



# DISCOVER YOUR Y

**Cross Island Y  
Summer/Fall 2019  
PROGRAM & CLASS GUIDE**

**238-10 Hillside Ave.  
Bellerose, NY 11426  
718-551-9300  
[ymcanyc.org/crossisland](http://ymcanyc.org/crossisland)**

**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 - 10:30 PM  
Saturday - Sunday: 7:00 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 90 pieces of cardio and strength equipment	✓	✓
<b>Over 90 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>Two Swimming Pools</b> with DAILY lap swim hours - OPEN to CLOSE	✓	✓
<b>Sauna rooms</b>	✓	✓
<b>Basketball court</b>	✓	✓
<b>Racquetball courts</b>	✓	✓
<b>Outdoor running track and Tennis Courts</b>	✓	✓
<b>FREE Child Watch</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>FREE family &amp; kids classes</b> – such as Family Zumba, Fit Kids, 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>		✓

# 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 90 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.

### ◆ Deep Definitions

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

### ◆ Kettlebell Circuit

Learn and perfect different kettlebell movements in a series of stations.

### ◆ 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.

### ◆ Total Body Conditioning

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

### ◆ Ultimate Abs

Our most challenging ab workout - this intense class is all about your core.

### ◆ Zumba® Toning

The challenge of adding resistance by using light weights helps you focus on specific muscle groups so you stay engaged!

## CARDIO

### ◆ Cardio Kickboxing

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

### ◆ Hi-Lo Cardio

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

### ◆ 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

## 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.

### ◆ Restorative Yoga

A yoga class focused on your inner energy and well-being.

### ◆ 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.

## 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 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.

## DANCE

### ◆ Family Zumba®

ONLY FOR FAMILY I AND II MEMBERSHIPS

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

### ◆ Line Dancing

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

### ◆ Zumba Sentao™

Zumba Sentao™ combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

### ◆ 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.



## 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.

## WATER FITNESS

### ◆ Aqua Zumba®

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

### ◆ Water Aerobics

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

### ◆ Water Walking

This gravity-defying exercise is a therapeutic aid for cardiovascular endurance and relief of stress. Highly recommended for people with arthritis, joint pain, and other physical ailments. No instruction



## REMINDER:

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◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

## ACTIVE OLDER ADULTS



### ◆ AOA Water Aerobics

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

### ◆ AOA Cardio Conditioning

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

### ◆ AOA Sit Fit

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

### ◆ AOA Strength Training

This strength training workout is especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

### ◆ Restorative Yoga

A yoga class focused on your inner energy and well-being.

### ◆ Zumba® Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

## SPECIALIZED AQUA EXERCISE

For more information contact Jean Dattner, at 718-551-9325 or email [jdattner@ymcanyc.org](mailto:jdattner@ymcanyc.org).

### ◆ Arthritis Water Exercise

This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well being.

JK POOL

#### THE FOLLOWING PROGRAM RUNS SUMMER 2019

**Monday & Wednesday 12 pm - 12:45 pm**

Fees | 8 week session    1x a week    2x a week

Member	Included in Membership	
Community	\$84	\$129

#### THE FOLLOWING PROGRAM RUNS FALL I AND FALL II

**Monday 10:45 am - 11:30 am**

**Friday 10:45 am - 11:30 am**

Fees | 8 week session    1x a week    2x a week

Member	Included in Membership	
Community	\$84	\$129

### ◆ Water Exercise for Adults with Disabilities (and others seeking a gentle workout)

Exercises and locomotor movements designed to enhance overall physical fitness, maintain/improve muscle tone and strength, and improve flexibility, balance and coordination. Minimum class size to run is 6 people.

JK POOL

#### THE FOLLOWING PROGRAM RUNS SUMMER 2019

**Tuesday 3:00 pm - 4:00 pm**

**Friday 12:45 pm - 1:45 pm**

Fees | 8 week session    1x a week    2x a week

Member	Included in Membership	
Community	\$84	\$129

#### THE FOLLOWING PROGRAM RUNS FALL I AND FALL II

**Wednesday 10:40 am - 11:30 am**

**Friday 12:45 am - 1:45 pm**

Fees | 8 week session    1x a week    2x a week

Member	Included in Membership	
Community	\$84	\$129



# WELLNESS PROGRAMS

**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

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 Member Services Desk at 718-551-9300 for more information.

## ◆ 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 the Member Services Desk at 718-551-9300 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 the Member Services Desk.



## 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. For more information, contact our Member Services Desk.

### Personal

1 Hour Sessions	1	5	10	20
Member	\$67	\$315	\$618	\$1125
Community	\$90	\$420	\$820	\$1495

### Small Group

Save money by working out with a friend and purchasing semi-private sessions for two or more people. Participants find their own training partners and register at the same time. The Y does not coordinate training partners. Price is per person.

1 Hour Sessions	1	5	10	20
Member	\$29	\$140	\$268	\$512
Community	\$42	\$196	\$360	\$710

### Personal Training & Semi-Private Cancellations & Policies

A client may cancel directly with the trainer without penalty by giving 24 hours notice. If notice is not given within a 24-hour period, the client will be charged for the session. All sessions are valid for 6 months of date of purchase. Only YMCA personnel are permitted to conduct personal training sessions within the Y.



# SWIM

## ◆ Adult Swim

Whether you are just learning to swim or are 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 online.

### YMCA Swim Lessons

#### Swim Basics

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 32)

#### Swim Strokes

Builds strokes technique and endurance, to foster swimming as part of a healthy lifestyle. (See Swim section p. 33)

**Masters Swim** (See Swim section p. 33)

## ◆ Water Fitness Classes

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 6)

## ◆ Aquatic Exercise

All Adult Exercise Classes and Adult Aqua Classes are FREE for YMCA Members and run year round! Group Fitness and Aqua Exercise Schedules are available at the Member Services Desk, online at [www.ymcanyc.org/crossisland](http://www.ymcanyc.org/crossisland) or by downloading the YMCA of Greater New York APP.

Fees	1x week	2x week	3x week	4x week
Member	Included in Membership			
Community	\$99	\$125	\$152	\$172

## 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 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.

# SPORTS

ADULTS

THE FOLLOWING PROGRAM RUNS SUMMER & FALL

## Adult Basketball (Ages 18+)

Basketball season consists of 8 weeks of regular season games plus a single elimination playoff series. We provide divisions for the beginner or recreational player as well the competitive level players. For more information about our basketball leagues, please contact Paul Wallace at 718-551-9337 or [pwallace@ymcanyc.org](mailto:pwallace@ymcanyc.org).

**Runs July 1 - September 30 and October 1 - December 31.**

THE FOLLOWING PROGRAM RUNS SUMMER & FALL

## Adult Martial Arts (Ages 18+)

The object is to develop techniques, as well as instill positive characteristics such as self-respect, self-discipline, honor and righteousness, based on the code of morality known as Bushido. Contact Paul for more information at 718-551-9337 or email [pwallace@ymcanyc.org](mailto:pwallace@ymcanyc.org).

**Friday 8:00 pm - 9:15 pm**

Fees for 1x a week | 8 week session

Member	\$140	Community	\$230
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## KIDS ZONE

Enjoy a few hours of peace of mind to work out, take a class, or just relax while your child hangs at Y Kids Zone! Kids can play games, meet new friends, and engage in a variety of music, art, and dance activities, all while supervised and guided by trained staff. Y Kids Zone is FREE & OPEN ONLY TO CHILDREN WHO ARE UNDER A YMCA FAMILY MEMBERSHIP. No reservation is required, but space is first come, first serve so bring your child(ren) early! You must fill out a registration form with the YKZ staff before dropping your child off for the first time. Contact Tyronza Murray for more information. 718-551-9320 or [tmurray@ymcanyc.org](mailto:tmurray@ymcanyc.org)

**Available for ages 7 years - 12 years  
Monday & Wednesday 6PM- 9PM  
Saturday 9AM -12PM**

# TENNIS

## ◆ Racquetball / Tennis Court Reservations

Open court times are FREE with membership

**Monday - Friday** 5:00am - 9:00pm

**Saturday** 7:00am - 7:00pm

**Sunday** 7:00am - 7:00pm

Reservations may be made up to 7 days in advance for Racquetball, 3 days in advance for Tennis, for a one-hour period by YMCA members only in person at the Member Services Desk, or called in by phone.

## ADULT TENNIS

RUNS SUMMER & FALL | SESSIONS

### Adult Tennis (Ages 18+)

Tennis provides great health benefits, improves bone strength and density, and aerobic fitness. Classes may be canceled due to inclement weather and will be made up at the end of the session. Students registered for incorrect level will be removed from class.

For more information contact Ron John, Tennis Coordinator at [rjohn@ymcanyc.org](mailto:rjohn@ymcanyc.org).

**Runs July 1 - September 30 and October 1 - December 31.**

### Adult Development (Ages 18+)

Classes meet once a week. There are 3 sessions a year.

**Monday** 7pm - 8pm | **Beginner**

**Wednesday** 7pm - 8pm | **Advanced Beginner**

**Sunday** 9am - 10:30am | **Hit & Play**

Fees   6 classes	Member	Community
1 Hour	\$210	\$265
90 Minutes	\$295	\$380

## RACQUETBALL

Open court times are FREE with membership

**Monday - Friday** 5:00am - 9:00pm

**Saturday** 7:00am - 7:00pm

**Sunday** 7:00am - 7:00pm

Reservations may be made up to 7 days in advance for Racquetball, 3 days in advance for Tennis, for a one-hour period by YMCA members only in person at the Member Services Desk, or called in by phone.

## Classic Tennis Tournament (Ages 18+)

Please contact Ron John for more information at [rjohn@ymcanyc.org](mailto:rjohn@ymcanyc.org).

## Private Tennis Lessons (Ages 18+)

By Appointment Only.

Please contact Ron John at [rjohn@ymcanyc.org](mailto:rjohn@ymcanyc.org)

Fees   30 minute session	Member	Community
Single Session	\$60	\$80
Package of 6 Sessions	\$250	\$330

Fees   1 Hour Session	Member	Community
Single Session	\$115	\$160
Package of 6 Sessions	\$420	\$525

## Semi-Private Tennis Lessons (Ages 18+)

2 Students (Prices Per Person)

Fees   1 Hour Session	Member	Community
Single Session	\$60	\$80
Package of 6 Sessions	\$265	\$315

## RECREATIONAL VOLLEYBALL

THE FOLLOWING PROGRAM RUNS YEAR-ROUND

### ◆ Recreational Volleyball (Ages 18+)

Play 15-point volleyball games or twenty-minute time limit per game.

GYM

**Monday, 8:15pm - 10:15pm**

Members Only

## OPEN GYM

### OPEN GYM

The Gym is available for open recreation for Members Only. No Guest passes may be used.

#### Monday:

5:00 am - 9:00 am (Adults)  
2:00 pm - 3:15 pm (Family)  
8:15 pm - 10:00 pm (Recreational Volleyball)

#### Tuesday:

5:00 am - 9:00 am (Adults)  
11:30 am - 2:30 pm (Teens)  
9:15 pm - 10:15 pm (Adults)

#### Wednesday:

5:00 am - 9:00 am (Adults)  
11:45 am - 3:15 pm (Family)  
3:30 pm - 5:45 pm (Teens)  
7:30 pm - 10:15 pm (Teen/Adults)

#### Thursday:

5:00 am - 9:00 am (Adults)  
12:00 pm - 2:30 pm (Family/Teens)  
8:15 pm - 10:15 pm (Adults)

#### Friday:

5:00 am - 9:45 am (Adults)  
12:30 pm - 3:45 pm (Family)  
9:45 pm - 10:15 pm (Adults)

#### Saturday:

7:00 am - 8:15 am (Adults)

#### Sunday:

7:00 am - 9:30 am (Family)  
10:00 am - 11:00 am (Adults)  
4:00 pm - 7:45 pm (Teens)

### REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

### ◆ FAMILY GYM TIME

Bring your own basketball during the open gym time. No Guest passes. The Gym is available for open recreation.

**GYM Sunday, 7am - 8am**

YMCA Family Members Only: FREE

## 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 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.

## FAMILY SWIM

Please refer to the pool schedule. On holidays and abbreviated public school days, please check special schedules for additional family swim times.

### PARENT / CHILD SWIM (6mos. - 6.5 years)

YMCA members and Gym Swim participants are invited to participate in a FREE parent/child swim on Fridays. Floatation devices will be supplied during this free swim. A lifeguard will be on deck. A parent MUST be in the water with the child. There will be no instruction.

Location: JK POOL

**SUMMER SESSION** Friday, 12:30 pm - 1:30 pm

**FALL SESSION** Friday, 10:00 am - 11:00am

Fees for 1x a week | 8 week session

YMCA Family Members Only: FREE

Gym/Swim Participants: FREE



# KIDS & FAMILY

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

**AGES 0-5**

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

## 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] 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.

### ◆ Family Gym Time

Bring your own basketball during the open gym time. No Guest passes. The Gym is available for open recreation.  
**Sunday: 7:00 am - 9:30 am (Family Members Only)**

### ◆ Family Swim

Swimming is a great way to be healthy and bond as a family. Please refer to the pool schedule. On holidays and abbreviated public school days, please check special schedules for additional family swim times.

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

## SWIM

### ◆ Parent / Child Swim (6mos. – 6.5 years)

YMCA members and Gym Swim participants are invited to participate in a FREE parent/child swim on Fridays. Floatation devices will be supplied during this free swim. A lifeguard will be on deck. A parent **MUST** be in the water with the child. There will be no instruction.

Location: JK POOL

**SUMMER SESSION** Friday, 12:30 pm - 1:30 pm

**FALL SESSION** Friday, 10:00 am - 11:00am

YMCA Family Members Only: FREE

Gym/Swim Participants: FREE

### Swim Starters (Age 6 – 36 months)

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. (See Swim section p. 30)

### Swim Basics (Age 3 – 5 years)

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. 30)

## PRE-SCHOOL & SUMMER CAMP

### Early Childhood Camp (Ages 2-5.8)

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. (See Camp section p. 40)

## ART & DANCE

### Early Childhood Art & Dance Fees | 8 week session

Member	\$116
Community	\$209

### Early Childhood Art & Dance

Contact Marie Turenne for more information at 718-551-9336, or email [mturenne@ymcanyc.org](mailto:mturenne@ymcanyc.org).

### Baby Ballet (Ages 3 - 5 years)

This class gives young children a basic introduction to classical ballet. It includes preparatory exercises to develop coordination. It will also allow participants to experience classical music, increase their sense of balance, and improve their reflexes. Children must come prepared with ballet slippers. Recitals are held at the end of the session and will count as 1 lesson.

STUDIO A

Saturday, 12:15-1pm

### Baby Picasso (Ages 3 - 5 years)

Parents & Participants will explore colors, and shapes, using different formats such as finger painting and other creative projects together. Students will explore different ways of bringing their ideas to life.

ROOM C

Saturday, 12-12:45 pm

## SPORTS

### Parent/Child Sports Fees | 8 week session

Member	\$115
Community	\$210

Contact Paul Wallace for more information at 718-551-9337, or email [pwallace@ymcanyc.org](mailto:pwallace@ymcanyc.org).

### Tiny Tumblers (Ages 3 - 5 years)

This is an introduction to gymnastics class. Children will learn basic skills on floor exercise, uneven bars, balance beam, and vault. The class will increase confidence, coordination and will develop listening skill, taking turns, and following coaching instructions.

GYM

Tuesday, 6-6:45pm

Thursday, 6-6:45pm

### Start Smart (Ages 3 - 5 years)

This program focuses on familiarizing youngsters with various sports and fitness activities and operates as orientation to sports. Age appropriate activities include soccer, kickball, tee-ball, and basketball. All children should wear proper gym attire.

GYM

Saturday, 9:15-10am

Sunday, 11:15-12pm

### Start Smart Basketball (Ages 3 - 5 years)

This class will introduce the sport of basketball to our youngest participants. Class will involve dribbling, shooting, passing and defense.

GYM

Saturday, 10:15-11am

Sunday, 12:15-1pm

### Start Smart Soccer (Ages 3 - 5 years)

**RUNS SUMMER & FALL 1 ONLY**

This class will introduce the sport of soccer to our youngest participants. Class will involve passing and defense.

BACKYARD

Saturday, 11:15-12pm

Sunday, 1:15-2pm

## EARLY CHILDHOOD CENTER

### Kids & Family Programs

#### Family/Early Childhood Programs

CITY creates meaningful experiences for every member of your family. Enjoy lower rates on all youth programs and activities and access to free special events with a family membership. Family fun for everyone!

#### Early Childhood Center (Ages 2-5.8)

Your child will be welcomed in a warm and safe, licensed environment. With a wide range of activities to stimulate your child's creativity, self-esteem, and independence, our YMCA values-based program will help your young child learn the essential social, physical, and intellectual building blocks.

Registration on-going for the Nursery 2019-2020 school year. To register, a \$50 Registration Fee and a \$100 Deposit are required. Both are non-refundable. Tuition for each month is due one month in advance on the first of the month. We offer automatic bank or credit card draft for monthly payments. For more information or to arrange a tour, call our Early Childhood Director Michelle Mallay at 718-551-9313 or email [mmallay@ymcanyc.org](mailto:mmallay@ymcanyc.org).

### SEPTEMBER 2019 - JUNE 2020

#### Toddler Program (Ages 2.0 - 3.4 years)

##### Monday through Friday | Fees per month

5 days	Member	Community
9:00 am - 12:00 pm	\$555	\$575
9:00 am - 4:00 pm	\$1085	\$1165

##### Monday, Wednesday & Friday | Fees per month

3 days	Member	Community
9:00 am - 4:00 pm	\$840	\$875

## PRE-SCHOOL

### Pre-School Program (Ages 3.0 - 5.8 years)

##### Monday through Friday | Fees per month

5 days	Member	Community
9:00 am - 12:00 pm	\$520	\$550
9:00 am - 4:00 pm	\$995	\$1025

##### Monday, Wednesday & Friday | Fees per month

3 days	Member	Community
9:00 am - 4:00 pm	\$780	\$800

## YMCA EXTENDED CARE

### YMCA Extended Care

The Cross Island YMCA Early Childhood Center offers an extended day options to provide families with the flexible early morning, afternoon and evening childcare, as often as needed.

##### Monday through Friday | Fees per month

5 days	Member	Community
7:30 am - 9:00 am	\$120	\$135
4:00 pm - 6:00 pm	\$210	\$240

##### Monday, Wednesday & Friday | Fees per month

3 days	Member	Community
7:30 am - 9:00 am	\$100	\$115
4:00 pm - 6:00 pm	\$135	\$155

### FULL DAY PRE-K FOR ALL

The Early Childhood Center hosts a free full day PRE-K FOR ALL program. Registration for New York City residents born in 2015 began May 2019. Space is limited.

### PRE-K FOR ALL - AM EXTENDED & AFTER CARE

##### Monday through Friday | Fees per month

5 days	Member	Community
7:30 am - 8:30 am	\$105	\$115
3:00 pm - 6:00 pm	\$400	\$425

# 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 Gym Time

Bring your own basketball during the open gym time. No Guest passes. The Gym is available for open recreation.

**GYM Sunday, 7:00 am - 9:30 am**

YMCA Family Members Only: FREE

### 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 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.

## SWIM

### Family Swim

Please refer to the pool schedule. On holidays and abbreviated public school days, please check special schedules for additional family swim times.

### PARENT / CHILD SWIM (6 mos. - 6.5 yrs)

YMCA members and Gym Swim participants are invited to participate in a FREE parent/child swim on Fridays. Floatation devices will be supplied during this free swim. A lifeguard will be on deck. A parent **MUST** be in the water with the child. There will be no instruction.

JK POOL

**SUMMER SESSION** Friday, 12:30 pm - 1:30 pm

**FALL SESSION** Friday, 10:00am - 11:00am

YMCA Family Members Only: FREE  
Gym/Swim Participants: FREE

# SWIM

## ◆ Family Swim

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family. (See Swim section p. 30)

## 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. 30)

## 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. 32)

## Pathways

Students who have achieved Stage 5 or 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. (See Swim section p. 37)

# SUMMER CAMP

## Day Camp (Ages 5.9-12)

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. (See p. 40)

# ART & SCIENCE

## Youth & Teens Art, Science & Dance | 8 week session

Member	\$116
Community	\$209

## Discovery Lab (Ages 6 - 12)

Learn, explore and grow. Discover your inner scientist as we explore science in activities and experiments. Ask questions, make predictions, seek answers, use your senses and have fun! Please note: class needs a minimum of 5 participants to operate. CLASSROOM D **Saturday, 12:30 pm - 1:30 pm**

## Picassos (Ages 7 - 12)

Participants explore diverse cultures using various art forms, including: collage, paint, sculpture and more. Students will explore different ways of bringing their ideas to life. CLASSROOM C **Saturday, 3-4 pm**

## Cartooning (Ages 7 - 12)

Participants will learn how to tell a story through a combination of words and pictures, practice drawing skills, and examine a variety of techniques used by famous cartoonists. Learn how to create cartoons and comic strips like the pros. CLASSROOM C **Saturday, 2-3pm**

## Recipe For Fun (Ages 6 - 12)

A delicious class where participants learn to peel, chop, mash, grind, beat, measure, and season then taste the results of their efforts. Families will create a cookbook full of healthy recipes and snacks to take home at the end of the session. CLASSROOM B **Friday, 6:30 pm - 7:30 pm**

# DANCE

## Beginner Ballet (Ages 6 - 8)

This complete classical ballet class will include barre exercises, center technique, adagio, and basic turns. Children will be introduced to classical music as they learn about controlling their movements and improving posture and flexibility. Children must come prepared with appropriate ballet slippers. STUDIO A **Saturday, 1:15-2pm**

## Modern Dance (Ages 6-11)

This class is a combination of Jazz, Classical Ballet and Contemporary styles. Modern dance can be upbeat and funky or lyrical and expansive. STUDIO A **Saturday, 2-3pm**



# AFTER SCHOOL

## Y AFTER SCHOOL

CIY provides after school, day and weekend programming for youths ages 3 to 18. The Youth Department offers programs to introduce a wide range of fun and stimulating classes to help build a healthy mind, body and spirit. The YMCA After School Program and off-sites are registered with the Office of Children & Family Services. Contact Marie Turenne at [mturenne@ymcanyc.org](mailto:mturenne@ymcanyc.org) or 718-551-9336.

After School session dates:

**September 9, 2019 - June 19, 2020**

## Branch After School

Kids spend 2:30 - 5:30pm of every school day with our caring, supportive staff. Y After School is geared to further enrich kids' academic development, engaging them in healthy physical activity and fostering positive social interactions.

The Academies will allow a student to gain hands on/mind on experience through project based learning. Academy activities will focus on a specific topic, art or sport, while incorporating concepts from Math, Science, History, Service Learning, Art and Healthy Lifestyles. In addition, homework help is provided daily. We also offer inclusion programs for youth with developmental disabilities. For more information contact Marie Turenne at 718-551-9336 or [mturenne@ymcanyc.org](mailto:mturenne@ymcanyc.org).

**5 days/week: \$300 | month**

**4 days/week: \$260 | month**

**3 days/week: \$195 | month**

\$50 registration fee.

\$25 for each change in After School days.

## Discounts

10% sibling discount. Financial assistance is available.

## Extended Hours

We are here to provide that extra time, if needed.

We offer extended hours until 6:30pm.

**5 days/week: \$70 | month**

**4 days/week: \$60 | month**

**3 days/week: \$48 | month**

## Off-Site After School at PS 33Q

Kids spend 2:30pm - 5:30pm of every school day with our caring, supportive staff to students of the schools listed. For more information contact Marie Turenne at 718-551-9336 or [mturenne@ymcanyc.org](mailto:mturenne@ymcanyc.org).

\$50 registration fee

After School Rates

**5 days/week: \$315 | month**

**4 days/week: \$260 | month**

**3 days/week: \$205 | month**

## Off-Site After School at PS 134Q

PS 134Q in Hollis runs at no cost for children who attend this school. This After School Program is funded by DYCD through the City of New York. New York City's COMPASS provides services to support young people and their families at no cost during non-school hours, after school, on holidays and during the summer. This initiative is open to residents of the Non-Members. For more information contact Atikay Henry at 718-736-1000, 347-714-1731 or [ahenry@ymcanyc.org](mailto:ahenry@ymcanyc.org).



YOUTH  
(ages 5 - 12)

## YMCA HOLIDAY CAMP

### WINTER RECESS: (Ages 5 - 12)

**December 23 - 31** Runs M-F No camp on Dec. 25

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Holiday Camp is geared to engaging kids in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Children are required to bring their own lunch, bathing suit, swim cap and towel. Hours are 9am - 5pm, with extended hours available from 8am - 9am, and 5pm - 6pm.

Pre-registration is required.

**8 hours: \$70 | day**

**9 hours: \$75 | day**

**10 hours: \$80 | day**

**Current After School Participants receive 50% off daily rates**

# SPORTS

## BECOME A TEAM PLAYER SPORTS PROGRAMS

The Y believes that youth sports programs encourage and promote healthy and strong kids and families by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image and sense of fair play and mutual respect for others. For more information about our sports programs, please contact Paul Wallace at 718-551-9337 or pwallace@ymcanyc.org

## YOUTH AND TEEN SPORTS

Encourage your child to develop better hand-eye coordination and the opportunity to work in a team environment. Our youth sports instructors have a long history in the sports they are coaching and have a love of the game. Youth & Teen Sports Fees | 8 weeks (unless otherwise noted)

Youth & Teens Sports Fees   8 weeks	1x	2x
Member	\$115	\$210
Community	\$210	\$360

## THE FOLLOWING PROGRAM RUNS YEAR-ROUND

### Instructional Basketball (Ages 6-15 years)

Total skill developmental program that involves all aspects of the game: dribbling, running, shooting and defense.

GYM

Ages 6-9 | Sunday, 2-3pm

Ages 10-15 | Sunday, 3-4pm

## SUMMER LEAGUES

### Summer Basketball League (Ages 9 - 18 years)

This basketball league brings youth the opportunity to participate in league play. Space is limited and registration is on a first come first serve basis. Volunteer coaches needed! GYM

RUNS July - August | GYM | 8 week session

Ages 9 - 11 TBA

Ages 12 - 14 TBA

Ages 15 - 17 TBA

## THE FOLLOWING PROGRAM RUNS SUMMER & FALL I

### Instructional Flag Football (Ages 6-15 years)

Participants will learn the fundamentals of football, the rules of the game, good sportsmanship, as well as healthy lifestyle habits. No tackling will be permitted in the class.

BACKYARD

Ages 6-9 | Saturday, 1-2pm

Ages 10-15 | Saturday, 2-3pm

## THE FOLLOWING PROGRAM RUNS SUMMER & FALL I

### Instructional Baseball (Ages 6-15 years)

Experienced and trained coaches will teach all aspects of the game including hitting, pitching, base running, fielding and various other skills.

BACKYARD

Ages 6-9 | Saturday, 3-4pm

Ages 10-15 | Saturday, 4-5pm

## THE FOLLOWING PROGRAM RUNS SUMMER & FALL I

### Instructional Soccer (Ages 6 - 15 years)

Soccer provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all the fundamental techniques such as passing, dribbling, shooting, trapping and goal keeping skills.

BACKYARD

Ages 6-9 | Saturday, 9-10am

Thursday, 5:30pm-6:30pm

Ages 10-15 | Saturday, 10-11am

Friday, 5:30pm-6:30pm

## THE FOLLOWING PROGRAM RUNS SUMMER & FALL I

### Instructional Track (Ages 6-15 years)

Participants will learn the proper tactics and techniques of track and field, proper running form while improving runner's performance, developing a race strategy and learning to prepare for meets.

BACKYARD / TRACK

Ages 6-9 | Sunday, 12-1pm

Ages 10-15 | Sunday, 1-2pm

## THE FOLLOWING PROGRAMS RUNS FALL 2019

### Basketball League (Ages 9 - 18 years)

This basketball league brings youth the opportunity to participate in league play. Space is limited and registration is on a first come first serve basis. Volunteer coaches needed!

GYM

RUNS SEPTEMBER - DECEMBER | 10 week session

Ages 9-11 TBA

Ages 12-14 TBA

Ages 15-17 TBA

THE FOLLOWING PROGRAM RUNS FALL II

### Indoor Youth Soccer (Ages 6 - 15 years)

Soccer provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all the fundamental techniques such as passing, dribbling, shooting, trapping and goal keeping skills.  
GYM

Ages 6-9 | Friday, 4-5pm  
Ages 10-15 | Friday, 5-6pm

THE FOLLOWING PROGRAM RUNS SUMMER & FALL 1

### Instructional Volleyball (Ages 6 - 15 years)

Participants will learn the basics of volleyball which include the fundamentals of serving, passing, spiking and blocking. Rules and court strategy will also be part of the course. Course will include foundations of Strength Training.  
GYM

Ages 6 - 9 | Friday, 4-5pm  
Ages 10 - 15 | Friday, 5-6pm

# BIRTHDAY PARTIES

## YOUTH BIRTHDAY PARTIES

Sunday-afternoon party includes 45-minutes of swimming followed by 1 hour room rental for up to 20 participants. YMCA invitations and free guest passes will be provided for participants. Please visit the Member Services desk to schedule your birthday party. \$50 non-refundable deposit required to hold date. Contact LISA LOSH at 718-551-9308 or email LLOSH@YMCANYC.ORG for more information.

Sunday, 2:30 pm – 5:00 pm  
Member \$250      Community \$275

# GYMNASTICS

## YOUTH & TEEN GYMNASTICS

### Gymnastics (Ages 5 - 13 years)

The Cross Island YMCA follows a strict and straight forward progressive Gymnastics program. Each level is geared to advance gymnasts in safe, consistent and productive progressions. The program teaches safety awareness, body awareness, values education and skills instruction with safety as our #1 concern. Gymnastics events are under the jurisdiction of USA Gymnastics. All classes are held in the gym. For more information Contact Erin McGrath at 718-551-9309 or emcgrath@ymcanyc.org

Youth & Teens Gymnastics Fees   8 weeks	1x	2x	3x
Member	\$175	\$280	\$375
Community	\$230	\$370	\$480

### Beginner Tumblers (Boys Ages 5 - 13 years)

Tuesday, 3:30-4:30pm  
Tuesday, 4:30-5:30pm  
Thursday, 3:30-4:30pm  
Thursday, 4:30-5:30pm  
Saturday, 2pm - 3pm

### Intermediate Tumblers (Boys Ages 5-13 years)

Tuesday, 3:30-4:30pm  
Tuesday, 4:30-5:30pm  
Thursday, 3:30-4:30pm  
Thursday, 4:30-5:30pm

### Beginner Tumblettes (Girls Ages 5 - 7 years)

Tuesday, 3:30-4:30pm  
Tuesday, 4:30-5:30pm  
Thursday, 3:30-4:30pm  
Thursday, 4:30-5:30pm  
Saturday, 12pm - 1pm  
Saturday, 1pm - 2pm  
Saturday, 2pm - 3pm

### Intermediate Twisters (Girls Ages 5 - 7 years)

Tuesday, 3:30-4:30pm  
Thursday, 3:30-4:30pm  
Saturday, 1-2pm  
Saturday, 2pm - 3pm

### Beginner Tumblettes (Girls Ages 8 - 13 years)

Tuesday, 3:30-4:30pm  
Thursday, 3:30-4:30pm  
Saturday, 12pm - 1pm  
Saturday, 1-2pm  
Saturday, 2pm - 3pm

YOUTH  
(ages 5 - 12)

Gymnastics Cont'd

## YOUTH & TEEN GYMNASTICS Cont'd

### Intermediate Twisters (Girls Ages 8 - 13 years)

Tuesday, 3:30-4:30pm  
 Thursday, 3:30-4:30pm  
 Saturday, 12pm - 1pm  
 Saturday, 1pm - 2pm  
 Saturday, 2pm - 3pm

## GYMNASTICS TEAMS

### Gymnastics Teams

Youth advancing through the Cross Island Y's Progressive Gymnastics Program are encouraged to become a member of our teams. Team members train with certified gymnastics coaches two-three days per week. The team fee does not include local meets. Gymnasts who qualify for State, Regional or National Gymnastic meets must pay a separate fee. Team members have the opportunity to try out for the YMCA National Gymnastics Competition. Full payment must be made at registration. Late registration or non-payment will result in your child not participating in program and meets. Please contact Erin McGrath at 718-551-9309 or emcgrath@ymcanyc.org before registering.

The following teams meet:

Tuesday & Thursday, 3:30pm - 5:00pm &  
 Saturday, 1-3pm

### Girls Shining Stars

| Schedule with coach | 2X Week

Member \$340 Community \$440

### Girls Shining Stars

| 3X Week

Member \$410 Community \$530

The following teams meet:

Tuesday & Thursday, 4:30pm - 6:00pm &  
 Saturday, 4:00pm - 7:00pm

### Girls Rising Stars

| Schedule with coach | 2X Week

Member \$340 Community \$440

### Girls Shooting Stars

| 3X Week

Member \$410 Community \$530

## MARTIAL ARTS

### YOUTH & TEEN MARTIAL ARTS

YMCA Martial arts are studied for various reasons including combat skills, fitness, self-defense, sport, self-cultivation (meditation), mental discipline, character development and building self-confidence. Learn how to utilize every part of your body as a weapon of self defense. Chief instructor Guy Blackman holds a 6th degree black belt with the American Bushido Federation.

Fees   8 week session	1x week	2x week	3x week
Member	\$140	\$225	\$300
Community	\$230	\$370	\$490

### Youth Beginner (Ages 6 - 15 years)

Monday, 6:30pm - 7:45pm  
 Wednesday, 6:30pm - 7:45pm  
 Saturday, 10:15am - 11:30am

### Youth Intermediate (Ages 6 - 15 years)

Wednesday, 6:30pm - 7:45pm  
 Saturday, 11:30am - 12:45pm

### Youth Advanced (Ages 6 - 15 years)

Friday, 6:30pm - 7:45pm  
 Saturday, 1:00pm - 2:15pm

### Senior (Ages 16 - 17)

Friday, 8:00pm - 9:15pm



# MUSIC

## Youth & Teens Music Fees | 8 weeks

Member	\$242
Community	\$321

### YOUTH & TEEN MUSIC (All Ages)

Individual Music Lessons for Violin, Acoustic or Electric Guitar, Acoustic or Electric Bass Guitar, Piano, Flute, Drums, Double Bass and Voice. Lessons are available for all experience levels and ages. Beginners are welcome! Classes are 30 minutes each. Double sessions can be booked. All students playing instruments other than piano must provide their own instrument. Students will receive a list of books and other materials (not included in cost) that will be needed for lessons. There is a 24 hr cancelation in order not to forfeit the class. Recitals are held in December and will count as 1 lesson. Schedule with Alan George at [algeorge@ymcanyc.org](mailto:algeorge@ymcanyc.org) or 718-551-9336 before registering.

LEARNING ANNEX By Appointment Only

**Monday - Sunday morning and evening hours available**

# TENNIS

## YOUTH & TEEN TENNIS

THE FOLLOWING PROGRAMS RUN SUMMER & FALL I

For more information contact Ron John, Cross Island YMCA Tennis Coordinator at [rjohn@ymcanyc.org](mailto:rjohn@ymcanyc.org). Classes may be canceled due to inclement weather and will be made-up at the end of the session.

Tennis	Members	Community
1 day 6 classes	\$170	\$230
2 days 12 classes	\$310	\$400

### QuickStart Tennis (Ages 5.5 - 8)

QuickStart allows a child to engage fully in tennis and have success much more quickly than traditional lessons on a full court. This format will more likely help to foster a lifelong love for the game of tennis, learning with smaller racquets and softer tennis balls and playing on half courts. During the 6 week session, participants will learn the basics of forehand, backhand, serve and volley while having fun. TENNIS COURTS

Monday,	6:00 - 7:00pm
Saturday,	9:00 - 10:00am

## Junior Development (Ages 9 - 12)

Progressive Program based on age and skill development.

(Ages 5.5 - 8 ) RUNS FALL II

Allows participants to be fully engaged and have success more quickly than traditional lesson on a full court. These lessons will provide both fundamentals and advanced techniques of ground strokes, volley and over head strokes. GYM

**Monday, 6:15-7:00pm**

**Thursday, 6:15-7:00pm**

Tennis	Members	Community
1 day 6 classes	\$170	\$230
2 days 12 classes	\$310	\$400

## PRIVATE TENNIS LESSONS

RUNS SUMMER & FALL I

Available for all levels and ages. All private lessons are taught by a certified tennis instructor. By Appointment Only. Please contact Ron John at [rjohn@ymcanyc.org](mailto:rjohn@ymcanyc.org).

**30 Minute Class**

**Member Community**

The lessons feature instruction in both fundamental and advanced techniques of ground strokes, volley and overhead strokes. Emphasis is also placed on control, consistency, point play and match strategy in singles and doubles play. Equal time is spent on drills and game play. For Levels 1-3 students are evaluated to determine appropriate level.

1 Hour Class	Members	Community
Single Session	\$60	\$80
Package of 6 sessions	\$250	\$330

Advanced techniques of ground strokes, volley and overhead strokes. Emphasis is also placed on control, consistency, point play and match strategy in singles and doubles play. Equal time is spent on drills and game play. For Levels 1-3 students are evaluated to determine appropriate level.

## TENNIS COURTS

Level 1	Monday,	6:00-7:00pm
Level 1	Saturday,	10:00-11:00am
Level 1	Saturday,	12:00-1:00pm
Level 2	Wednesday,	6:00-7:00pm
Level 2	Saturday,	11:00-12:00pm
Level 3	Saturday,	12:00-1:00pm
Level 3	Monday & Wednesday,	5:00-6:00pm
*Level 4	Tuesday & Thursday,	5:00-6:00pm
*Level 5	Tuesday & Thursday,	6:00-7:00pm

\*Competitive focus for school tennis or USTA Tournaments  
Training: Contact Ron John before signing up.

Tennis Cont'd

## YOUTH & TEEN TENNIS Cont'd

### Teen Junior Development (Ages 13 - 17)

Level 1 | Saturday, 10:00-11:00am

Level 2 | Saturday, 11:00-12:00pm

	Members	Community
Single Session	\$115	\$150
Package of 6 sessions	\$420	\$525

Semi-Private 2 Students (Prices Per Person)

1 Hour Class	Members	Community
Package of 6 sessions	\$265	\$315

\*Level 4 | Tuesday & Thursday, 5:00-6:00pm

\*Level 5 | Tuesday & Thursday, 6:00-7:00pm

\*Competitive focus for school tennis or USTA Tournaments  
Training: Contact Ron John before signing up.

### Tennis Tournament

See flyers or contact Ron John for more information.  
Match up at this tournament at the end of each session for players level 3 and up.

### Youth Beginner (Ages 6 - 15)

Monday, 6:30pm - 7:45pm

Wednesday, 6:30pm - 7:45pm

Saturday, 10:15am - 11:30am

### Youth Intermediate (Ages 6 - 15)

Wednesday, 6:30pm - 7:45pm

Saturday, 11:30am - 12:45pm

### Youth Advanced (Ages 6 - 15)

Friday, 6:30pm - 7:45pm

Saturday, 1:00pm - 2:15pm

### Senior (Ages 16 - 17)

Friday 8:00pm - 9:15pm

Fees for 1x a week | 8 week session

Members \$242 Community \$321

## FAMILY EVENTS

### ◆ Summer Series on the Green

Mark your calendars for Summer Friday Evenings! Bring your mats or beach chairs.

Movie Night & Dance Party	May 31	6:30-8:30 pm
Movie Night & Family Yoga	June 28	6:30-9:00 pm
Movie Night & Family Zumba	July 26	6:30-9:00 pm
Movie Night & Family Circuit Class	Aug. 23	6:30-9:00 pm
Movie Night & Back-to-School Jam	Sept. 13	6:30-8:30 pm

Register at Member Services Desk

Member	FREE	Community	\$10
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### Parents Night Out (Ages 4 - 12 years)

Parents, enjoy some adult time and be assured your children will have a blast in a safe, caring, fun environment. Best of all - dinner is on the house! Registration will be accepted until 3pm on the day of. Held in Room B  
**Fridays October 11 & December 6 | 6:30-8:30 pm**

Register at Member Services Desk

Members: \$5 per child/per evening with Family Membership  
Community: \$15 per child/per evening

### ◆ Family Night (All Ages)

Special time for families to have fun and create memories that last a lifetime at our Y is set aside for families only. Enjoy family participation in swimming, sports, games, crafts, and much more. All children must be accompanied by an adult during all Family Night activities including swimming. Registration will be accepted until 3pm on the day of. Held in Room B

**Fridays October 18 & November 8 | 6:30-8:30 pm**

Register at Member Services Desk

Members: \$5 per child/per evening with Family Membership  
Community: \$15 per child/per evening

### Winter Wonderland

FREE Entrance - cash tickets will be on sale. For more info call Marie Turenne at 718-551-9336 or mturrenneymcany.org

**Friday, December 20 | 6:00 pm - 8:00 pm**

**KIDS ZONE** Available for ages 7 years - 12 years **FREE & OPEN ONLY TO CHILDREN WHO ARE UNDER A YMCA FAMILY MEMBERSHIP.** Enjoy a few hours of peace of mind to work out, take a class, or just relax while your child hangs at Y Kids Zone! Kids can play games, meet new friends, and engage in a variety of music, art, and dance activities, all while supervised and guided by trained staff. Y Kids Zone is No reservation is required, but space is first come, first serve so bring your child(ren) early! You must fill out a registration form with the YKZ staff before dropping your child off for the first time. Contact Tyrone Murray for more information. 718-551-9320 or tmurray@ymcany.org

**Monday & Wednesday 6PM- 9PM | Saturday 9AM -12PM**

# 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

### TEEN PROGRAMS (Ages 12-18)

Our programming empowers young people to be leaders today and in the future. Teens and young adults learn leadership skills, take on meaningful decision making roles; plan and carry out service projects; and are encouraged to be active and engaged contributors to our communities. Contact Marie Turenne for more information at 718-551-9336 or [MTURENNE@YMCANYC.ORG](mailto:MTURENNE@YMCANYC.ORG).

### TEEN CENTER (SEPTEMBER-JUNE)

Teen Center is a safe place where teens have the opportunity to engage in meaningful activities that allow them to develop socially, physically and academically. Teens are welcome to enjoy the facility and participate in activities that include swim, basketball, arts and crafts, and board games. The Fitness Center and Weight Room are also open to participants. Teen Center is FREE to all in the community. Friday, 6:30-9:30pm Saturday, 6- 8:00pm

### TEENS TAKE THE CITY (SEPTEMBER-JUNE)

This civic engagement program teaches teens about government at the local level. Teens identify issues in their community, then work on proposals to address those issues. Proposals are presented by the teens at City Hall at the end of the program.

### LEADERS CLUB (OCTOBER-JUNE)

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

### ◆ Youth & Government (6th-12th grade students)

Youth & Government is the YMCA's premiere leadership program for teens. Why is it the best? What makes it different? • It is an opportunity to excel academically outside of school. • State legislators and senators take an active interest in the program in their communities and at the State House. • Young people from all over the State participate in YMCA Y&G. For more information, please contact Marie Turenne at 718-551-9336 or [mturenne@ymcanyc.org](mailto:mturenne@ymcanyc.org). REGISTRATION IS REQUIRED  
Saturday 4:30 - 5:30 pm

# FITNESS

## ◆ 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 - 18)

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

# SUMMER CAMP

## Teen Camp (Ages 13-15)

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

## 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. 32)

## 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. 33-36)

## Pathways

Students who have achieved Stage 5 or 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. (See Swim section p. 37)



**ART & SCIENCE** (See p. 16)

**MUSIC** (See p. 21)

**Picassos (Ages 7 - 12)** (See p. 16)

**Cartooning (Ages 7 - 12)** (See p. 18)

**DANCE**

**Modern Dance (Ages 6 - 11)** (See p. 16)



# SPORTS

RUNS SUMMER & FALL I

## **YOUTH & TEEN TENNIS** (See p. 22)

For more information contact Ron John, Cross Island YMCA Tennis Coordinator at rjohn@ymcanyc.org. Classes may be canceled due to inclement weather and will be made-up at the end of the session.

THE FOLLOWING PROGRAMS RUN SUMMER & FALL I

## **Instructional Flag Football** (See p. 19) (Ages 6 - 15 years)

Participants will learn the fundamentals of football, the rules of the game, good sportsmanship, as well as healthy lifestyle habits. No tackling will be permitted in the class.

## **Instructional Baseball** (See p. 19) (Ages 6 - 15 years)

Experienced and trained coaches will teach all aspects of the game including hitting, pitching, base running, fielding and various other skills.

## **Instructional Soccer** (See p. 19) (Ages 6 - 15 years)

Soccer provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all the fundamental techniques such as passing, dribbling, shooting, trapping and goal keeping skills.

## **Instructional Track** (See p. 19) (Ages 6 - 15 years)

Participants will learn the proper tactics and techniques of track and field, proper running form while improving runner's performance, developing a race strategy and learning to prepare for meets.

## **Instructional Volleyball** (See p. 19) (Ages 6 - 15 years)

Participants will learn the basics of volleyball which include the fundamentals of serving, passing, spiking and blocking. Rules and court strategy will also be part of the course. Course will include foundations of Strength Training.

## **YOUTH & TEEN MARTIAL ARTS** (See p. 21) (Ages 6 - 17 years)

YMCA Martial arts are studied for various reasons including combat skills, fitness, self-defense, sport, self-cultivation (meditation), mental discipline, character development and building self-confidence. Learn how to utilize every part of your body as a weapon of self defense. Chief instructor Guy Blackman holds a 6th degree black belt with the American Bushido Federation.

THE FOLLOWING PROGRAM RUNS  
SEPT - DECEMBER | GYM | 10 week session

## **Basketball League** (Ages 9 - 18 years)

This basketball league brings youth the opportunity to participate in league play. Space is limited and registration is on a first come first serve basis. Volunteer coaches needed!

GYM

**Ages 9-11 TBA**

**Ages 12-14 TBA**

**Ages 15-17 TBA**

THE FOLLOWING PROGRAM RUNS FALL II ONLY

## **Indoor Youth Soccer** (Ages 6 - 15 years)

Soccer provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all the fundamental techniques such as passing, dribbling, shooting, trapping and goal keeping skills.

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:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ONLINE REGISTRATION AVAILABLE

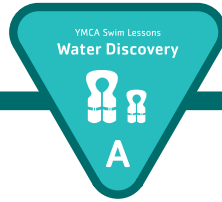




# SWIM STAGE DESCRIPTIONS

## 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.



**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 / BASICS & GYM SWIM

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. For more information on any of these classes please contact Dianne DiPeri, Gym Swim Director at 718-551-9319 or ddiperi@ymcanyc.org.

THE FOLLOWING PROGRAMS RUN SUMMER 2019

### Water Discovery - Swim Only

Parent/Child 6-12 months

JK POOL with parent participation  
**Wednesday** 10:30 am - 11:00 am  
**Sunday** 10:30 am - 11:00 am

Fees for 1x a week | 8 week session

Member	\$77	Community	\$120
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### Water Discovery with Gym

Parent/Child 12-24 months

Classes are 1/2 hour in the gym followed by a 1/2 hour swim with parent participation in both | GYM & JK POOL  
**Wednesday** 10:00 am - 11:00 am

Fees for 1x a week | 8 week session

Member	\$120	Community	\$191
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### Water Exploration - Swim Only

Parent/Child 18 months-3 years

JK POOL with parent participation  
**Sunday** 10:30 am - 11:00 am

Fees for 1x a week | 8 week session

Member	\$77	Community	\$120
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### Water Exploration with Gym

Parent/Child 18 months-3 years

All classes are 1/2 hour in the gym followed by a 1/2 hour swim with parent participation in both | GYM & JK POOL

**Tuesday** 9:00 am - 10:00 am  
**Tuesday** 9:30 am - 10:30 am  
**Wednesday** 9:30 am - 10:30 am  
**Wednesday** 5:00 pm - 6:00 pm

Fees for 1x a week | 8 week session

Member	\$120	Community	\$191
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## SWIM BASICS

### Water Acclimation/ Movement - Swim Only

JK POOL

**Tuesday** 5:30 pm - 6:00 pm  
**Tuesday** 6:00 pm - 6:30 pm  
**Thursday** 5:30 pm - 6:00 pm  
**Thursday** 6:00 pm - 6:30 pm  
**Sunday** 11:00 am - 11:30 am  
**Sunday** 12:00 pm - 12:30 pm  
**Sunday** 12:30 pm - 1:00 pm

Fees for 1x a week | 8 week session

Member	\$77	Community	\$120
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### Water Acclimation/ Movement with Gym

Pre-school Child (3-5 years)

All classes consist of a 1/2 hour in the gym followed by a 1/2 hour swim | GYM & JK POOL

**Tuesday** 8:30 am - 9:30 am  
**Tuesday** 10:30 am - 11:30 am  
**Tuesday** 11:00 am - 12:00 pm  
**Tuesday** 11:30 am - 12:30 pm  
**Wednesday** 8:30 am - 9:30 am  
**Wednesday** 9:00 am - 10:00 am  
**Wednesday** 10:30 am - 11:30 am  
**Wednesday** 11:00 am - 12:00 pm  
**Wednesday** 5:30 pm - 6:30 pm  
**Wednesday** 6:00 pm - 7:00 pm

Fees for 1x a week | 8 week session

Member	\$120	Community	\$191
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## Water Acclimation/ Movement – Swim Only



JK POOL

### School Age Child (5–6.5 years)

Sunday 11:30 am – 12:00 pm

Sunday 1:00 pm – 1:30 pm

Fees for 1x a week | 8 week session

Member \$77 Community \$120

## Water Acclimation/ Movement with Gym



### School Age Child (5–6.5 years)

All classes consist of a 1/2 hour in the gym followed by a 1/2 hour swim | GYM & JK POOL

Tuesday 8:30 am – 9:30 am

Wednesday 8:30 am – 9:30 am

Wednesday 11:30 am – 12:30 pm

Wednesday 6:30 pm – 7:30 pm

Fees for 1x a week | 8 week session

Member \$120 Community \$191

## THE FOLLOWING PROGRAMS RUN FALL 2019

## Water Discovery – Swim Only



### Parent/Child 6–12 months

JK POOL with parent participation

Monday 11:30 am – 12:00 pm

Wednesday 6:00 pm – 6:30 pm

Saturday 9:00 am – 9:30 am

Fees for 1x a week | 8 week session

Member \$77 Community \$120

## Water Discovery/ Exploration with Gym



### Parent/Child 12–36 months

Classes are 1/2 hour in the gym followed by a 1/2 hour swim with parent participation in both | GYM & JK POOL

Monday 11:00 am – 12:00 pm

Monday 11:30 am – 12:30 pm

Wednesday 5:30 pm – 6:30 pm

Saturday 8:30 am – 9:30 am

Saturday 9:00 am – 10:00 am

Fees for 1x a week | 8 week session

Member \$120 Community \$191

## Water Acclimation/ Movement – Swim Only



### Pre-school Child (3–5.5 years)

JK POOL

Monday 3:30 pm – 4:00 pm

Wednesday 3:30 pm – 4:00 pm

Saturday 12:00 pm – 12:30 pm

Sunday 11:30 am – 12:00 pm

Sunday 2:00 pm – 2:30 pm

Fees for 1x a week | 8 week session

Member \$77 Community \$120

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE

## Water Acclimation/ Movement with Gym



### Pre-school Child (3–5.5 years)

All classes consist of a 1/2 hour in the gym followed by a 1/2 hour swim | GYM & JK POOL

Monday 10:30 am – 11:30 am

Monday 12:00 pm – 1:00 pm

Monday 4:00 pm – 5:00 pm

Monday 4:30 pm – 5:30 pm

Monday 5:00 pm – 6:00 pm

Wednesday 3:30 pm – 4:30 pm

Wednesday 4:30 pm – 5:30 pm

Wednesday 5:00 pm – 6:00 pm

Wednesday 6:00 pm – 7:00 pm

Saturday 9:30 am – 10:30 am

Saturday 10:30 am – 11:30 am

Saturday 11:00 am – 12:00 pm

Sunday 11:30 am – 12:30 pm

Sunday 12:00 pm – 1:00 pm

Sunday 1:00 pm – 2:00 pm

Fees for 1x a week | 8 week session

Member \$120 Community \$191

## Water Acclimation/ Movement – Swim Only



### School Age Child (5–6.5 years)

JK POOL

Tuesday 6:15 pm – 7:00 pm

Tuesday 7:00 pm – 7:45 pm

Fees for 1x a week | 8 week session

Member \$97 Community \$158

## Water Acclimation/ Movement with Gym



### School Age Child (5–6.5 years)

All classes consist of a 1/2 hour in the gym followed by a 1/2 hour swim | GYM & JK POOL

Monday 3:30 pm – 4:30 pm

Monday 5:30 pm – 6:30 pm

Wednesday 4:00 pm – 5:00 pm

Wednesday 6:30 pm – 7:30 pm

Saturday 10:00 am – 11:00 am

Sunday 12:30 pm – 1:30 pm

Fees for 1x a week | 8 week session

Member \$120 Community \$191

# SWIM BASICS / ST 1, 2 & 3

THE FOLLOWING PROGRAMS RUN SUMMER 2019

## Stage 1: Water Acclimation School Age Child (6-10 years)

JK POOL

Monday	3:15pm - 4:00pm
Monday	4:00pm - 4:45pm
Monday	4:45pm - 5:30pm
Tuesday	3:15pm - 4:00pm
Wednesday	3:15pm - 4:00pm
Wednesday	4:00pm - 4:45pm
Wednesday	4:45pm - 5:30pm
Thursday	3:15pm - 4:00pm
Thursday	4:00pm - 4:45pm
Thursday	4:45pm - 5:30pm
Friday	1:00pm - 1:45pm
Friday	1:45pm - 2:30pm
Friday	2:30pm - 3:15pm
Saturday	9:00am - 9:45am
Saturday	9:45am - 10:30am
Saturday	10:30am - 11:15am
Saturday	11:15am - 12:00pm

Fees for 1x a week | 8 week session

Member	\$103	Community	\$166
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## Stage 1 & 2: Water Acclimation/ Movement Teen (11-17 years)

JK POOL

Tuesday	4:30pm - 5:30pm
Tuesday	7:30pm - 8:30pm
Saturday	10:00am - 11:00am
Saturday	12:00pm - 1:00pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## Stage 1 & 2: Water Acclimation/Movement (Adult)

JK POOL

Monday	9:00am - 10:00am
Monday	8:30pm - 9:30pm
Tuesday	7:30pm - 8:30pm
Wednesday	8:30pm - 9:30pm
Thursday	8:30pm - 9:30pm
Friday	9:00am - 10:00am

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## Stage 2: Water Movement School Age Child (6-10 years)

JK POOL

Monday	3:15pm - 4:00pm
Monday	4:00pm - 4:45pm
Monday	4:45pm - 5:30pm
Wednesday	3:15pm - 4:00pm
Wednesday	4:00pm - 4:45pm
Wednesday	4:45pm - 5:30pm
Thursday	3:15pm - 4:00pm
Thursday	4:00pm - 4:45pm
Thursday	4:45pm - 5:30pm
Friday	1:00pm - 1:45pm
Friday	1:45pm - 2:30pm
Friday	2:30pm - 3:15pm
Friday	3:15pm - 4:00pm
Saturday	9:00am - 9:45am
Saturday	9:45am - 10:30am
Saturday	10:30am - 11:15am
Saturday	11:15am - 12:00pm

Fees for 1x a week | 8 week session

Member	\$103	Community	\$166
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# SWIM BASICS/STROKES

THE FOLLOWING PROGRAMS RUN SUMMER 2019

For more information on any of these classes contact Lisa Losh, Aquatics Director at 718-551-9308 or llosh@ymcany.org

1x a week session dates: July 1 - August 25

## Stage 3: Water Stamina School Age Child (6-10 years)

JK POOL

1x a week | 8 week session

Monday	3:15pm - 4:00pm
Monday	4:00pm - 4:45pm
Monday	4:45pm - 5:30pm
Tuesday	4:00pm - 4:45pm
Wednesday	3:15pm - 4:00pm
Wednesday	4:00pm - 4:45pm
Wednesday	4:45pm - 5:30pm
Thursday	3:15pm - 4:00pm
Thursday	4:00pm - 4:45pm
Thursday	4:45pm - 5:30pm
Friday	4:00pm - 4:45pm
Saturday	9:00am - 9:45am
Saturday	9:45am - 10:30am
Saturday	10:30am - 11:15am
Saturday	11:15am - 12:00pm
Saturday	12:00pm - 12:45pm

Fees

Member	\$103	Community	\$166
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### Stage 3 & 4: Water Stamina/Stroke Intro

Teen (11-17 years)

SMALL POOL

Tuesday 4:30pm - 5:30pm  
 Tuesday 6:30pm - 7:30pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 3 & 4: Water Stamina/Stroke Intro (Adult)

SMALL POOL

Monday 9:00am - 10:00am  
 Tuesday 8:30pm - 9:30pm  
 Thursday 7:30pm - 8:30pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 4: Stroke Introduction

School Age Child (6-10 years)

SMALL POOL

1x a week | 8 week session

Monday 3:30pm - 4:30pm  
 Monday 4:30pm - 5:30pm  
 Tuesday 3:30pm - 4:30pm  
 Wednesday 3:30pm - 4:30pm  
 Wednesday 4:30pm - 5:30pm  
 Thursday 3:30pm - 4:30pm  
 Thursday 4:30pm - 5:30pm  
 Saturday 9:00am - 10:00am  
 Saturday 10:00am - 11:00am  
 Saturday 11:00am - 12:00pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 5: Stroke Development

School Age Child (6-12 years)

SMALL POOL

1x a week | 8 week session

Monday 3:30pm - 4:30pm  
 Monday 4:30pm - 5:30pm  
 Wednesday 3:30pm - 4:30pm  
 Wednesday 4:30pm - 5:30pm  
 Thursday 3:30pm - 4:30pm  
 Thursday 4:30pm - 5:30pm  
 Saturday 8:00am - 9:00am  
 Saturday 10:00am - 11:00am

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 5: Stroke Development

Teen (12-17 years)

SMALL POOL

Tuesday 5:30pm - 6:30pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 5: Stroke Development

Adult

SMALL POOL

Wednesday 9:00am - 10:00am  
 Thursday 8:30pm - 9:30pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## SWIM STROKES CONT'D

For more information on any of these classes contact Lisa Losh, Aquatics Director at 718-551-9308 or llosh@ymcany.org

1x a week session dates: July 1 - August 25

### Stage 6: Stroke Mechanics

School Age Child (6-12 years)

SMALL POOL

Monday 3:30pm - 4:30pm  
 Monday 4:30pm - 5:30pm  
 Wednesday 3:30pm - 4:30pm  
 Wednesday 4:30pm - 5:30pm  
 Thursday 3:30pm - 4:30pm  
 Thursday 4:30pm - 5:30pm  
 Saturday 8:00am - 9:00am  
 Saturday 9:00am - 10:00am  
 Saturday 11:00am - 12:00pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 6: Stroke Mechanics

Teen (12-17 years)

SMALL POOL

Thursday 5:30pm - 6:30pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Master Swim Team Adult

SMALL POOL - 2 lanes

Monday, Wed & Friday, 7:30 - 8:30pm

Member	FREE	Community	n/a
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### Skills and Drills

School Age Child (8-14 years)

Prerequisite - Successfully completed Stage 6. Porpoise Club members will have the opportunities to suggest activities in addition to participating in water sports and games, endurance swimming, basic rescue and teaching skills. Tryouts required. SMALL POOL

Friday 4:30 pm - 5:30 pm

Saturday 12:00 pm - 1:00 pm

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## SWIM TEAM

### SUMMER SWIM TEAM

#### SUMMER SWIM TEAM (Ages 6 - 18 years)

For more info contact Swim Coach Kelly Donlevy at [ciybarracudas@ymcanyc.org](mailto:ciybarracudas@ymcanyc.org). Please check the swim board located next to the small pool. Tryouts will be in the small pool.

**June 18 Tryouts last the hour, no latecomers.**

**6-8 year olds only.** 4-5pm

**9-10 year olds only.** 5:15-6:15pm

**11-12 year olds only.** 6:30-7:30pm

**June 17 & 19**

**13 year olds and older.** 5:30-7:00pm

**Must attend both days, no latecomers.**

Tryouts will be in the small pool. Swimmers do not need to be members to try out but must be members if accepted for the summer team. New swimmers will be placed at Jones Beach. Practices Tuesdays and Thursdays 8-10am. No exceptions. No meets for summer team. Practices run July 1-Aug 15th (7 weeks, no practice July 4th).

**Session 1 July 1 - July 26**

**Session 2 July 29 - August 16**

Mon., Wed. & Fri., 5:30 - 7:30 pm, CIY small pool

Tues. & Thurs., 8:00 - 10:00 am, Jones Beach

Fees	2x a week	3x/1Hr.	3x/2Hrs.	5x a week
Session 1	\$105	\$87	\$173	\$257
Session 2	\$85	\$65	\$130	\$204

#### Barracuda's Stroke Clinic (Ages 6 - 17 years)

OPEN TO ALL MEMBERS.

Improve your technique with specialized stroke training. Take one class, two or all three. Classes are open to swim team members and all other Y members looking to improve their swimming skills.

Registration begins August 1, 2019. For more info contact Swim Coach Kelly Donlevy at [ciybarracudas@ymcanyc.org](mailto:ciybarracudas@ymcanyc.org).

SMALL POOL

5:30 - 6:30pm

**Mon., August 19 | Backstroke & Freestyle**

**Wednesday, August 21 | Breaststroke**

**Friday, August 23 | Butterfly**

## SWIM BASICS

THE FOLLOWING PROGRAMS RUN FALL 2019

### Stage 1: Water Acclimation School Age Child (6 - 11 years)



JK POOL

Monday	03:15 PM - 04:00 PM
Tuesday	04:45 PM - 05:30 PM
Wednesday	03:15 PM - 04:00 PM
Thursday	04:00 PM - 04:45 PM
Thursday	04:45 PM - 05:30 PM
Thursday	05:30 PM - 06:15 PM
Thursday	06:15 PM - 07:00 PM
Friday	03:15 PM - 04:00 PM
Saturday	08:15 AM - 09:00 AM
Saturday	09:00 AM - 09:45 AM
Saturday	09:45 AM - 10:30 AM
Saturday	10:30 AM - 11:15 AM
Saturday	11:15 AM - 12:00 PM
Saturday	12:00 PM - 12:45 PM
Saturday	12:45 PM - 01:30 PM
Sunday	09:30 AM - 10:15 AM
Sunday	10:15 AM - 11:00 AM

Fees for 1x a week | 8 week session

Member	\$103	Community	\$166
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### Stage 1: Water Acclimation Teen (11-17 years)



JK POOL

Tuesday	07:00 PM - 08:00 PM
Thursday	07:15 PM - 08:15 PM
Saturday	01:30 PM - 02:30 PM
Saturday	06:00 PM - 07:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 1: Water Acclimation Adult



JK POOL

Monday	08:30 PM - 09:30 PM
Tuesday	09:00 AM - 10:00 AM
Tuesday	07:45 PM - 08:45 PM
Wednesday	09:30 AM - 10:30 AM
Wednesday	07:30 PM - 08:30 PM
Thursday	08:30 PM - 09:30 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## Stage 2: Water Movement

### School Age Child (6 - 11 years)

JK POOL

Monday	04:00 PM - 04:45 PM
Monday	04:45 PM - 05:30 PM
Tuesday	03:15 PM - 04:00 PM
Tuesday	04:00 PM - 04:45 PM
Wednesday	04:00 PM - 04:45 PM
Wednesday	04:45 PM - 05:30 PM
Thursday	04:00 PM - 04:45 PM
Thursday	04:45 PM - 05:30 PM
Thursday	05:30 PM - 06:15 PM
Thursday	06:15 PM - 07:00 PM
Friday	04:00 PM - 04:45 PM
Friday	04:45 PM - 05:30 PM
Saturday	09:00 AM - 09:45 AM
Saturday	09:45 AM - 10:30 AM
Saturday	10:30 AM - 11:15 AM
Saturday	11:15 AM - 12:00 PM
Saturday	12:00 PM - 12:45 PM
Saturday	12:45 PM - 01:30 PM
Sunday	10:15 AM - 11:00 AM

Fees for 1x a week | 8 week session

Member	\$103	Community	\$166
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## Stage 2: Water Movement

### Teen (11-17 years)

JK POOL

Tuesday	07:00 PM - 08:00 PM
Thursday	07:15 PM - 08:15 PM
Saturday	01:30 PM - 02:30 PM
Saturday	06:00 PM - 07:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## Stage 2: Water Movement

### Adult

JK POOL

Monday	08:30 PM - 09:30 PM
Tuesday	09:00 AM - 10:00 AM
Tuesday	07:45 PM - 08:45 PM
Wednesday	09:30 AM - 10:30 AM
Wednesday	07:30 PM - 08:30 PM
Thursday	08:30 PM - 09:30 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## Stage 3: Water Stamina

### School Age Child (6 - 11 years)

JK POOL

Monday	03:15 PM - 04:00 PM
Monday	04:00 PM - 04:45 PM
Monday	04:45 PM - 05:30 PM
Tuesday	04:00 PM - 04:45 PM
Tuesday	04:45 PM - 05:30 PM
Tuesday	05:30 PM - 06:15 PM
Wednesday	03:15 PM - 04:00 PM
Wednesday	04:00 PM - 04:45 PM
Wednesday	04:45 PM - 05:30 PM
Thursday	04:00 PM - 04:45 PM
Thursday	04:45 PM - 05:30 PM
Thursday	05:30 PM - 06:15 PM
Friday	03:15 PM - 04:00 PM
Friday	04:00 PM - 04:45 PM
Friday	04:45 PM - 05:30 PM
Saturday	08:15 AM - 09:00 AM
Saturday	09:00 AM - 09:45 AM
Saturday	09:45 AM - 10:30 AM
Saturday	10:30 AM - 11:15 AM
Saturday	11:15 AM - 12:00 PM
Saturday	12:00 PM - 12:45 PM
Saturday	12:45 PM - 01:30 PM
Saturday	01:30 PM - 02:15 PM
Sunday	11:00 AM - 11:45 AM
Sunday	11:45 AM - 12:30 PM
Sunday	12:30 PM - 01:15 PM

Fees for 1x a week | 8 week session

Member	\$103	Community	\$166
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## Stage 3: Water Stamina

### Teen (11-17 years)

JK POOL

Thursday	07:15 PM - 08:15 PM
Friday	05:30 PM - 06:30 PM
Saturday	06:00 PM - 07:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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## Stage 3: Water Stamina

### Adult

SMALL POOL

Tuesday	08:45 PM - 09:45 PM
Thursday	09:00 AM - 10:00 AM
Thursday	07:30 PM - 08:30 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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# SWIM STROKES / ST 4, 5 & 6

## SWIM STROKES

### Stage 4: Stroke Introduction School Age Child (6 - 11 years)

SMALL POOL

Monday	03:30 PM - 04:30 PM
Monday	04:30 PM - 05:30 PM
Tuesday	03:30 PM - 04:30 PM
Wednesday	03:30 PM - 04:30 PM
Wednesday	04:30 PM - 05:30 PM
Thursday	03:30 PM - 04:30 PM
Thursday	04:30 PM - 05:30 PM
Friday	03:30 PM - 04:30 PM
Friday	04:30 PM - 05:30 PM
Saturday	09:00 AM - 10:00 AM
Saturday	11:00 AM - 12:00 PM
Saturday	01:00 PM - 02:00 PM
Saturday	02:00 PM - 03:00 PM
Saturday	03:00 PM - 04:00 PM
Saturday	04:00 PM - 05:00 PM
Sunday	02:00 PM - 03:00 PM
Sunday	03:00 PM - 04:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 4: Stroke Introduction Teen (11-17 years)

JK POOL

Thursday	07:15 PM - 08:15 PM
Friday	05:30 PM - 06:30 PM
Saturday	06:00 PM - 07:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 4: Stroke Introduction Adult

SMALL POOL

Tuesday	08:45 PM - 09:45 PM
Thursday	09:00 AM - 10:00 AM
Thursday	07:30 PM - 08:30 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 5: Stroke Development School Age Child (6 - 11 years)

SMALL POOL

Monday	03:30 PM - 04:30 PM
Wednesday	03:30 PM - 04:30 PM
Wednesday	04:30 PM - 05:30 PM
Thursday	03:30 PM - 04:30 PM
Thursday	04:30 PM - 05:30 PM
Friday	04:30 PM - 05:30 PM

Saturday	10:00 AM - 11:00 AM
Saturday	11:00 AM - 12:00 PM
Saturday	01:00 PM - 02:00 PM
Saturday	02:00 PM - 03:00 PM
Saturday	04:00 PM - 05:00 PM
Sunday	03:00 PM - 04:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 5: Stroke Development Teen (11-17 years)

SMALL POOL

Thursday	07:30 PM - 08:30 PM
Saturday	06:00 PM - 07:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 5: Stroke Development Adult

SMALL POOL

Tuesday	08:45 AM - 09:45 AM
Thursday	09:00 AM - 10:00 AM
Thursday	08:30 PM - 09:30 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 6: Stroke Mechanics School Age Child (6 - 11 years)

SMALL POOL

Monday	04:30 PM - 05:30 PM
Tuesday	04:30 PM - 05:30 PM
Wednesday	03:30 PM - 04:30 PM
Thursday	04:30 PM - 05:30 PM
Friday	03:30 PM - 04:30 PM
Saturday	10:00 AM - 11:00 AM
Saturday	01:00 PM - 02:00 PM
Saturday	02:00 PM - 03:00 PM
Saturday	05:00 PM - 06:00 PM
Sunday	03:00 PM - 04:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 6: Stroke Mechanics Teen (11-17 years)

SMALL POOL

Thursday	07:30 PM - 08:30 PM
Saturday	06:00 PM - 07:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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### Stage 6: Stroke Mechanics Adult

SMALL POOL

Wednesday	07:30 PM - 08:30 PM
Thursday	10:00 AM - 11:00 AM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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# PATHWAYS

## PATHWAYS

THE FOLLOWING PROGRAMS RUN FALL 2019

### Aquatics Conditioning School Age Child (8-14 years)

Prerequisite - Successfully completed Stage 6. Members will have the opportunities to suggest activities in addition to participating in water sports and games, endurance swimming, basic rescue and teaching skills. Tryouts required. SMALL POOL

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
Monday	4:30pm - 5:30pm		
Wednesday	4:30pm - 5:30pm		
Saturday,	12:00pm - 1:00pm		
Saturday	3:00pm - 4:00pm		
Sunday	2:00pm - 3:00pm		

### Aquatics Conditioning Teen (11-17 years)

SMALL POOL

Saturday 6:00 PM - 7:00 PM

Fees for 1x a week | 8 week session

Member	\$125	Community	\$209
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# YMCA SWIM TEAM

## YMCA SWIM TEAMS

SWIM TEAM RUNS SEPTEMBER - JUNE

### BARRACUDAS SWIM TEAM

YMCA Membership is required. There is a down payment and monthly draft. Fee includes entry fee, USS Membership, team bathing suit and awards. Drills for free and backstroke improvement, as well as fly and breaststroke development. Team practice is in the Small Pool.

#### TEAM WEBSITE:

<http://www.crossislandybarracudas.com>

Sept. Tryouts in Small Pool:

Ages are as of December 1, 2019

Refer to team website for more info

13-18 year olds:

Thurs. Sept. 5 5:30-7 pm

Fri. Sept. 6 6:30-7:30pm

\*must attend both days

\*must meet State Qualifying Times in 2 events.

See team website for details

### BARRACUDAS Cont'd

6-8 year olds: Fri. Sept. 6 3:30-4:15pm

9-10 year old: Fri. Sept. 6 4:30-5:30pm

11-12 year olds: Fri. Sept. 6 5:30-6:30pm

\*NO LATECOMERS. Swimmers will be in the water for the entire tryout time posted.

\* Please arrive 10 minutes early to fill out a short form.

\*Certain tryouts may be cancelled if there are no openings.

Refer to the team website

**Developmental (Ages 6 - 8)** \$455 | Season  
Sunday 7:00 am - 9:00 am Additional day TBA

**Mini Cudas (Ages 8 - 10)** \$765 | Season  
Tuesday 3:30 pm - 4:30 pm  
Friday 3:30 pm - 4:30 pm  
Saturday 6:30 am - 9:15 am

**Cudas (Ages 11 - 12)** \$765 | Season  
Tuesday 4:30 pm - 5:30 pm  
Friday 4:30 pm - 5:30 pm  
Saturday 6:30 am - 9:15 am

**Blue Team (Ages 12 - 18)** \$1,260 | Season  
Monday 5:30 pm - 7:30 pm  
Wednesday 4:30 pm - 7:30 pm  
Friday 4:30 pm - 7:30 pm  
Saturday 6:30 am - 9:15 am  
Sunday 7:00 am - 9:00 am

**Green Team (Ages 13 - 18)** \$1,380 | Season  
Tuesday 5:30 pm - 7:30 pm  
Wednesday 4:30 pm - 7:30 pm  
Thursday 5:30 pm - 7:00 pm  
Friday 4:30 pm - 7:30 pm  
Saturday 6:30 am - 9:15 am  
Sunday 7:00 am - 9:00 am

# INDIVIDUALS WITH SPECIAL NEEDS

For more information contact Jean Dattner, Special Populations at 718-551-9325 or email [jdattner@ymcanyc.org](mailto:jdattner@ymcanyc.org). Our goal is to support and enrich lives through inclusion or adaptive programming as needed. Our facility is primarily barrier free. Locker rooms are adjacent to the pool. Chair lift is available in both pools for entrance and exit. The environment is warm for maximum comfort and relaxation in and out of the water. If you have a child with a disability who might benefit from integration in our Gym/Swim or Aquatics programs contact Jean Dattner.

## EVENTS FOR THOSE WITH SPECIAL NEEDS

**Fall Greenkill Trip** October 26 - 28 | Cost TBA  
**Halloween Social** Wed., October 31 | Cost: \$1 | Gym  
**Holiday Luncheon** TBD | FREE | Gym

## Special Olympics Training

Wed 6-7pm | Land Sports begin Sept. 12 | Wait Listed  
 Wed 7-7:30pm | Swimming begins Sept. 19 | Tryout Required

Member	FREE	Community	FREE
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## Respite for Teens & Adults w/Developmental Disabilities (Ages 16 - 45 years)

A maximum effort is made to provide 3 hours of fun, fitness and skill enhancing activities; calisthenics, games, swimming and water games, etc. ROOM B

**Saturday, 1:00 pm - 4:00pm**

Fees for 1x a week | 8 week session

Member	\$119	Community	\$129
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## Swim Lessons for Youth with Disabilities (Ages 5 - 15 years)

Private ½ Hour swimming taught by specially trained aquatic staff and personalized to suit the needs of each individual. Scheduled at the child's convenience.

\*Note: There is a wait list for this program.

Fees for 1x a week | 8 week session

Member	\$93	Community	\$111
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## Zumba® for Teens & Adults w/Developmental Disabilities

ZUMBA® utilizes dance themes to create an exciting fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body. This class is modified especially for individuals with challenges. ROOM A

### ZUMBA PROGRAM RUNS SUMMER 2019

**Monday, 7 - 8 pm**

Fees for 1x a week | 6 week session

Member	\$33	Community	\$47.25
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### THE FOLLOWING PROGRAM RUNS FALL I AND FALL II

**Monday, 7 - 8 pm**

Fees for 1x a week | 8 week session

Member	\$44	Community	\$63
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## ◆ Arthritis Water Exercise

This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well being. JK POOL

### THE FOLLOWING PROGRAM RUNS SUMMER 2019

**Monday & Wednesday 12 pm - 12:45 pm**

Fees | 8 week session 1x a week 2x a week

Member	Included in Membership
Community	\$84 \$129

### THE FOLLOWING PROGRAM RUNS FALL I AND FALL II

**Monday 10:45 am - 11:30 am**

**Friday 10:45 am - 11:30 am**

Fees | 8 week session 1x a week 2x a week

Member	Included in Membership
Community	\$84 \$129

## ◆ Water Exercise for Adults with Disabilities (and others seeking a gentle workout)

Exercises and locomotor movements designed to enhance overall physical fitness, maintain/improve muscle tone and strength, and improve flexibility, balance and coordination. Minimum class size to run is 6 people. JK POOL

### THE FOLLOWING PROGRAM RUNS SUMMER 2019

**Tuesday 3:00 pm - 4:00 pm**

**Friday 12:45 pm - 1:45 pm**

Fees | 8 week session 1x a week 2x a week

Member	Included in Membership
Community	\$84 \$129

### THE FOLLOWING PROGRAM RUNS FALL I AND FALL II

**Wednesday 10:40 am - 11:30 am**

**Friday 12:45 am - 1:45 pm**

Fees | 8 week session 1x a week 2x a week

Member	Included in Membership
Community	\$84 \$129

# 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!

**Marie Turenne** Camp Director [mturenne@ymcany.org](mailto:mturenne@ymcany.org)  
**Michelle Mallay** Early Childhood [mmallay@ymcany.org](mailto:mmallay@ymcany.org)  
**Dianne DiPeri** Lisa Beth Gerstman Camp Director [ddiperi@ymcany.org](mailto:ddiperi@ymcany.org)

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

**Online registration available for most camps.**



## DAY CAMP

### Early Childhood Camp (Ages 2-4.5)

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.

### Toddler (Ages 2-3.4)

Cost Per 2 Week session | Full Day Mon. - Fri.

Y Member	\$625	Community	\$650
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Cost Per 2 Week session | Half Day Mon. - Fri.

Y Member	\$340	Community	\$350
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Cost Per 2 Week session | Full Day - 3 Days

Y Member	\$495	Community	\$505
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### Preschool (Ages 3-4.5)

Cost Per 2 Week session | Full Day Mon. - Fri.

Y Member	\$640	Community	\$670
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Cost Per 2 Week session | Half Day Mon. - Fri.

Y Member	\$350	Community	\$360
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Cost Per 2 Week session | Full Day - 3 Days

Y Member	\$470	Community	\$480
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## Kinder Camp (Ages 4.5-5.8)

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.

Cost Per 2 Week session | Mon. - Fri.

Y Member	\$640	Community	\$670
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## Day Camp (Ages 5.9-12)

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.

Cost Per 2 Week session

Y Member	\$575	Community	\$625
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## Teen Camp (Ages 13-15)

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.

Cost Per 2 Week session

Y Member	\$575	Community	\$625
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## 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.

Cost Per 2 Week session

Y Member	\$620	Community	\$670
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## Lisa Beth Gerstman Camp for Children With Special Needs (Ages 6-14)

This camp is made possible through the generous support of the Lisa Beth Gerstman Foundation. Its donation has offset the expenses of the equipment, transportation, and staffing required to serve children with special needs. All children will receive wheelchair accessible transportation, one-on-one swimming instruction, adaptive physical activities, and equipment. A nurse is also present both onsite and on field trips outside the Y for children who require special care like catheterization and/or medication administration.

Cost Per 3 Week session

Y Member	\$1,180	Community	\$1,200
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## Inclusion Camp

A special summer experience awaits those enrolled in the inclusion explorer camp. This camp brings an inclusive recreational experience to children with different abilities. This unique camp gives children with special needs the same experience as other campers. Children with different abilities and their peers who are typically developing come together to participate in recreational activities such as swimming, arts and crafts, educational activities, reading, physical fitness, and more. The camp will feature one counselor for every two campers.

Cost Per 2 Week session

Y Member	\$890	Community	\$900
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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.

Find a Camp: <http://ycamps.ymcanyc.org>

# 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.

## 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.



Find a Camp:  
<http://ycamps.ymcanyc.org>

CAMP

# 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.**

# 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

La-Vena Francis – Executive Director  
718-551-9306, lhlewis@ymcanyc.org

Michael Jimenez – Director of Property Management  
718-551-9311, mjimenez@ymcanyc.org

Tyronza Murray – Senior Program Director  
718-551-9320, tmurray@ymcanyc.org

Rosalind Yhip-Savory – Membership Sales & Engagement Director  
718-551-9333, ryhip@ymcanyc.org

Lisa Wollman – Billing Specialist  
718-551-9302, lwollman@ymcanyc.org

Michelle Mallay – Early Childhood Director  
718-551-9313, mmallay@ymcanyc.org

Marie Turenne – Program Director  
718-551-9336, mturenne@ymcanyc.org

Paul Wallace – Sports Coordinator  
718-551-9337, pwallace@ymcanyc.org

Lisa Losh – Aquatics Director  
718-551-9308, llosh@ymcanyc.org

Dianne DiPeri – Gym / Swim & Special Populations Director  
718-551-9319, ddiperi@ymcanyc.org

Jean Dattner – Special Populations  
718- 551-9325, jdattner@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 8:00 AM – 3:00 PM

**Christmas Eve**  
Tuesday, December 24 5:00 AM – 3:00 PM

**Christmas Day**  
Wednesday, December 25 CLOSED

**New Years Eve**  
Tuesday, December 31 5:00 AM – 3:00 PM

**New Years Day**  
Wednesday, January 1 8:00 AM – 8:00 PM

### MEMBERSHIP RATES

#### FEES

Membership Types	Cross Island Y / Joiner's Fee	Queens Wide / Joiner's Fee	Citywide / Joiner's Fee
Youth (up to 11)*	\$28 mo / \$55	n/a	n/a
Teen (12 - 17)+	\$33 mo / \$55	n/a	n/a
Student**	\$52 mo / \$100	\$59 mo / \$125	\$85 mo / \$125
Adult (18 - 64)	\$66 mo / \$100	\$73 mo / \$125	\$106 mo / \$125
Senior (65+)	\$52 mo / \$100	\$59 mo / \$125	\$85 mo / \$125
Family I *** (1 Adult & kids)	\$95 mo / \$100	\$95 mo / \$125	\$125 mo / \$125
Family II **** (2 Adult & kids)	\$117 mo / \$100	\$132 mo / \$125	\$185 mo / \$125

\*Children under 12 must be accompanied by an adult when using the facility

\*\*Any age, full time, 12+ credits, must bring copy of transcript

\*\*\*1 Adult and children 21 & under/Max 5, living in the same household

\*\*\*\*2 Adults and kids under 21 years/Max 5, living in the same household

Ages 22-26 \$10 per month

Age 27+ Maximum 1 Add on \$52.80 (80% of Adult)

### 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.

## 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.

## 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.

## 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.

## LOCKER ROOMS

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

## PROGRAM POLICIES

### PROGRAM CANCELLATIONS AND INCLEMENT WEATHER POLICY

In order to ensure quality programming, the YMCA may cancel any program that does not meet enrollment requirements. Refunds will be issued for any classes cancelled for low enrollment and inclement weather.

### PROGRAM WITHDRAWALS

Refunds will be processed only when a class is cancelled in writing 48 hours before the first day of class. No refunds will be processed after that time. Upon withdrawal from a program prior to the starting date, a refund will be issued less a \$5.00 service charge.

### MISSED CLASSES

Credits may be issued for extended medical reasons only. A doctor's note must accompany the credit request. Please note that there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA. All fee-based classes are prorated at time of registration to reflect holidays with in the session.

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

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





# 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!

Visit the membership desk for details.



# 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.

## YMCA NEW AMERICANS WELCOME CENTERS

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

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

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

**[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.



## 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



238-10 Hillside Avenue  
Bellerose, NY 11426  
718-551-9300  
[ymcanyc.org/crossisland](http://ymcanyc.org/crossisland)

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

 [@crossisland](https://instagram.com/crossisland)

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