



DISCOVER YOUR Y

**Harlem YMCA
Summer/Fall 2019
PROGRAM & CLASS GUIDE**

**180 West 135th Street
New York, NY 10030
212-912-2100
ymcanyc.org/harlem**

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



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 [@HarlemYMCA](https://twitter.com/HarlemYMCA)

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

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

2019 SESSION & REGISTRATION DATES

SUMMER REGISTRATION DATES

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

SUMMER SESSION DATES:

July 1, 2019 - August 25, 2019

FALL I REGISTRATION DATES

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

FALL I SESSION DATES:

September 3 - October 27, 2019

FALL II REGISTRATION DATES

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

FALL II SESSION DATES:

October 28 - December 22, 2019



WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration on all fee-based programs, such as swim, sports, camp, and more	✓	✓
State-of-the-art fitness center – includes more than 30 pieces of cardio and strength equipment	✓	✓
Over 70 FREE weekly group exercise classes – includes yoga, spin, aqua fitness, and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Swimming Pool with 50 hours of lap swim	✓	✓
Sauna and Steam rooms	✓	✓
Basketball court	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE towel service	✓	✓
FREE family classes – such as family art, music, swim, and more		✓
FREE teen orientation to the fitness center		✓
FREE teen programs – including Teens Take the City, Leaders Club, and Teen Center		✓
Convenient family locker room		✓

ADULTS

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

△ FEE BASED CLASS

GROUP EXERCISE CLASSES

We offer over 70 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!

◆ Kickboxing

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

◆ Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

◆ Total Body

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.

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

△ TRX

TRX Suspension Training will take your workout to new heights! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results.

Fees	1x week	2x week
Member	\$69	\$125
Community	\$100	\$155

CARDIO

◆ Ultimate Abs

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

◆ Spin®

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

◆ Step

Using an aerobic step, participants follow choreography and step up and down to the music.

◆ Cardio Kickboxing

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

◆ Boxing Core Training

This class will train your abdominal, oblique and lower back muscles using core boxing training movements.

◆ Cycle & Strength

This class combines cardio and strength training simultaneously as the class consists of cardio drills on the bike (similar to a regular Spin class) as well as standing upper body, lower body, and core exercises off the bike, using resistance bands and weights.

MIND/BODY

◆ Ashtanga Yoga

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

◆ Chair Yoga

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

◆ Sunrise Yoga

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

◆ Power Yoga

An athletic-based yoga class with challenging movements

◆ Vinyasa Yoga

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

◆ Mat Pilates

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

◆ Dance Party

DANCE

A fun choreographed aerobic workout to music.

◆ Dancealates®

Dancealates® is a flowing, energizing workout that combines the core principles of Pilates with the strengthening, lengthening and toning techniques found in traditional jazz and ballet barre workouts.

◆ △ Salsa

Learn Salsa basics to fun music

Member	FREE	Community	\$125
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◆ 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.

Member	\$69	Community	\$100
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WATER FITNESS

◆ Aqua Boot Camp

This challenging water workout will put your strength and endurance to the test.

◆ Deep Aqua Impact

Build up your endurance by walking, jogging, or running in the low-impact water environment.

◆ Aqua Aerobics

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

ACTIVE OLDER ADULTS

◆ SilverSneakers®

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.

◆ Aqua Aerobics

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



WELLNESS PROGRAMS

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

◆ New Member Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact **Craig Parker** at 212-912-2104 or email at cparker@ymcanyc.org to schedule your appointment today!

◆ YMCA Weight Loss Program (NEW!)

This FREE weight loss program is designed to empower people seeking a healthier weight. Rather than focusing on short-term solutions, the program helps participants make small lifestyle changes and form sustainable, healthy habits. For 12 consecutive weeks, participants meet in a group for 1-hour per week, discussing topics including creating a supportive environment, goal setting, balanced eating, physical activity, positive psychology, and sustainability. Contact **Shearrod Duncan** at 212-912-2112 or sduncan@ymcanyc.org to sign up today!

◆ Y Fit Start Program

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, the Y Fit Start Program is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. The Y Fit Start PROGRAM will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12 week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program at our Membership Desk or set up an appointment with **Donté Jones** at 212-912-2115 or djones@ymcanyc.org.

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

△ FEE BASED CLASS

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available.

For more information, contact **Donté Jones** at 212-912-2115 or djones@ymcanyc.org

1 Hour Session	Per week/month	Fee
1	1/month	\$70
4	1/week	\$258
8	2/week	\$490
12	3/week	\$706
16	4/week	\$906

30 Minute Session	Per week/month	Fee
1	1/month	\$50
4	1/week	\$180
8	2/week	\$340
16	4/week	\$635

SWIM

ADULTS

◆ Adult Swim

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

YMCA Swim Lessons

Adult Beginner

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

Adult Intermediate

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

◆ Water Fitness Classes

Classes are scheduled throughout the day. Please see our pool schedules online.

LIVESTRONG AT THE YMCA

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

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



SIGN UP AT
ymcanyc.org/livestrong



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



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

Zoë Smith and Detra Gillians
Y Camps / New York City

KIDS & FAMILY

From pre-school to fun night out 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

Early Childhood Program fees

Member	FREE	Community	\$145
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◆ Family Time

This is an open play time where you and your child can enjoy the Rumble & Tumble obstacle course, play with others and build strong bodies. Free for Family & Youth members; **\$6.00** per child for community members.

◆ Family Swim

Families come to swim and enjoy the pool safely while spending quality time together.

PARENT/CHILD

◆ Rumble and Tumble

9-24 Months

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

EARLY CHILDHOOD

◆ Tumbling Tots

2-4 Years

Toddlers will engage in friendly and non-competitive classes providing age appropriate activities including gymnastics apparatus skills, tumbling and group games. Professionally trained staff will ensure that children have fun while focusing on achievement at their own pace. Toddlers will become more confident, more willing to take risks and will be challenged in creative new ways. Parental participation is required.

◆ Rhythm & Movement

12-24 Months

A structured class designed to stimulate coordination, listening skills, balance, musical interpretation, creative movement and motor development in our participants. Your children will enjoy their time moving along creatively to their hearts desire. Parental participation is required.

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



SPORTS

◆ C.A.T.C.H. ▶

5-8 years

A fun introductory sports class for both boys and girls. Through a range of developmentally appropriate activities, children are introduced to some of the fundamentals of basketball, t-ball, indoor soccer and most importantly, team work. **FREE!**

Basketball Foundations ▶

3-5 years, 6-8 years, 9-12 years

Our youth instructional basketball classes will help participants develop their skills in an environment that encourages peer support and positive reinforcement. The basketball foundation class will include lessons in dribbling, shooting, passing and the defensive and offensive rules of the game. This is a great place for your child to meet new friends and build their basketball skills.

Fees	1x week	2x week
Member	\$95	\$140
Community	\$145	\$210

Basketball Intermediate & Advanced ▶

6-8 years, 9-12 years

For experienced youth basketball players, our intermediate and advanced basketball programs will focus on fine-tuning their skills and introducing drills and techniques that will bring out their competitive drive. While teaching the importance of good sportsmanship, this progressive setting will allow each player to become more proficient in the sport.

Member	\$95	Non-Member	\$145
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Soccer Foundations ▶

3-5 years, 6-8 years

A popular sport for young children, soccer involves running and kicking, as well as eye and foot coordination. It holds a young child's interest and provides lots of fun while improving coordination.

Member	\$95	Community	\$145
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Quick Start Tennis

4-5 years, 6-8 years

This is a great introduction to the sport of tennis. All skills and techniques will be taught from the game base approach which include the PAS techniques. So come participate in this exciting sport at the Harlem YMCA.

Fees	1x week	2x week
Member	\$95	\$140
Community	\$145	\$210

The YMCA's Martial Arts Program combines fitness, self-defense, sport, meditation, discipline, character development and self-confidence.

MARTIAL ARTS

Karate

**Youth Beginner, Intermediate, & Advanced
4-5 years, 6-8 years & 9-12 years**

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

Fees	1x week	2x week
Member	\$95	\$140
Community	\$145	\$210

ARTS

Arts Program fees

Member	\$95	Non-Member	\$145
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Ballet

3-5 years, 6-8 years, 9-12 years

Ballet is one of the world's most graceful dance styles. Our classes teach the basic techniques of traditional ballet. We use a variety of music for our classes taking this style from classic to modern. These ballet classes will teach the basics of the dance while allowing creative movement from each dancer. It is an introductory class that will help to open the child's eyes to the world of dance.

Dance (Hip-Hop)

8-12 years

Designed for beginner and intermediate dancers, this high energy dance class will be comprised of hip hop, modern and creative dance. This class is great for participants who want to enjoy a structured care-free environment while improving their physical and mental wellness. A wonderful way to reduce the stress levels of our youth. **FREE!**

Bilingual Mingle

3-5 years, 6-8 years

Bilingual Mingle is an introductory Spanish class for youth. Children will be immersed in a fun, interactive class where they will learn the basics of the language while being engaged in a natural environment with their peers. Games, songs and art will be incorporated to keep our little ones eager to learn a second language.



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

ONLINE REGISTRATION AVAILABLE

Today's teens are tomorrow's leaders. Y teen programs offer New York City young people a forum to be heard. Through civic engagement programs, health and fitness activities and special interest clubs, teens can connect with their peers while giving back to their community. At the Y, we work every day to help teens set and achieve their personal and educational goals. As a result, NYC teens gain confidence as they recognize the Y as a place where they belong and can feel comfortable exploring new interests and passions. Through our leadership and academic enrichment programs, the Y makes sure that every teen has an opportunity to envision and pursue a positive future, and to take an active role in strengthening his or her community.

Teen Membership

Come out and show your skills on our basketball court, work out in our fitness center or just hang out with friends in our lounge. A fitness orientation must be completed by all teens before using the cardio area.

Teen hours are from 2:30 pm – 8:00 pm on weekdays, and 8:00 am – 7:45 pm on weekends. **Teens may use the facility after 8:00 pm Monday through Friday only with parental supervision.**

12 > HARLEM Y SUMMER/FALL 2019

SUMMER CAMP

Teen Camp

12-14 Years

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

Cost Per 2 Week session

Member	\$450	Community	\$600
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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.



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

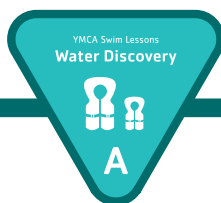




SWIM STAGE DESCRIPTIONS

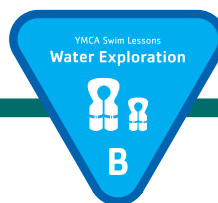
SWIM STARTERS

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.



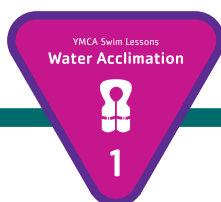
B / WATER EXPLORATION

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

SWIM BASICS

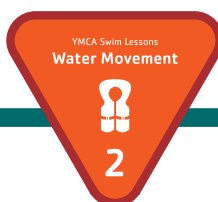
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- 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.

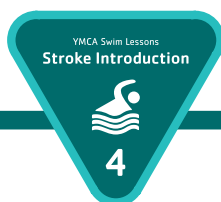


3 / WATER STAMINA

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.

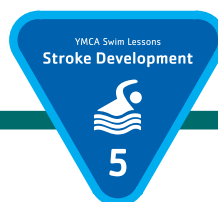
SWIM STROKES

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.



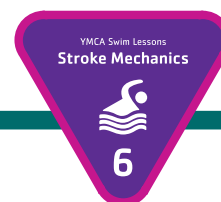
4 / STROKE INTRODUCTION

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.

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE



SWIM STARTERS

Swim Starters Lesson Fees

Member	\$95
Community	\$190

Water Discovery (A)

Parent/Child 6-18 months

Wednesday	5:45 - 6:15 PM	
Saturday	10:00 - 10:30 AM	10:30 - 11:00 AM
Sunday	2:00 - 2:30 PM	

Water Discovery (A)

Parent/Child 18-36 months

Wednesday	5:45 - 6:15 PM	
Saturday	11:00 - 11:30 AM	11:30 - 12:00 PM
Sunday	2:00 - 2:30 PM	

Water Exploration (B)

Parent/Child 6-18 months

Wednesday	5:45 - 6:15 PM	
Saturday	11:00 - 11:30 AM	11:30 - 12:00 PM
Sunday	2:00 - 2:30 PM	

Water Exploration (B)

Parent/Child 18-36 months

Wednesday	5:45 - 6:15 PM	
Saturday	11:00 - 11:30 AM	11:30 - 12:00 PM
Sunday	2:00 - 2:30 PM	

PRIVATE LESSONS

# of Private Lessons	Member	Community
8- Private (30 min)	\$310	\$425
12-Private (30 min)	\$500	\$640

SEMI-PRIVATE LESSONS

# of Semi-Private Lessons	Member	Community
8- Semi-Private (30 min)	\$180	\$255
12- Semi-Private (30 min)	\$290	\$412

*Contact the Aquatics Director, **Justin Daniels** at 212-912-2116 or jdaniels@ymcanyc.org to schedule private or semi-private lessons. Both are non-refundable and non-transferable.

SWIM BASICS

Swim Basics Lesson Fees	3-5 years	5-12 years	Adult
Member	\$95	\$100	\$135
Community	\$190	\$200	\$220

Stage 1: Water Acclimation

Parent/Pre-school Child (3-5 years)

Saturday	10:30 - 11:00 AM
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Stage 1: Water Acclimation

Pre-school Child (3-5 years)

Monday	4:00 - 4:30 PM	
Tuesday	5:00 - 5:30 PM	
Wednesday	5:00 - 5:30 PM	
Thursday	4:00 - 4:30 PM	4:45 - 5:15 PM
Friday	4:00 - 4:30 PM	5:45 - 6:15 PM
Saturday	10:00 - 10:30 AM	11:30 - 12:00 PM
	1:45 - 2:15 PM	
Sunday	12:00 - 12:30 PM	1:30 - 2:00 PM

Stage 1: Water Acclimation

School Age Child (5-8 years)

Monday	6:15 - 7:00 PM	
Tuesday	5:30 - 6:15 PM	
Wednesday	4:00 - 4:45 PM	6:15 - 7:00 PM
Thursday	5:30 - 6:15 PM	6:15 - 7:00 PM
Friday	4:45 - 5:30 PM	6:30 - 7:15 PM
Saturday	12:00 - 12:45 PM	1:45 - 2:30 PM
Sunday	12:00 - 12:45 PM	

Stage 1: Water Acclimation

School Age Child (8-12 years)

Monday	6:15 - 7:00 PM	
Tuesday	5:30 - 6:15 PM	
Wednesday	4:00 - 4:45 PM	6:15 - 7:00 PM
Thursday	5:30 - 6:15 PM	6:15 - 7:00 PM
Friday	4:45 - 5:30 PM	6:30 - 7:15 PM
Saturday	12:00 - 12:45 PM	1:45 - 2:30 PM
Sunday	12:00 - 12:45 PM	

Stage 1: Water Acclimation - Adult

Monday	6:30 - 7:15 PM
Wednesday	6:15 - 7:00 PM
Saturday	3:00 - 3:45 PM
Sunday	11:00 - 11:45 AM

Stage 2: Water Movement

Pre-school Child (3-5 years)

Monday	4:45 - 5:15 PM	
Tuesday	4:45 - 5:15 PM	4:00 - 4:30 PM
	5:45 - 6:15 PM	
Wednesday	5:00 - 5:30 PM	
Saturday	10:00 - 10:30 AM	12:00 - 12:30 PM
	1:00 - 1:30 PM	
Sunday	12:00 - 12:30 PM	1:30 - 2:00 PM

Stage 2: Water Movement

School Age Child (5-8 years)

Monday	5:30 - 6:15 PM
Tuesday	4:45 - 5:30 PM
Wednesday	4:00 - 4:45 PM
Thursday	5:30 - 6:15 PM
Saturday	12:00 - 12:45 PM
Sunday	12:00 - 12:45 PM

Stage 2: Water Movement

School Age Child (8-12 years)

Monday	5:30 - 6:15 PM
Tuesday	4:45 - 5:30 PM
Wednesday	4:00 - 4:45 PM
Thursday	5:30 - 6:15 PM
Saturday	12:00 - 12:45 PM
Sunday	12:00 - 12:45 PM

Stage 2: Water Movement - Adult

Monday	6:30 - 7:15 PM
Wednesday	6:15 - 7:00 PM
Saturday	3:00 - 3:45 PM
Sunday	11:00 - 11:45 AM

Stage 3: Water Stamina

Pre-school (3-5 years)

Monday	4:45 - 5:15 PM
Wednesday	5:45 - 6:15 PM
Saturday	11:00 - 11:30 AM
Sunday	1:30 - 2:00 PM

Stage 3: Water Stamina

School Age Child (5-8 years)

Tuesdays	4:00 - 4:45 PM
Saturdays	1:45 - 2:30 PM
Sundays	12:45 - 1:30 PM

Stage 3: Water Stamina

School Age Child (8-12 years)

Tuesdays	4:00 - 4:45 PM
Saturdays	1:45 - 2:30 PM
Sundays	12:45 - 1:30 PM

Stage 3: Water Stamina - Adult

Monday	6:30 - 7:15 PM
Wednesday	6:15 - 7:00 PM
Saturday	3:00 - 3:45 PM
Sunday	11:00 - 11:45 AM

SWIM STROKES

Swim Strokes Lesson Fees	3-5 years	5-12 years	Adult
Member	\$95	\$100	\$135
Community	\$190	\$200	\$220

Stage 4: Stroke Introduction

Pre-school Child (3-5 years)

Monday	4:00 - 4:30 PM
Thursday	4:00 - 4:30 PM
Saturday	11:30 - 12:00 PM

Stage 4: Stroke Introduction

School Age Child (5-8 years)

Tuesday	6:15 - 7:00 PM
Saturday	2:00 - 2:45 PM

Stage 4: Stroke Introduction

School Age Child (8-12 years)

Tuesday	6:15 - 7:00 PM
Saturday	2:00 - 2:45 PM

Stage 4: Stroke Introduction - Adult

Saturday	3:00 - 3:45 PM
Sunday	11:00 - 11:45 AM

Stage 5: Stroke Development

School Age Child (5-12 years)

Tuesday	6:15 - 7:00 PM
Saturday	2:00 - 2:45 PM

Stage 5: Stroke Development

Adult

Saturday	3:00 - 3:45 PM
Sunday	11:00 - 11:45 AM

Stage 6: Stroke Mechanics

School Age Child (5-8 years)

Saturday	2:15 - 3:00 PM
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Stage 6: Stroke Mechanics

School Age Child (8-12 years)

Saturday	2:15 - 3:00 PM
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Stage 6: Stroke Mechanics - Adult

Saturday	3:00 - 3:45 PM
Sunday	11:00 - 11:45 AM

YMCA LIFEGUARD CERTIFICATION

This is a national certification, which includes, CPR, First Aid, and Oxygen. Participants must successfully complete prerequisite swim skills and be 16 years of age. Contact Aquatics Director, [Justin Daniels](mailto:jdaniels@ymcanyc.org) at 212-912-2116 or jdaniels@ymcanyc.org for further details.

SAFE POOLS HAVE RULES

General YMCA Pool Rules

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

YMCA Family and Youth Swim Rules

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



New York City Department of Health Code Rules

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

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

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

SUMMER CAMP

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

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

*Offers cannot be combined

Online registration available for most camps.

DAY CAMP

Visit ymcanyc.org/harlemcamp for more information and full camp guide.

Kinder Camp 4-5 Years

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 spectacular showcases. To prepare our young campers for their transition into kindergarten and develop their skill sets and comfort level with city travel, campers will participate in small local trips within the community.

Cost Per 2 Week session

Member	\$550	Community	\$640
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Day Camp 6-11 Years

Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as Crazy Hat Day. In addition, campers will engage in a variety of science, technology, engineering, and math activities during each session. Day campers will be divided into age groups with children within one to two years of their age. Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. In addition, activities such as journaling and age-appropriate science experiments will expand their literacy, math and science skills, and promote their ability to think critically. Field trips to museums and science centers will link to the camp-based activities and maximize educational enrichment.

Cost Per 2 Week session

Member	\$450	Community	\$600
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Teen Camp 12-14 Years

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

Cost Per 2 Week session

Member	\$450	Community	\$600
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Swim Camp 7-12 Years

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.

Cost Per 2 Week session

Member	\$515	Community	\$650
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Dance Camp 7-12 Years

Dance Camp is for all youth who have a passion for the art of dance. Our Educational Dance Camp will involve warmups necessary to get the body ready for the technical skills being taught. Our skilled instructors will work with all different levels of dancers, from beginner to advanced. Your child will also learn the different aspects of a dance program such as class etiquette and performance readiness and costuming. Each class will include across-the-floor drills, technique and a routine. Every session will end with a mini showcase of skills learned. For the 2019 camp season, Dance Camp will focus on: Session 1 – Ballet, Session 2 – African, Session 3 – Jazz, Session 4 – Hip Hop/Modern.

Cost Per 2 Week session

Member	\$490	Community	\$630
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Basketball Camp 7-12 Years

The game of basketball was created in 1891 at a YMCA by Dr. James Naismith. Our Basketball Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds or education in sports, campers will learn the history, rules, and key skills of basketball, all while practicing their techniques in mini-games. In addition, campers will explore the values of teamwork, good sportsmanship, and a strong work ethic.

Cost Per 2 Week session

Member	\$490	Community	\$630
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TEEN SLEEPAWAY

Camp Talcott 11-14 Years

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 15-16 Years

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 15 Years

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.

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 7-11 Years

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

Counselor-In-Training Program 16-17 Years

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 12-16 Years

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, 10-18 Years

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 8 Years

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.



CELEBRATE WITH US

Book your birthday party with the Harlem YMCA and let one of our professional staff help you enjoy your party! Parties are booked on Saturdays and Sundays from 3:30pm – 6:30pm.* (*Times may vary) All birthday parties will be supervised/coordinated by Y staff. Birthday parties are for children ages 1 - 12 yrs. of age.

Our 3-hour party packages are designed for children ages 1 - 12, to accommodate 20 - 25 guests (not including accompanying adults) and are scheduled on weekends only.

You can access the party room 30 minutes prior to the scheduled party to set up/decorate. The YMCA will provide tables and chairs (round and/or rectangle tables which accommodate 6-8 seats per table) and a special T-Shirt for the birthday boy/girl!

Depending on your specific party package, your party will generally begin with 30 minutes to one hour in the party room, then one hour in the gym or pool, followed by one hour or 90 minutes back in the party room – completing three hours of birthday fun! You have the option of adding an additional hour in the party room for an additional cost.

“Room Only” Party

Three hours of non-stop fun in a designated party room, hosted by a YMCA staff person. The room will be set up with the agreed upon tables and chairs. You are expected to provide the cake, decorations and party supplies.

Your YMCA host will assist you in ensuring a smooth, entertaining and worry-free party.

Member	\$550	Community	\$630
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“Gym” Party:

Two hours of fun in a designated party room and one hour in our Kids Gym (for ages 7 and under), or our gymnasium (ages 8-12). Our Kids Gym is loaded with games and activities to be led by your YMCA host. Our gymnasium is a standard full-court basketball gym. Your staff host can orchestrate basketball teams/games and other sports activities during your gym time. NO FOOD OR BEVERAGES ALLOWED IN THE GYM.

Member	\$600	Community	\$700
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“Pool” Party

Two hours of fun in a designated party room with a YMCA host and one hour of water activities in our pool with a designated Lifeguard in addition to your YMCA host. No more than 25 people may occupy the pool and deck. Your staff host will coordinate games and pool activities, supported by the chaperones. NO FOOD OR BEVERAGES ALLOWED IN THE POOL OR ON THE DECK. (additional pool rules are listed on the application).

Member	\$650	Community	\$750
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“Gym & Pool” Party

An action-packed, fun filled three hours. Fifteen minutes after arrival - dart off to the pool for an hour of pool time fun; followed by one hour of sports activities. Meet back at the party room for 45 minutes of birthday festivities! Enjoy the same amenities mentioned in the Gym and Pool Party categories.

Member	\$725	Community	\$800
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What to expect when having your party at the YMCA:

- Your favorite YMCA activity all to yourself.
 - An enthusiastic staff person to assist with your set-up and ensure that you have everything that you need.
 - A qualified staff person to lead games and activities that will keep all party-goers busy and happy for 45 minutes to 1 hour.
- NO hassles for you. Let the YMCA do all the work.
- A \$150.00 non-refundable deposit with a party agreement is required to reserve your space.
- All fees include up to 20 - 25 guests.

Event Space Rooms and Fees

The Harlem YMCA has various rooms available for rent on an hourly basis for your special event. See room size, capacity and rates:

Room name (Dimensions)	Capacity Range	Rates
Little Theatre (40x28 ft)	50-80	\$240/hr
Lounge with Patio (30x23 ft)	45-60	\$210/hr
Craft Room (30 x 19 ft)	30-45	\$185/hr
Board Room (25x17 ft)	15-20	\$175/hr
Studio 2 (23 x 12)	6-25	\$150/hr
Community Room	10-20	\$125/hr
Multi-purpose Room	8-20	\$120/hr
K-Corner	8-20	\$120/hr

ADDITIONAL ITEMS:

- Portable Sound System - **\$50**
- Laptop - **\$75**
- Projector - **\$75**
- Projector Screen- **\$25**

To book your birthday party package or an event space please contact

Gigi Davis-Booth at 212.912.2113 or gdavis@ymcanyc.org

GUEST ROOMS [BOOK NOW](#)

GET MORE AND PAY LESS WHEN YOU STAY AT THE HARLEM YMCA!

Enjoy the full-service fitness center including access to the swimming pool, steam room and sauna, and cardiovascular and strength training studios. Meet fellow travelers and locals in our guest lounge and patio.

For travelers who are on the go, we are conveniently located near four underground train lines (2/3, B/C) which run 24 hours a day. A 10 minute ride will take you to the most scenic and serene section of Central Park, and 10 minutes more will take you to the heart of Manhattan and hotspots like Times Square, Empire State Building and Rockefeller Center.

Stay in the neighborhood and admire the historic architecture and rich cultural sites on a guided tour through Harlem, get a taste of soul by Top Chef Master, Marcus Samuelsson at Red Rooster, and polish off the night with some smooth jazz on Sugar Hill.

Room types are private singles and bunk bed doubles. Upgrade to our newly renovated deluxe rooms which include flat screen TVs and cable. Guests share semi-private bathrooms which are conveniently located on each floor.

- * Free unlimited WiFi (in common areas on floors)
- * Clean linens & towels provided
- * No curfew or lockout
- * Rooms are equipped with air-conditioning & mini refrigerators
- * 24 Hour security
- * Free Tourist Information and Maps
- * Guests enjoy special discounts at participating local businesses

Please Note: All guests must be 13 years of age or older. Visitors are not permitted on guest room floors after 11pm. Check-in after 2pm, Check-out by 11am.

For current rates & special offers or to book your stay, contact contact **Michael Lopin** at mlopin@ymcanyc.org or 212-912-2168.

NEW AMERICANS INITIATIVE



The Harlem YMCA New Americans Initiative offers FREE classes for adults including: English to Speakers of Other Languages (ESOL), Citizenship Preparation, and Adult Basic Education (ABE). As a resource center, we are also available to connect you to other free services in the community to meet your needs such as job readiness and counseling, legal services, and benefits enrollment. All classes are conveniently located at the Harlem YMCA.

HARLEM YMCA BRANCH

180 West 135th St
(Between Lenox Ave. & Adam Clayton Powell Jr. Blvd.)
(212) 912-2163

Please visit our website for current class schedules
<https://ymcanyc.org/locations/harlem-ymca/programs-classes/new-americans-welcome-center>

Walk-in referrals and information available
Monday -Thursday from 2:00 - 5:00 pm or by
appointment.

Registration for classes takes place on the following dates
(call for times and locations):

Summer 2019

- Registration: July 1-2, 2019
- Session Dates: July 8 – September 27, 2019

Fall 2019

- Registration: September 30-October 1, 2019
- Session Dates: October 7 – December 20, 2019

El Centro de Bienvenida para Nuevos Americanos en Harlem ofrece clases GRATIS para adultos que incluyen: Alfabetismo para Adultos, Inglés como Segundo idioma (ESOL), Ciudadanía, Preparación para empleo, y Educación básica para adultos (ABE/HSE). Como un centro de recursos, también estamos disponibles para conectarles a otros servicios gratis en la comunidad. Como servicios jurídicos, búsqueda de empleo, e inscripción de beneficios.

Por favor, visite nuestro sitio web para los horarios de clase actuales: <https://ymcanyc.org/locations/harlem-ymca/programs-classes/new-americans-welcome-center>

Atendemos sin cita previa de lunes a jueves a las 2:00 – 5:00.

Verano 2019

- Inscripción: Julio 1-2, 2019
- Fechas de Sesión: Julio 8 – Septiembre 27, 2019

Otoño 2019

- Inscripción: Septiembre 30 – Octubre 1, 2019
- Fechas de Sesión: Octubre 7 – Diciembre 20, 2019

Le Harlem YMCA New Americans Initiative offre des cours gratuits pour adultes: l'alphabétisation en Anglais (ESOL), préparation de citoyenneté, et préparation pour le BAC (HSE). Entant que centre de ressources, nous sommes également disponible pour vous connecter á d'autre services gratuits dans la communauté qui répondront á vos besoins, par exemples les services juridiques, placement d'emploi et des inscriptions aux avantages donné par le gouvernement. Les classes se tiendront á Harlem YMCA.

S'il-vous-plait visitez notre site d'internet pour nos horaires de cours: <https://ymcanyc.org/locations/harlem-ymca/programs-classes/new-americans-welcome-center>

Renvois nécessaire du Lundi au Jeudi de 14hrs – 17hrs pour avoir plus d'informations..

Été 2019

- Inscription: Juillet 1-2, 2019
- Reprise de Session: Juillet 8 – Septembre 27, 2019

Automne 2019

- Inscription: Septembre 30-October 1, 2019
- Reprise de Session: Octobre 7 – Décembre 20, 2019

YMCA NEW AMERICANS INITIATIVE

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 more information, contact New American Initiative Director, Jim Anderson at 212-912-2163 or jaanderson@ymcanyc.org

FOR REGISTRATION/PRE-TESTING & CLASS SCHEDULE, GO TO:
ymcanyc.org/newamericans



TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

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



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



Visit the member service desk or go to ymcanyc.org for more information.

JOIN THE Y

MEMBERSHIP INFORMATION

SENIOR STAFF LISTING

- Latoya Jackson** - Executive Director
212-912-2162, ljackson@ymcanyc.org
- Jamal Williams** - Fund Development & Communications Director
212-912-2164, jwilliams@ymcanyc.org
- Balan Iyer** - Senior Business Manager
212-912-2105, biyer@ymcanyc.org
- Sadia Lola Aiwinilomo** - Assistant Business Manager / HR
(212) 912-2107, slola@ymcanyc.org
- Gigi Davis-Booth** - Executive Assistant
212-912-2113, gdavis@ymcanyc.org
- Shearrod Duncan** - Member Engagement & Sales Director
212-912-2112, sduncan@ymcanyc.org
- Caroline Sanchez** - Youth & Family Director
212-912-2167, csanchez@ymcanyc.org
- Michael Lopin** - Residence Director
212-912-2168, mlopin@ymcanyc.org
- Justin Daniels** - Aquatics Director
212-912-2116, jdaniels@ymcanyc.org
- Jim Anderson** - New Americans Initiative Director
212-912-2163, jaanderson@ymcanyc.org
- Donté Jones** - Personal Training Coordinator
212-912-2115, djones@ymcanyc.org
- Tyrique Wade** - Healthy Lifestyles Coordinator
212-912-2135, twade@ymcanyc.org

HOLIDAY HOURS

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

28 > HARLEM Y SUMMER/FALL 2019

New Years Eve

Tuesday, December 31 7:00 AM - 3:00 PM

New Years Day

Wednesday, January 1 8:00 AM - 8:00 PM

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

MEMBERSHIP RATES

Membership Types	Harlem Y
Youth (up to 11)	\$312/yr.
Teen (12 - 17)	\$384/yr.

Membership Types	Harlem Y Prices	City-wide	Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$59	\$85/mos.	\$125
Adult (18 - 64)	\$71	\$106/mos.	\$125
Senior (65+)	\$59	\$85/mos.	\$125
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$90	\$125/mos.	\$125
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$117	\$185/mos.	\$125

*Membership rates & offers subject to change

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

Visit ymcanyc.org/careers for open positions in our staff family at the YMCA or at one of more than 100 sites throughout the five boroughs and at our New York YMCA Camp upstate.

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 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.

YMCA "AWAY" POLICY

AWAY (Always Welcome at the YMCA) As a YMCA member, you have access to YMCAs across the country and around the world. You must present a valid YMCA ID to be eligible to use AWAY privileges. Call ahead to check on individual branch policies.

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. One free pass is available on the Harlem YMCA website to introduce the Harlem Y to friends and associates. **Day Passes are available to purchase for \$15.00 per day.**

CAMERA POLICY

For the privacy and security of all — especially our youth 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 is a good alternative for parents who wish to accompany their children that are over the age of five and of the opposite gender.

CODE OF CONDUCT

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

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

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



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

EXERCISING COURTESY

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



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

WORRIED ABOUT DIABETES?

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

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

- Eating healthier
- Increasing physical activity
- Losing weight

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



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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





LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
212.912.2490

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718.215.6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11210
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
Brooklyn, NY 11222
212.912.2260

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

Prospect Park YMCA

357 Ninth Street
Brooklyn, NY 11215
718.768.7100

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.551.9300

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.551.9350

Jamaica YMCA

89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

Long Island City YMCA

32-23 Queens Blvd.
Long Island City, NY 11101
718.392.7932

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA at

Arverne by the Sea
207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY

New York YMCA Camp

160 Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600



180 West 135th Street
New York, NY 10030
212-912-2100
ymcanyc.org/harlem

 @HarlemYMCA

 facebook.com/harlemy

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