEASE GIVE TODAY.**  
[ymcanyc.org/give](https://ymcanyc.org/give)



New York City's YMCA | **WE'RE HERE FOR GOOD.®**



# LOCATIONS

## MANHATTAN BRANCHES

### Chinatown YMCA

273 Bowery  
New York, NY 10002  
212.912.2460

### Harlem YMCA

180 West 135th Street  
New York, NY 10030  
212.912.2100

### McBurney YMCA

125 West 14th Street  
New York, NY 10011  
212.912.2300

### Vanderbilt YMCA

224 East 47th Street  
New York, NY 10017  
212.912.2500

### West Side YMCA

5 West 63rd Street  
New York, NY 10023  
212.875.4100

## BRONX BRANCH

### Bronx YMCA

2 Castle Hill Avenue  
Bronx, NY 10473  
718.792.9736

## BROOKLYN BRANCHES

### Bedford-Stuyvesant YMCA

1121 Bedford Avenue  
Brooklyn, NY 11216  
718.789.1497

### Coney Island YMCA

2980 West 29th Street  
Brooklyn, NY 11224  
718-215-6900

### Dodge YMCA

225 Atlantic Avenue  
Brooklyn, NY 11201  
212.912.2400

### Flatbush YMCA

1401 Flatbush Avenue  
Brooklyn, NY 11201  
718.469.8100

### Greenpoint YMCA

99 Meserole Avenue  
Brooklyn, NY 11222  
718.389.3700

### North Brooklyn YMCA

570 Jamaica Avenue  
Brooklyn, NY 11208  
718.277.1600

### Prospect Park YMCA

357 Ninth Street  
Brooklyn, NY 11215  
718.768.7100

### Park Slope Armory YMCA

361 15th Street  
Brooklyn, NY 11215  
212.912.2580

## QUEENS BRANCHES

### Cross Island YMCA

238-10 Hillside Avenue  
Bellerose, NY 11426  
718.479.0505

### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718.961.6880

### Jamaica YMCA

89-25 Parsons Blvd.  
Jamaica, NY 11432  
718.739.6600

### Long Island City YMCA

32-23 Queens Blvd.  
Long Island City, NY 11101  
718.392.7932

### Ridgewood YMCA

69-02 64th Street  
Ridgewood, NY 11385  
212.912.2180

### Rockaway YMCA at Arverne by the Sea

207 Beach 73rd Street  
Arverne, NY 11692  
718.215.6950

## STATEN ISLAND BRANCHES

### Broadway YMCA

651 Broadway  
Staten Island, NY 10310  
718.981.4933

### South Shore YMCA

3939 Richmond Avenue  
Staten Island, NY 10312  
718.227.3200

### YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue  
Staten Island, NY 10312  
718.948.3232

### YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue  
Staten Island, NY 10304  
718.981.4382

## HUGUENOT, NY

### New York YMCA Camp

Big Pond Road  
Huguenot, NY 12746  
845.858.2200

## ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600





Staten Island South Shore YMCA  
3939 Richmond Avenue  
Staten Island, NY 10312  
718-227-3200  
[ymcanyc.org/southshore](https://ymcanyc.org/southshore)

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