



DISCOVER YOUR Y

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

1401 Flatbush Avenue
Brooklyn, NY 11210
718-469-8100
ymcanyc.org/flatbush

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



CONTACT US

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

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

2019 SESSION & REGISTRATION DATES

SUMMER REGISTRATION DATES

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

SUMMER SESSION DATES:

July 1, 2019 - August 25, 2019

FALL I REGISTRATION DATES

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

FALL I SESSION DATES:

September 3 - October 27, 2019

FALL II REGISTRATION DATES

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

FALL II SESSION DATES:

October 28 - December 22, 2019



WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
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 40 pieces of cardio and strength equipment	✓	✓
Over 40 FREE weekly group exercise classes – includes yoga, spin, aqua fitness, and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Sauna rooms	✓	✓
Basketball court	✓	✓
Indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE family classes – such as family Zumba, open gym, and more		✓
FREE teen orientation to the fitness center		✓
FREE teen programs – including Leaders Club, and Teen Center		✓

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 40 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.

◆ Interval Boot Camp

A full body workout that combines cardio, strength, and agility training, utilizing kettlebells, weights, body bars, and various other types of fitness equipment to enhance intensity. Classes are set up with stations, to create balanced interval training. Be prepared for anything!

4 > FLATBUSH Y WINTER/SPRING 2019

◆ Core Training

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

◆ Kettlebells

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

◆ KBK (Kettle Bell Kickboxing)

This is a total body workout that blends strength and cardio. The class helps establish proper technique to execute dead lifts, swings, grinds and more while using the Kettlebells.

◆ Body Blast

This class incorporates the use of body bars, dumb bells, and resistance bands to create a full body workout. Sure to get your heart pumping and make you sweat! All levels welcome.

◆ Tabata

Non-stop action - a Tabata is a short 20 second interval followed by 10 seconds of rest. Intervals are stacked in a cycles of 8.

◆ Total Body Conditioning

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

CARDIO

◆ Cardio Kickboxing

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

◆ H.I.I.T.

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

◆ Spin®

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

MIND/BODY

◆ Yoga

This class focuses on the relaxation of the mind and body through a variety of flexibility exercises and mental focus. All levels welcome.

◆ Pilates

This is a beginner class that consists of very gentle exercises. The primary focus is awareness of the spine, proper breathing, core strength and flexibility. This class will help improve posture and create firm, sleek abs.

DANCE

◆ Dance Party

This class incorporates Caribbean and African dance moves, along with core exercises to create an intense cardio workout, with music provided by a live DJ!

◆ Family African Dance

This is a high energy class that teaches traditional African dance. The class will focus on the regions of West Africa, the Caribbean & the African Diaspora. Participants will be educated about African culture and dance along with the rhythm of the Djembe drum.

◆ 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.

ACTIVE OLDER ADULTS

◆ AOA Strength and Conditioning

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.

◆ SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

◆ SilverSneakers® Cardio

Get Up & Go with an aerobics class that’s safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle

◆ SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



CHILD WATCH

Do you need someone to look after your child (ages 4 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 adult and family members only.**

WELLNESS PROGRAMS

Whatever your goals, the Y helps you find your way toward better health and wellness. Talk to our staff to find what's right for you.

◆ New Member Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact Princess Bey at 718-469-8100 or pbey@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 for 1-hour per week, discussing topics including creating a supportive environment, goal setting, balanced eating, physical activity, positive psychology, and sustainability. Contact Princess Bey at 718-469-8100 or pbey@ymcanyc.org to sign up today!

◆ Y Fit Start Program

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, the Y Fit Start Program is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. The Y Fit Start PROGRAM will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12 week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program at our Membership Desk or set up an appointment with Princess Bey at 718-469-8100 or pbey@ymcanyc.org.



Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All sessions are either 30 minutes or 1 hour. Gift certificates are available. For more information, contact Princess Bey at 718-469-8100 or pbey@ymcanyc.org

# OF SESSIONS	Member	Community
½ Hour Session	\$35	\$42
1 Hour Session	\$48	\$57
(5) ½ Hour Session	\$150	\$190
(5) 1 Hour Session	\$205	\$255
(10) ½ Hour Session	\$280	\$345
(10) 1 Hour Session	\$425	\$500

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

Small Group Training- Boxing

Small group training allows you to experience personal training at a fraction of the normal price. Learn boxing skills such as throwing jabs, hooks and uppercuts with correct form, while working at an intense pace to perform core strengthening exercises. Sessions max out at six participants, to allow for personal interaction with the trainer.

# OF SESSIONS	Member/Community
6 Sessions	\$180

◆ Blood Pressure Self Monitoring Program

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

For more information, contact Princess Bey at 718-469-8100 or pbey@ymcanyc.org

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

MASSAGE THERAPY

Massage is one of the oldest healing arts and is vital in maintaining an overall sense of well being.

We're excited to add Massage Therapy to our many offerings at the Flatbush YMCA! For more information or to book your appointment, please contact Princess Bey at pbey@ymcanyc.org or 718-469-8100.

SESSIONS LENGTH	MEMBER	COMMUNITY
30 Minutes	\$ 37	\$ 45
(5) 30 Minutes	\$ 160	\$ 200
(10) 30 Minutes	\$ 310	\$ 350
60 Minutes	\$ 66	\$ 75
(5) 60 Minutes	\$ 310	\$ 350
(10) 60 Minutes*	\$ 610	\$ 650

Free Personal Training Session (\$40 value) with purchase of 10 pack.
Total savings of \$80!



YOUTH

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

AGES 4-12

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



HOLIDAY & SUMMER CAMP

Holiday Camp at the Flatbush Y

The best of the Flatbush Y will be available for Holiday Camp. Holiday Camp provides students the opportunity to choose from specialized classes designed to nurture the mind and body.

Day Camp (Ages 4.5-14)

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.



SPORTS

ARTS

Karate (Ages 4-15)

Participants will develop balance, coordination, self-confidence and discipline through this martial art form. Classes focus on the development of the youth's positive attitude, behavior and character through building self-esteem and self-discipline while instilling respect for themselves and others.

Uniforms are provided by the Sensei for an additional \$35.

Soccer Clinic (Ages 4-12)

This class is designed to develop fundamental soccer skills while learning teamwork, strategy and sportsmanship. Children will learn the rules of the game and much more!

Pee Wee Basketball (Ages 4-6)

Each class will incorporate instruction and fundamental skill development. Your child will develop skills in dribbling, shooting, passing and throwing.

Basketball Clinic (Ages 7-12)

Each child will learn and master the basics of passing, dribbling and shooting. Fun scrimmages will allow participants to practice their offense and defense while working as a team.

Flag Football

This non-contact sport will focus on the fundamentals of football through skill development, rules and strategies. Participants will learn offensive and defensive concepts and participate in game play.

Get Fit Kids

Get Fit Kids is a fitness program that promotes healthy living through structured physical activity. Our program empowers your child to improve their health and fitness while enjoying exercise. Participants will be able to learn the components of fitness while engaging in routines focused on endurance, flexibility, balance, strength training and teamwork.

Tiny Toes Ballet (Ages 2-4)

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

Ballet (Ages 5-12)

This class will encourage imagination, creativity, musicality, and graceful movement. Participants are taught basic ballet positions and movement while learning class etiquette and how to follow instructions in an enjoyable environment. Absolute Beginner- No Experience and Tumbling Tots- Parent Assisted

Gymnastics (Ages 2-12)

Children are introduced to the sport of gymnastics and learn the fundamentals of movement. Young gymnasts will develop skills in overall coordination, balance, strength and flexibility. Class framework supports children interacting with peers and making friends.

Beginner - New to Gymnastics with Very Little Skill.

Advanced - Cartwheel, and Handstand Required.

Piano (Ages 6-12)

Group piano lessons provide age appropriate instruction while also developing listening skills. Skills focus on keyboard techniques, pitch matching, rhythm, music theory and music appreciation. Individual keyboards will be provided for use during class.



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

LEADERSHIP & CIVIC ENGAGEMENT

◆ Teens Take the City

Teens Take the City is a dynamic leadership development program that offers NYC teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teens engage in community mapping to figure out how to better their community, work in small groups to identify a law to address the issue, develop a policy proposal that is debated for other teens at City Hall, learn the history and function of NYC government and meet and interview a NYC official. Once students have developed a policy proposal, they will implement their initiatives in their community through youth-lead service learning activities. Talk about social responsibility at its best!

◆ Leaders Club

This 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 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.

FITNESS & SPORTS

◆ Teen Fitness Orientation (Ages 12-17)

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

◆ Teen Center (Ages 12 - 17)

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

SUMMER CAMP

◆ Teen Camp (Ages 12-14)

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

Cost Per 2 Week session

Member	\$425	Community	\$475
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“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



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

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.

Cost Per 2 Week session

Member	\$480	Community	\$530
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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.

Cost Per 2 Week session

Member	\$425	Community	\$475
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Teen Camp (Ages 12-14)

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

Cost Per 2 Week session

Member	\$425	Community	\$475
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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 warmups necessary to get the body ready for the technical skills being taught. Our skilled instructors will work with all different levels of dancers, from beginner to advanced. Your child will also learn the different aspects of a dance program such as class etiquette 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.

Cost Per 2 Week session

Member	\$480	Community	\$530
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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 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

Member	\$480	Community	\$530
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TEEN SLEEPAWAY

SLEEPAWAY CAMP

TRADITIONAL 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.

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

Camp McAlister (Ages 7-11)

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

CAMP

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

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

Global Teen Camp (Ages 12-16)

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

SPECIALTY SLEEPAWAY

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

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

International Judo Camp (Starting at Age 8)

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



CODE OF CONDUCT

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

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

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



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

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

Jamel Davis – Executive Director

(718) 469-8100, jdavis@ymcanyc.org

Iris Clopton–Robinson – Membership Sales and Engagement Director

(718) 469-8100, icloptonrobinson@ymcanyc.org

Paul Mieszkowicz – Business Manager

(718) 469-8100, pmieszkowicz@ymcanyc.org

Calena Johnson – Site Director PS194

(718) 469-8100, cajohnson@ymcanyc.org

Vincent Punziano – Site Director – MS 907

(718) 469-8100, vpunziano@ymcanyc.org

Cuthbert Morrissey – Building Manager

(718) 469-8100, cmorrissey@ymcanyc.org

Princess Bey – Healthy Living Program Coordinator

(718) 469-8100, pbey@ymcanyc.org

HOLIDAY HOURS

Christmas Holiday

Monday, December 24 8:00 AM – 3:00 PM*
 Wednesday, December 25 CLOSED

New Years Holiday

Tuesday, December 31 6:00 AM – 8:00 PM*
 Wednesday, January 1 6:00 AM – 8:00 PM*

Note: All fee-based classes will be prorated in the event of holidays or other closings. On the above holiday, all fitness, preschool, dance youth and adult classes are canceled.

MEMBERSHIP RATES

Membership Types

Flatbush

Youth (up to 11)

\$85/yr.

Teen (12 – 17)

\$160/yr.

Membership Types

Flatbush Prices

City-wide

Student

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

\$35/mos.

\$85/mos.

Adult (18 – 64)

\$44/mos.

\$106/mos.

Senior (65+)

\$35/mos.

\$85/mos.

Family I

1 Adult and kids under 18 years, living in the same household

\$55/mos.

\$125/mos.

Family II

2 Adults and kids under 18 years, living in the same household

\$75/mos.

\$185/mos.

*Membership rates & offers subject to change

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member, or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole.

Contact pcrawford@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.

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 1-3 months during any calendar year. Holds require a 15 day written notice prior to the monthly draft date.

PAYMENT OPTIONS & INFORMATION

- Membership dues must be up-to-date in order to use the facility.
- Rates and schedules are subject to change.
- Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express and Discover cards.
- Monthly payments are payable by credit card or bank draft only. There is no cash option for monthly payments.
- If an electronic fund transfer (EFT) is returned for funds, a service fee of \$15 will be added to the payment amount.
- If a check is returned for insufficient funds, a service fee of \$30 will be added to the payment amount.

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. Valid government-issued photo ID is required

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.

PROGRAM POLICIES

PROGRAM CANCELLATIONS

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 canceled for low enrollment.

PROGRAM WITHDRAWALS

Program fees are not refundable. Upon withdrawal from a program prior to the starting date, a credit will be issued less a \$15 service fee. During the first and second week of the program session, a credit may be requested in writing to the appropriate department head. No credit will be granted after the second week. All given credits are valid for one year from the date of issue.

MISSED CLASSES

Credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. Please note there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

PRIVATE LESSONS

A client may cancel directly with the trainer/swim instructor/massage therapy without penalty by giving 24-hour notice. If notice is not given within a 24-hour period, the client will be charged for the session. All packages are valid from the date of purchase. Personal training, massage and private swim fees are non-refundable. Only YMCA training staff are permitted to conduct personal training/massage therapy sessions within the facility.

YOUTH SPORTS AND DANCE

In order to insure a safe and productive environment for participants, parents/guardians/caregivers are required to stay within the designated waiting area.

BRANCH LEADERSHIP

2019 BOARD OF MANAGERS

The Flatbush board of Managers is composed of volunteers who are representative of our membership: community leaders, residents and business owners from Brooklyn neighborhoods and concerned, civic-minded people. This committed group of individuals sets policies and advises and supports the Flatbush YMCA management.

CHAIRMAN

Beverley Guntley-Mackey Ph.D.

MEMBERS

Beverly Joseph

Brian-Christopher A. Cunningham

Michelle McClymont

Gamal Walker

Gilford Monroe

Denise Wright-Scott

Jackson Rockingster

Mark Sadek

Steven Schechter

Hyacinth Simms

Kimberly Brutus



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.

LIVESTRONG AT THE YMCA

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

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

LIVESTRONG
FOUNDATION



SIGN UP AT
ymcanyc.org/livestrong

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.





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



Flatbush YMCA
1401 Flatbush Avenue
Brooklyn, NY 11210
718-469-8100
ymcanyc.org/flatbush

f facebook.com/flatbush

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