

# DISCOVER YOUR Y

**Chinatown 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**



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## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday - Friday:	6:00 AM - 11:00PM
Saturday:	7:00 AM - 9:00PM
Sunday:	7:00 AM - 8:00 PM

### POOL HOURS

Monday , Tuesday, Friday:	6:00 AM - 10:45 PM
Wednesday	6:00 AM - 10:00 PM
Thursday	5:45 AM - 10:45 PM
Saturday:	7:00 AM - 8:45 PM
Sunday:	7:00 AM - 7:00 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.

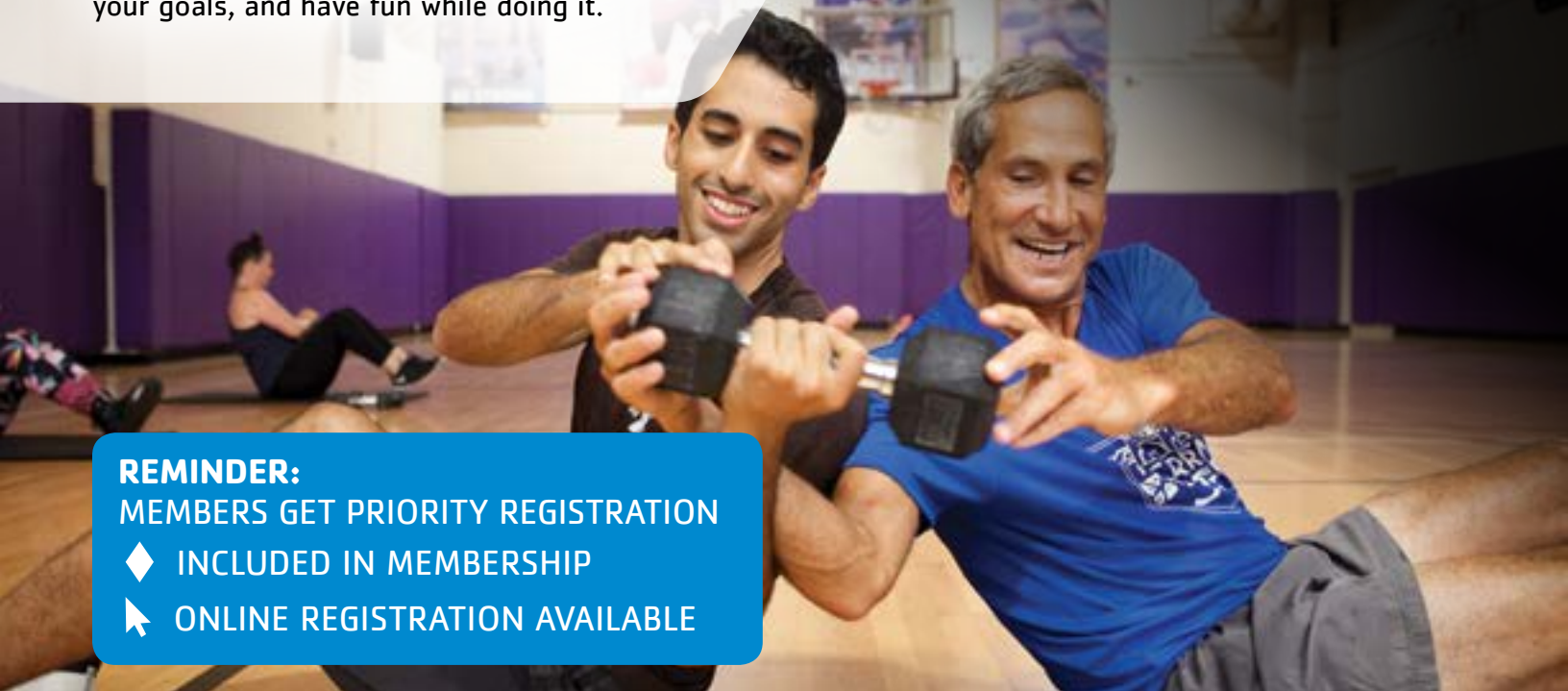
**NO HIDDEN FEES  
NO ANNUAL FEES  
NO PROCESSING FEES  
NO CONTRACTS**

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 50 pieces of cardio and strength equipment	✓	✓
<b>Over 50 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 lap swim	✓	✓
<b>Sauna room</b>	✓	✓
<b>Basketball court</b>	✓	✓
<b>FREE Child Watch</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>FREE towel service</b>	✓	✓
<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>		✓



# 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 50 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

## CONDITIONING

### ◆ Barre

Strengthen and tone your body with this ballet-inspired workout

### ◆ 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

### ◆ Insanity®

Insanity live! Workout in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt.

### ◆ 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!

### ◆ Cardio Sculpt

Work up a sweat with this intense fusion of cardio drills and strength training.

### ◆ Stability Ball Training

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

### ◆ 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 of the joints.



## CARDIO

### ◆ 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

### ◆ Step and Sculpt

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

### ◆ Cardio Sculpt

Work up a sweat with this intense fusion of cardio drills and strength training.

### ◆ Ultimate Cardio

An intense cardio workout that will keep your heart rate up. Be ready for a variety of cardio drills and routines.

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## MIND/BODY

### 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.

### ◆ 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

### ◆ 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.

### ◆ Meditation

Learn the basic elements of mindful meditation.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 6 months to 7 years old 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.

ADULTS



## REMINDER: MEMBERS GET PRIORITY REGISTRATION

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## DANCE

### ◆ Dance Party

A fun choreographed aerobic workout to 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.

### ◆ Bollywood

A fun dance class to Indian rhythms and music.

### ◆ 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.

## MARTIAL ARTS

### ◆ 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.

### ◆ Tai Chi Fan

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

## WATER FITNESS

### ◆ Water Aerobics

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

## ACTIVE OLDER ADULTS

### ◆ 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.





# 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 Tony Kung at 212-912-2462 or email Tony at [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org) to schedule your appointment today!

## ◆ YMCA Weight Loss Program (NEW!)

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Tony Kung at 212-912-2460 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 or set up an appointment with Tony Kung at [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org).

## LIVESTRONG at the YMCA

Health & Well-Being for Cancer Survivors. The YMCA and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a free 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. For more information please contact Tony Kung at [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org).

## 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 session sessions are one (1) hour in length. Personal Training Packages expires after 6 months from purchased date. For more information, contact Tony Kung at 212-912-2462 or [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org).

### Bronze Package (1 session)

Member	\$77	Community	\$93
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### Silver Package (6 sessions)

Member	\$371	Community	\$412
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### Gold Package (12 sessions)

Member	\$664	Community	\$798
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### Platinum Package (24 sessions)

Member	\$1,262	Community	\$1,494
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## Core Training

(for members only) – A personal trainer will work with you in ½ hour sessions to build, sculpt, tone and strengthen your mid-section. If you want to get rid of those extra inches around your waist line, this is the workout for you. Note: All core sessions are 30 minutes long. Session are non-transferable. \*Once you begin, your package must be completed within 6 months.

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Single half Hour Session	\$46
Package of 6 Sessions	\$196
Package of 12 Sessions	\$371

## Partner Training

(for members only) – Enjoy the benefits of personal training and save a few dollars while you're at it by sharing your experience with a friend. Sign up for personal training with a partner and our trainers will help you both to reach your fitness goals. \*Once you begin, your package must be completed within 6 months.

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Single half Hour Session	\$129
Package of 6 Sessions	\$667
Package of 12 Sessions	\$1045

# SWIM

ADULTS

Please swim section pages 22 & 23 for more details.





# 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 Watch (Ages 6 months-7 years)

Do you need someone to watch your child while you work out? You may leave your child for a maximum of two hours per visit. Your child will enjoy creative play, coloring, story time, music, and other fun activities in a safe environment with a responsible Chinatown YMCA staff member. Please register your child in person at the Member Service Desk no later than 24 hours in advance.

**Monday-Friday 9:00am - 12:00pm**

Member	Free	Community	N/A
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### Indoor Playground (Ages 1 to 7 years old)

A motor development and movement awareness class where children will spend their time exploring the equipment, climbing, balancing, building, playing with balls, hoops, and obstacle courses, while socializing with their peers.

**Monday-Friday 9:00am - 12:00pm**

#### Family Members: Free

Youth Members	\$15 Per Visit	\$120 for 10 Visits
Community	\$20 Per Visit	\$140 for 10 Visits



## Parent's Night Out (Ages 6 months - 11 years)

Treat yourself to a night out and let us take over for the night! Our youth specialists will provide a fun night of games and activities for your children. The first Friday of every month is your new favorite night out! Pre-registration needs to be completed one-week prior to the first Friday night out to ensure we are all set-up for fun! \* Minimum enrollment of 15 required.

\*\*Will be available during the start of the Fall.

### First Friday of every month from 6:15pm - 9:00pm

Member	\$25 per child Per night out	Community	N/A
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# CELEBRATE WITH US PARTY RENTALS

## PARTY RENTALS

Chinatown YMCA youth and family staff host birthday parties for your children and friends! Parties are held on Sundays from 11:30 am - 3:00 pm. Choose from the Basic or Plus Party packages listed below.

All party packages include fun games, music and activities to your choosing, as well as swim caps for the swim parties! For more informations please contact Narcisa Loza 212-912-2466 or nloza@ymcanyc.org

## GYMNASIUM SPACE PARTY RENTALS

### Gym Party I

Party rate based on 15 children.  
Three(3) hours in 1/2 of the gym.

Member	\$599	Community	\$715
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### Gym Party II

Party rate based on 20-25 children.  
Three(3) hours in the full gym.

Member	\$899	Community	\$985
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## Family Night

Family Nights are a special time for families to have fun and create memories that last a lifetime. We want your family to have fun together, so please make sure all children are accompanied by an adult during all Family Night activities. \*\* Minimum enrollment of 15 required. \*Will be available during the start of the Fall.

### Last Friday of every month from 6:15pm - 8:00 pm.

Member	Free	Community	\$25 per family
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## SWIMMING POOL PARTY RENTALS

### Swim Party I

Party rate based on 12 children ages 1-7 or 20 children 8 and older. 60 minutes in the pool & Three(3) hours in 1/2 of the gym.

Member	\$765	Community	\$915
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### Swim Party II

Party rate based on 12 children ages 1-7 or 20 children 8 and older. 60 minutes in the pool & Three(3) hours in the full gym.

Member	\$1,075	Community	\$1,200
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# 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:**  
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- ◆ INCLUDED IN MEMBERSHIP
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# SPORTS

**B-Ball Jr.**  
Kids will learn the game of basketball through age-appropriate drills, exercises, and controlled games while developing teamwork and sportsmanship.

**Sunday 9:30am - 10:30 am (7- 9 years old)**  
**Sunday 10:30am - 11:30 am (10- 12 years old)**

Member	\$115	Community	\$171
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**Chinatown Basketball League (11- 12 years old)**  
The Chinatown Y's Basketball League emphasizes the importance of having fun and playing basketball, while also developing athletic and social skills, improving educational performance and learning about healthy lifestyles. For more information, contact Tony Kung, [tkung@ymcany.org](mailto:tkung@ymcany.org).

Team	\$600	Per Person	\$85
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**Steady Buckets (5- 17 years old)**  
A progressive training program that improves speed, strength, and basic basketball skills, Steady Buckets helps children and teens improve skills for competitive play. Our experienced, skilled Steady Buckets coach individualizes instruction so that every child gets what he or she needs to build skills and confidence while having fun. Steady Buckets is a co-ed program, but we know that girls sometimes like to play basketball with other girls. To accommodate this, our coach offers a session for girls only. Our goal is to get everyone playing, getting fit, and making friends!

**Monday 4:00pm - 6:30 pm**

# of classes/week	1 Session	Drop -in
Member	\$201	\$27
Community	\$247	\$35

### QuickStart Tennis (Ages 3-10)

This class is a kid-friendly approach to learn the basics of tennis. Our partner, Tennis Innovators, utilizes the QuickStart Tennis Format, which maximizes skill learning with colorful balls, smaller-sized racquets, and nets. All levels welcome

**Wednesday 3:30pm - 4:30pm | 4:30pm - 5:30pm**

**Saturday 9:00am - 10:00am | 10:00am - 11:00am**

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Member	\$299	Community	\$350
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## DANCE

### Tiny Toes Ballet (3-4 years old)

Children ages 3-4 will learn the fundamentals of ballet through awareness of body movement and creativity. While participating in exercise and dance sequences, participants will learn coordination while exploring various levels of movement that develop strength.

**Monday 3:30pm - 4:30 pm**

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Member	\$115	Community	\$171
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### Advance Ballet (3-4 years old)

This class focuses on classical ballet with barre and center work that develops strength, body alignment, flexibility, and musicality. Children learn to develop coordination and body awareness through more advanced ballet movements.

**Monday 4:30pm - 5:30 pm**

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Member	\$115	Community	\$171
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### Hip-Hop (5-11 years old)

This class is designed to introduce students to the exhilarating world of hip-hop dancing. It provides a structured method of learning various hip-hop dance movements with focus on offering a new set of combinations and mini routines in every class.

**Monday 5:30pm - 6:30 pm**

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Member	\$115	Community	\$171
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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

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## LEADERSHIP & CIVIC ENGAGEMENT

### ◆ Leaders Club

A leadership program that gives teens the opportunity to learn to become more effective in their interactions with others. Teens improve their individual leadership and social skills while also experiencing new ways to give back and grow as human beings. Teens meet on a weekly basis in small groups to develop and implement projects aimed at providing valuable service to their local community.

### ◆ Teens Take the City

Teens Take the City is a program unique to the YMCA of Greater New York. Teens Take the City is a civic engagement program focused specifically on NYC government and fostering community organizing skills.

### ◆ Youth & Government

Youth & Government lets young people experience how our nation's democratic process works from the inside out.

## COLLEGE ACCESS & CAREER READINESS

Starting with issues that stir their passions, teens learn to debate public policy, write legislation and (simulate) taking over the State Legislature in Albany. Proposed legislation originating with Youth & Government participants has gone on to be presented by actual legislators and signed into New York State Law

### ◆ Rowe Scholars

The Rowe Scholars program, formerly Y Scholars, is a comprehensive college and career access program offered throughout New York City's five boroughs. The Rowe Scholars Program serves more than 1,200 public and charter school students enrolled in grades 6-12, offering continued support throughout college and beyond.

Contact the Teen Coordinator, Priscilla Liu at 212-219-8393 or [pliu@ymcanyc.org](mailto:pliu@ymcanyc.org) for more information.



# FITNESS & SPORTS

## ◆ Teen Fitness Orientation (Ages 12 - 17)

To start your teen's fitness experience off on the right foot, we require a teen orientation to teach them gym etiquette, the proper use of equipment, and to work out in a safe manner. Stop by the membership desk to register.

## ◆ Teen Center (Ages 12 - 17)

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors.

# SWIM

## ◆ Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 19)

## ◆ Swim Strokes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 19)



TEEN  
(ages 12-17)

# 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:

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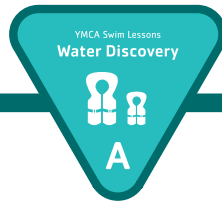


# SWIM STAGE DESCRIPTIONS



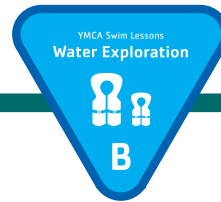
## SWIM STARTERS

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.

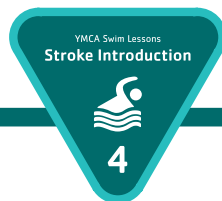


### 3 / WATER STAMINA

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.

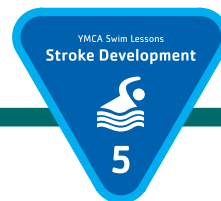
## SWIM STROKES

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.



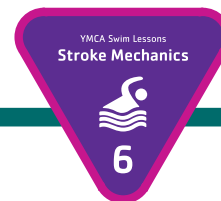
### 4 / STROKE INTRODUCTION

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.

**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



## ADULT & FAMILY SWIM

Drop into our pool for lap swim, family swim, or recreational swim. Check our pool schedule online to find a time that works for you and your family.

## SWIM LESSONS

We offer swim lessons for infants, kids, teenagers, and adults. Choose from weekday, evening, and weekend classes all year long.

## SWIM STARTERS

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

### Swim Starters Lesson Fees

Member	\$165
Community	\$225

### Water Discovery

#### Parent/Child 6-36months

Saturday	11:00 am - 11:30 am
Sunday	11:00 am - 11:30 am

### Swim Basics Lesson Fees

Member	\$165
Community	\$225

## SWIM BASICS

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

Wednesday	3:40 pm - 4:10 pm
Friday	3:40 pm - 4:10 pm
Saturday	11:40am - 12:10 pm
Sunday	11:40 am - 12:10 pm

### Stage 1: Water Acclimation School Age Child (5-12 years)

Wednesday	4:15 pm- 5:00 pm
Friday	4:15 pm - 5:00 pm
Saturday	10:00am - 10:45 am
Sunday	10:00am - 10:45 am

### Stage 1: Water Acclimation Ages (13 & up)

Wednesday	7:00 pm - 7:45 pm
Friday	7:00 pm - 7:45 pm
Saturday	9:00 am - 9:45 am
Sunday	9:00 am - 9:45 am

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

Wednesday	3:40 pm- 4:10 pm
Friday	3:40 pm- 4:10 pm
Saturday	11:40am - 12:10 pm
Sunday	11:40am - 12:10 pm

### Stage 2: Water Movement School Age Child (6-12 years)

Wednesday	4:15 pm- 5:00 pm
Friday	4:15 pm - 5:00 pm
Saturday	10:00am - 10:45 am
Sunday	10:00am - 10:45 am

### Stage 2: Water Movement Ages (13 & up)

Wednesday	7:00 pm - 7:45 pm
Friday	7:00 pm - 7:45 pm
Saturday	9:00 am - 9:45 am
Sunday	9:00 am - 9:45 am

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

Wednesday	3:40 pm - 4:10 pm
Friday	3:40 pm - 4:10 pm
Saturday	11:40am - 12:10 pm
Sunday	11:40 am - 12:10 pm

### Stage 3: Water Stamina

#### School Age Child (6-12 years)

Wednesday	4:15 pm - 5:00 pm
Friday	4:15 pm - 5:00 pm
Saturday	10:00am - 10:45 am
Sunday	10:00am - 10:45 am

### Stage 3: Water Stamina

#### Ages (13 & up)

Wednesday	7:00 pm - 7:45 pm
Friday	7:00 pm - 7:45 pm
Saturday	9:00am - 9:45 am
Sunday	9:00am - 9:45 am

## SWIM STROKES

### Swim Strokes Lesson Fees

Member	\$ 165
Community	\$ 225

### Stage 4: Stroke Introduction

#### Pre-school Child (3-5 years)

Wednesday	3:40 pm - 4:10 pm
Friday	3:40 pm - 4:10 pm
Saturday	11:40am - 12:10 pm
Sunday	11:40 am - 12:10 pm

### Stage 4: Stroke Introduction

#### School Age Child (6-12 years)

Wednesday	5:15 pm - 6:00 pm
Friday	5:15 pm - 6:00 pm
Saturday	12:15pm - 1:00 pm
Sunday	12:15 pm - 1:00 pm

### Stage 4: Stroke Introduction

#### Ages (13 & up)

Wednesday	7:00 pm - 7:45 pm
Friday	7:00 pm - 7:45 pm
Saturday	9:00 am - 9:45 am
Sunday	9:00 am - 9:45 am

### Stage 6: Stroke Mechanics

#### School Age Child (6-12 years)

Wednesday	5:15 pm - 6:00 pm
Friday	5:15 pm - 6:00 pm
Saturday	12:15pm - 1:00 pm
Sunday	12:15 pm - 1:00 pm





## YMCA SWIM TEAMS

A number of our branches field Swim Teams that 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**

**Cross Island YMCA Barracudas**

**Flushing YMCA Flyers**

**McBurney YMCA Manta Rays**

**West Side YMCA Piranhas**



# 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% Sibling Discounts available.  
Ask YMCA staff for details.**

**Online registration available for  
most camps.**

## DAY CAMP

### **Early Childhood Camp (Ages 2-4)**

Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers will enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Each child age three and older will receive a swim lesson once a week.

### **Kinder Camp (Ages 4-5)**

Kinder Camp is designed for children entering kindergarten in September 2019. Structured day camp activities support the transition to 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 prepare our young campers for their transition into kindergarten and develop their skill sets and comfort level with city travel, campers will participate in one field trip by bus each session.

## Day Camp (Ages 6-11)

Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as Crazy Hat Day. In addition, campers will engage in a variety of science, technology, engineering, and math activities during each session. Day campers will be divided into age groups with children within one to two years of their age.

Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. In addition, activities such as journaling and age-appropriate science experiments will expand their literacy, math and science skills, and promote their ability to think critically. Field trips to museums and science centers will link to the camp-based activities and maximize educational enrichment.

## Teen Camp (Ages 12-14)

Teen Camp is for young people who are currently enrolled in middle 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.

## Swim Camp (Ages 7-11)

Our Swim Camp helps children develop important swimming skills and a lifetime love of the water, 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.

## Dance Camp (Ages 8-10)

Dance Camp is for all youth who have a passion for the art of dance. Our Dance 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, from beginner to advanced. Your child will also learn the different aspects of a dance program such as class etiquette, performance readiness, and costuming. Each class will include across-the-floor drills, technique, and a routine. Every session will end with a mini showcase of skills learned. Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire will be enforced to make sure each dancer is equipped and ready to learn to the best of their ability.

## Sports Camp (Ages 6-11)

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. In addition, campers will explore the values of teamwork, good sportsmanship, and a strong work ethic.

Contact Sr. Youth & Family Director, Narcisa Loza [nloza@ymcanyc.org](mailto:nloza@ymcanyc.org) or at 212-912-2466 for more information.







## TEEN SLEEPAWAY

# SLEEPAWAY CAMP

## TRADITIONAL SLEEPAWAY

Located just 90 minutes outside of NYC, the New York YMCA Camp boasts over 1,000 beautifully wooded acres, three lakes, miles of hiking trails, playing fields and 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 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.

## 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 require a mandatory training session and a two-week minimum commitment.

## World Teen Camp (Ages 12-16)

This one-of-a-kind international sleepaway camp promotes language acquisition through authentic learning and cross cultural friendships. In a traditional summer camp setting, this dual language immersion program brings together campers from five different countries—the U.S., 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 10-17)

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 floors, 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 7)

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.

*Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.*



**Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all.**



# 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

Michael Keller – Executive Director  
212-912-2465, mkeller@ymcanyc.org

Chi Yung- Director of Fund Development & Communications  
212-912-2463, cyung@ymcanyc.org

Narcisa Loza – Senior Youth & Family Director  
212-912-2466, nloza@ymcanyc.org

Samantha Baichoo - Membership Sales & Engagement Director  
212-912-2464, sbaichoo@ymcanyc.org

Tony Kung - Healthy Living Director  
212-912-2462, tkung@ymcanyc.org

Miguel Garcia – Aquatics Director  
212-912-2480, migarcia@ymcanyc.org

Tetyana Napara- Aquatics Coordinator  
212-912-2484, napara@ymcanyc.org

Gillian Hill – Business Manager  
212-912-2469, ghill@ymcanyc.org

Feng Ping (Judy) Guan- Business Office & HR Coordinator  
212-912-2488, fguan@ymcanyc.org

### HOLIDAY HOURS

**Independence Day**  
Thursday, July 4 8:00 AM - 8:00 PM

**Labor Day**  
Monday, September 2 8:00 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

### MEMBERSHIP RATES

Membership Types	Chinatown Y
Youth (up to 11)	\$200/yr.
Teen (12 - 17)	\$47/mo. \$75 Joiner's Fee

Membership Types	Chinatown Y	City-wide	Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$76/mos	\$85/mo.	\$125
Adult (18 - 64)	\$94/mo	\$106/mo.	\$125
Senior (65+)	\$76/mo	\$85/mo.	\$125
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$108/mo	\$125/mo.	\$125
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$166/mo	\$185/mo.	\$125

\*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.

## MISSION

The YMCA is 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** Please let us know if your card is lost or stolen. There is a fee of \$10 for a replacement card.

## MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months up to 3 times during any calendar year. Holds require a 15 day written notice prior to the monthly draft date. A monthly hold fee of \$10 will be charged. Membership privileges are surrendered by all members on the membership while 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.

## 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 only. 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.
- Lockers are available for rental at a fee of \$20 or \$25 based upon size availability. Please see one of our membership agents if interested.

## CLASS CANCELLATION & INCLEMENT WEATHER POLICY

Classes may be cancelled due to inclement weather. In such cases, every effort will be made to reschedule classes



# 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 service desk or go to [ymcanyc.org](http://ymcanyc.org) for more information.

## YMCAs 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 [ymcanyc.org/newamericans](http://ymcanyc.org/newamericans)

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



## 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.



## HOW TO CONTROL YOUR BLOOD PRESSURE

Nearly 80 million adults have high blood pressure in America. Less than half have it under control. The YMCA's Blood Pressure Self-Monitoring Program can help.

The four-month program supports adults with hypertension in lowering and managing their blood pressure. With support from trained heart coaches, participants will:

- Monitor blood pressure at home
- Receive personalized consultations
- Attend nutrition seminars

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





# 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)

**the Y** OUR NEW APP KEEPS YOU ON TRACK!

West Side YMCA -  
Open 5:00 am - 11:00 pm

Get involved!

Announcements  
Welcome Home!

Giving Smart!  
New features that will help you stay connected.  
Have some thoughts?  
Tell us what you would like to see.

- Group exercise schedules
- Calendar reminders
- Program registration
- Facility hours and alerts/notifications
- Digital facility check-ins
- Apple wallet barcodes
- And more!

Download on the App Store | GET IT ON Google Play

[ymcanyc.org/app](http://ymcanyc.org/app)

The advertisement features a smartphone displaying the app's interface. The background is a blurred image of a person's hands holding a white towel. The text is primarily in white and purple on a dark background.



“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.**

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

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

**PLEASE GIVE TODAY.**  
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## 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






273 Bowery  
New York, NY 10002  
212-912-2460  
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