



# DISCOVER YOUR Y

**Greenpoint Y  
Summer 2019  
PROGRAM & CLASS GUIDE**

**99 Meserole Avenue  
Brooklyn, NY 11222  
212-912-2260  
[ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint)**

**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 - 12:00 AM
Saturday:	5:00 AM - 12:00 AM
Sunday:	5:00 AM - 10:00 PM

## 2019 SESSION & REGISTRATION DATES

### SUMMER REGISTRATION DATES

Family member:	June 8, 2019
Member:	June 15, 2019
Community:	June 22, 2019

### SUMMER SESSION DATES:

July 1, 2019 - August 25, 2019

### FALL I REGISTRATION DATES

Family Member:	August 10, 2019
Member:	August 17, 2019
Community:	August 24, 2019

### FALL I SESSION DATES:

September 3, 2019 - October 27, 2019

### FALL II REGISTRATION DATES

Family Member:	October 5, 2019
Member:	October 12, 2019
Community:	October 19, 2019

### FALL II SESSION DATES:

October 28, 2019 - December 22, 2019





# WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
<b>Member discounts and priority registration</b> on all fee-based programs, such as personal training, leagues, swim, sports, early learning, preschool, afterschool, camp, enrichments, birthday parties, and more.	✓	✓
<b>State-of-the-art fitness center</b> – includes more than 50 pieces of cardio and strength equipment.	✓	✓
<b>Free Weight Room</b> – includes more than 100 barbells, dumbbells, and kettlebells, one boxing bag, and 15+ machines.	✓	✓
<b>Over 75 FREE weekly group exercise classes</b> – includes yoga, spin, aqua fitness, and more.	✓	✓
<b>Dedicated Spin Studio</b> – 45 minute all-spin classes 7 days a week	✓	✓
<b>FREE YMCA Weight Loss Program</b>	✓	✓
<b>Y Fit Start</b> – FREE 12-week program where Y coaches help develop personalized fitness plans.	✓	✓
<b>Silver Sneakers</b> – program for older adults	✓	✓
<b>FREE adult sports</b> – basketball time, indoor soccer, and volleyball	✓	✓
<b>Swimming Pool</b> with 40+ hours of lap swim	✓	✓
<b>Sauna rooms for men and women</b>	✓	✓
<b>Indoor basketball court</b>	✓	✓
<b>Locker rooms</b> – includes showers, soap, blow dryers, and changing rooms.	✓	✓
<b>Lounge Area</b>	✓	✓
<b>Open 7 days a week/ 24 hours a day</b>	✓	✓
<b>FREE child watch</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>10 FREE family classes</b> – includes art, yoga, swim, and more.		✓
<b>FREE monthly Saturday night Dive-In movies</b> – family swim time followed by a family friendly movie. Complimentary pizza is provided.		✓
<b>FREE teen orientation to the fitness center</b>		✓
<b>FREE teen programs</b> – Rowe Scholars, Leaders Club, Teens Take the City and Teen Center		✓
<b>FREE family events throughout the year</b>		✓



# ADULTS

Train with friends, play a sport, try a new class, and take care of the whole you. The YMCA is here to help you get healthier, achieve your goals, and have fun while doing it.



**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ONLINE REGISTRATION AVAILABLE

## GROUP EXERCISE CLASSES

We offer over 75 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.

### ◆ 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.

### ◆ P90X

Power through a full-body workout that will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning, and core work.

### ◆ Punk Rope

High energy, fun fitness class, combining rope jumping with a wide variety of creative conditioning drills.

### ◆ Total Body Conditioning

A full body workout designed to strengthen and tone



the upper and lower body using an assortment of fitness equipment.

### ◆ Train like an Athlete

Athletic drills create an intense workout to get your performance to the next level.

## CARDIO

### ◆ Interval Training

High-intensity cardio alternated with recovery periods of lower cardio intensity.

### ◆ Spin®

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

### ◆ Spin® Orientation

Learn appropriate bike settings and body alignment.

## MIND/BODY

### ◆ Gentle Yoga

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

### ◆ Gentle Flow Yoga

A relaxing style of yoga that is intended to be healing and nurturing for the body.

### ◆ Hatha Yoga

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



### ◆ Vinyasa Yoga

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

### ◆ Yoga

A type of exercise in which you move your body into various positions to become more fit or flexible, to improve your breathing, and to relax your mind.

### ◆ Meditation

Discover your inner silence and calm through this introduction to meditation. A variety of techniques will be experienced during classes, designed to relax and re-calibrate the mind.

### ◆ 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 fat-burning, 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

### ◆ Zumba®

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

## MARTIAL ARTS

### ◆ Shotokan Karate

Shotokan is a karate practice that teaches self-defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique.

### ◆ Tai Chi

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



**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION  
◆ INCLUDED IN MEMBERSHIP  
➤ ONLINE REGISTRATION AVAILABLE

### ◆ Tai Chi Sword

An ancient form of mind-body exercise that uses purposeful, slow movements with the use of a sword.

## WATER FITNESS

### ◆ Water Aerobics

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

## ACTIVE OLDER ADULTS

### ◆ AOA Strength Training

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

### ◆ SilverSneakers® Classic

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



# WELLNESS PROGRAMS

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

### ◆ New Member Orientation



New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment.

### ◆ 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 one hour per week, discussing topics including creating a supportive environment, goal setting, balanced eating, physical activity, positive psychology, and sustainability.

### ◆ 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 personal needs and goals. The 12-week program includes four sessions with a Y Fit Start coach.

### 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.

For more information on the programs or to set up an appointment, speak to one of our staff at the Member Services desk, call us at 212-912-2260 or contact Kayla Gordon at [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org).



## Special New Members

Number of Sessions	Fee
New Members – Purchase 3 sessions within the first month of membership	\$ 125

## Private/ Single

	1 Session	5 Sessions	10 Sessions
Member	\$ 70	\$325	\$580
Community	\$ 85	\$398	\$735

## Semi-Private/ Partner

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

	1 Session	5 Sessions
Member	\$ 80	\$375
Community	\$100	\$470

# SWIM

## ADULT SWIM

Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons – we can help you. All levels of instruction are offered and will be determined in your first class. Please check our swim schedule at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) for swim days and times.

### Stage 1: Water Acclimation

#### Adult | Ratio 1:10

Sunday 12:40 pm – 1:25 pm

### Stage 2: Water Movement

#### Adult | Ratio 1:10

Sunday 12:40 pm – 1:25 pm

### Stage 4: Stroke Introduction

#### Adult | Ratio 1:10

Monday 7:00 pm – 7:45 pm

### Stage 5: Stroke Development

#### Adult | Ratio 1:10

Wednesday 7:00 pm – 7:45 pm

## PRIVATE & SEMI-PRIVATE LESSONS

If you are a little anxious around the water or just want to improve your swimming skills, a YMCA certified swim instructor can be just what you need to get comfortable in the water or help you achieve your swimming goals.

## Private | Based on 1/2 hour lessons

	1 lesson	5 lessons	10 lessons
Member	\$ 38	\$178	\$345
Community	\$ 63	\$271	\$520

## Semi-Private | Based on 1/2 hour lessons

	1 lesson	5 lessons	10 lessons
Member	\$ 57	\$264	\$511
Community	\$ 92	\$401	\$793

# SPORTS

## Adult Basketball

Basketball season consists of 8 weeks of regular season games plus a single elimination playoff series. We provide divisions for the beginner or recreational player as well as the competitive level players.

For more information about our basketball leagues, please contact Kayla Gordon at 212-912-2260 or email at [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org).

## ◆ Indoor Soccer – Open (Ages 18+)

A great place to play indoor soccer in a positive active environment.

## ◆ Volleyball with Instructor (Ages 18+)

Play the game of volleyball with access to an onsite instructor for any questions on technique in a non-competitive fun atmosphere!

# KIDS & FAMILY

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

**AGES 0-4**

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE

## FAMILY

### FAMILY PROGRAMS

The Y is the place for families. From hosting a birthday party to taking a class with your little one, the Y offers programs to help families grow closer. Family programs are free with a Y family membership and are an excellent way for families to learn, play and grow together.

#### ◆ Baby and Me Yoga

**Guardian and Baby | Ages 1-10 months**

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality while incorporating their baby in the process. It also provides an opportunity to build relationships with other new parents. Included in a family membership.

#### ◆ Tot and Me Yoga

**Guardian and Baby | Ages 10 months-24 months**

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality while incorporating their child in the process. It also provides an opportunity to build relationships with other new parents. This yoga class is designed for parents and their little cruisers. Included in a family membership.

#### ◆ Family Gym Time

Spend time as a family playing basketball, gym games, or just running around. The Y gym is open for family gym time several times per week. Included in a family membership. Check our gym schedule for specific times at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick up a schedule at the Greenpoint Y.

#### ◆ Youth & Family Swim Time

The perfect time for you and your family to relax and play in the water every week! Family Swim is offered several times per week for all ages in the family to spend time together in our pool. Included in a family membership.



Check our pool schedule for specific times at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick up a schedule at the Greenpoint Y. Please refer to our swim and pool rules.

### ◆ Dive In Movie

Enjoy 45 minutes of family swim time in our pool, then grab some snacks, lay down a blanket, and enjoy a family-friendly movie in the gym. You can choose to do one or both activities. Select Saturdays at the Greenpoint Y. The event is free for Y family members. If not a Y member, enjoy this event with a guest pass, limit three per year. Complimentary pizza provided for kids.

Family Swim	3:30 PM – 5:00 PM
Family Movie	5:00 PM – 7:00 PM

### Family movie schedule for Spring/Summer 2019:

5/11	Up
6/8	Finding Nemo

### ◆ Family Events

Family events at the Y allow families a time and a place to come together to have a good time, participate in a variety of fun activities, share, communicate and strengthen their relationships, and meet other families. They are usually scheduled on the weekend. Activities include family fitness,

arts and crafts, games, and music. Annual events include Healthy Kids Day, Fall Spooktacular, Winter Wonderland and more.

## COMMUNITY PROGRAMS

While the Greenpoint library is under construction, Babies and Books and Toddler Time are being held at the Greenpoint YMCA.

### Babies and Books

#### Ages 12 months–36 months

Enjoy books, songs, and play. For babies birth to 18 months and their parents or caregivers. Free to the community. Tuesdays 10–10:30 am.

### Toddler Time

#### Ages 12 months–36 months

Hear great picture books read aloud, discover delightful fingerplays, and play with other children during this library time dedicated to active toddlers. What is your child learning? Your toddler learns nine new words a day! Hearing stories, songs, and rhymes help develop your child's vocabulary. Free to the community. Thursdays 10–10:30 am.

# TALKING UP THE Y

## CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

We will thank you with  
**A FREE GIFT** of your choice  
when a new member tells us  
they joined because of the  
great things you mentioned  
about the Y.



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



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

# PRE-SCHOOL & SUMMER CAMP

## EARLY LEARNING SEPARATION PROGRAM

### Age 2

As part of their social development, some children may experience separation anxiety. Your child may be reluctant to go to daycare or to be left with caregivers. Tearful separations can be difficult for you and your child. Although separation anxiety makes some days stressful, the early learning separation program may help.

Our curriculum is designed to promote the growth and development of the “whole child.” We believe in an active learning method curriculum in which teaching strives to involve students in the learning process more directly and where the motivation to learn is authentic. The program focuses on the social-emotional, cognitive, and physical development of each child as an individual and with a group. This program is intended to serve as a gateway to preschool. Our ultimate goal is that each child has a positive first school experience.

Our program provides:

- A warm and inviting atmosphere
- Age-appropriate learning centers.
- A large indoor space to play and explore
- Experienced and friendly staff
- Music, yoga, art, and dance
- Small class size: 12-16 participants

### Hours/ Days

The program runs three days a week—Mondays, Wednesdays, and Fridays from 9 am to 12 pm each day. Each session is one month. The program runs on the NYC Board of Education Calendar. Drop off only.

### Cost

Payment is due before the start of the program.

#### Cost Per Month (as of September 2019)

Family Member	\$357	Community	\$459
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### Registration

Applications are available at the Member Services Desk at the Greenpoint Y branch located at 99 Meserole Avenue (off Manhattan Avenue), Brooklyn, NY 11222. To register, please submit a completed application with payment. The program has a rolling registration. For more information, please contact Linda Leahy at [lleahy@ymcanyc.org](mailto:lleahy@ymcanyc.org).

### Early Learning Classes

Early learning participants will participate in specialty classes throughout the month.

#### Yoga

A class designed with play in mind. This class focuses on breathing, balance and animal postures.

#### Dance

Children can explore the various ways their bodies can move while manipulating scarves, ribbons and various props to music. Free exploration with the body is a great way to build self-confidence.

#### Music

An instructor gives a class exploring rhythm and harmony. Children are encouraged to use instruments to create their sound, as well as following along with the teacher.

#### Art/ Science

An instructor gives a class using a variety of materials so the children can explore and discover different ways to express themselves.

#### Specialty Class

A musical performer will come to perform and entertain the children with an interactive music program, including nursery rhymes and children’s songs.





# GREENPOINT Y EARLY CHILDHOOD CENTER

## Ages 2 – 4

The Early Childhood Center at the Polish & Slavic Center focuses on the developmental needs of each child to foster intellectual, emotional, physical and social growth. Using play-based learning techniques, children can explore the environment as they experiment with hands-on activities. Learning takes place daily in science, math, literacy, dramatic play, art, and sensory centers.

Physical development is a significant component addressed through swim lessons (for those 3 and up), yoga, structured gym activities, free play, and trips to local parks. Children are encouraged to move throughout the day as they become more and more confident in their motor control.

Our dedicated staff is trained using the latest research in early childhood education which is applied in our daily lessons. The role of the teachers is to guide the children's collaboration with peers and to provoke creative thinking.

## Registration Process

Before entering the program, an annual medical record must be completed with a doctor's signature and stamp. Medical forms are valid for one year. Children must be fully potty trained to qualify for enrollment.

## Waitlist

Currently, our Early Childhood program has a waitlist. To be placed on the waitlist, children must be eligible to enter our program by the following September. Parents or guardians may place a child on our waitlist between September and December. There is a \$25 fee to place a child on the waitlist. The list expires each June, and each child's name must be resubmitted to request a slot for the following school year.

Applicants for the 2020-2021 school year will need to apply beginning August 30, 2019.

## Location

The Greenpoint YMCA Early Childhood Center is located at the Polish & Slavic Center at 176 Java Street, 2nd Floor, Brooklyn, NY 11222. Telephone: 212-912-2267.

## Schedule

Our program runs Monday-Friday from 8 am-6 pm. The program follows the Department of Education calendar.

## Tuition

Tuition is due on the 15th of the month prior to care. All payments made after the 15th are subject to a \$25 late fee. There are no refunds or credits issued for missed days or holidays.

## School Year\*\* 2019-2020 Fees

	Schedule	Times	Cost*/ Month
AGES 3-4	5 Full Days   M-F	8 am - 6 pm	\$1,345
	5 School Days   M-F	8 am - 3 pm	\$1,165
	3 Full Days	8 am - 6 pm	\$1,130
	2 Full Days	8 am - 6 pm	\$ 860
AGE 2	5 Full Days   M-F	8 am - 6 pm	\$1,440
	5 School Days   M-F	8 am - 3 pm	\$1,225
	3 Full Days	8 am - 6 pm	\$1,225
	3 School Days	8 am - 3 pm	\$1,015
	2 Full Days	8 am - 6 pm	\$ 940
	2 School Days	8 am - 3 pm	\$ 855

\*Rates subject to change. \*\*School year runs from September - June.

## CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) - while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. Reservations must be made in advance for children under two years old at the Member Service Desk or call 212-912-2260. **This is a FREE service available to adult and family members only.**

M-Th 6:15 pm - 8:45 pm  
Sat. 8:45 am - 1:15 pm



## EARLY CHILDHOOD ENRICHMENT CLASSES

September-June | Early Childhood Enrichment classes are an opportunity for children 3-4 years old to explore specific areas of interest in hands-on and interactive ways. Classes are open to both those enrolled in our Early Childhood program, as well as those in the broader community. Classes are “drop-off,” meaning little ones attend independently to build social skills and confidence.

Fees	8-week session
Family Member	\$ 112
Youth Member	\$ 135
Community	\$ 154

### Ready, Set, Explore

**Ages 3-4**

Children will travel the globe to explore other countries. They will explore famous landmarks and try to figure out what makes them unique. When they move on to the next country, they will receive a stamp on their passport. Ratio 1:12.

**Day/Time**

**Friday 1-2PM**

### Ready, Set, Art

**Ages 3-4**

Children explore different mediums to express themselves through art. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

**Day/Time**

**Wednesday 1-2PM**

### Ready, Set, Math

**Ages 3-4**

Children explore numbers and concepts using manipulatives, math games, and creative projects. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

**Day/Time**

**Tuesday 1-2PM**

### Ready, Set, Read

**Ages 3-4**

A reading readiness class, where children are exposed to sight words, alphabet sounds and sounding out words. These skills are intended to help your child begin to read. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

**Day/Time**

**Monday 1-2PM**

### Ready, Set, Science

**Ages 3-4**

This class will provide hands-on exploration of the wonders of science. Experiments, fascinating discoveries, and real learning await your youngster. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

**Day/Time**

**Thursday 1-2PM**

## EARLY CHILDHOOD SUMMER CAMP

**(Ages 2-4)**

July & August | Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers will enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Each child age three and older will receive a swim lesson once a week. Camp location: Y Early Childhood Center at 176 Java Street.

#### Cost Per 2 Week session

2-year-old Member	\$757	Community	\$878
3-4-year-old Member	\$727	Community	\$845





# SWIM

## SWIM PROGRAM

The Greenpoint Y offers swim lessons for ages 3 - 5. YMCA swim lessons are taught year round. The YMCA has a low child-to-instructor ratio. YMCA swim instructors are trained to work with younger children and lifeguards are always on the pool deck during swim lessons.

## SPECIALTY SWIM

Fees	8-week session
Member	\$ 115
Community	\$ 205

### Gym and Swim

**Ages 6-36 months**

Gym and Swim introduces your toddler to the gym and pool. After 30 minutes of games and activities in the gym, the class will transition to the pool for a parent/child swim lesson including songs, skills, and games. Parent participation is required for this session. Fee-based.

Ages 6-18 months	Monday	10:00 am - 10:30 am
Ages 18-36 months	Monday	10:30 am - 11:00 am

### Art and Swim

**Ages 18-36 months**

Kids will have a great time mixing paints and using crayons and markers while learning basic drawing skills. A variety of projects will be created using different materials and techniques. Be warned-this class can get messy! Then they will head to the pool for swimming and games. Fee-based.

Ages 18-36 months	Saturday	10:00 am - 10:30 am
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## SWIM STARTERS

Fees	8-week session
Member	\$ 115
Community	\$ 205

### Water Discovery

**Parent/Child 6-18 months | Ratio 1:10**

Saturday	9:15 am - 9:45 am
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## SWIM BASICS

Fees	8-week session		
	PreK	Youth	Adult
Member	\$ 101	\$ 115	\$ 115
Community	\$ 188	\$ 205	\$ 205

### Stage 1: Water Acclimation

**Parent/Pre-school Child (Ages 3-5) | Ratio 1:10**

Sunday	9:30 am - 10:00 am
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### Stage 1: Water Acclimation

**Ages 3-5 | Ratio 1:6**

Tuesday	3:30 pm - 4:00 pm
Wednesday	3:30 pm - 4:00 pm
Saturday	10:40 am - 11:10 am
Saturday	11:20 am - 11:50 am
Sunday	10:00 am - 10:30 am

### Stage 2: Water Movement

**Ages 3-5 | Ratio 1:6**

Tuesday	4:10 pm - 4:40 pm
Thursday	3:30 pm - 4:00 pm
Saturday	10:40 am - 11:10 am
Saturday	11:20 am - 11:50 am
Saturday	12:00 pm - 12:30 pm
Sunday	10:40 am - 11:10 am

### Stage 3: Water Stamina

**Ages 3-5 | Ratio 1:6**

Tuesday	4:50 pm - 5:20 pm
Saturday	11:20 am - 11:50 am
Saturday	12:00 pm - 12:30 pm
Sunday	11:20 am - 11:50 am
Sunday	12:00 pm - 12:30 pm

### Stage 4: Stroke Introduction

**Ages 3-5 | Ratio 1:6**

Tuesday	4:10 pm - 4:40 pm
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# SPORTS

### Soccer

**Ages 2-3**

Learn the basics of the game while having fun with your peers. Basic drills and technique will be covered in this active class. Ratio 1:15. Fee-based.

# YOUTH

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

**AGES 5-12**

## REMINDER:

**MEMBERS GET PRIORITY REGISTRATION**

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

# FAMILY

## Family Program

The Y is the place for families. From hosting a birthday party to taking a class with your little one, the Y offers programs to help families grow closer. Family programs are free with a Y family membership and are an excellent way for families to learn, play and grow together.

### ◆ Family Gym Time

Spend time as a family playing basketball, gym games, or just running around. The Y gym is open for family gym time several times per week. Check our gym schedule for specific times at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick up a schedule at the Greenpoint Y. Free with a family membership.

### ◆ Youth & Family Swim Time

The perfect time for you and your family to relax and play in

the water every week! Family Swim is offered several times per week for all ages in the family to spend time together in our pool. Free with a family membership.

Check our pool schedule for specific times at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick up a schedule at the Greenpoint Y. Please refer to our swim and pool rules.

### ◆ Dive In Movie

Enjoy 45 minutes of family swim time in our pool, then grab some snacks, lay down a blanket, and enjoy a family-friendly movie in the gym. You can choose to do one or both activities. Select Saturdays at the Greenpoint Y. The event is free for Y family members. If not a Y member, enjoy this event with a guest pass. Limit three per year--complimentary pizza for kids.

Family Swim	3:30 PM - 5:00 PM
Family Movie	5:00 PM - 7:00 PM

### Family movie schedule for Spring/ Summer 2019:

5/11	Up
6/8	Finding Nemo



## ◆ Family Events

Family events at the Y allow families a time and a place to come together to have a good time, participate in a variety of fun activities, share, communicate and strengthen their relationships, and meet other families. They are usually scheduled on the weekend. Activities include family fitness, arts and crafts, games, and music. Annual events include Healthy Kids Day, Fall Spooktacular, Winter Wonderland and more.

# AFTERSCHOOL & SUMMER CAMP

## Y AFTERSCHOOL AND SCHOOL PROGRAMS

### AGES 4-12

The best of the Greenpoint Y is available at our afterschool programs. Y Afterschool provides students with the opportunity to participate in interactive learning models that engage critical thinking skills, get assistance with their homework from trained YMCA staff, have a chance to socialize with each other, and form long-lasting friendships that enhance their development, growth, and self-confidence. September - June.

For more information, please contact Shevonne Greene, Youth & Family Director at [sgreene@ymcanyc.org](mailto:sgreene@ymcanyc.org) or call 212-912-2260.

## Y Compass Afterschool

September-June | FREE Program

Funded by the Department of Youth and Community Development and in partnership with the NYC Department of Parks, this FREE afterschool program is designed to provide high-quality afterschool programming. Our staff will develop and facilitate activities in the areas of STEM, Theater, Art, Literacy, Sports, and Health and Nutrition. Trips, homework help, and family programming will be offered throughout the year.

If you are interested in this program, please pick up an application at the Greenpoint YMCA and submit once completed to our Member Service representative. If the program is full, you can place your child(ren) on the waitlist for any seats that might become available.

Original applications must be submitted. Applications will be available at the Greenpoint YMCA branch located at 99 Meserole Avenue, Brooklyn, New York 11222. An updated medical form must be on file no later than the first day of the program.

For more information, please contact Shevonne Greene, Youth & Family Director at [sgreene@ymcanyc.org](mailto:sgreene@ymcanyc.org) or call 212-912-2260.

## Y Afterschool at the Greenpoint Y (SACC)

September-June | The Greenpoint Y provides a safe and fun place for children to learn and build meaningful adult and peer relationships. The focus is placed on our values of respect, responsibility, honesty, and caring. Our program offers a variety of activities using the project-based learning model. We offer homework help, projects in math and science, physical fitness, recreational activities, swimming, and

YOUTH  
AGES 5-12





other fun activities. Projects culminate in events or activities where students may showcase their work and sharpen their presentation skills.

Our qualified staff is trained in CPR and First Aid. Upon registration, the child must have a youth membership, \$175/year. In addition, a \$100 non-refundable deposit is required, which will be applied to the June tuition. Monthly payment is due on the 15th of the month prior to care. There are no refunds or credits issued for missed days.

The program will provide daily pick-up from PS 31 and PS 34. Children in kindergarten and Pre-K will continue to be picked up at PS31 and PS34 and walked to our Early Childhood Center located at 176 Java Street.

Location: Greenpoint YMCA  
99 Meserole Avenue  
Brooklyn, NY 11222

#### Fees for 2019-2020 School Year

Monthly Fees*	Family Member	Community
5 days per week	\$378	\$433
3 days per week	\$291	\$346
2 days per week	\$230	\$285

\*Rates subject to change. The school year runs from Sept-June.

For more information, please contact the Member Services Desk at 212-912-2260.

#### HOLIDAY CAMP AT THE GREENPOINT Y (Ages 5-12)

On most occasions when public schools are closed, we have a holiday camp! Whether you're working, in need of childcare or need to run errands, our camp is here for you. Our friendly and trained staff run workshops on arts and crafts, games and theme-based play for a fun-filled day. Payments must be made in full before the first day of camp. Holiday Camp days run Monday through Friday from 8 am -6 pm.

Fees* for Jan.-June 2019	Per Day
Family Member	\$ 35
Youth Member	\$ 55
Community	\$ 75

\*Fees are subject to change.

Holidays	Date	# Days
Winter Recess	12/26-31	4 days
Dr. Martin Luther King Jr. Day	1/21	1 day
Lunar New Year	2/5	1 day

Mid-Winter Recess	2/18-22	5 days
Spring Recess	4/19-26	6 days
Eid-al-Fitr	6/4	1 day
DOE Clerical Day	6/11	1 day

#### Holiday Camp Half Days:

On select half days, children enrolled in our SACC afterschool program are offered half day care for an additional cost. Unfortunately, we are not able to offer this to the public or enrichment participants. Advanced registration is required.

#### RECESS SWIM CAMP AT THE GREENPOINT Y (Ages 7-12)

Recess swim camp is offered during longer school recess periods and is designed for children of all levels. Children are grouped according to skill proficiency and mastery. Children also participate in fun, enrichment activities such as group games, arts and crafts, and health, nutrition, and movement activities. Children will participate in one swim lesson per day at the Greenpoint Y pool. Camp runs Monday-Friday from 8 am - 6 pm.

Holidays	Date	# Days
Mid-Winter Recess	2/18-22	5 days
Spring Recess	4/22-26	5 days

#### Cost per week session (must register for five days)

Member	\$245	Community	\$390
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#### SUMMER DAY CAMP AT THE GREENPOINT Y July & August

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

Kinder Camp is designed for children entering kindergarten in September 2019. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To prepare our young campers for their transition into kindergarten and develop their skill sets and comfort levels with city travel, campers will participate in one field trip by bus each session and will have one swim lesson a week at the Greenpoint Y pool. Camp location: PS 84 at 250 Berry Street.

#### Cost per two week session

Member	\$623	Community	\$715
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## Day Camp (Ages 5-12)

Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as "Crazy Hat Day." In addition, campers will engage in a variety of science, technology, engineering, and math (STEM) activities. Campers will also have an opportunity to participate in our annual Spirit Day competition. 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. Campers will participate in one field trip per session and will have one swim lesson a week at the Greenpoint Y pool. Camp location: PS 84 at 250 Berry Street.

### Cost per two week session

Day Camp Group	Member	Community
Grasshopper (age 5**)	\$556	\$715
Bumblebee (ages 6-7)	\$490	\$715
Firefly (ages 8-9)	\$465	\$715
Dragonfly (ages 10-12)	\$460	\$715

\*\*For children who have completed kindergarten

## Progressive Swim Camp (Ages 7-12)

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

The key components of Swim Camp are:

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

- Activities and interactions emphasize building self-esteem and self-confidence.

Swim campers participate in one field trip per session and will have three swim lessons a week at the Greenpoint Y pool. This camp will be available for sessions 1, 2 and 3. Camp location: PS 84 at 250 Berry Street.

### Cost per two week session

Member	\$665	Community	\$765
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## Creative Arts Camp (Ages 7-12)

Young artists in our Creative Arts Camp will explore the wonderful world of art through a variety of media. Campers will create their own masterpieces through drawing, painting, sculpting, and creating collages, as well as participate in core traditional Day Camp activities and theme days. Creative Arts campers will participate in one field trip per session and will have one swimming lesson a week at the Greenpoint Y pool. Camp location: PS 84 at 250 Berry Street.

### Cost per two week session

Member	\$665	Community	\$765
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# SWIM

## Swim Program

The Greenpoint Y offers swim lessons for ages 5 - 12. YMCA swim lessons are taught year round. The YMCA has a low child-to-instructor ratio. YMCA swim instructors are trained to work with younger children and lifeguards are always on the pool deck during swim lessons.

## SWIM BASICS

Fees	8-week session		
	PreK	Youth	Adult
Member	\$ 101	\$ 115	\$ 115
Community	\$ 188	\$ 205	\$ 205

## Stage 1: Water Acclimation

**Ages 5-12 | Ratio 1:8**

Saturday	12:40 pm - 1:25 pm
Saturday	1:35 pm - 2:20 pm

## Stage 2: Water Movement

**Ages 5-12 | Ratio 1:8**

Thursday	4:10 pm - 4:55 pm
Saturday	12:40 pm - 1:25 pm
Saturday	2:30 pm - 3:15 pm (A)
Saturday	2:30 pm - 3:15 pm (B)

## Stage 3: Water Stamina

**Ages 5-12 | Ratio 1:8**

Wednesday	4:10 pm - 4:55 pm
Saturday	1:35 pm - 2:20 pm

## SWIM STROKES

Fees	8-week session		
	PreK	Youth	Adult
Member	\$ 101	\$ 115	\$ 115
Community	\$ 188	\$ 205	\$ 205

## Stage 4: Stroke Introduction

**Ages 5-8 | Ratio 1:8**

Wednesday	5:05 pm - 5:50 pm
Saturday	12:40 pm - 1:25 pm
Saturday	1:35 pm - 2:20 pm

Saturday 2:30 pm - 3:15 pm

## Stage 5: Stroke Development

**Ages 5-12 | Ratio 1:8**

Thursday	5:05 pm - 5:50 pm
Thursday	6:00 pm - 6:45 pm

## Stage 6: Stroke Mechanics

**Ages 5-12 years | Ratio 1:8**

Monday	4:30 pm - 5:15 pm
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# SPORTS

## KIDS ENRICHMENT PROGRAM

### Ages 4-12

Our Just For Kids Enrichment Program is designed to allow parents to build their afterschool program for children. Sign up for a class as a stand-alone activity or use the program to enrich your child's experience in our traditional Y afterschool program on select days.

Enrichment classes will be offered during the hours of 3 pm -6 pm, Monday through Friday. Children who attend our SACC program will be escorted to their classes. Children may also be dropped off at their class by a parent or guardian. Regular session dates apply.

To maintain the continuity and progressive nature of the classes, registration for enrichment classes will not be permitted after the second week of the session. Class offerings may change each session and are subject to change based on enrollment. Class cost, dates and times vary. Please refer to the enrichment schedule at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick one up at the Greenpoint Y branch. For more information, please contact Kayla Gordon, Healthy Lifestyles Director at [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org) or call (212) 912-2260.

## ENRICHMENT CLASSES REFUND, CREDIT, AND MAKE-UP POLICY

Requests for refunds can be made by completing a refund request form at the Member Service Desk. All refunds are subject to approval by the Program Director. Refunds will be given for canceled classes. Refunds



will not be given for missed classes due to illness or travel.

### Refund

Enrichment fees are due upon registration and before the start of the class. Fees are non-refundable after the first week of the session. All pick-up and extended day fees are non-refundable.

### Credit/Refund/ Make-up Policy

For cancellation or refund to be processed, the parent must submit a credit/refund form at the Member Service Desk located at the Greenpoint Y branch. If a class is terminated without submitting a credit/refund form, no credit/refund will be considered. Cancellation cannot be made by phone, email or written notes. Credit will not be offered for absences.

Enrichment program runs from September through June.

## SPORTS

### Soccer

Ages 4-6

Learn the basics of the game while having fun with your peers. Basic drills and technique will be covered in this active class. Ratio 1:15. Fee-based.

### Soccer

Ages 7-11

Learn the basics of the game while having fun with your peers. Basic drills and technique will be covered in this active class. Ratio 1:15. Fee-based.

### Basketball

Ages 4-6

Basketball is a great form of exercise that also helps form team-building skills and a sense of community. Boys and girls develop their athletic and social skills through instructional basketball while practicing the Y's core values of respect, responsibility, caring and honesty. Fee-based.

### Basketball

Ages 7-12

Basketball is a great form of exercise that also helps form team-building skills and a sense of community. Boys and girls develop their athletic and social skills through instructional basketball while practicing the Y's core values of respect, responsibility, caring and honesty. Fee-based.

## CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) – while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. Reservations must be made in advance for children under two years old at the Member Service Desk or call 212-912-2260. **This is a FREE service available to adult and family members only.**

M-Th 6:15 pm – 8:45 pm

Sat. 8:45 am – 1:15 pm

## Yoga

Ages 7-12

A playful, creative and fun, functional movement combined with mind-body work.

## Youth Shotokan Karate

Ages 4-12

Shotokan is one of the oldest styles of karate in Japan. This rich traditional style utilizes both hands and feet to defend yourself. We are a member of the Shotokan Karate Federation and have regular testing and tournaments.

### Shotokan Karate Fees

### 8 week session

Member	\$ 91
Community	\$ 159

### Youth Karate Beginner | Ages 4-17

Day/ Time: Saturdays/ 12-2 PM

### Youth Karate Advanced | Ages 7-17

Day/ Time: Saturdays/ 2-3 PM

## ARTS

## DANCE AND MOVEMENT

### Ballet

Ages 4-5

Your child will learn the fundamentals of ballet at an appropriate age level. Girls will need leotards, tights,

YOUTH  
AGES 5-12

and ballet shoes. Boys will need shorts, t-shirts, and ballet shoes. Ratio 1:10. Fee-based.

### **Hip Hop**

**Ages 6-12**

Participants will be introduced to rhythmic dance movement based on modern pop culture and will also get into the fundamentals of old-school hip-hop. We welcome all levels to learn our cool choreography. Ratio 1:10. Fee-based.

## **MUSIC**

### **Keyboard/ Piano**

**Ages 6-12**

Children will learn basic piano skills using both hands including five-finger position, scales, progressions, fingering techniques, and accompaniment, as well as basic music theory including notes, rhythm, harmony, and form. Fee-based.

## **ART**

### **Puppetry and Mask Making**

**Ages 4-6**

Building forms is a great way to explore 3-dimensionality and develop fine motor skills. Using

a variety of materials such as felt, cloth, found and recycled objects, children will create puppets and masks of their design. They will explore storytelling through the production of performing characters and their environments. Fee-based.

### **Drawing and Sculpting**

**Ages 7-12**

A combined class to teach the elements of line, composition, and shading, which will prepare students to understand the principles of art, and that they will be able to utilize when sculpting their figurative art. Fee-based.

### **Theater**

**Ages 5-10**

Drama based activities and skill-building will help advance your child's ability to imagine new worlds, become incredible characters, and share fantastic stories. Fee-based.

### **Chess**

**Ages 7-12**

Learn a game you can play for life! Kids learn the basics of chess and strategies. Fee-based.



# CELEBRATE WITH US

## SPACE RENTAL/ PARTIES

The Greenpoint YMCA provides after school, day and weekend programming for youths age 3 to 18 years. The Youth Department offers programs to introduce a wide range of fun and stimulating classes to help build a healthy mind, body, and spirit.

## POOL PARTY/ SPACE RENTAL POLICY

What better way to celebrate your child’s birthday than with a pool party! We offer exclusive use of our pool with a certified lifeguard. Noodles and bubbles/backpacks will be available for your enjoyment. Your child and up to 20 participants will enjoy one (1) hour in the pool and

one (1) hour in their very own YMCA private party room. Cancellation policy applies.

For more information, contact Jazzmine Randolph, Aquatics Director at [jrandolph@ymcanyc.org](mailto:jrandolph@ymcanyc.org) or call (212) 912-2275. To book your rental space, contact our Member Service Representatives at 212-912-2260 Monday through Sunday from 9 AM -5 PM.

ROOM CHOICE/ TIME	RATE		
	Family Member	Member	Community
Pool per hour Sundays   3:30 - 4:30 pm	\$ 195	\$ 214	\$ 228
Party Room per hour Sundays   4:45 - 5:45 pm	\$ 79	\$ 91	\$ 106
Combo: One (1) hour Pool + One (1) hour Party Room Sundays 2:30-3:00 pm   Set-Up 3:30-4:30 pm   Pool 4:45-5:45 pm   Party Room	\$ 260	\$ 291	\$ 326

YOUTH  
AGES 5-12





# TEENS

The Y gives teens a safe space to socialize and be themselves. Teens can play a sport, work on leadership skills, prep for college, and give back through Y programs designed for them.

**AGES 12-17**

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

## LEADERSHIP & CIVIC ENGAGEMENT

### ◆ Leaders Club

**October - June** | The Greenpoint YMCA Leaders Club focuses on building intrinsic leadership in all of our club members. Each week, club members engage in educational and social activities that build upon short-term and long-term goals. Members also participate in service learning projects, group work, leadership retreats, and field trips.

### ◆ Teens Take the City

**October - April** | Using a civic engagement approach, participants learn the ins and outs of city government. During weekly meetings, participants will focus on challenges within their communities and create change through legislation and debate.

## COLLEGE ACCESS & CAREER READINESS

### ◆ Rowe Scholars

Rowe Scholars is a college readiness and career development program. Less than half of New York City's high school graduates are prepared for college. Rowe Scholars helps all students and their families realize that a college education is an attainable option. Greenpoint YMCA runs the Rowe Scholars program in collaboration with local high schools. The goal of the program is to provide high school students with the skills, resources, and training that will ensure their successful transition into adulthood.

The program includes workshops in career readiness, SAT prep, internship opportunities, discussion groups, and community engagement. Participants also take trips to City Hall and the New York State Capitol building; weekend leadership retreats and much more! For more information, please contact Shevonne Greene, Family & Youth Director at [sgreene@ymcanyc.org](mailto:sgreene@ymcanyc.org) or 212-912-2268.

# FITNESS & SPORTS

## ◆ Teen Fitness Orientation

(Ages 12-17)

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

## ◆ Teen Center

(Ages 12 - 17)

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

## Swim - Aquatics Conditioning

(Ages 9 - 17)

Tuesdays

5:30 pm - 6:15 pm



## BECOME A BOARD MEMBER OR VOLUNTEER

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

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

- Become a campaigner during our Annual Campaign
- Advocate and educate others about the Y cause
- Participate in Reading Day with our partner schools
- Organize fundraising events
- Participate in your favorite activity, like a 5k run, Triathlon or Five Borough Bike Tour, while giving back to the Y
- Share your community expertise while helping us grow
- Meet new people and make a difference in your community.

TEEN  
AGES 12-17





# SWIM

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

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE



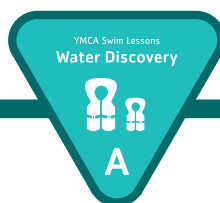




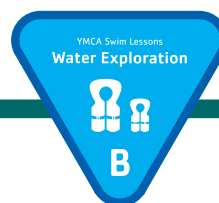
# SWIM STAGE DESCRIPTIONS

## SWIM STARTERS

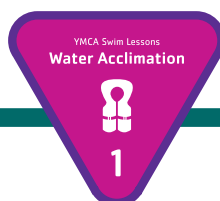
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



**A / WATER DISCOVERY**  
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



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

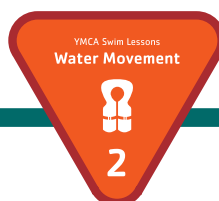


## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

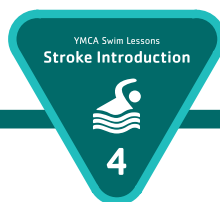
**1 / WATER ACCLIMATION**  
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



**2 / WATER MOVEMENT**  
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



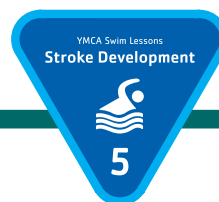
**3 / WATER STAMINA**  
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



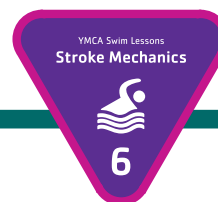
## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**4 / STROKE INTRODUCTION**  
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



**5 / STROKE DEVELOPMENT**  
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



**6 / STROKE MECHANICS**  
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

# STAGES OF LEARNING

## SWIM STARTERS

Parent & child lessons

### A Water Discovery

**Blow bubbles**  
on surface,  
assisted

**Front tow**  
chin in water,  
assisted

**Water exit**  
parent & child  
together

**Water entry**  
parent & child  
together

**Back float**  
assisted, head on  
shoulder

**Roll**  
assisted

**Front float**  
chin in water,  
assisted

**Back tow**  
assisted, head on  
shoulder

**Wall grab**  
assisted

### B Water Exploration

**Blow bubbles**  
mouth & nose  
submerged,  
assisted

**Front tow**  
blow bubbles,  
assisted

**Water exit**  
assisted

**Water entry**  
assisted

**Back float**  
assisted, head  
on chest

**Roll**  
assisted

**Front float**  
blow bubbles,  
assisted

**Back tow**  
assisted, head  
on chest

**Monkey crawl**  
assisted, on edge,  
5 ft.

## SWIM BASICS

Recommended skills for all to have around water

### 1 Water Acclimation

**Submerge**  
bob independently

**Front glide**  
assisted, to wall,  
5 ft.

**Water exit**  
independently

**Jump, push,  
turn, grab**  
assisted

**Back float**  
assisted,  
10 secs., recover  
independently

**Roll**  
assisted

**Front float**  
assisted,  
10 secs., recover  
independently

**Back glide**  
assisted, at wall,  
5 ft.

**Swim, float,  
swim**  
assisted, 10 ft.

### 2 Water Movement

**Submerge**  
look at object on  
bottom

**Front glide**  
10 ft. (5 ft.  
preschool)

**Water exit**  
independently

**Jump, push,  
turn, grab**

**Back float**  
20 secs. (10 secs.  
preschool)

**Roll**

**Front float**  
20 secs. (10 secs.  
preschool)

**Back glide**  
10 ft. (5 ft.  
preschool)

**Tread water**  
10 secs., near  
wall, & exit

**Swim, float, swim**  
5 yd.

### 3 Water Stamina

**Submerge**  
retrieve object in  
chest-deep water

**Swim on front**  
15 yd. (10 yd.  
preschool)

**Water exit**  
independently


**Jump, swim,  
turn, swim, grab**  
10 yd.


**Swim on back**  
15 yd. (10 yd.  
preschool)


**Roll**


**Tread water**  
1 min. & exit  
(30 secs.  
preschool)

**Swim, float,  
swim**  
25 yd. (15 yd.  
preschool)

 Infant & Toddler  
6 mos.–3 yrs.  
Stages A–B

 Preschool  
3–5 yrs.  
Stages 1–4

 School Age  
5–12 yrs.  
Stages 1–6

 Teen & Adult  
12+ yrs.  
Stages 1–6

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction

#### Endurance

any stroke or combination of strokes, 25 yd.

#### Front crawl

rotary breathing, 15 yd.

#### Back crawl

15 yd.

#### Dive

sitting

#### Resting stroke

elementary backstroke, 15 yd.

#### Tread water

scissor & whip kick, 1 min.

#### Breaststroke

kick, 15 yd.

#### Butterfly

kick, 15 yd.

### 5 Stroke Development

#### Endurance

any stroke or combination of strokes, 50 yd.

#### Front crawl

bent-arm recovery, 25 yd.

#### Back crawl

pull, 25 yd.

#### Dive

kneeling

#### Resting stroke

sidestroke, 25 yd.

#### Tread water

scissor & whip kick, 2 mins.

#### Breaststroke

25 yd.

#### Butterfly

simultaneous arm action & kick, 15 yd.

### 6 Stroke Mechanics

#### Endurance

any stroke or combination of strokes, 150 yd.

#### Front crawl

flip turn, 50 yd.

#### Back crawl

pull & flip turn, 50 yd.

#### Dive

standing

#### Resting stroke

elementary backstroke or sidestroke, 50 yd.

#### Tread water

retrieve object off bottom, tread 1 min.

#### Breaststroke

open turn, 50 yd.

#### Butterfly

25 yd.

## PATHWAYS

Specialized tracks

### Competition



### Leadership



### Recreation






**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION  
◆ INCLUDED IN MEMBERSHIP  
➤ ONLINE REGISTRATION AVAILABLE

## SWIM STARTERS

Fees	8-week session
Member	\$ 115
Community	\$ 205

**Water Discovery**   
**Parent/Child 6-18 months | Ratio 1:10**  
Saturday 9:15 am - 9:45 am


**Gym/ Swim - Water Exploration**   
**Parent/Child 6-36 months | Ratio 1:10**  
Ages 6-18 months Monday 10:00 am - 10:30 am  
Ages 18-36 months Monday 10:30 am - 11:00 am


**Art/ Swim - Water Exploration**   
**Parent/Child 18-36 months | Ratio 1:10**  
Saturday 10:00 am - 10:30 am


## SWIM BASICS


Fees	8-week session		
	PreK	Youth	Adult
Member	\$ 101	\$ 115	\$ 115
Community	\$ 188	\$ 205	\$ 205


**Stage 1: Water Acclimation**   
**Parent/Pre-school Child (Ages 3-5) | Ratio 1:10**  
Sunday 9:30 am - 10:00 am


**Stage 1: Water Acclimation**   
**Pre-school Child (Ages 3-5) | Ratio 1:6**  
Tuesday 3:30 pm - 4:00 pm  
Wednesday 3:30 pm - 4:00 pm  
Saturday 10:40 am - 11:10 am  
Saturday 11:20 am - 11:50 am  
Sunday 10:00 am - 10:30 am


**Stage 1: Water Acclimation**   
**School Age Child (Ages 5-12) | Ratio 1:8**  
Saturday 12:40 pm - 1:25 pm  
Saturday 1:35 pm - 2:20 pm

**Stage 1: Water Acclimation**   
**Adult (Ages 18+) | Ratio 1:10**  
Sunday 12:40 pm - 1:25 pm

**Stage 2: Water Movement**   
**Pre-school Child (Ages 3-5) | Ratio 1:6**  
Tuesday 4:10 pm - 4:40 pm  
Thursday 3:30 pm - 4:00 pm  
Saturday 10:40 am - 11:10 am  
Saturday 11:20 am - 11:50 am  
Saturday 12:00 pm - 12:30 pm  
Sunday 10:40 am - 11:10 am

**Stage 2: Water Movement**   
**School Age Child (Ages 5-12) | Ratio 1:8**  
Thursday 4:10 pm - 4:55 pm  
Saturday 12:40 pm - 1:25 pm  
Saturday 2:30 pm - 3:15 pm (A)  
Saturday 2:30 pm - 3:15 pm (B)

**Stage 2: Water Movement**   
**Adult (Ages 18+) | Ratio 1:10**  
Sunday 12:40 pm - 1:25 pm

**Stage 3: Water Stamina**   
**Pre-school (Ages 3-5) | Ratio 1:6**  
Tuesday 4:50 pm - 5:20 pm  
Saturday 11:20 am - 11:50 am  
Saturday 12:00 pm - 12:30 pm  
Sunday 11:20 am - 11:50 am  
Sunday 12:00 pm - 12:30 pm

**Stage 3: Water Stamina**   
**School Age Child (Ages 5-12) | Ratio 1:8**  
Wednesday 4:10 pm - 4:55 pm  
Saturday 1:35 pm - 2:20 pm

**Stage 4: Stroke Introduction**   
**Pre-school Child (Ages 3-5) | Ratio 1:6**  
Tuesday 4:10 pm - 4:40 pm

# SAFE POOLS HAVE RULES



## **New York City Department of Health Code states:**

1. No diving is allowed.
2. Members must shower before entering the pool and wear appropriate bathing attire.
3. Persons with infections, open sores, cuts and/or ear or nose discharges will not be 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.

## **YMCA of Greater New York requires:**

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

## **Family or Youth Recreational Swim additional requirements:**

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

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

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

## SWIM STROKES

Fees	8-week session		
	PreK	Youth	Adult
Member	\$ 101	\$ 115	\$ 115
Community	\$ 188	\$ 205	\$ 205

### Stage 4: Stroke Introduction

#### School Age Child (Ages 5-8) | Ratio 1:8

Wednesday	5:05 pm - 5:50 pm
Saturday	12:40 pm - 1:25 pm
Saturday	1:35 pm - 2:20 pm
Saturday	2:30 pm - 3:15 pm

### Stage 4: Stroke Introduction

#### Adult (Ages 18+) | Ratio 1:10

Monday	7:00 pm - 7:45 pm
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### Stage 5: Stroke Development

#### School Age Child (Ages 5-12) | Ratio 1:8

Thursday	5:05 pm - 5:50 pm
Thursday	6:00 pm - 6:45 pm

### Stage 5: Stroke Development

#### Adult (Ages 18+) | Ratio 1:10

Wednesday	7:00 pm - 7:45 pm
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### Stage 6: Stroke Mechanics

#### School Age Child (Ages 5-12) | Ratio 1:8

Monday	4:30 pm - 5:15 pm
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## PRIVATE & SEMI PRIVATE LESSONS

If you are a little anxious around the water or just want to improve your swimming skills, a YMCA certified swim instructor can be just what you need to get comfortable in the water or help you achieve your swimming goals.

#### Private | Based on 1/2 hour lessons

	1 lesson	5 lessons	10 lessons
Member	\$ 38	\$178	\$345
Community	\$ 63	\$271	\$520

#### Semi-Private | Based on 1/2 hour lessons

	1 lesson	5 lessons	10 lessons
Member	\$ 57	\$264	\$511
Community	\$ 92	\$401	\$793

Please check our swim schedule at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) for swim days and times.

## RECESS SWIM CAMP AT THE GREENPOINT Y (Ages 7-12)

Recess swim camp is offered during longer school recess periods and is designed for children of all levels. Children are grouped according to skill proficiency and mastery. Children also participate in fun, enrichment activities such as group games, arts and crafts, and health, nutrition and movement activities. Children will participate in one swim lesson per day at the Greenpoint Y pool. Camp runs Monday-Friday from 8 am - 6 pm.

Holidays	Date	# Days
Mid-Winter Recess	2/18-22	5 days
Spring Recess	4/22-26	5 days

#### Cost per week session (must register for 5 days)

Member	\$245	Community	\$390
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# 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.

# 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

**Online registration available for most camps.**

## DAY CAMP

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

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

Camp location: Y Early Childhood Center at 176 Java Street.

#### Cost per two week session

2-year-old Member	\$757	Community	\$ 878
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3-4-year-old Member	\$727	Community	\$845
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### Kinder Camp (Ages 4-5)

Kinder Camp is designed for children entering kindergarten in September 2019. Structured Day Camp activities support the transition into 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 levels with city travel, campers will participate in one field trip by bus each session and will have one swim lesson a week at the Greenpoint Y pool.

Camp location: PS 84 at 250 Berry Street.

#### Cost per two week session

Member	\$623	Community	\$715
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### Day Camp (Ages 5-12)

Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to



learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as “Crazy Hat Day.” In addition, campers will engage in a variety of science, technology, engineering, and math (STEM) activities. Campers will also have an opportunity to participate in our annual Spirit Day competition. 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. Campers will participate in one field trip per session and will have one swim lesson a week at the Greenpoint Y pool. Camp location: PS 84 at 250 Berry Street.

Cost per two week session

Day Camp Group	Member	Community
Grasshopper (age 5**)	\$556	\$715
Bumblebee (ages 6-7)	\$490	\$715
Firefly (ages 8-9)	\$465	\$715
Dragonfly (ages 10-12)	\$460	\$715

\*\*For children wh have completed kindergarten

Progressive Swim Camp (Ages 7-12)

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

The key components of Swim Camp are:

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

Swim campers participate in one field trip per session and will have three swim lessons a week at the Greenpoint Y pool. This camp will be available for sessions 1, 2 and 3. Camp location: PS 84 at 250 Berry Street.

Cost per two week session

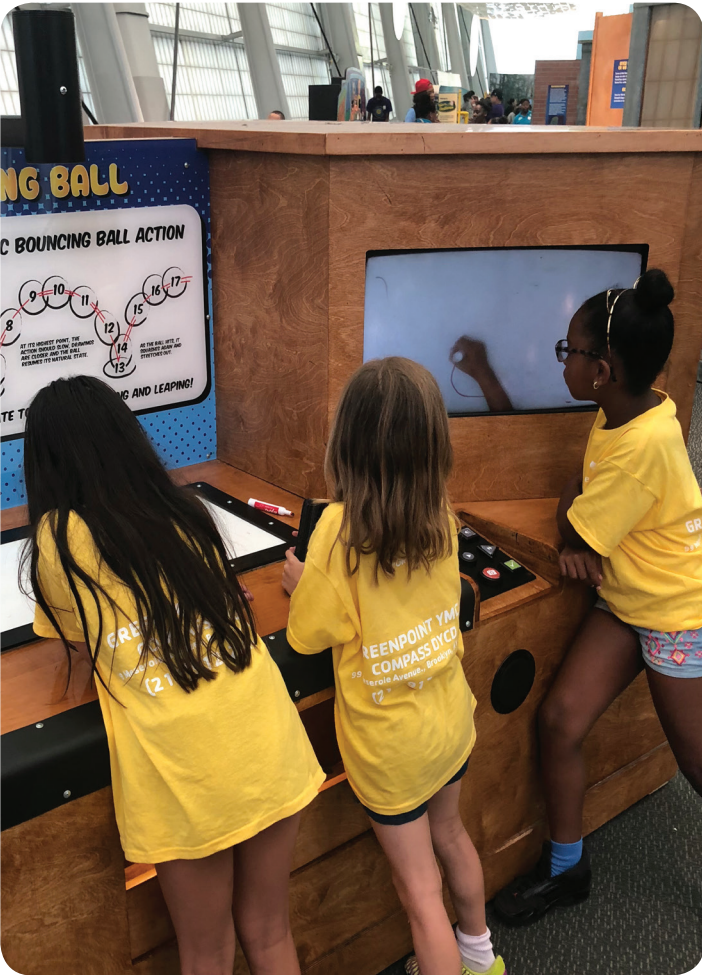
Member	\$665	Community	\$765
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Creative Arts Camp (Ages 7-12)

Young artists in our Creative Arts Camp will explore the wonderful world of art through a variety of media. Campers will create their own masterpieces through drawing, painting, sculpting, and creating collages, as well as participate in core traditional Day Camp activities and theme days. Creative Arts campers will participate in one field trip per session and will have one swimming lesson a week at the Greenpoint Y pool. Camp location: PS 84 at 250 Berry Street.

Cost per two week session

Member	\$665	Community	\$765
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# SLEEPAWAY CAMP

## TRADITIONAL SLEEPAWAY

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.



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



# HOME AWAY FROM HOME

## HOTEL GUEST ROOMS

**The Greenpoint Y provides a great opportunity and value for visitors to experience one of New York City's most coveted neighborhoods. Our YMCA offers clean, comfortable and**

### NEIGHBORHOOD

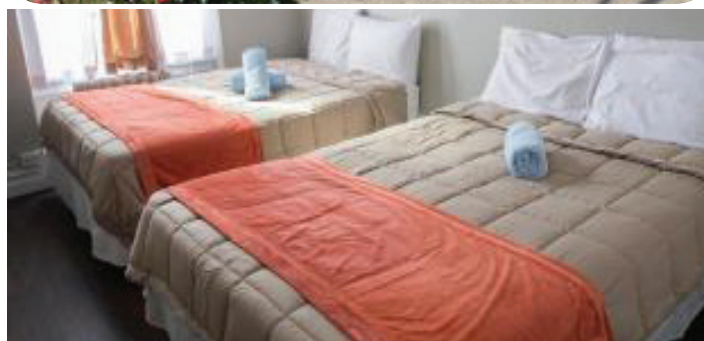
The Greenpoint and Williamsburg neighborhood is home to some of the best restaurants, bars, and shopping. Visitors can visit New York City on a budget while enjoying the many attractions right here in Greenpoint and Williamsburg. Stay with us and enjoy the friendly service, comfortable accommodations, and diverse culture.

### ACCOMMODATIONS/ AMENITIES

- Single and double rooms with shared bath facilities for men and women
- Daily housekeeping service
- Air-conditioning and TV in Deluxe rooms
- Fully equipped Cardio and Strength Training Center
- World class free weight room
- Dedicated spin studio
- Heated indoor swimming pool
- Modern locker rooms with saunas for men and women
- 24-hour security
- Safe deposit box
- Free WIFI

### TRANSPORTATION

Connections with mass transit via G subway line, and bus lines B62, B43, B48, and B24. Easy access to airports, and accessible by train, bus and East River Ferry. Fifteen minutes to Manhattan.



Guest Room Rates

Type of Room	# of Guests	Weekday Daily*	28 Days*
Economy Room   1 Person	1	\$ 62	\$1,456
Deluxe Room   1 Person	1	\$ 82	\$2,038
Deluxe Room   2 People	2	\$ 96	\$2,359
Deluxe Room   3 People	3	\$110	\$2,825
Deluxe Room   4 People	4	\$119	\$3,058

\*Rates listed do not include a daily membership fee. Rates are subject to change. For current rates, please call our Member Service Desk at (212) 912-2260.

# JOIN THE Y

## MEMBERSHIP INFORMATION

### STAFF LISTING

Kendall Charter – Executive Director  
x 4402, kcharter@ymcany.org

Tatiana Terzuoli – Director, Communications and Development  
x 4406, tterzuoli@ymcany.org

Natasha Persaud – Director, Membership & Guest Rooms  
x 4404, npersaud@ymcany.org

Kayla Gordon – Healthy Lifestyles Director  
x 4403, kgordon@ymcany.org

Shevonne Greene – Youth & Family Director  
x 4408, sgroene@ymcany.org

Eneyka Shee – Compass Afterschool Coordinator  
x 4412, eshee@ymcany.org

Linda Leahy – Early Childhood Director  
x 4407, lleahy@ymcany.org

Danielle Peterson – Business Manager  
x 4411, dapeterson@ymcany.org

Jazzmine Randolph – Aquatics Director  
x 4415, jrandolph@ymcany.org

Floyd Allen – Property Manager  
x 4420, fallen@ymcany.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@ymcany.org](mailto:volunteer@ymcany.org) for more information.

### JOB OPPORTUNITIES

Visit [ymcany.org/careers](http://ymcany.org/careers) for open positions in our staff family at the YMCA or at one of more than 100 sites throughout the five boroughs and at our New York YMCA Camp upstate.

### MEMBERSHIP RATES

Membership Types	Greenpoint YMCA
Youth (up to 11)	\$175/yr.
Teen (12 – 17)	\$292/yr.

Membership Types	Greenpoint YMCA Prices	City-wide	Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$48/mos.	\$85/mos.	\$30
Adult (18 – 64)	\$57/mos.	\$106/mos.	\$80
Senior (65+)	\$48/mos.	\$85/mos.	\$30
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$76/mos.	\$125/mos.	\$80
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$106/mos.	\$185/mos.	\$80

\*Membership rates & offers subject to change. Guest Pass is \$25.

### HOLIDAY HOURS

<b>Memorial Day</b> Monday, May 27	5:00 AM – 3:00 PM
<b>Independence Day</b> Thursday, July 4	5:00 AM – 3:00 PM
<b>Labor Day</b> Monday, September 2	5:00 AM – 3:00 PM
<b>Thanksgiving</b> Thursday, November 28	5:00 AM – 3:00 PM
<b>Christmas Eve</b> Tuesday, December 24	5:00 AM – 3:00 PM
<b>Christmas Day</b> Wednesday, December 25	CLOSED
<b>New Years Eve</b> Tuesday, December 31	5:00 AM – 3:00 PM
<b>New Years Day</b> Wednesday, January 1	5:00 AM – 12:00 AM

Note: All fee-based classes will be prorated in the event of holidays.

## 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. There is a fee to replace lost cards.

## 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.

## 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. Not available at all locations.



# LIVESTRONG AT THE

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](http://ymcanyc.org/livestrong)**

## YMCA NEW AMERICANS WELCOME CENTERS

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

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

**FOR REGISTRATION/PRE-TESTING &  
CLASS SCHEDULE, GO TO**  
**[ymcanyc.org/newamericans](http://ymcanyc.org/newamericans)**

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





## WORRIED ABOUT DIABETES?

Did you know 30 percent of adult New Yorkers have prediabetes? Find out if you're at risk and learn more about the YMCA's Diabetes Prevention Program.

The 12-month program helps participants reduce their risk of developing type 2 diabetes by:

- Eating healthier
- Increasing physical activity
- Losing weight

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

## HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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





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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

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



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





# LOCATIONS

## MANHATTAN BRANCHES

### Chinatown YMCA

273 Bowery  
New York, NY 10002  
212.912.2460

### Harlem YMCA

180 West 135th Street  
New York, NY 10030  
212.912.2100

### McBurney YMCA

125 West 14th Street  
New York, NY 10011  
212.912.2300

### Vanderbilt YMCA

224 East 47th Street  
New York, NY 10017  
212.912.2500

### West Side YMCA

5 West 63rd Street  
New York, NY 10023  
212.875.4100

## BRONX BRANCH

### Bronx YMCA

2 Castle Hill Avenue  
Bronx, NY 10473  
718.792.9736

## 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 11201  
718.469.8100

### Greenpoint YMCA

99 Meserole Avenue  
Brooklyn, NY 11222  
718.389.3700

### North Brooklyn YMCA

570 Jamaica Avenue  
Brooklyn, NY 11208  
718.277.1600

### Prospect Park YMCA

357 Ninth Street  
Brooklyn, NY 11215  
718.768.7100

### Park Slope Armory YMCA

361 15th Street  
Brooklyn, NY 11215  
212.912.2580

## QUEENS BRANCHES

### Cross Island YMCA

238-10 Hillside Avenue  
Bellerose, NY 11426  
718.479.0505

### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718.961.6880

### 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

Big Pond Road  
Huguenot, NY 12746  
845.858.2200

## ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600



GREENPOINT  
99 Meserole Avenue, Brooklyn, NY 11122  
212-912-2260  
[ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint)

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

 @greenpointymca

NEW YORK CITY'S YMCA