



DISCOVER YOUR Y

**Dodge Y
Summer/Fall 2019
PROGRAM & CLASS GUIDE**

**225 Atlantic Ave
Brooklyn, NY 11201
212-912-2400
ymcanyc.org/dodge**

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



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 @DodgeYMCA

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Friday:	5:30 AM - 11:00 PM
Saturday	6:00 AM - 8:00 PM
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
Member discounts and priority registration on all fee-based programs, such as swim, sports, camp, and more	✓	✓
State-of-the-art fitness center – includes more than 100 pieces of cardio and strength equipment	✓	✓
Over 130 FREE weekly group exercise classes – includes yoga, spin, aqua fitness, barre and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Swimming Pool	✓	✓
Sauna and Steam Room	✓	✓
Basketball Court	✓	✓
Active Older Adult Classes	✓	✓
Free Towel Service	✓	✓
FREE WiFi	✓	✓
FREE Child Watch for Family Memberships		✓
FREE Family Swim Time		✓
FREE Teen Fitness Center Orientation		✓
FREE Teen Programs – Including Civic Engagement, Leaders Club, and Teen Center		✓
Convenient Family Locker Room		✓

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

GROUP EXERCISE CLASSES

We offer over 130 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

AOA | ACTIVE OLDER ADULT

◆ 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.

◆ Aqua Aerobics

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

◆ AOA Chair Yoga

Get fit while you sit! This fun and unique chair exercise class involves a combination of low-impact aerobic activity, strength building and stretching.

◆ 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 routine.

◆ Broadway Dance

Have fun while listening to your favorite Broadway show tunes! This low-impact cardio dance class is a great way increase your heart rate and improve your balance.

◆ Retro Dance Party

Grab your sweat bands and hop into this playful dance class! Get your heart pumping to all the classic disco and pop dance tunes with a low-impact fun dance class.

◆ Tai Chi & Tai Chi Sword

Tai chi is a meditative low-impact class that focuses on breathing, concentration and balance.

CARDIO

◆ GRIT Cardio®

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

◆ GRIT Strength®

Similar to GRIT, this class offers intervals of high intensity cardio and core strength. Using your core to guide you through strength challenges integrated into high and low intensity periods.

◆ Cardio Kickboxing

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

◆ Indoor Cycling

An intense workout of simulated road cycling to energizing music. Track your progress and pulse while you ride.

◆ Step and Sculpt

An energizing workout that uses high and low impact movements in step aerobics to sculpt your body.

◆ Trampoline Fitness

A unique workout on individual mini-trampolines which allow for a low impact aerobic workout.

◆ Water Aerobics

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

◆ Wuukout

A heart-pumping Carribean dance workout!

◆ 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.

STRENGTH

◆ Core Training

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

◆ CXWorx®

Exercising the core, CxWorx provides the vital ingredient for a stronger body. A strong core makes you better at all things you do, from everyday life to your favorite sports.

◆ Kettlebells

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

◆ Les Mills BodyPump™

Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. Instructors will coach you through the proven moves and techniques pumping out encouragement, motivations, and great music - helping you achieve much more than on your own!

◆ 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.

◆ TRX

TRX Suspension Training will take your workout to new heights! Each workout is specifically sequenced to safely and effectively challenge you for real results. *Fee-based training, personal or small group.

MIND | BODY | TONE

◆ Ashtanga Yoga

Classic yoga for the modern world, Ashtanga yoga will challenge your body with progressive postures.

◆ Barre

Traditional ballet postures are incorporated in this toning exercise. Aligning body, breath and mind for overall strength.

◆ Chair Yoga

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

◆ Core Connection

An effective and challenging class which incorporates Pilates, yoga and breath work. To strengthen, lengthen and connect to your core on a deeper level.

◆ Gentle Yoga

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

REMINDER: MEMBERS GET PRIORITY REGISTRATION

◆ Hatha Yoga

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

◆ MELT®

The MELT Method® is a breakthrough self-treatment system that is aimed to restore the body's connective tissue, to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

◆ Pilates Mat and Pilates *Reformer

Using Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury and build strength and flexibility. *For an additional fee, we also offer Private Pilates Reformer training, based on your unique fitness level. Please inquire about pricing with our Healthy Lifestyles staff.

◆ Prenatal Yoga

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

◆ Vinyasa Yoga

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

◆ Tai Chi – Sword, Chair

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

DANCE

Ballet for Kids

A technique class that places emphasis and attention on alignment and placement of the body. ***Additional fees may apply.**

◆ Groove for Kids™

A dance/movement class that is designed for EVERYBODY. This unique dance experience uses simple steps and authentic body movement to an amazing variety of music.

◆ Hip Hop

A cardiovascular workout to Hip Hop music. Learn fun choreography, to get your feet moving and heart pumping!

◆ Wukkout!

A heart-pumping Carribean cardio dance workout!

WELLNESS PROGRAMS

New Member Orientation

New to the Y? We offer a complimentary fitness orientation and introduction to our cardiovascular and strength training equipment for all new members. Contact Oliver Lopez at olopez@ymcanyc.org to schedule your appointment today!

YMCA Weight Loss Program (NEW!)

This FREE weight loss program is designed to empower people seeking a healthier weight. Rather than focusing on short-term solutions, the program helps participants make small lifestyle changes and form sustainable, healthy habits. For 12 consecutive weeks, participants meet in a group 1-hour per week, discussing topics in a supportive environment to help set and maintain health goals. Contact Leah Sosa at lsosa@ymcanyc.org to sign up!

Diabetes Prevention Workshop

Take control! Reduce your risk of diabetes and gain tools for a healthy living through the YMCA Diabetes Prevention Program. In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants to learn about eating healthy and physical activity. Participants meet monthly to help them maintain their progress. To learn more, contact Elena Garcia 212-912-2524 egarcia@ymcanyc.org

Y Fit Start Program

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 your regular exercise routine.

PERSONAL TRAINING

Personal Training

A nationally certified YMCA Personal Trainer will evaluate your health history and lifestyle to design a program specifically for you. All sessions are one 1 hour long. Gift certificates available. For more information, contact Leah Sosa at lsosa@ymcany.org

Personal Teen & Adult Training

Sessions	1	3	6	12	24
Member	\$100	\$240	\$405	\$720	\$1370
Community	\$115	\$310	\$480	\$480	\$1575

Master Training Program

Sessions	1	3	6	12	24
Member	\$110	\$265	\$468	\$850	\$1590
Community	\$180	\$1345	\$615	\$1000	\$1840

Master Training

Take it to the next level! Focused training for competitive athletes who want to improve their technique and maintain their sports conditioning routine.

One-On-One Boxing

Learn one-on-one boxing and striking to fit your level, while incorporating anaerobic calorie-burning conditioning.

Private Pilates Reformer Training

Pilates aims to create a longer and leaner physique with low impact strength and stretching exercises. When done routinely, Pilates can increase overall flexibility, balance, and coordination for people of all fitness levels. Please inquire about pricing.

Personal Training Session Cancellations

A client may cancel directly with the trainer without penalty by giving 24 hours notice. If 24 hour notice is not given, the client will be charged for the session. All sessions are valid for six months from date of purchase unless otherwise indicated. Only YMCA training staff are permitted to conduct personal training sessions within the facility. Sessions are non-refundable and must be used at the Dodge YMCA.

SMALL GROUP TRAINING

In small group training, we take everything you love about group fitness classes- the energy, community, and commitment- to create an immersive group experience.

TRX Suspension Training

TRX will change the way you train! By combining strength and cardio training into specialized challenging small-group workouts, you will burn more calories and push your fitness levels.

*Ask about membership rates and how to sign-up.

Small Group Training for *6 Week Session

- 1 Day a Week.....\$180
- 2 Days a Week....\$270
- 3 Days a Week....\$360
- 4 Days a Week....\$450

*All 6 week sessions are prorated in the event of holidays and other conditions such as inclement weather.



KIDS & FAMILY

From preschool to family night to kids swimming classes, we offer something for all young New Yorkers and their families. Contact the Youth and Family Director for more information 212-912-2414

AGES 0-4

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

▶ **ONLINE REGISTRATION AVAILABLE**



FAMILY

Pricing Per Session for Family Programs:

Member \$165 Community \$230

Rumble and Tumble

This class develops motor skills and movement awareness through stretching, tumbling, wiggling through our obstacle course, ball play and songs in a structured but exciting gym environment. Requires active parental or caregiver support.

Rumble and Tumble Jr.

A simpler version of its older sibling, this class offers younger children a safe space to walk, tumble, climb, jump, explore movement and song. Requires active parental or caregiver support.

Rumble and Tumble Extreme

A simpler version of its older sibling, this class offers younger children a safe space to walk, tumble, climb, jump, explore movement and song. Requires active parental or caregiver support.

Toddler Time

This is an open play time where you and your child can enjoy the Rumble & Tumble obstacle course, play with others and build strong bodies.

*Free for members; \$15 per child for community.



SPORTS

Kindersports Jr.

An opportunity for your child to explore the world of sports and early fitness through fun exercises, games, songs and stretching. Our young athletes develop hand-eye and foot-eye coordination and gross motor skills, like running and jumping through a series of activities. Classes require active parental or caregiver support.

Member \$165 Community \$230



KIDS & FAMILY

ARTS

Drumming 4 KidZ

The classes will be facilitated using a variety of different approaches including: music instruction, interactive engagement, hands-on practice, drumming and rhythm, storytelling, symbolic imagery, music, singing, dance, and group work.

Member \$175 Community \$240

Little Feet Wise Heart Yoga

A FUN class that will encourage movement coordination and growth by trying out various dance styles from Jazz to Hip Hop to Ballet. Sure to inspire a future in dance and wellness for your little ones!

Member \$165 Community \$230

Ballet

This course is an introduction to classical ballet, a form of dance that combines exercises focused on muscular strength, agility and concentration. The general benefits of ballet for boys and girls of all ages include, improved posture, flexibility, balance, motor skills, rhythm, and cardiovascular health and the use of muscles of the entire body. Ballet is also a foundation for other types of dance, such as hip hop, jazz or modern dance.

Member \$165 Community \$230

SCIENCE

MAD SCIENCE- Little Scientists

Each class is an integrative, age-appropriate exploration of a specific science topic. Every theme-program is designed to captivate the curious nature of young children. Some of the topics we'll include this semester are: Listen Closely, Keep in Touch, Eye to Eye, Digging up Dinosaurs, Taste and Smell, Adventure in Air and Space Frontiers.

Member \$175 Community \$240

Family Events and Programming

Dodge Y family events, like birthday parties and parent-child classes, are a great way for families to learn, play and grow together. Activities include arts & crafts, recreation, open gym, movie night and so much more. Contact the Youth and Family department for more information.

CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. **This is a FREE service available to family memberships only.**

YOUTH

Summer camp. Youth sports. Art programs. The Y's fun and stimulating programs help kids build a healthy mind, body, and spirit. Contact the Youth and Family Director for more information 212-912-2414

AGES 5-12

ASK ABOUT OUR MEMBERS DISCOUNT!



SUMMER CAMP

Day Camp (Ages 6-11)



Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as Crazy Hat Day.

Swim Camp (Ages 7-12)

Our swim camp helps children develop swimming skills while instilling values around water safety and responsibility. Focusing on stroke development tailored to individual levels, they will work on improving their abilities in the water. Swim camp also participates in regular camp activities and weekly day trips outside the pool.

Dance Camp (Ages 8-10)

Our educational dance camp will work with all dance levels, from beginning to advanced. Each class will include floor drills, technique and a routine. Each session will end with a mini showcase of the campers' new dance skills. Dance camp also participates in regular camp activities, swimming and weekly day trips.

Circus Camp (Ages 7-9 Sessions 2, 3, & 4)

Circus camp is an exciting new adventure into the world of magic, acrobatics, improve, face painting and stage presence. At the end of the session campers will host a showcase of what they learned for family and friends. Campers will also participate in regular camp activities and day trips.

Lego Robotics (Ages 10-12)

Tap into your imagination with tens of thousands of LEGO parts! Build engineer-designed projects such as boats, snowmobiles, catapults and merry-go-rounds. Design and build like never before! Explore your craziest ideas in a supportive environment. LEGO camp also participates in regular camp activities, swimming and weekly trips.

SPORTS

Youth Sports Class Prices	
Member	\$165
Community	\$230

Soccer Spikes

An energetic program that emphasizes teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age appropriate teaching tools and drills.

Basketball

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

Youth Basketball League

The Dodge Youth basketball league emphasizes the importance of having fun and playing basketball, while also developing social skills and learning about healthy lifestyles.

Ballet

This course is an introduction to classical ballet, a form of dance that combines exercises focused on muscular strength, agility and concentration. The general benefits of ballet for boys and girls of all ages include, improved posture, flexibility, balance, motor skills, rhythm, and cardiovascular health for the entire body.

Kinder Sports

Introduce your child to the world of sports and early fitness. Skills are broken down and modified into fun games for our young athletes. Children work on hand-eye and foot-eye coordination, directional skills and will build competence and basic sports skills.

Tennis

Kids learn or review basic skills such as forehand, backhand, volleys, serves as well as court awareness, etiquette and rules of the game. All skills and techniques are taught in the form of games and physical activities.

Private One-On-One Lessons

Participants are coached according to their age and skill level in one hour one-on-one lessons. Sports include basketball, soccer, tennis and t-ball. Contact our Youth & Family department to learn more about private lessons, Kiame Dorvil at kdorvil@ymcanyc.org



BIRTHDAY PARTIES!

Let our home be your home, celebrate your child's next birthday party at the Dodge Y!

Contact Kiame Dorvil our Youth and Family Coordinator at kdorvil@ymcanyc.org to set up your next party!

Deluxe

Includes space rental (gym or pool 1hr + 2hrs private room), gift for birthday child, cotton candy and two dedicated party staff.

Premium

Includes space rental (gym or pool 1hr + 2hrs private room) gift for birthday child, cotton candy, 30min. character visit, goody bags, bounce house, and two dedicated party staff.

Ultra

Includes space rental (gym 1.5 hr + 1.5hr private room or pool 1hr + 2hrs private room) gift for birthday child, cotton candy, 30min. character visit, goody bags, bounce house, tableware, decorations, personalized evite, and two dedicated party staff.

Activities may include build-a-friend, sand art, ceramics, glow in the dark dance party magic shows, balloon animals, snow cones and more!

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. Contact Teen Coordinator, Omari Haughton for more information 212-912-2417

AGES 12-17



LEADERSHIP & CIVIC ENGAGEMENT

The Dodge YMCA provides young people with a safe space to socialize, seek support and participate in activities that build self-esteem, prepare them for higher education and to succeed as an adult. Our goal is to empower, inspire and teach young people to be leaders through our various programs and workshops.

All teen programs are FREE and open to the community. Please see a copy of the Teen Program Schedule for times and locations. Interested individuals should stop by the membership desk and pick up an application.

◆ Leaders Club

Participants will explore issues such as self-image, community service, violence prevention, racism, sexism, ageism as well as college and career prep. This program provides young people with the opportunity to have a voice and feel empowered in the community and in their lives. Leaders Club is a fun, safe and creative place. Participants will also receive opportunities for academic assistance, scholarships, internships, college mentorships and job training.

◆ Teens Take the City

Roll up your sleeves and get involved in issues that affect the community. Learn about civic involvement by learning about the NYC government, meet NYC officials, develop policy proposals and present them at legislative hearings. Be the voice in your community and work towards making a positive difference.

◆ Teen Center

On Saturday night through September to June, from 8pm-10pm, the Dodge Y opens its facility to teens only. We have structured classes, open court basketball, dance, ping pong, art and teen training sessions. Come join us for an evening of recreation and fun! Doors close at 8:30pm sharp!

FITNESS & SPORTS

Teen Fitness Orientation (Ages 12-17)

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

Teen Strength And Conditioning (Ages 12-18)

Teen Strength and Conditioning is a new program for teens that will get you where you want to be physically through instruction by a certified trainer! Through the use of free weights, resistance machines and cardio fitness, this class will help you build strength, increase speed, maximize power, and improve your overall athletic performance. No matter what your fitness level is, we will work with you to help you achieve your goals.

Teen Fitness Program

This is a structured group training program that guides you through various exercises, setting weekly goals and achievements. Learn how to record your accomplishments and progress with a certified Y fitness trainer.



TEEN CAMP



Teen Camp (Ages 12-16)

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.

SIBLING DISCOUNT!

Receive a 10% discount! Available for all siblings of the first child or teen registered at full price.

SWIM

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



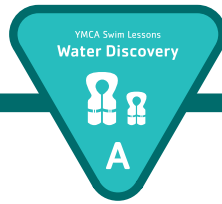
REMINDER:
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◆ INCLUDED IN MEMBERSHIP
▶ ONLINE REGISTRATION AVAILABLE

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.

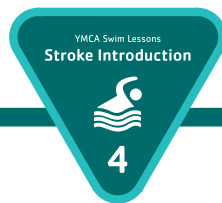


3 / WATER STAMINA

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



NEW! Summer Classes run in 4 WEEK SESSIONS THROUGH AUGUST 25!

Session One: July 1 – July 28
Session Two: July 29 – August 25
Prices in pink indicate 4 week summer sessions through August 25th only.

 **ONLINE REGISTRATION AVAILABLE**

SWIM STARTERS

Water Discovery

Parent/Child 6-18 months

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Water Discovery

Parent/Child 18-36 months

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Water Exploration

Parent/Child 6-18 months

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Water Exploration

Parent/Child 18-36 months

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

SWIM BASICS

Stage 1: Water Acclimation

Parent/Pre-school Child (2.5-5 years)

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Stage 1: Water Acclimation

Pre-school Child (3-5 years)

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Stage 1: Water Acclimation

School Age Child (5-12 years)

Member \$156 / **\$78.00**
Community \$239 / **\$119.50**

Stage 1: Water Acclimation

Adult/Teen 13yr +

Member \$167 / **\$83.50**
Community \$250 / **\$125.00**

Stage 2: Water Movement

Pre-school Child (3-5 years)

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Stage 2: Water Movement

School Age Child (5-12 years)

Member \$156 / **\$78.00**
Community \$239 / **\$119.50**

Stage 2: Water Movement

School Age Child (5-12 years)

Member \$156 / **\$78.00**
Community \$239 / **\$119.50**

Stage 2: Water Movement

Adult/Teen 13yr +

Member \$167 / **\$83.50**
Community \$250 / **\$125.00**

Stage 3: Water Stamina

Pre-school (3-5 years)

Member \$147 / **\$73.50**
Community \$229 / **\$114.50**

Stage 3: Water Stamina

School Age Child (5-12 years)

Member \$156 / **\$78.00**
Community \$239 / **\$119.50**

Stage 3: Water Stamina

School Age Child (5-12 years)

Member \$156 / **\$78.00**
Community \$239 / **\$119.50**

Stage 3: Water Stamina

Adult/Teen 13yr +

Member \$167 / **\$83.50**
Community \$250 / **\$125.00**

SWIM STROKES

Stage 4: Stroke Introduction

Pre-school Child (3-5 years)

Member \$147 / ~~\$73.50~~
Community \$229 / ~~\$114.50~~

Stage 4: Stroke Introduction

School Age Child (5-12 years)

Member \$156 / ~~\$78.00~~
Community \$239 / ~~\$119.50~~

Stage 4: Stroke Introduction

School Age Child (5-12 years)

Member \$156 / ~~\$78.00~~
Community \$239 / ~~\$119.50~~

Stage 4: Stroke Introduction

Adult/Teen 13yr +

Member \$167 / ~~\$83.50~~
Community \$250 / ~~\$125.00~~

Stage 5: Stroke Development

School Age Child (5-12 years)

Member \$156 / ~~\$78.00~~
Community \$239 / ~~\$119.50~~

Stage 5: Stroke Development

School Age Child (5-12 years)

Member \$156 / ~~\$78.00~~
Community \$239 / ~~\$119.50~~

Stage 5: Stroke Development

Adult/Teen 13yr +

Member \$167 / ~~\$83.50~~
Community \$250 / ~~\$125.00~~

Stage 6: Stroke Mechanics

School Age Child (5-12 years)

Member \$156 / ~~\$78.00~~
Community \$239 / ~~\$119.50~~

Stage 6: Stroke Mechanics

School Age Child (5-12 years)

Member \$156 / ~~\$78.00~~
Community \$239 / ~~\$119.50~~

Stage 6: Stroke Mechanics

Adult

Member \$167 / ~~\$83.50~~
Community \$250 / ~~\$125.00~~

SUMMER CLASSES RUN IN 4 WEEK SESSIONS THROUGH AUGUST 25, 2019.





PATHWAYS

*Aquatics Conditioning

5-12 yrs

Member \$167 / ~~\$83.50~~
Community \$250 / ~~\$125.00~~

*Aquatics Conditioning

12-17 yrs

Member \$167 / ~~\$83.50~~
Community \$250 / ~~\$125.00~~

Adult Swim and Training

Synchronized Swim

Adult

Member \$167 / ~~\$83.50~~
Community \$250 / ~~\$125.00~~

Masters/Triathlon Training

Adult

Member \$106 / ~~\$53~~ 1x wk
\$180 / ~~\$90~~ 2x wk
\$240 / ~~\$120~~ 3x wk

Community \$132 / ~~\$66~~ 1x wk
\$220 / ~~\$110~~ 2x wk
\$290 / ~~\$145~~ 3x wk

YMCA SWIM TEAMS

A number of our Branches field Swim Teams who compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship. Please contact one of the branches below to learn more.

Bedford-Stuyvesant YMCA Piranhas

Cross Island YMCA Barracudas

Flushing YMCA Flyers

McBurney YMCA Manta Rays

West Side YMCA Piranhas

We also offer one-on-one swim lessons and training. Please inquire with our Aquatics Department to learn more.

For more information, please contact our Aquatics Director Aytaiisa Kirkpatrick at akirkpatrick@ymcany.org

SUMMER CLASSES RUN IN 4 WEEK SESSIONS THROUGH AUGUST 25, 2019.

SAFE POOLS HAVE RULES

New York City Department of Health Code States:

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

YMCA of Greater New York Requires:

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



Family or Youth Recreational Swim Additional Requirements:

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

Be sure to follow the lifeguard's directions to ensure everyone's safety.

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

For more information, please contact our Aquatics Director Aytaiisa Kirkpatrick at akirkpatrick@ymcany.org

SUMMER CAMP

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

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

***Offers cannot be combined**

DAY CAMP

Early Childhood Camp (Ages 2-4)

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

Camp location: Early Childhood Center.

Kinder Camp (Ages 4-5)

Kinder Camp is designed for children entering kindergarten in September 2018. Structured day camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To prepare our young campers for their transition into kindergarten and develop their skill sets and comfort level with city travel, campers will participate in one field trip by bus each session.

Day Camp (Ages 6-11)

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

and math activities during each session. Day campers will be divided into age groups with children within one to two years of their age.

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

Teen Camp (Ages 12-16)

Teen Camp is for young people who are currently enrolled in middle school, and is designed to immerse campers in a variety of fun activities that will keep them active, learning and engaged during the summer months. Campers explore science, the arts, sports and swimming, all with a focus on building skills, confidence and strong peer relationships. During each session, campers will participate in community projects and citywide trips designed to engage teens in developing educational and career goals.

Swim Camp (Ages 7-11)

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

The key components of Swim Camp are:

- Swimmers are given an opportunity to build swimming skills.
- Stroke development and training are tailored by age and skill level.
- Swim campers participate in core traditional camp activities.
- Activities and interactions emphasize building self-esteem and self-confidence.

Dance Camp (Ages 8-10)

Dance Camp is for all youth who have a passion for the art of dance. Our Educational Dance Camp will involve warm-ups necessary to get the body ready for the technical skills being taught. Our skilled instructors will work with all different levels of dancers, from beginner to advanced. Your child will also learn the different aspects of a dance program such as class etiquette and performance

readiness, including makeup and costuming. Each class will include across-the-floor drills, technique and a routine. Every session will end with a mini showcase of skills learned. Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire will be enforced to make sure each dancer is equipped and ready to learn to the best of their ability.

Sports Camp (Ages 6-11)

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds 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.

To learn more or to register for summer camp, contact our Youth & Family Director 212-912-2414



CODE OF CONDUCT

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

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

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

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



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

EXERCISING COURTESY

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



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

JOIN THE Y

MEMBERSHIP INFORMATION

STAFF LISTING

Josh Stabenfeldt – Executive Director
212-912-2410, jstabenfeldt@ymcanyc.org

Shana Bredwood – Director, Youth & Family
212-912-2414, sbredwood@ymcanyc.org

Aytaissa Kirkpatrick – Director, Aquatics
212-912-2421, akirkpatrick@ymcanyc.org

Concetta Smith – Director, Communications, Fund Development
212-912-2406, ccsmith@ymcanyc.org

Leah Sosa – Director, Healthy Lifestyles
212-912-2420, lsosa@ymcanyc.org

Sara Reyes – Director, Membership, Sales Engagement
212-912-2427, sreyes@ymcanyc.org

Diane Jean-Jacques – Business Office Manager
212-912-2412, djeanjacques@ymcanyc.org

Roseann Julien – Business Office Coordinator
212-912-2413, rjulien@ymcanyc.org

Kilvio Vargas – Property Manager
212-912-2422, kvargas@ymcanyc.org

Kiamer Dorvil – Youth & Family Coordinator
212-912-2415, kdorvil@ymcanyc.org

Omari Haughton – Teen Coordinator
212-912-2417, ohaughton@ymcanyc.com

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 infododge@ymcanyc.org for more information.

JOB OPPORTUNITIES

Visit 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.

MEMBERSHIP RATES

Membership Types	Dodge YMCA	Joiner's Fee
Youth (up to 11)	\$250/yr.	\$25
Teen (12 - 17)	\$290/yr.	\$25

Membership Types	Dodge YMCA Prices	Joiner Fee	City-wide
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$62/mos.	\$100	\$85/mos.
Adult (18 - 64)	\$78/mos.	\$100	\$106/mos.
Senior (65+)	\$58/mos.	\$100	\$85/mos.
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$94/mos.	\$100	\$125/mos.
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$136/mos.	\$100	\$185/mos.

*Membership rates & offers subject to change

HOLIDAY HOURS

Christmas Eve Tuesday, December 24	7:00 AM - 3:00 PM
Christmas Day Wednesday, December 25	CLOSED
New Years Eve Tuesday, December 31	7:00 AM - 3:00 PM
New Years Day Wednesday, January 1	8:00 AM - 8:00 PM
Memorial Day Monday, May 27	7:00 AM - 8:00 PM
Independence Day Thursday, July 4	7:00 AM - 8:00 PM
Labor Day Monday, September 2	7:00 AM - 8:00 PM
Thanksgiving Thursday, November 28	7:00 AM - 3:00 PM

MISSION

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

POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS 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.

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 guest passes are available on the YMCA web site to introduce the Y to friends and associates. You may use up to 3 free guest passes per calendar year. You must have a valid government issued id and be at least 18yr of age to use a guest pass.

CAMERA POLICY

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

LOCKER ROOMS

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

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

All fee-based classes are prorated for holidays or other branch closings. In the event of a closure, we will notify members via website, social media and the YMCA App.

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 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

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 for more information or call 212-912-2524.



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

Visit ymcanyc.org/bloodpressure for more information or call 212-912-2524.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

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

Zoë Smith and Detra Gillians
Y Camps / New York City

PLEASE GIVE TODAY.
ymcanyc.org/give



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



LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

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

COMMUNITY ENGAGEMENT

Check out our community events and programming for adults, teens, children and families!

- Open Houses
- Outdoor Fitness
- Weight Loss Support
- Diabetes Prevention
- Wellness Workshops
- Health Fairs
- Community Street Fairs
- Y Fit Start Program
- Teen Civic Engagement
- Teen Leaders Club
- Teen Fitness



Active Older Adult Fitness



Teen Leaders Club



Youth Programs



Civic Volunteering



Outdoor Fitness Classes

HELPING THE COMMUNITY

BECOME A BOARD MEMBER OR FRIEND OF THE Y!

The Dodge YMCA Board of Managers is comprised of a dedicated group of volunteers that include community leaders, residents and business owners from our neighborhood. This highly organized group of individuals participate in Dodge YMCA event and fund raising.

Here are some ways you can contribute when you become a part of the Dodge YMCA:

- Become a campaigner during our Annual Campaign
- Help educate your friends and community about our causes
- Reading Day with our partner schools
- Help plan fundraising events
- Participate in your favorite activity, like a 5k run, Triathlon or Five Borough Bike Tour, while giving back to the Y
- Share your community expertise while helping us grow
- Meet new people & have fun!





Dodge YMCA
225 Atlantic Ave
Brooklyn, NY 11201
212-912-2400
ymcanyc.org/dodge

 @DODGEYMCA

 facebook.com/DODGEYMCA

 @DODGEYMCA

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