

DISCOVER YOUR Y

Flushing Y Summer/Fall 2019 PROGRAM & CLASS GUIDE

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





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TABLE OF CONTENTS

WHY THE Y	
ADULTS	
KIDS & FAMILY (AGES 0-6)	
YOUTH (AGES 5-12)	10
TEENS (AGES 12-17)	13
SWIM	16
SUMMER CAMP	
JOIN THE Y	
LOCATIONS	

HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Friday: Saturday - Sunday: 5:00 AM - 10:30 PM 7:00 AM - 8:00 PM

2019 SESSION & REGISTRATION DATES

SUMMER REGISTRATION DATES Member: Community:

June 15, 2019 June 22, 2019

SUMMER SESSION DATES: July 1, 2019 - August 25, 2019

FALL I REGISTRATION DATES

Member: Community:

August 17, 2019 August 24, 2019

FALL I SESSION DATES: September 3 - October 27, 2019

FALL II REGISTRATION DATES Member: October 12, 2019 October 19, 2019 Community:

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 80 pieces of cardio and strength equipment	✓	~
Over 85 FREE weekly group exercise classes – includes yoga, spin, aqua itness, and more	✓	~
FREE YMCA Weight Loss Program	✓	~
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Two (2) Swimming Pools with 80 hours of lap swim	✓	~
Sauna and Steam rooms	✓	~
Basketball court	✓	~
Dedicated Ping Pong Room	✓	~
FREE Child Watch	✓	~
FREE WIFI	~	~
FREE towel service	~	 ✓
FREE family classes – such as family yoga, swim, and more		
FREE teen orientation to the fitness center		~
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 ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

We offer over 85 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CONDITIONING

Active Resistance Training[®]

A unique and intense workout for all levels created by Celebrity Trainer Terri Walsh. The ART Method fitness practice is entirely low-impact and uses 2 foam yoga blocks, a `fitness vinyasa' and targeted, layered exercises to develop lean muscle and tone trouble zones in a fun new way! Become your own work of ART!

Barre Workout

Strengthen and tone your body with this ballet-inspired workout

Boot Camp

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

Core Training

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

Insanity[®]

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

Kettlebells

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

ADULTS

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! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results.

Zumba[®] Toning

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

engaged!



Cardio Boxing

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

POUND

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.

Spin[®]

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

♦ Ultra Fit

A high intensity, total body workout with circuit training. We'll teach you how to use the body to its potential.

MIND/BODY

Ashtanga Yoga

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

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.

♦ Gentle Yoga

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

Hatha Yoga

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

Vinyasa Yoga

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

Family Yoga

Bring the family and learn how to shape your mind and body with yoga for any age!

Meditation

Learn and practice meditation.

♦ PiYo[™]

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fatburning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Pilates Mat

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

DANCE

♦ Ballet

A technique class that places emphasis and attention on alignment and placement of the body.

Ballroom Dance

Learn the basics of ballroom including fox trot, waltz, swing, cha-cha, rumba, tango.

Belly Dance

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

Zumba[®]

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

MARTIAL ARTS

♦ Tai Chi

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

Seido Adult Karate 🕠

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance.

Fees	Member	Community
	\$100	\$160

Advanced Tai Chi 🕠

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

Fees	Member	Community
	\$100	\$160

ACTIVE OLDER ADULTS

AOA Sit Fit

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

AOA Strength Training

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



REMINDER: MEMBERS GET PRIORITY REGISTRATION INCLUDED IN MEMBERSHIP ONLINE REGISTRATION AVAILABLE

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/ or standing support.

SilverSneakers[®] Splash

Activate your urge for variety! Splash offers fun, shallowwater movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.



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 Chris Kui at (718) 551-9357 or email ckui@ymcanyc.org to schedule your appointment today!

YMCA Weight Loss Program (NEW!)

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Chris Kui at (718) 551-9357 or email ckui@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 Chris Kui at (718) 551-9357 or email ckui@ymcanyc.org.

LiveStrong

Participants work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. For more information, contact Chris Kui at (718) 551-9357 or email ckui@ ymcanyc.org.

Fees	Member	Community
Bronze Package (1 Session)	\$65	\$88
Silver Package (6 Sessions)	\$345	\$510
Gold Package (12 Sessions)	\$625	\$990
Platinum Package (24 Sessions)	\$1125	\$1944

Buy 2 Sessions, Get 1 Free! Pay just \$130 and receive 3 Personal Training Sessions.

If you need help reaching your goals or just want individualized instruction, give Personal Training a try. Our team of certified trainers are waiting to help you on your fitness journey! *

*This package is for members who are new to personal training at the Flushing Y. Please see our membership desk for more Personal Training packages.

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 2 years to 7 years (maximum) can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day, Monday through Thursday, 5:45 PM to 8:30 PM and Saturdays, 10:00 AM to 2:00 PM, while you work out or take a class.



Beginner Guitar Lessons

Strum away on your first guitar as you fall in love with music. Guitars available.

Fees	Member	Community
	\$100	\$160



Adult Swim

Whether you are just learning to swim or are an accomplished swimmer, we have something for you. Lap swim and recreational swim are available throughout the day for adults. Please see our pool schedules online.

YMCA Swim Lessons 😱

Swim Basics

Teaches personal water safety and the fundamentals of swimming.

Fees	Member	Community
	\$130	\$210

Swim Strokes

Builds strokes technique and endurance, to foster swimming as part of a healthy lifestyle.

Fees	Member	Community
	\$130	\$210

KIDS & FAMILY

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

AGES 0-6

REMINDER:

MEMBERS GET PRIORITY REGISTRATION INCLUDED IN MEMBERSHIP **ONLINE REGISTRATION AVAILABLE**

FREE CHILD WATCH

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FAMILY

Cost Per Session (Any Class)

Member Community

\$160

Tiny Toes Ballet (Ages 3-6) 😡

MONDAYS - Children will learn the fundamentals of ballet through awareness of body movement and creativity. While

\$100

8 > FLUSHING Y SUMMER/FALL 2019

participating in exercise and dance sequences, participants will learn coordination while exploring various levels of movement that develop strength.

Little Chefs (Ages 3-5) 😈

MONDAYS - Children will learn the importance of "healthy eating habits," develop their math, science and language skills and learn that cooking and can be fun!

Little Scientists (Ages 4-6) 😡

TUESDAYS - This class will provide hands on exploration of the wonders of science with experiments and fascinating discoveries.

Little Artists (Ages 3-6) 😡

WEDNESDAYS - Kids will have a great time mixing paints and using different mediums while learning about various artists and basic drawing skills. A variety of projects will be created using different materials and techniques.

Story Stretchers (Ages 3-6)

THURSDAYS- Children love good stories. In Story Stretchers we will be sharing all kinds of books; creating an environment where your children can enjoy classics, favorites, poetry, jokes and just about any type of



children's literature. By extending the stories in a variety of ways through fun activities, movement, and creative dramatics, we strive to increase their enthusiasm for books and become life-long readers.

Ready, Set, Read (Ages 4–6) 😡



For more information about all Early Enrichment classes, please contact Lois Rothstein, the Early Childhood Director at Irothstein@ymcanyc.org or (718) 551-9356.

FREE PRE-K FOR ALL

FREE FULL DAY PRE-K FOR ALL

Children born in 2015 (2019 - 2020 school year) Free for all residents of NYC, spots are limited, first come first served. The Pre-Kindergarten For All Program, is a quality program five days a week that is open to all children living in New York City and born in 2015. We focus on developing children by providing a safe, nurturing environment where they are intellectually, socially, and physically stimulated while participating in enriching and fun activities.

Children will be taught by highly qualified, certified teachers. The curriculum integrates learning centers with a theme-based approach to learning encouraging children to experiment, explore and pursue their own interests. Each classroom is equipped with Listening, Block, Math/Science, Library, Computer, Dramatic Play, Art, and Sand & Water Centers.

In addition to classroom activities the children will enjoy our own YMCA playground and swimming lessons in our small pool. Pre-K For All is a partnership with the New York City Department of Education and is licensed by the NYC Department of Health and Mental Hygiene. Pre-K For All runs Monday through Friday from 8:30 AM -2:50 PM. Lunch and afternoon snack are provided at no cost. Inquire about our extended hour programs.

SUMMER CAMP

Early Childhood Camp (Ages 3–5.8) 🕠

Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy. 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.

Cost Per 2 Week Session	Member	Community
	\$525	\$600
SWIM		

Swim Starters (Age 6 months – 36 months) Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children.

Cost Per Session	Member	Community
	\$108	\$160

Swim Basics (Age 3 – 5 years) 😡

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

Cost Per Session	Member	Community
	\$108	\$160

YOUTH

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

AGES 5-12

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- INCLUDED IN MEMBERSHIP
- ONLINE REGISTRATION AVAILABLE

AFTERSCHOOL & SUMMER CAMP

Cost Per 2 Week Session	Member	Community
	\$525	\$600

Day Camp (Ages 5-11) 😱

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 3 times a week, arts and crafts, and weekly spirit 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 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 **10) FLUSHING Y SUMMER/FALL 2019**

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.



FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 2 years to 7 years (maximum) can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day, Monday through Thursday, 5:45 PM to 8:30 PM and Saturdays, 10:00 AM to 2:00 PM, while you work out or take a class.

OFF-SITE AFTER SCHOOL LOCATIONS:

# of days a week	5	4	3
Member/Non-Member*	\$270	\$225	\$185

Y – AFTER SCHOOL PROGRAM PS 209

16-10 Utopia Parkway, Whitestone NY 11357

The Flushing YMCA offers after school services Monday-Friday 2:15pm-6:00pm for grades K-5 at PS 209 located in Whitestone Queens. The program offers homework assistance, creative arts, hands on project based learning, health and fitness activities and much more. The program is open to PS 209 students and to students in local neighboring elementary schools. Parents will have to arrange for transportation to and from the program at PS 209 if coming from another school.

Sarah Algu, Site Director P: 718-551-9372 or E: ualgu@ymcanyc.org

BEACON 189

144-80 Barclay Ave, Rm. 127 A • Flushing, NY 11355 Phone: 718-961-6014

FREE programs for ages 6-adult offered weekdays and Saturdays. Offerings may include: Martial Arts, Zumba, SAT Prep, SHSAT Prep, Basketball Clinic, Dancing, Teen Mentoring Programs, Leaders Club/Jr. Leaders Club, Teens Take the City, Youth and Government, College & Career Access, Game Room & Rowe Scholars. Call or e-mail the program for updated schedules and offerings.

Mercedes Rivas, Beacon Director E: mrivas@ymcanyc.org

BEACON 194

154-60 17th Ave, Rm. B7 • Whitestone, NY 11357 Phone: 718-747-3644

FREE programs for ages 6-adult offered weekdays and Saturdays. Offerings may include: Martial Arts, Zumba, SAT Prep, SHSAT Prep, Basketball Clinic, Dancing, Teen Mentoring Programs, Leaders Club/Jr. Leaders Club, Teens Take the City, Youth and Government, College & Career Access, Game Room & Rowe Scholars. Call or e-mail the program for updated schedules and offerings.

Michelle Caban, Beacon Director E: mcaban@ymcanyc.org



HOLIDAY CAMP AT PS 209

Holiday Camp operates on certain closed school holidays from 8:00am-6:00pm. Campers will participate in sports, games, science activities, art projects, dance/music and movement and much more. In addition campers may also have an opportunity to attend a field trip to a museum, zoo, garden or park as well as swim in one of our swimming pools here at the YMCA.

Cost Per Session	Member	Community	
	\$45	\$55	
SWIN	1		YOUTH

Swim Basics 😡

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

Swim Strokes 😡

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle.

Pathways 😡

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports, and Games. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. XX)

Cost Per Session	Member	Community
	\$130	\$210

SPORTS

Basketball Sports Training 🕠

This 8 week program will take your young athlete through sport-specific drills to make them a better player. Conditioning, strength, speed, and game play are all addressed.

Youth Basketball 🕠

Learn and master the basics of passing, dribbling and shooting. Also practice your offense and defense skills in fun scrimmages. For ages 5–12.

Youth Soccer 🕠

Get the ball rolling and develop and improve your skills through engaging warm-ups, activities and games all while having fun. For ages 5–12.

Cost Per Session	Member	Community
	\$100	\$160

MUSIC & DANCE

Pre-Ballet 😡

Ballet is an essential foundation for all dance. Your tot will learn the basics while having so much fun. For girls ages 3–6.

Youth Ballet 😡

Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun! For ages 7-12.

Break Dance 😡

This 8 week course will take students from the beginner footwork and uprock moves to the more stylish power moves such as handstands and freezes. Ages 6–14.

Youth Beginner Guitar Lessons 🕠

Strum away on your first guitar as you fall in love with music. For ages 8-12.

Cost Per Session	Member	Community
	\$100	\$160



Come break a sweat with us while Mom and Dad break a sweat on the gym floor. For ages 4–12. Free with your family membership**

🕈 Kids Bop 🕠

Designed exclusively for youth. These classes are rockin', high energy, fitness packed parties with specially choreographed, kid-friendly routines and all the music kids love, like hop-hop, pop, reggaeton, cumbia and more. For girls and boys ages 5 - 12. **

К-Рор 😡

Come have fun dancing to the latest K-Pop songs! No previous experience required. K-Pop, short for "Korean pop music," has become a global phenomenon where the melody, concept, and choreography all come together to create an entertaining experience for all. For ages 5 – 15 years old.

Cost Per Session	Member	Community
	\$100	\$160

MARTIAL

Youth Seido Karate 🕠

ARTS

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus, and balance. For ages 5-12. Uniforms can be purchased from the instructor.

Cost Per Session	Member	Community
	\$100	\$160

MIND & BODY

🕈 Family Yoga 🕠

Bring the family and learn how to shape your mind and body with yoga for anyone ages 5 and up!

TEENS

AGES 12-17

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.

REMINDER: MEMBERS GET PRIORITY REGISTRATION INCLUDED IN MEMBERSHIP ONLINE REGISTRATION AVAILABLE

LEADERSHIP & CIVIC ENGAGEMENT

Leaders Club (Beacon 189 & 194)

A leadership incubation program that gives teens the opportunity to learn to become more effective in their interactions with others. Teens improve their individual leadership and social skills while also experiencing new ways to give back and grow as human beings. Teens meet on a weekly basis in small groups to develop and implement projects aimed at providing valuable service to their local community. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcanyc.org.

Teens Take the City (Beacon 189 & 194)

Teens Take the City aims to educate participants about who runs their neighborhoods and how to become active participants in school and community life. Primary program activities will include community mapping projects, educational workshops, and the preparation of a presentation showcasing students' research and findings. Through these activities, oral and written communication skills will be improved, leadership abilities strengthened, and solid resumes for college developed. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcanyc.org.

BARUCH

Youth & Government (Beacon 189 & 194)

Youth & Government lets young people experience how our nation's democratic process works from the inside out. Starting with issues that stir their passions, teens learn to debate public policy, write legislation and (simulate) taking over the State Legislature in Albany. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcanyc.org.

Journalism Program (Beacon 189)

The "Y-Teen Magazine" is an intensive program where teens will learn the process of editing, writing, interviewing, and magazine production. Teens will choose their own topics and work closely with an instructor to refine their work, find their sources and set up their interviews. They will also work closely with the department to produce artwork and photographs to accompany their writings. Once the writing process is complete, their work will be collected and put together to produce a magazine filled with all the fun and interesting things teens and adults alike can read and enjoy. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcanyc.org.

COLLEGE ACCESS & CAREER READINESS

Rowe Scholars

The Rowe Scholars program, formerly Y Scholars, is a comprehensive college and career access program offered throughout New York City's five boroughs. The Rowe Scholars Program serves more than 1,200 public and charter school students enrolled in grades 6-12, offering continued support throughout college and beyond. In 2014, 95 percent of Rowe Scholars were accepted to colleges across the country including: Brown University, Columbia University, SUNY Albany, SUNY and Binghamton.

For more information, please contact the Director of Flushing YMCA Community Schools at Flushing International High School, Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcanyc.org.

FITNESS & SPORTS

Teen Cardio Boxing 🕠

Let's throw punches in bunches as you learn to jab and hook in boxing class. This class is offered as either once a week or twice a week. For ages 12–17.

Teen Basketball Sports Training 😡

This 8 week program will take your young athlete through sport specific drills to make them a better player. Conditioning, strength, speed and game play are all addressed.

Teen Basketball 📞

Learn and master the basics of passing, dribbling and shooting. Also practice your offense and defense skills in fun scrimmages. For ages 12–17

Teen Seido Karate 😡

Karate at the Y is all about teamwork, respect and patience—not combat or self-defense. For ages 13 -17. Uniforms can be purchased from the instructor.

Cost Per Session	Member	Community
	\$100	\$160

MUSIC

Youth Beginner Guitar Lessons 🕔

Strum away on your first guitar as you fall in love with music. For ages 8-12.

К-Рор 😡

Come have fun dancing to the latest K-Pop songs! No previous experience required. K-Pop, short for "Korean pop music," has become a global phenomenon where the melody, concept, and choreography all come together to create an entertaining experience for all. For ages 5 – 15 years old.

Cost Per Session	Member	Community
	\$100	\$160

SUMMER CAMP

Teen Camp (Ages 12-15) 😡

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

Cost Per 2 Week Session	Member	Community
	\$525	\$600

SWIM

Swim Basics 😡

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

Swim Strokes 😡

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

Pathways 😡

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

Cost Per Session	Member	Community
	\$130	\$210

YMCA Lifeguard Certification

This is a National certification which included CPR, First Aid and Oxygen. Participants must successfully compete Prerequisite swim skills and be 16 years of age. Contact Felix Hor, Aquatics director for more information. (718) 551-9359 or fhor@ymcanyc.org.





SWIM

Swimming is a life skill, great exercise, and a challenging sport. Whether you're looking for swim classes for your kids, want to learn water safety, or swimming for exercise, you'll find what you're looking for at the Y. REMINDER: MEMBERS GET PRIORITY REGISTRATION INCLUDED IN MEMBERSHIP ONLINE REGISTRATION AVAILABLE

SWIM STAGE DESCRIPTIONS



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.

Water Acclimation

B / WATER EXPLORATION

Vater Exploration

R

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidencebuilding experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

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

Water Movement

2

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.

Stroke Mechanics

6





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.



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

SWIM

Front float chin in water, assisted

Back tow assisted, head on shoulde**r**

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 PATHWAYS Specialized tracks Skills to support a healthy lifestyle Competition 4 5 6 Stroke Stroke Stroke Introduction Mechanics Development Endurance Endurance Endurance Leadership any stroke or any stroke or any stroke or /Ħ combination of combination of combination of strokes, 25 yd. strokes, 50 yd. strokes, 150 yd. Front crawl Front crawl Front crawl Recreation rotary breathing, bent-arm flip turn, 15 yd. 50 yd. recovery, 25 yd. **Back crawl** Back crawl Back crawl 15 vd. pull & flip turn, pull, 25 yd. 50 yd. Dive sitting Dive Dive kneeling standing **Resting stroke** elementary **Resting stroke Resting stroke** backstroke. sidestroke, elementary 15 yd. 25 yd. backstroke or sidestroke. Tread water Tread water 50 yd. scissor & whip scissor & whip **Tread water** kick, 1 min. kick, 2 mins. retrieve object Breaststroke Breaststroke off bottom, kick, 15 yd. 25 yd. tread 1 min. Breaststroke Butterfly Butterfly kick, 15 yd. simultaneous arm open turn, action & kick, 50 yd. 15 yd. Butterfly 25 yd.

SWIM STARTERS (6 MONTHS - 5 YEARS)

Preschool Parent & Child Swim Starters Lesson Fe	
Member	\$108 per session
Community	\$160 per session

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.

Stage A: Water Discovery (6–18 months)

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.

Stage A: Water Discovery (18-36 months)

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, and socialize with each other.

Stage B: Water Exploration (6–36 months)

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Stage 1: Water Acclimation with Parent (3–5 years)

At this level, children usually begin attending classes without their parents. However for those who are not yet ready to do so we offer this adjustment level. 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.

SWIM BASICS (3 - 5 YEARS)

Pre-School Swim Lesson Fees

Member	\$108 per session
Community	\$160 per session

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

- a lump nuch turn and
- Jump, push, turn, grab

Stage 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.

Stage 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.

Stage 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.

Stage 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.

VOUTH SWIM BASICS (5 - 12 YEARS)

Youth Swim Lesson Fees	
Member	\$130 per session
Community	\$210 per session

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

Stage 1: Water Acclimation

At this level, children usually begin attending classes without their parents. 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.

Stage 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.

Stage 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 (5 - 12 YEARS)

Stage 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.

Stage 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.

Stage 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.

PATHWAYS (8 - 1	2 YEARS)	
Youth Swim Lesson Fees		
Member	\$130 per session	
Community	\$210 per session	

Aquatic Conditioning

In this class we build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly. We offer a variety of workouts and drills with an instructor on deck. The lanes vary by the swimmers' ability and speed. Aquatic Conditioning is not a "learn to swim" program, but we do offer the opportunity for participants to receive instruction on technique.



Youth Swim Lesson Fees	
Member	\$130 per session
Community	\$210 per session

Stage 1: Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit the pool.

Stage 3: Water Stamina

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg actions are introduced.

Stage 5: Stroke Development

Students work on stroke technique and learn all major competitive strokes.

YMCA SWIM TEAM

YMCA SWIM TEAM

The Flushing Flyers Swim Team is a competitive team that holds meets against other YMCAs and swim clubs. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

For more information please contact Felix Hor at (718) 551-9359 or fhor@ymcanyc.org

PRIVATE & SEMI-PRIVATE SWIM LESSONS (ALL AGES)

Private Swim Lesson Fees (per participant)		
	Member	Community
Single	\$52	\$88
5 Pack	\$240	\$430
10 Pack	\$425	\$850

Semi-Private Swim Lesson Fees (per participant)

	Member	Community
Single	\$44	\$52.50
5 Pack	\$207.50	\$255
10 Pack	\$387.50	\$500

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private and Semi-Private lessons are for people of all ages who are interested in developing their water skills and safety on all levels. All lessons are 30 minutes long and Semi-Private lessons are limited to 2 participants only. To register, please contact the Aquatics Department at fhor@ymcanyc.org or 718-551-9359.

SUMMER CAMP

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

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

Online registration available for most camps.

DAY CAMP

Early Childhood Camp (Ages 3-5.8)

Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. 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.

Day Camp (Ages 5-11) 🕠

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 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. 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	Community
	\$525	\$600

Cost Per 2 Week Session	Member	Community
	\$525	\$600

Teen Camp (Ages 12-15) 🕠

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

Cost Per 2 Week Session	Member	Community
	\$525	\$600

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. Campers in swim camp swim 4 times a week, 2 times a day. When they are not swimming they will participate in games, sports, field trips, art and literacy.

The key components of Swim Camp are:

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

Cost Per 2 Week Session	Member	Community
	\$625	\$700

Sports Camp (Ages 6-11) 🕠

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds and/or education in sports, campers will learn the history, rules, and key skills of different sports, all while practicing their techniques in mini-games. In addition, campers will explore the values of teamwork, good sportsmanship, and a strong work ethic.

Cost Per 2 Week Session	Member	Community
	\$525	\$600

Arts Camp (Ages 7-11) 🕠

Arts Camp will explore different types of creative art such as painting, sketching, drawing or working with mixed media. The program will allow campers to use their imagination to create, play and have fun. When campers are not creating they will participate in traditional camp activities such as games/sports, field trips, and swimming.

REGISTRATION

Camp Sessions

Camp Dates: July 1st - August 23rd Camp Hours: 9:00am - 5:00pm AM Extended Hours: 7:30am-9:00am PM Extended Hours: 5:00pm-6:00pm AM or PM Only: Members: \$95 Non Members: \$100 AM and PM: Members: \$135 Non Members: \$140

Family Orientation

June 15th, 2019 @ 10:30am June 24th, 2019 @ 6:30pm July 1st, 2019 @ 6:00pm July 15th, 2019 @ 6:00pm

Camper Registration Info

- 1. Visit **register.ymcanyc.org/day-camp** to download registration forms, or visit your YMCA branch and ask for registration materials.
- 2.Submit a non-refundable deposit of \$180 for each session you would like your child/children to attend.
- 3. Submit your child's medical form 2 weeks before first day of camp. Form must be completed by a physician and include signature and stamp.
- 4. Submit two passport size photos of your child.
- 5. The YMCA accepts all major credit cards, or you may sign up for automatic billing to ensure payments are made on time with no late fees incurred. **Personal checks are not accepted.**

CONTACT INFORMATION

Lillian Morales, Summer Camp Director (718) 551-9352, Imorales@ymcanyc.org

Lois Rothstein, Early Childhood Director (718) 551-9356, Irothstein@ymcanyc.org



SLEEPAWAY CAMP

TRADITIONAL SLEEPAWAY

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

Camp McAlister (Ages 7-11)

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



TEEN SLEEPAWAY

Camp Talcott (Ages 11-14)

Just up the hill from Camp McAlister, Camp Talcott provides the perfect next step for pre-teens and young teenagers ready to expand their horizons. Recognizing that teens crave independence, but still need a structured, safe environment to express themselves, our program allows teens the opportunity to shape their own camp experience. After sampling a wide range of camp activities in the first days of each session, Talcott campers can choose new favorites each week to explore more deeply. With an eye toward developing our future staff, we focus constantly on fostering responsibility, confidence, and leadership skills among campers, while simultaneously ensuring a fantastic time!

BOLD-GOLD Adventure Trips (Ages 15-16)

BOLD/GOLD (Boys/Girls Outdoor Leadership Development) combines the very best of a summer at Camp Talcott with exciting team building activities, leadership development, and awesome adventure trips designed especially for our oldest campers. Our trips explore some of the best outdoor playgrounds that our Tri-State region has to offer. Activities for campers include hiking, camping, canoeing, tubing, climbing, high team adventure, backpacking, and more! BOLD/GOLD is designed to bring together young high school students from all different walks of life to grow and learn together in a fun and challenging way. No experience necessary, and personal growth is assured! Two week sessions only.

Leaders-In-Training (Ages 15)

Designed for 15-year-old campers who would prefer not to go on trips, our Leaders-In-Training (LIT) Program allows a range of leadership and skill building opportunities on-site at Camp Talcott. Participating in a blend of formal leadership training, service learning opportunities, and traditional camp activities, LIT campers get the best of both worlds, an opportunity to enjoy camp with their peers while learning what it takes to be a future leader, both at camp and beyond! Our LIT program runs in two week sessions only.

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

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

World Teen Camp (Ages 12-16)

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

SPECIALTY SLEEPAWAY

World Volleyball Training Center (Girls, Ages 10–17)

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

International Judo Camp (Starting at Age 7)

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





SAFE POOLS HAVE RULES

General YMCA Pool Rules

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

YMCA Family and Youth Swim Rules

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



New York City Department of Health Code Rules

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

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

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

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.
- 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.
- Participate in programs to build a healthy spirit, mind, and body; never engage in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
- 7. Adherence to the YMCA Code of Conduct and regulations is essential.



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

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

"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



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

For every path forward there is a Y to helpand 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



YMCA

NEW YORK CITY'S HERE FOR 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.
- 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 THEY MEMBERSHIP INFORMATION

STAFF LISTING

Tiffany Dunbar – Executive Director 718-551-9355, tdunbar@ymcanyc.org

David White – Membership Sales & Engagement Director 718-551-9367, dawhite@ymcanyc.org

Michelle Lam – New Americans Initiative Director 718-551-9352, mlam@ymcanyc.org

Frankie Carlucci – Sr. Director, Youth & Family 718-551-9375, fcarlucci@ymcanyc.org

Lois Rothstein – Early Childhood Director 718-551-9356, Irothstein@ymcanyc.org

Felicia Bostwick – Interim Business Manager 718-551-9354, fbostwick@ymcanyc.org

Loretta Glubiak – HR Coordinator/Business Office Manager 718-551-9371, Iglubiak@ymcanyc.org

David Philbert - Building Engineer 718-551-9362, dphilbert@ymcanyc.org

Christopher Kui – Interim Sports & Healthy Lifestyles Director 718-551-9357, ckui@ymcanyc.org

Julian Simmons - Guest Rooms Coordinator 718-551-9350 ext-6533, jsimmons@ymcanyc.org

Kianna Robinson - Membership Coordinator 718-551-9350, krobinson@ymcanyc.org

Felix Hor - Aquatics Director 718-551-9359, fhor@ymcanyc.org

Joey Rodriguez - Fund Development & Communications Director 718-551-9358, jorodriguez@ymcanyc.org

VOLUNTEER OPPORTUNITIES

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

30 > FLUSHING Y SUMMER/FALL 2019

SUMMER MEMBERSHIP RATE

Membership Types	One-Time Price	
Individual (Good Until 8/31)	\$210	
Family (Good Until 8/31)	\$300	

CURRENT MEMBERSHIP RATES

Membership Types	Flushing	Queens	City-Wide
Student Any age, full time, 12+ credits, must bring copy of transcript	\$55/mo.	\$61/mo.	\$85/mo.
Adult (18 - 64)	\$70/mo.	\$76/mo.	\$106/mo.
Senior (65+)	\$55/mo.	\$61/mo.	\$85/mo.
Family I 1 Adult and kids under 18 years, living in the same household	\$85/mo.	\$95/mo.	\$125/mo.
Family II 2 Adults and kids under 18 years, living in the same household	\$125/mo.	\$137/mo.	\$185/mo.

A \$100 joiner fee applies to all Flushing memberships. A \$125 joiner fee applies to Queens/City-Wide

HOLIDAY HOURS

Memorial Day Monday, May 27, 2019	7:00 AM - 8:00 PM
Independence Day Thursday, July 4, 2019	7:00 AM - 8:00 PM
Labor Day Monday, September 2, 2019	7:00 AM - 8:00 PM
Thanksgiving Thursday, November 28, 2019	7:00 AM - 3:00 PM
Christmas Eve Tuesday, December 24, 2019	7:00 AM - 3:00 PM
Christmas Day Wednesday, December 25, 2019	CLOSED
New Years Eve Tuesday, December 31 , 2019	7:00 AM - 3:00 PM
New Years Day Wednesday, January 1, 2020	8:00 AM - 8:00 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.

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.

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. A monthly hold fee will

be charged. Membership privileges are surrendered while your membership is on hold.

PAYMENT OPTIONS & INFORMATION

- Membership fees must be up-to-date in order to use facility.
- Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express, and Discover cards.
- Monthly payments are payable by credit card or bank draft only. There is no cash option for monthly payments.
- A service fee of \$15.00 will be added to the payment amount for every automated payment that is declined.

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free passes are available on the YMCA web site to introduce the Y to friends and associates. Day Passes are available to purchase.

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 cancelled for low enrollment.

PROGRAM WITHDRAWALS

Credits will only be issued if withdrawal takes place before the first class. Credits will not be issued after the first week of classes unless due to medical reasons. There is a \$10 processing fee for all credits and refunds. Refund requests for medical will be granted at the discretion of the department director.

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.

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.

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.





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.

GUEST ROOMS

Located in Queens, Flushing is an increasingly diverse neighborhood teeming with a vast array of ethnicities and everything from city commuters to families. It's filled with delicious restaurants, a well-known Chinatown, and is generally a cozy, friendly yet dynamic suburb.

Guests will enjoy clean, air-conditioned single, double, triple, or quad rooms, housekeeping, 24-hour security, vending machines, a lounge, and free Wi-Fi.

WE OFFER:

- Lap-swimming pool
- Locker room and showers plus steam and/or sauna
- Gymnasium
- Group exercise classes
- Cardio and weight rooms

Feeling like a dip? This location boasts 2 full-size pools with lifeguards. Also, enjoy our steam rooms and saunas located in every locker room.

Work off all those delicious New York calories (who can resist?) in our fully equipped gym that boasts state-of-the-art machines, weights and aerobics classics. Need a hand? We have personal trainers available as well.

The Flushing Y Lounge is a great place to relax and plan your itinerary before you head out to explore all of New York City. The lounge has WIFI access and is located right next to our cafe—the perfect place to stop for a quick bite.





Please visit our guest rooms website **ymcanyc.org/guest-rooms** or call us at 718-551-9360.



LOCATIONS

MANHATTAN BRANCHES Chinatown YMCA 273 Bowery New York, NY 10002

Harlem YMCA 180 West 135th Street New York, NY 10030 212.912.2100

212.912.2460

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



138-46 Northern Blvd Flushing, NY 11354 718-551-9350 ymcanyc.org/Flushing

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