



DISCOVER YOUR Y

Jamaica Y Summer/Fall 2019 PROGRAM & CLASS GUIDE

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Jamaica, NY 11432
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ymcanyc.org/jamaica

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



CONTACT US

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

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

2019 SESSION & REGISTRATION DATES

SUMMER REGISTRATION DATES

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

SUMMER SESSION DATES:

July 1, 2019 – August 25, 2019

FALL I REGISTRATION DATES

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

FALL I SESSION DATES:

September 3 – October 27, 2019

FALL II REGISTRATION DATES

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

FALL II SESSION DATES:

October 28 – December 22, 2019



WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration on all fee-based programs, such as swim, sports, camp, and more	✓	✓
State-of-the-art fitness center – includes more than 66 pieces of cardio and strength equipment	✓	✓
Over 50 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 consisting of Lap Swim, Family Recreation, Group Lessons	✓	✓
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 civic engagement, Leaders Club, and Teen Center		✓
Convenient family locker room		✓

ADULTS

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

We offer over 50 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CONDITIONING

◆ BodyShred™

Jilliam Michaels BodyShred™ is a high intensity and endurance based 30 minute workout.

◆ Boot Camp

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

◆ Cardio Sculpt

Work up a sweat with this intense fusion of cardio drills and strength training.

◆ 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 Conditioning

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

◆ TRX

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

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.

◆ Ultimate Abs

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

◆ Cardio Kickboxing

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

CARDIO

◆ H.I.I.T.

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

◆ Low Impact Cardio

Get a cardio challenge with minimal impact on bones and joints!

◆ Spin®

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

MIND/BODY

◆ 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.

◆ Hatha Yoga

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

◆ Restorative Yoga

A yoga class focused on your inner energy and well-being.

◆ Core Connection

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

◆ 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

◆ Belly Dance

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

◆ Hip Hop

A cardiovascular workout to Hip Hop music. Learn fun choreography, with a step-by-step progression to get your feet moving and your heart pumping.

◆ Modern

Explore modern movement to a variety of music.

◆ Soca Dance Party

A high intensity dance fitness class fused with African dance, African music, West Indian dance, and Soca music!

◆ Tap Dance

A tap class that places emphasis and attention on tap technique and style.

◆ 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

◆ Tai Chi

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

WATER FITNESS

◆ Aqua Jog

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

◆ Water Aerobics

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

◆ YMCA Arthritis Aquatic Program

Based on a program developed by the Arthritis Foundations, this low-impact workout will help you build strength and endurance.

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ACTIVE OLDER ADULTS◆ **SilverSneakers® Circuit**

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

◆ **SilverSneakers® 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.

◆ **SilverSneakers® Splash**

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

◆ **SilverSneakers® Yoga**

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

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 Janet Martinez at 212.912.2204 or email mjanet@ymcany.org to schedule your appointment today!

◆ **YMCA Weight Loss Program (NEW!)**

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Janet Martinez at 212.912.2204 or email mjanet@ymcany.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 Contact Janet Martinez at 212.912.2204 or email mjanet@ymcany.org.



Personal Training One-on-One

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 Janet Martinez at 212.912.2204 or email mjanet@ymcany.org ***For members only**

Intro. Package (3 Sessions)	\$120 (one time only)
Bronze Package (1 session)	\$50
Silver Package (5 sessions)	\$235
Gold Package (10 sessions)	\$440

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

Semi-Private Personal Training

You and your friend can share the cost and reap the benefits of Semi-Private Training. Enjoy the motivation and camaraderie while achieving major results.

1 Session	\$42p/p
5 Session	\$200p/p
10 Sessions	\$380p/p

Small Group Personal Training

For 3-6 friends with similar fitness abilities. Small group offers a higher level of training than you find in most exercise classes with individualize attention without sacrificing the camaraderie you find in group workouts.

5 Sessions	\$135
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SWIM

◆ Adult Swim

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

YMCA Swim Lessons

Swim Basics

Teaches personal water safety and the fundamentals of swimming.

Swim Strokes

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

Pathways

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

SPORTS

ADULTS

Pickleball

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Piffle Ball, over a net. Please contact Janet Martinez at 212-912-2204 or email mjanet@ymcany.org

Volleyball

Come play this popular team sport for the fun of the game. Members are free to join in this sport.

Wednesday 5:30pm

◆ Adult Sunday Basketball

Get back in the game with Adult Sunday Basketball. Where participants 30+ play together for the fun of the game. For more information, please contact Janet Martinez 212.912.2204 or email at mjanet@ymcany.org

4 week session 8:00 am - 11:30 am

Member	FREE	Community	\$40
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◆ Handball

A game played against a single wall, with a small rubber ball that is struck with hand or fist against the wall.

Sunday 11:30 am

Adult Seido Karate

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

Friday	5:30 pm
Saturday	9:00 am

Fees Per Day	1 Day	2 Days
	\$54	\$96



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

Fees

Member	\$60	Community	\$75
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Rumble and Tumble

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

◆ Toddler Time

This is an open play time where you and your child can enjoy the Rumble & Tumble obstacle course, play with others and build strong bodies. Free for members; \$5.00 per child for community members.

SWIM

◆ Family Swim

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

Swim Starters

(Age 6 – 36 months)

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children. (See Swim section p. 18)

Swim Basics (Age 3 – 5 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 18)

ARTS

Creative ballet (Ages 3-6)

A fun creative way for children to explore dance.

Saturday 11:15 AM

Member	\$55	Community	\$75
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**“She has the pride
and self-esteem that
comes with feeling
strong as a swimmer.”**

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

PLEASE GIVE TODAY.
ymcanyc.org/give



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

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AFTERSCHOOL & SUMMER CAMP

Y Afterschool

Jamaica Y is available afterschool at PS26Q, PS40Q, PS48Q, PS175Q, IS59Q, and SONYC (Branch). Y Afterschools provides students with the opportunity to choose from specialized classes designed to nurture the student's spirit, mind and body. For information about the program, contact Juliet Beecher at 212-912-2212 or jbeecher@ymcany.org.

Available at: PS26Q, PS40Q, PS48Q, PS175Q, IS59Q, and SONYC (Branch)

Day Camp (Ages 6-8)

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

SWIM

◆ Family Swim

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 18)

Swim Strokes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 19)

Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports, and Games. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 19)

SPORTS

Youth Soccer Program

An energetic program that emphasizes teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age appropriate teaching tools and drills. For more information please contact Janet Martinez 212.912.2204 or email mjanet@ymcanyc.org

Member	\$30	Community	\$60
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Basketball Skills and Drills

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

Member	\$30	Community	\$60
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Youth Basketball League

The Jamaica Y's Youth Basketball League emphasizes the importance of having fun and playing basketball, while also developing athletic and social skills, improving educational performance and learning about healthy lifestyles. For more information please contact Janet Martinez 212.912.2204 or email at mjanet@ymcanyc.org

Youth Seido Karate

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.

Thursday	5:30 PM
Saturday	9:00 AM

Fees Per Day	1 Day	2 Days
	\$54	\$96

ARTS

Modern Dance (Ages 6-12)

A more relaxed, free style of dance utilizing emotions and moods to design individual steps and movements. It features deliberate use of gravity which strives to be light and airy.

Saturday	9:45 AM
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Trip Program For The Arts

8 trips per session to various art museum, studios art galleries and tourist attraction.

Cost Per 8 week session

Member	\$135
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S.T.E.A.M.

Introduction To Chess (Ages 7-12)

Chess is a two-player strategy board game played on a chessboard, a checkered game-board with 64 squares arranged in an 8x8 grid.

Member	\$35	Community	\$60
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Crocheting/Knitting

Looking for a new hobby or to advance your skills? Beginners will learn how to cast on, knit, purl, increase, decrease and sew. You will be introduced to knitting by starting a basic project (hat, scarf, handbag, etc.) Participants may bring their current project or begin a new project. A great way to make holiday gifts with love.

Tuesday 6:30-8:00 PM (Ages 8 & up)

Member	\$35	Community	\$60
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Sewing 101

Learn how to be creative without spending a lot of money. Sewing 101, class will teach you the basics of how to sew from threading, stitching and setting a sewing machine for different features. Step by step, the instructor will introduce you how to read a pattern, cutting and piecing. No sewing experience necessary. Homework may be required to complete the project.

Tuesday 6:30-8:30 PM (Ages 13 & up)

Member	\$60	Community	\$85
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Introduction to PowerPoint (Ages 12-15)

Using Microsoft PowerPoint software, the presentation is a collection of individual slides that contain information on a topic.

Member	\$35	Community	\$60
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Movie Makers Club (Ages 12-17)

The promotion of the art and science of movie making through movie making techniques.

Member	\$35	Community	\$55
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Arts and Crafts (Ages 5-8)

This class combines environmental awareness with creativity of arts & crafts by using recyclable bottles, cans newspapers, cardboard, and other recyclable items to make beautiful works of art. Your child can help save the planet and have fun while making a variety of different projects.

Saturday 11:00-12:00 pm

Member	\$35	Community	\$60
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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

You can meet many of tomorrow's leaders today in our leadership incubation program that gives teens the opportunity to improve their leadership and social skills, while giving back to the community. Teens meet on a weekly basis in small groups to develop and implement projects aimed at providing valuable service to their local community.

◆ Teens Take the City

Teens Take the City is a dynamic leadership development program that offers NYC teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teens engage in community mapping to figure out how to better their community, work in small groups to identify a law to address the issue, develop a policy proposal that is debated for other teens at City Hall, learn the history and function of NYC government, and meet

and interview a NYC official. Once students have developed a policy proposal, they will implement their initiatives in their community through youth-lead service learning activities. Talk about social responsibility at its best!

◆ Youth & Government

Youth & Government — Youth & Government lets young people experience how our nation's democratic process works from the inside out. Starting with issues that stir their passions, teens learn to debate public policy, write legislation and (simulate) taking over the State Legislature in Albany. Proposed legislation originating with Youth & Government participants has gone on to be presented by actual legislators and signed into New York State Law. Organized in 1936 in the State of New York, the YMCA Youth & Government Program is now a national program of the YMCA held in 38 states with more than 46,000 students from all walks of life involved.

COLLEGE ACCESS & CAREER READINESS

◆ Rowe Scholars

Rowe Scholars helps students and their parents realize that college is a real and attainable option. The program serves students enrolled in grades 6-12, offering continued support throughout college and beyond.

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 12-19)

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

SUMMER CAMP

Teen Camp (Ages 12-15)

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

Cost Per 2 Week session

Member	\$402	Community	\$464
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SWIM

Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 18)

Swim Strokes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 19)

Pathways

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ARTS

Lyrical Dance (Ages 12-17)

A fusion of Ballet, Modern and Jazz dance techniques. It challenges dancers to use motion to interpret music and express emotion. This form of movement not only attempts to show the meaning of the music through a mass of dance styles but it portrays certain emotions such as love, and tells a story through every movement made. It is mainly performed to music with lyrics, and the song's lyrics are a driving force and key inspiration for the movement. Choreography is often emotional, gripping, and exquisitely delicate, all at the same time.

Thursday 6:00 PM



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:

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◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE

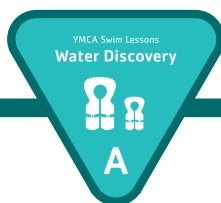




SWIM STAGE DESCRIPTIONS

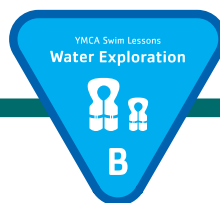
SWIM STARTERS

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



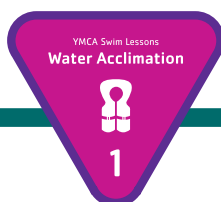
A / WATER DISCOVERY

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



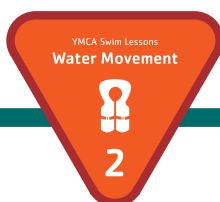
B / WATER EXPLORATION

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



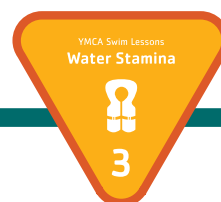
1 / WATER ACCLIMATION

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.



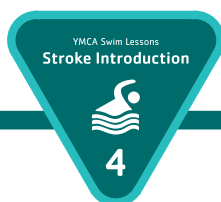
3 / WATER STAMINA

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 BASICS

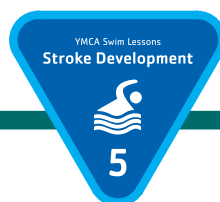
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

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



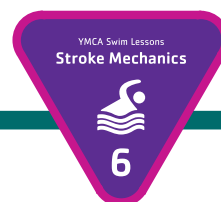
4 / STROKE INTRODUCTION

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.

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.

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



ADULT & FAMILY SWIM

Drop into our pool for lap swim, family swim, or recreational swim. Check our pool schedule online to find a time that works for you and your family.

SWIM LESSONS

We offer swim lessons for infants, kids, teenagers, and adults. Choose from weekday, evening, and weekend classes all year long.

SWIM STARTERS

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children.

Swim Starters Lesson Fees	Ages 6-36 Months
Member	\$88
Community	\$125

Water Discovery

Parent/Child 6-18 months

Sunday 9:00 - 9:30 AM

Water Discovery

Parent/Child 18-36 months

Sunday 9:00 - 9:30 AM

Water Exploration

Parent/Child 6-18 months

Sunday 9:00 - 9:30 AM

Water Exploration

Parent/Child 18-36 months

Sunday 9:00 - 9:30 AM

SWIM BASICS

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

Swim Basics Lesson Fees	Ages 3-5
Member	\$88
Community	\$125

Stage 1: Water Acclimation

Pre-school Child (3-5 years)

Wednesday 4:00 - 4:30 PM

Saturday 12:00 - 12:30 PM

Stage 1: Water Acclimation

School Age Child (5-12 years)

Saturday 10:50 - 11:35 AM

Sunday 11:00 - 11:45 AM

Stage 2: Water Movement

Pre-school Child (3-5 years)

Thursday 4:00 - 4:30 PM

Sunday 9:35 - 10:05 AM

Stage 2: Water Movement

School Age Child (5-12 years)

Wednesday 5:00 - 5:45 PM

Saturday 12:45 - 1:30 PM

Stage 3: Water Stamina

Pre-school (3-5 years)

Sunday 1:35 - 2:05 PM

Saturday 12:00 - 12:30 PM

Stage 3: Water Stamina

School Age Child (5-12 years)

Saturday 1:40 - 2:25 PM

Sunday 10:10 - 10:55 AM

Stage 3: Water Stamina

Teen (12-17 years)

Sunday 2:15 - 3:00 PM

Stage 3: Water Stamina

Adult

Sunday 2:15 - 3:00 PM

SWIM STROKES

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

Swim Strokes Lesson Fees

Member	\$100
Community	\$155

Stage 4: Stroke Introduction Pre-school Child (3–5 years)

Tuesday 4:00 – 4:30 PM

Stage 4: Stroke Introduction School Age Child (5–12 years)

Tuesday 5:00 – 5:45 PM

Saturday 9:55 – 10:40 AM

Stage 4: Stroke Introduction Teen (12–17 years)

Thursday 7:00 – 7:45 PM

Saturday 2:35 – 3:20 PM

Stage 4: Stroke Introduction Adult

Tuesday 7:00 – 7:50 PM

Saturday 8:00 – 8:50 AM

Stage 5: Stroke Development School Age Child (5–12 years)

Saturday 9:00 – 9:45 AM

Tuesday 6:00 – 6:45 PM

Stage 5: Stroke Development Teen (12–17 years)

Thursday 7:00 – 7:45 PM

Stage 5: Stroke Development Adult

Thursday 7:00 – 7:50 PM

Stage 6: Stroke Mechanics School Age Child (5–12 years)

Wednesday 6:00 – 6:45 PM

Sunday 11:50 – 12:35 PM

Stage 6: Stroke Mechanics Adult

Tuesday 7:00 – 7:50 PM

PATHWAYS

Students who have achieved Stage 5 or 6 can continue to build endurance by taking:

Aquatics Conditioning

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle

Recommended age ranges: school-age youth (8–12 yrs.), teens and adults (12+ yrs.), depending on swim ability

Saturday 9:00 – 9:55 AM

Aquatic Leaders Club – Lifeguard

Encourages leadership development in the area of aquatic safety with a goal to prepare and motivate participants to become lifeguards through a separate certification course.

COMING SOON!

Recommended age range: School-aged youth and teens (11–16 yrs.)

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.

COMING SOON!



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.



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.



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/jamaicacamp for more information and full camp guide. To register email JamaicaYCamp@ymcanyc.org.

Kinder Camp (Age 5)

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

Cost Per 2 Week session

Member	\$428	Community	\$480
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Day Camp (Ages 6-8)

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	\$402	Community	\$464
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Teen Camp (Ages 12-15)

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

Cost Per 2 Week session

Member	\$402	Community	\$464
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Swim Camp (Ages 5-11)

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

The key components of Swim Camp are:

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

Cost Per 2 Week session

Member	\$428	Community	\$480
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Dance Camp (Ages 9-11)

Dance Camp is for all youth who have a passion for the art of dance. Our Educational Dance Camp will involve warmups necessary to get the body ready for the technical skills being taught. Our skilled instructors will work with all different levels of dancers, from beginner to advanced. Your child will also learn the different aspects of a dance program such as class etiquette and performance readiness, including makeup and costuming. Each class will include across-the-floor drills, technique and a routine. Every session will end with a mini showcase of skills learned. Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire will be enforced to make sure each dancer is equipped and ready to learn to the best of their ability.

Cost Per 2 Week session

Member	\$428	Community	\$480
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Basketball Camp (Ages 9-11)

Our Basketball Camp is designed to enhance skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds or education in basketball, campers will learn the history, rules, and key skills of the sport, 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	\$428	Community	\$480
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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.

EXERCISING COURTESY

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



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

JOIN THE Y

MEMBERSHIP INFORMATION

STAFF LISTING

Cedric Dew - Senior Executive Director
x 6001, cdew@ymcanyc.org

Gloria E. Messam - Fund Development Specialist
x 6002, gmessam@ymcanyc.org

Sabrina Lewis - Membership & Sales Engagement Director
x 6022, slewis@ymcanyc.org

Juliet Beecher - Youth & Family Director
x 6012, jbeecher@ymcanyc.org

Janet Martinez - Healthy Lifestyles Director
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Carlotta Cuenca - Summer Camp Director
x 6010, ccuenca@ymcanyc.org

Lenis Perez - Beacon Program Director
x 6014, lperez@ymcanyc.org

Teo Tejada - Aquatics Director
x 6006, ttejada@ymcanyc.org

Thomas McTernan - Business Manager
x 6007, tmcternan@ymcanyc.org

Nelson Perez - Assistant Business Manager
x 6008, nperez@ymcanyc.org

Orlando Rivera - Building and Property Director
x 6027, orivera@ymcanyc.org

Andres Calixto - Building Engineer
x 6025, acalixto@ymcanyc.org

Maximo Hernandez - Residence Director
x 6023, mhernandez@ymcanyc.org

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

HOLIDAY HOURS

Memorial Day Monday, May 27	7:00 AM - 3:00 PM
Independence Day Thursday, July 4	7:00 AM - 3:00 PM
Labor Day Monday, September 2	7:00 AM - 3:00 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
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	Jamaica Prices	City-wide	Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$46/mo.	\$87/mo.	\$225
Adult (18 - 64)	\$57/mo.	\$107/mo.	\$225
Senior (65+)	\$46/mo.	\$87/mo.	\$225
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$68/mo.	\$122/mo.	\$225
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$93/mo.	\$180/mo.	\$225

*Membership rates & offers subject to change

MISSION

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

POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS Please let us know if your card is lost or stolen.

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. A monthly hold fee will be charged. Membership privileges are surrendered while your membership is on hold.

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free 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.

TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

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



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



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

LIVESTRONG AT THE YMCA

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

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

LIVESTRONG
FOUNDATION



SIGN UP AT
ymcanyc.org/livestrong



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



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