



# DISCOVER YOUR Y

**Bedford Stuyvesant Y  
Summer/Fall 2019  
PROGRAM & CLASS GUIDE**

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**New York City's YMCA | WHERE THERE'S A Y, THERE'S A WAY**



# CONTACT US

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## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday - Friday: 5:00 AM - 11:00 PM  
Saturday - Sunday: 8:00 AM - 8:00 PM

## 2019 SESSION & REGISTRATION DATES

### SUMMER REGISTRATION DATES

Member: June 15, 2019  
Community: June 22, 2019

### SUMMER SESSION DATES:

July 1, 2019 - August 25, 2019

### FALL I REGISTRATION DATES

Member: August 17, 2019  
Community: August 24, 2019

### FALL I SESSION DATES:

September 3 - October 27, 2019

### FALL II REGISTRATION DATES

Member: October 12, 2019  
Community: October 19, 2019

### FALL II SESSION DATES:

October 28 - December 22, 2019



# WHY THE Y

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.

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

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> – includes more than 70 pieces of cardio and strength equipment	✓	✓
<b>Over 80 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> with 50 hours of lap swim	✓	✓
<b>Sauna and Steam rooms</b>	✓	✓
<b>Basketball court</b>	✓	✓
<b>Indoor running track</b>	✓	✓
<b>FREE Child Watch</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>6 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 civic engagement, Leaders Club, and Teen Center		✓
<b>Convenient family locker room</b>		✓



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.

**“All kids should  
be able to have  
this experience.”**

**Zoë Smith and Detra Gillians**  
Y Camps / New York City

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



# 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.

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

## GROUP EXERCISE CLASSES

We offer over 80 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

## CONDITIONING

### ◆ Boot Camp

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

### ◆ Core Training

This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength

### ◆ Deep Definitions

Sculpt and define every inch of your body in this strength training class.

### ◆ H.I.I.T.

Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

### ◆ Interval Training

High intensity cardio alternated with recovery periods of lower cardio intensity

### ◆ Kettlebells

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

### ◆ Kickboxing

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

### ◆ Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

## CARDIO

### ◆ Total Body Conditioning

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

### ◆ 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.

### ◆ Spin®

An intense cardio workout of simulated road bike riding to energizing music.

### ◆ Step

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

## MIND/BODY

### ◆ Gentle Yoga

Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

### ◆ Hatha Yoga

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

### ◆ Power Yoga

An athletic-based yoga class with challenging movements

### ◆ Prenatal Yoga

Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 6 months (minimum) to 6 years (maximum) can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

### ◆ Vinyasa Yoga

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

### ◆ Pilates Mat

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

## DANCE

### ◆ African Dance

Learn traditional African dances, rhythms, and songs.

### ◆ Belly Dance

A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements and combinations.

### ◆ Line Dancing

Learn the basics of new and classic line dances in this fun class that feels more like a party than a workout.

### ◆ Salsa

Learn Salsa basics to fun music

### ◆ 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.

## WATER FITNESS

### ◆ Aqua Boot Camp

This challenging water workout will put your strength and endurance to the test.

### ◆ Aqua Jog

Build up your endurance by walking, jogging, or running in the low-impact water environment.

### ◆ Water Aerobics

An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility.

## ACTIVE OLDER ADULTS

### ◆ AOA Sit Fit

Get fit while you sit in this chair exercise class that involves a combination of aerobic activity, strength building and stretching.

**REMINDER:**

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

# WELLNESS PROGRAMS

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.

**◆ New Member Orientation**

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact the Membership Desk at 718.789.1497 or email [abatista@ymcanyc.org](mailto:abatista@ymcanyc.org) to sign up today!

**◆ YMCA Weight Loss Program (NEW!)**

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 the Membership Desk at 718.789.1497 or email [abatista@ymcanyc.org](mailto:abatista@ymcanyc.org) to sign up today!

**◆ 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 our Membership Desk at 718.789.1497 or email [abatista@ymcanyc.org](mailto:abatista@ymcanyc.org) to sign up today!

**Personal Training**

Looking for a new challenge or need some additional motivation? A nationally 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. All personal training sessions are one (1) hour in length. Gift certificates are available. Contact the Membership Desk at 718.789.1497 or email [abatista@ymcanyc.org](mailto:abatista@ymcanyc.org) to sign up today!

1 session	\$67
5 sessions	\$368
8 sessions	\$495
10 sessions	\$605
20 sessions)	\$1,290

Save money by working out with a friend and purchasing semi-private sessions for two or more people. **\*For members only**

**Massage Therapy**

Bedford-Stuyvesant YMCA now offers Relaxing Swedish, Restorative Shiatsu, Sports and Focused Deep Tissue Massage Therapy. It's not just about pampering yourself. Massage is also effective in disease and injury prevention as well as performance optimization.

	Half Hour Massage	One Hour Massage
1 session	\$53	\$84
5 sessions	\$236	\$368
10 sessions	\$420	\$735

# SWIM

**Adults Swim**

Whether you are just learning to swim or an accomplished swimmer, we have something for you. Lap swim and Recreational swim are available throughout the day for adults. Please see our Pool schedules on-line.

# SPORTS

We offer drop in pick up games for adult members. See our Basketball Court schedule for details. Days and times subject to change.

**Adult Basketball (Ages 18+)****Adult Volleyball (Ages 18+)****Adult Soccer (Ages 18+)**

# KIDS & FAMILY

From preschool to family night to kids swimming classes, we offer something for all young New Yorkers and their families.

**AGES 0-4**

**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



## FAMILY

### ◆ Child's Play (Ages 9 months - 4 Years)

Let your child enjoy free spirited and imaginative play in our child's play area. They can climb, crawl and play.

**Location:** Community Room  
**Thursday** 11:15 am - 12:00 pm  
**Sunday** 11:15 am - 12:00 pm

**Family Member** FREE **Community** \$12 Per Class

**ADULTS MUST STAY WITH THEIR CHILDREN**

### ◆ Reading and Rhythm (Ages 4 months - 4 Years)

Stimulates imagination, emotional growth and introduces toddlers to concepts like colors, letters and shapes. This is a class for grown ups and little ones to read and move.

**Friday** 11:15 am 12:00 pm

**Family Members** FREE

**ADULTS MUST STAY WITH THEIR CHILDREN**

## SWIM

### INFANT & TODDLER SWIM

#### Swim Starters (Ages 6 months - 36 months) (see Swim section p. 18-19)

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parent learn about water safety and drowning prevention and the importance of supervision of young children.

**Member** \$110 **Community** \$175

### PRE-SCHOOL SWIM

#### Swim Basics (Ages 3 - 5 years) (see Swim section p. 18-19)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab

**Member** \$110 **Community** \$175



## Family Recreational Swim

Supervised recreational swim for families promises to be a terrific time. An adult YMCA member must accompany children to swim time. Swim caps are required at all times. Children 8 and under must be within arms reach of an adult (18 years and older) in the water.

Monday-Sunday 3:30pm - 4:55pm  
Monday-Friday 6:30pm - 7:25pm

# PRE-SCHOOL & SUMMER CAMP

## Kinder Camp (Ages 5-6)

Kinder Camp is designed for children entering kindergarten or 1st grade in September 2019. Structured Day Camp activities support the transition to or from kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers will participate in at least one field trip by bus each session. For more information visit [ymcanyc.org/bedstuycamp](http://ymcanyc.org/bedstuycamp) or pg. 23.

COST PER 2-WEEK SESSION

Member \$435 Community \$510

# SPORTS

## Parent And Me Yoga (Ages 6 - 18 months)

Great way to bond with your child, while gaining strength and vitality. Also, provides opportunity to build relationships with other new parents.

Mondays 10:15 am - 11:00 am

Member \$87 Community \$138

## Gym And Swim (Ages 1 - 3 yrs. old)

A great way to introduce your toddler to the gym and pool. After 25 minutes of structured games and activities, the class will transition to the pool for a parent/child swim lesson including songs, skills and games.

Parent participation required.

Sunday 2:00pm - 3:00pm

Member \$135 Non-Member \$189

# ARTS

## Tiny Toes (Ages 3 - 4)

The basics and more are introduced with patience and care, not to mention fun! For girls and boys.

Saturday 11:00 am - 11:45 am

Member \$110 Community \$170

## FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months (minimum) to 6 years (maximum) can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.



KIDS & FAMILY (ages 0-4)

# YOUTH

Summer camp. Youth sports. Art programs. The Y's fun and stimulating programs help kids build a healthy mind, body, and spirit.

**AGES 5-12**

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE



## FAMILY

### Family Game Room/Computer Lab (Ages 7 - 17)

The computer lab is a supervised room with computers for use as well as ping pong, board games and cards games. All children must be accompanied by an adult.

**Monday-Friday** 6:00 - 9:00 pm  
**Saturday & Sunday** 10:00 am - 5:00 pm

### Y Afterschool at PS 54

This program promotes social/emotional learning and academic support, with a focus on youth. program, the curriculum consists of a variety of academic, recreational and values-based, hands-on activities, focusing on literacy, reading and writing. For more information, contact Latisha Brown, Afterschool Coordinator lbrown@ymcanyc.org.

**Monday - Friday 3:00pm - 6:00pm**

## SWIM

### Swim Lesson Fees

Member	\$115	Community	\$185
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### Swim Basics (see Swim section p. 18-19)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab

### Swim Strokes (see Swim section p. 19-20)

having mastered the fundamentals students learn additional water safety skills and builds strokes technique and endurance. This fosters swimming as part of a healthy lifestyle.

### Pathways (see Swim section p. 20)

Students who have achieved Stage 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports and Games. This continues to build swimming as a lifelong skill and part of a healthy Lifestyle.

### Swim Camp (Ages 7-12; 7-9 and 10-12 age groups)

Our Swim Camp helps children develop important swimming skills and a lifetime love for the water. For more information visit [ymcanyc.org/bedstuycamp](http://ymcanyc.org/bedstuycamp) or pg. 23.

Cost Per 2 Week session

Member	\$425	Community	\$490
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# SPORTS

### ◆ Fit Kids Run (Ages 5 - 12)

This is a great class for kids who like to move. Your child will learn the basics of running and racing during this class which takes place on our indoor track. **Location: Track**

Tuesday	Ages 5-8	6:15 - 7:15 pm
Thursday	Ages 9-12	6:15 - 7:15 pm

Member	FREE	Community	FREE
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### ◆ Kids Yoga (Ages 5 - 12)

Classes will include breath work, warm ups, Asanas, Sun Salutation flows, fun yoga games and more. Students will be encouraged to use their imaginations in addition to balancing skills, strength, flexibility, coordination and endurance. **Location: Pfizer Room**

Saturday	12:00 - 12:45 pm
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Family Members	FREE
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### ◆ C.A.T.C.H. (Ages 5-12)

Coordinated approach to child health inclusive games for all levels of play that keeps kids moving while having fun.

Free to members

Tuesday	5:00 pm - 5:50 pm
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### ◆ Seido Karate

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. **Please note that uniforms are an additional cost.**

### Youth Seido Karate (Ages 5 - 8)

Saturday	12:00 - 1:00 pm
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Member	\$110	Community	\$170
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### Adv. Seido Karate (Ages 9 - 12)

Saturday	1:00 - 2:00 pm
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Member	\$115	Community	\$175
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### Sports Camp

### (Ages 7-12; 7-9 and 10-12 age groups)

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. For more information visit [ymcanyc.org/bedstuycamp](http://ymcanyc.org/bedstuycamp) or pg. 23.

Cost Per 2 Week session

Member	\$410	Community	\$470
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# ARTS

### ◆ Little Dancers (Ages 5 - 8 Years)

Ballet is an essential foundation for all dance. Intermediate skills and more are introduced with patience and care, not to mention fun! **Location: Community Room**

Saturday	10:00 - 10:45 am
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Member	\$105	Community	\$165
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### ◆ Performing Arts Camp

### (Ages 7-12; 7-9 and 10-12 age groups)

Performance Arts Camp is for all youth who have a passion for the art of dance, theatre, and visual arts. For more information visit [ymcanyc.org/bedstuycamp](http://ymcanyc.org/bedstuycamp) or pg. 23.

Cost Per 2 Week session

Member	\$410	Community	\$470
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YOUTH  
(ages 5 - 12)

# 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.

AGES 12-17

**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

## LEADERSHIP & CIVIC ENGAGEMENT

### ◆ Teens Take The City

Teens Take the City aims to educate participants on who runs their neighborhoods and how to become active participants in school and community life. Primary program activities will include community mapping projects, educations workshops, and the preparation of a presentation showcasing students' research and findings. Through these activities, oral and written communication skills will be improved, leadership abilities strengthened, and solid resumes for college developed. For more info, contact Jessica Joseph at: [jjoseph@ymcanyc.org](mailto:jjoseph@ymcanyc.org) or 212-912-2239.

**Wednesdays 3:00pm - 4:30pm**

### ◆ Counselors in Training (CIT)

The enormous need for meaningful employment among New York teens is growing. The Y trains teens (ages 15-18) to become both competent and compassionate

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workers as Counselors-In-Training. Through the Y, teens develop the personal and technical skills necessary to become an effective youth worker. This progressive, experimental, educational course instills all the core competencies teens need to work in any Y camp or program setting. For more info, contact Kevin Wilkinson at: [kwilkinson@ymcanyc.org](mailto:kwilkinson@ymcanyc.org) or 212-912-2239.

### ◆ Leaders Club

The Jr. Leaders Club program will train teens in all aspects of leadership and effective group work with the goal to create a team of young people that will better serve their community and Y as they encourage each other to make a positive impact for present and future generations. For more info, contact Jessica Joseph at: [jjoseph@ymcanyc.org](mailto:jjoseph@ymcanyc.org) or 212-912-2239.

**Friday 3:00pm - 4:30pm**

### ◆ Teen Center

Teen Centers are open to program teens from and offer activities such as basketball, games, dance, swim, fitness, painting and more. Look for our monthly schedule located at the front desk. For more info, contact Jessica Joseph at: [jjoseph@ymcanyc.org](mailto:jjoseph@ymcanyc.org) or 212-912-2239.

**Friday 4:00pm - 8:00pm**



# SUMMER CAMP

## Teen Camp (Ages 13-16)

Teen Camp is for young people who are currently enrolled in middle school to high school, and is designed to immerse campers in a variety of fun activities that will keep them active, learning, and engaged during the summer months.

For more information visit [ymcanyc.org/bedstuycamp](http://ymcanyc.org/bedstuycamp) or pg. 23.

Cost Per 2 Week session

Member	\$400	Community	\$460
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# FITNESS & SPORTS

## ◆ Teen Fitness 101 (Ages 12-17)

Tweens and Teens ages 12-17 must participate in a free one hour orientation session designed to introduce them to fitness center etiquette. They will also learn how use the strength training and cardiovascular equipment for a safe and effective workout. Appointments may be scheduled at the Welcome Center.

Members:	FREE
Location:	Fitness Center
Mondays and Tuesdays	4:00pm - 5:00pm
Thursdays	5:00pm - 6:00pm

# SWIM

## Swim Basics (see Swim section p. 18-19)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab Swim Strokes (see Swim section p. 18-19) having mastered the fundamentals students learn additional water safety skills and builds strokes technique and endurance. This fosters swimming as part of a healthy lifestyle.

## Pathways (see Swim section p. 20)

Students who have achieved Stage 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports and Games. This continues to build swimming as a lifelong skill and part of a healthy Lifestyle.

## Aquatic Leaders Club / Lifeguard (see Swim section p. 20)

Students' development leadership in the area of aquatic safety with a goal to prepare and motivate participants to become lifeguards through a separate certification course.

## YMCA Lifeguard Certification (see Swim section p. 20)

This is a National certification which included CPR, First Aid and Oxygen. Participants must successfully compete Pre-Requisite swim skills and be 16 years of age.



# 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

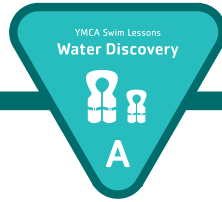




# SWIM STAGE DESCRIPTIONS

## 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**  
bob 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**  
independently

**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  
5–12 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**  
bent-arm  
recovery,  
25 yd.

**Back crawl**  
pull, 25 yd.

**Dive**  
kneeling

**Resting stroke**  
sidestroke,  
25 yd.

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

**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.

**Breaststroke**  
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

### Stage A: Water Discovery

Parent/Child 6-18 months

Saturday	9:30 – 10:00 am	3:30– 4:00 pm
Sunday	10:00 – 10:30 am	2:30 – 3:00 pm

Member	\$110	Community	\$175
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### Water Exploration

Parent/Child 18 – 36 months

Saturday	9:30 – 10:00 am	3:30– 4:00 pm
Sunday	9:30 – 10:00 am	2:30 – 3:00 pm

Member	\$110	Community	\$175
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## SWIM BASICS

### Stage 1: Water Acclimation

Pre-school Child (3-5 years)

Monday	5:00 – 5:30 pm	
*Tues/Thurs	5:30 – 6:00 pm (2 x 4 weeks/*Summer only)	
Wednesday	4:30 – 5:00 pm	5:40 – 6:10 pm
Friday	4:30 – 5:00 pm	
Saturday	10:00 – 10:30 am	10:35 – 11:05 am
Sunday	10:35 – 11:05 am	2:00 – 2:30 pm

Member	\$110	Community	\$175
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### Stage 1: Water Acclimation

School Age Child (5-8 years)

Monday	5:00 – 5:45 pm	
*Tues/Thurs	5:00 – 5:45 pm (2 x 4 weeks/*Summer only)	
Wednesday	5:45 – 6:30 pm	
Friday	5:00 – 5:45 pm	
Saturday	11:10 – 11:55 am	12:00 – 12:45 pm
Sunday	11:10 – 11:55 am	

Member	\$115	Community	\$185
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### Stage 1: Water Acclimation

School Age Child (8-12 years)

Wednesday	5:00 – 5:45 pm	
*Tues/Thurs	5:45 – 6:30 pm (2 x 4 weeks/*Summer only)	
Friday	5:45 – 6:30 pm	
Saturday	11:10 – 11:55 am	
Sunday	11:10 – 11:55 am	

Member	\$115	Community	\$185
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### Stage 1: Water Acclimation

Teen (12-17 years)

Saturday	12:50 – 1:35 pm	
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Member	\$115	Community	\$185
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### Stage 1: Water Acclimation

Adult

Tuesday	7:30 pm – 8:30 pm	
Thursday	7:30 pm – 8:30 pm	
Saturday	2:30 pm – 3:30 pm	
Sunday	12:00 pm – 1:00 pm	

Member	\$165	Community	\$240
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### Stage 2: Water Movement

Pre-school Child (3-5 years)

*Tues/Thurs	5:00 – 5:30 pm (2 x 4 weeks/*Summer only)	
Wednesday	4:30 – 5:00 pm	5:05 – 5:35 pm
Friday	4:30 – 5:00 pm	
Saturday	10:00 – 10:30 am	10:35 – 11:05 am
Sunday	10:35 – 11:05 am	10:35 – 11:05 am

Member	\$110	Community	\$175
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### Stage 2: Water Movement

School Age Child (5-8 years)

Wednesday	5:00 – 5:45 pm	
Friday	5:45 – 6:30 pm	
Saturday	11:10 – 11:55 am	12:00 – 12:45 pm
Sunday	11:10 – 11:55 pm	

Member	\$115	Community	\$185
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### Stage 2: Water Movement

School Age Child (8-12 years)

Monday	5:45 – 6:30 pm	
*Tues/Thurs	5:45 – 6:30 pm (2 x 4 weeks/*Summer only)	
Wednesday	5:00 – 5:45 pm	
Friday	5:45 – 6:30 pm	
Saturday	11:10 – 11:55 am	
Sunday	11:10 – 11:55 am	

Member	\$115	Community	\$185
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### Stage 2: Water Movement

Teen (12-17 years)

Saturday	12:50 – 1:35 pm	
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Member	\$115	Community	\$185
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## Stage 2: Water Movement

### Adult

Tuesday	7:30 – 8:30 pm
Thursday	7:30 – 8:30 pm
Saturday	2:30 – 3:30 pm

Member	\$165	Community	\$240
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## Stage 3: Water Stamina

### Pre-school (3–5 years)

*Tues/Thurs	6:05 – 6:35 pm (2 x 4 weeks/*Summer only)	
Wednesday	4:30 – 5:00 pm	
Friday	4:30 – 5:00 pm	
Saturday	9:30 – 10:00 am	
Saturday	10:00 – 10:30 am	
Saturday	10:35 – 11:05 am	
Sunday	10:00 – 10:30 am	
Sunday	10:35 – 11:05 am	

Member	\$110	Community	\$175
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## Stage 3: Water Stamina

### School Age Child (5–12 years)

Monday	5:00 – 5:45 pm	
*Tues/Thurs	5:00 – 5:45 pm (2 x 4 weeks/*Summer only)	
Wednesday	5:45 – 6:30 pm	
Friday	5:00 – 5:45 pm	5:45 – 6:30 pm
Saturday	12:00 – 12:45 pm	1:40 – 2:25 pm
Sunday	12:00 – 12:45 pm	

Member	\$115	Community	\$185
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## Stage 3: Water Stamina

### Teen (12–17 years)

Saturday	12:50 – 1:35 pm
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Member	\$115	Community	\$185
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## Stage 3: Water Stamina

### Adult

Tuesday	7:30 – 8:30 pm
Sunday	1:00 – 2:00 pm

Member	\$165	Community	\$240
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# SWIM STROKES

## Stage 4: Stroke Introduction

### Pre-school Child (3–5 years)

Wednesday	4:30 – 5:00 pm	
Friday	4:30 – 5:00 pm	
Saturday	9:30 – 10:00 am	10:00 – 10:30 am
	10:35 – 11:05 am	
Sunday	10:00 – 10:30 am	

Member	\$110	Community	\$175
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## Stage 4: Stroke Introduction

### School Age Child (5–12 years)

Monday	5:00 – 5:45 pm	
*Tues/Thurs	5:00 – 5:45 pm (2 x 4 weeks/*Summer only)	
Wednesday	5:45 – 6:30 pm	
Friday	5:00 – 5:45 pm	
Saturday	12:00 – 12:45 pm	12:50 – 1:35 pm
	1:40 – 2:25 pm	
Sunday	12:00 – 12:45 pm	

Member	\$115	Community	\$185
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## Stage 4: Stroke Introduction

### Teen (12–17 years)

Saturday	2:30 – 3:15 pm
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Member	\$115	Community	\$185
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## Stage 4: Stroke Introduction

### Adult

Tuesday	7:30 – 8:30 pm
Sunday	1:00 – 2:00 pm

Member	\$165	Community	\$240
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## Stage 5: Stroke Development

### School Age Child (5–12 years)

Monday	5:45 – 6:30 pm	
Saturday	12:50 – 1:35 pm	1:40 – 2:25 pm
Sunday	1:05 – 1:50 pm	

Member	\$165	Community	\$240
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## Stage 5: Stroke Development

### Teen (12–17 years)

Saturday	2:30 – 3:15 pm
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Member	\$165	Community	\$240
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## Stage 5: Stroke Development

### Adult

Thursday	7:30 – 8:30 pm
Sunday	1:00 – 2:00 pm

Member	\$165	Community	\$240
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## Stage 6: Stroke Mechanics

### School Age Child (5–12 years)

Monday	5:45 – 6:30 pm	
Friday	5:45 – 6:30 pm	
Saturday	1:40 – 2:25 pm	
Sunday	1:05 – 1:50 pm	

Member	\$115	Community	\$185
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## Stage 6: Stroke Mechanics

### Teen (12-17 years)

Saturday 2:30 – 3:15 pm

Member	\$115	Community	\$185
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## Stage 6: Stroke Mechanics

### Adult

Thursday 7:30 – 8:30 pm

Member	\$165	Community	\$240
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## SUMMER SESSIONS DATES

for twice a week for 4 weeks

Session 1: July 2 – July 27, 2019

Session 2: July 30 – August 24, 2019

## PATHWAYS

## Aquatics Conditioning (Skills and Drills)

### School Age Child & Teen (8-17 years)

Monday 5:45 – 6:30 pm

Saturday 2:30 – 3:15 pm

Member	\$115	Community	\$185
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## Pre-Swim Team

### School Age Child & Teen (7-17 years)

Twice a week (See dates for sessions 1 & 2 above)

Friday 7:30 – 8:30 pm

Saturday 8:00 – 9:00 am

Member	\$190	Community	\$250
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## YMCA LIFEGUARD CERTIFICATION

## YMCA Lifeguard Preparation

### Teen (12-17 years)

Member	\$200	Community	\$250
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## YMCA Lifeguard Training

### Teen (16-18+ years)

6/24 – 6/28 10:00 am – 6:00 pm

Member	\$300	Community	\$350
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## YMCA SWIM TEAMS

Swim Teams compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

## BEDFORD-STUYVESANT YMCA PIRANHAS SWIM TEAM

(7yrs old-17yrs old)

Member	\$1,750
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Swim team duration:

**SEPTEMBER THRU JUNE**

Practice Schedule:

Tuesday and Thursday	5:00 pm – 6:30 pm
Friday	7:30 pm – 9:00 pm
Saturday	8:00 am – 9:30 pm

## PRIVATE LESSONS

Youth	Member	Community
1/2 hour	\$46	\$73
5-Pack 1/2 hour	\$202	\$319
10-Pack 1/2 hour	\$383	\$602
1 hour	\$78	\$100
5-Pack 1 hour	\$300	\$457
10-Pack 1 hour	\$569	\$859
Adult	Member	Community
1/2 hour	\$51	\$78
5-Pack 1/2 hour	\$232	\$348
10-Pack 1/2 hour	\$437	\$656
1 hour	\$72	\$105
5-Pack 1 hour	\$325	\$475
10-Pack 1 hour	\$580	\$898

Inquire with John Bates, Aquatics Supervisor  
jbates@ymcanyc.org

# SAFE POOLS HAVE RULES

## General YMCA Pool Rules

1. Bathing caps and appropriate swimming attire are required in the pool.
2. Swim diapers are required for individuals who wear diapers.
3. Water in plastic containers is allowed on the pool deck. No other food or drink is allowed to ensure the cleanliness of our pool area.
4. Walking on the pool deck ensures safety. Running, skipping, pushing, or any kind of horseplay is not allowed.
5. The YMCA lifeguard must be on duty to enter the pool area. Members are able to access the pool area according to the pool schedule.
6. For cleanliness purposes, street shoes cannot be worn in the pool area.
7. Non-swimmers are required to remain in the shallow area.

## YMCA Family and Youth Swim Rules

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 and lifejackets (PFD's) are provided for use. Inflatable swim aids are not allowed.
4. Anyone wearing flotation equipment must remain in the shallow area.



## New York City Department of Health Code Rules

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.

**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 the Executive Director.

# 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

Visit [ymcanyc.org/bedstuycamp](http://ymcanyc.org/bedstuycamp) for more information and full camp guide.

### **Kinder Camp AGES 5-6** **(Ages 5-6)**

Kinder Camp is designed for children entering kindergarten or 1st grade in September 2019. Structured Day Camp activities support the transition to or from kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with

city travel, campers will participate in at least one field trip by bus each session.

#### Cost Per 2 Week session

Member	\$435	Community	\$510
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### **Teen Camp** **(Ages 13-16)**

Teen Camp is for young people who are currently enrolled in middle school to high school, and is designed to immerse campers in a variety of fun activities that will keep them active, learning, and engaged during the summer months. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. During each session, campers will participate in community projects and citywide trips designed to engage teens in developing educational and career goals. For more information, contact [jjoseph@ymcanyc.org](mailto:jjoseph@ymcanyc.org) or 212-912-4023

#### Cost Per 2 Week session

Member	\$400	Community	\$460
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## Swim Camp

(Ages 7-12; 7-9 and 10-12 age groups)

Our Swim Camp helps children develop important swimming skills and a lifetime love for the water, all while instilling values around water safety and responsibility.

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.
- Swim campers participate in core traditional camp activities.
- Our activities and interactions emphasize building self-esteem and self-confidence.

In addition to instructional swim our campers will also take part in Day Camp activities like, arts and crafts, physical fitness, and field trips.

### Cost Per 2 Week session

Member	\$425	Community	\$490
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## Performing Arts Camp

(Ages 7-12; 7-9 and 10-12 age groups)

Performance Arts Camp is for all youth who have a passion for the art of dance, theatre, and visual arts. Our Performing Arts Camp will involve warmups necessary to get the body ready for the technical skills being taught. Our skilled instructors will work with all different levels of dancers, singers, and actors from beginner to advanced. Campers will learn acting skills, costume and set design, choreography, and vocal skill, culminating in session ending performances. Campers will also engage in Day Camp activities like field trips, arts and crafts, and swimming. Proper attire will be required to make sure each dancer is equipped and ready to learn to the best of their ability.

### Cost Per 2 Week session

Member	\$410	Community	\$470
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## Sports Camp

(Ages 7-12; 7-9 and 10-12 age groups)

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 and/or education in sports, campers will learn the history, rules, and key skills of different sports, all while practicing their techniques in mini-games. They will explore the values of teamwork, good sportsmanship, and a strong work ethic. In addition, campers will engage in sports-themed trips and Day Camp activities like arts and crafts and swimming.

### Cost Per 2 Week session

Member	\$410	Community	\$470
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## 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.

CAMP



### **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.



# 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.

# JOIN THE Y

## MEMBERSHIP INFORMATION

### STAFF LISTING

Dordy Jourdain, Executive Director  
x 4010, [djourdain@ymcanyc.org](mailto:djourdain@ymcanyc.org)

Sonia Atherly, Senior Program Director  
x 4007, [satherly@ymcanyc.org](mailto:satherly@ymcanyc.org)

Evelyn Kay, Business Manager  
x 4013, [ekay@ymcanyc.org](mailto:ekay@ymcanyc.org)

Alexa Batista, Healthy Lifestyles Director  
x 4011, [abatista@ymcanyc.org](mailto:abatista@ymcanyc.org)

Anderson Seales, Aquatics Director  
x 4003, [aseales@ymcanyc.org](mailto:aseales@ymcanyc.org)

Jessica Joseph, Teen Coordinator  
x 4023, [jjoseph@ymcanyc.org](mailto:jjoseph@ymcanyc.org)

Latisha Brown, Afterschool Coordinator  
[lbrown@ymcanyc.org](mailto:lbrown@ymcanyc.org)

Melinda Daniel, Summer Camp Director  
x 4004, [mdaniel@ymcanyc.org](mailto:mdaniel@ymcanyc.org)

### HOLIDAY HOURS

#### Memorial Day

Monday, May 27 7:00 AM - 8:00 PM

#### Independence Day

Thursday, July 4 7:00 AM - 8:00 PM

#### Labor Day

Monday, September 2 7:00 AM - 8:00 PM

#### Thanksgiving

Thursday, November 28 7:00 AM - 3:00 PM

#### Christmas Eve

Tuesday, December 24 7:00 AM - 3:00 PM

#### Christmas Day

Wednesday, December 25 CLOSED

#### New Years Eve

Tuesday, December 31 7:00 AM - 3:00 PM

#### New Years Day

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

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

### MEMBERSHIP RATES

Membership Types	Bedstuy
Youth (up to 11)	\$125/yr.
Teen (12 - 17)	\$170/yr.

Membership Types	Bedstuy Prices	City-wide	Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$50/mos.	\$85/mos.	\$100
Adult (18 - 64)	\$60/mos.	\$106/mos.	\$100
Senior (65+)	\$50/mos.	\$85/mos.	\$100
Family I <i>1 Adult and kids under 22 years, living in the same household</i>	\$72/mos.	\$125/mos.	\$100
Family II <i>2 Adults and kids under 22 years, living in the same household</i>	\$107/mos.	\$185/mos.	\$100

\*Membership rates & offers subject to change

### 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.

## BOARD OF MANAGERS

Olurotimi Akinuoye  
Milovan Blair  
Tarick Bowley  
Stephanie V. Burns  
Nicole Caesar-Mitchell  
Farrah Desir

Leah Friedin  
Aileen Griffith  
Ben Grossman  
Daniel Hobson  
Eric Johnson  
Jonathan Nelson

Alisa Payne  
Juan C. Perez  
Ryan Scott  
Earl Dean Silas  
Dr. Shalei Simms  
Jose Elias Yarahuan

## 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.

## 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** There is a fee to replace list cards. See the membership desk for assistance.

## 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.

## PAYMENT OPTIONS & INFORMATION

- Membership fees must be up-to-date in order to use facility.
- 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.

## 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

- Kit locker rental rates are \$80/year
- 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 under the age of 6 and of the opposite gender.

## CLASS CANCELLATION & INCLEMENT WEATHER POLICY

We make every effort to prevent class cancellations. In the event that we need to cancel a class, stay tuned to our social media as well as our mobile app for cancellation notifications.

## WORRIED ABOUT DIABETES?

Did you know 30 percent of adult New Yorkers have prediabetes? Find out if you're at risk and learn more about the YMCA's Diabetes Prevention Program.

The 12-month program helps participants reduce their risk of developing type 2 diabetes by:

- Eating healthier
- Increasing physical activity
- Losing weight

Visit [ymcanyc.org/diabetes](http://ymcanyc.org/diabetes) for more information or call 212-912-2524.



## YMCA WEIGHT LOSS PROGRAM

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. No gimmicks, no restrictive approaches — just the tools you need to achieve your wellness goals.

### DETAILS:

- 12 weeks / 1 hour small group session a week
- Provides tools, knowledge, and group support to help you design weight loss goals that work for you
- For adults 18 years or older
- Free for YMCA members

**SIGN UP TODAY!** For more information contact our Healthy Lifestyles Director Alexa Batista at [abatista@ymcanyc.org](mailto:abatista@ymcanyc.org)





## 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  
212.912.2600

### BRONX BRANCH

#### Bronx YMCA

2 Castle Hill Avenue  
Bronx, NY 10473  
212.912.2490

### 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 11210  
718.469.8100

#### Greenpoint YMCA

99 Meserole Avenue  
Brooklyn, NY 11222  
212.912.2260

#### North Brooklyn YMCA

570 Jamaica Avenue  
Brooklyn, NY 11208  
212.912.2230

#### Park Slope Armory YMCA

361 15th Street  
Brooklyn, NY 11215  
212.912.2580

#### Prospect Park YMCA

357 Ninth Street  
Brooklyn, NY 11215  
718.768.7100

### QUEENS BRANCHES

#### Cross Island YMCA

238-10 Hillside Avenue  
Bellerose, NY 11426  
718.551.9300

#### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718.551.9350

#### 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

160 Big Pond Road  
Huguenot, NY 12746  
845.858.2200

### ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600



1121 Bedford Avenue  
Brooklyn, NY 11216  
718.789.1497  
[ymcanyc.org/bedstuy](http://ymcanyc.org/bedstuy)

 @BedStuyYMCA

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

 @bedstuyy

New York City's YMCA  
**WHERE THERE'S A Y  
THERE'S A WAY**