



DISCOVER YOUR Y

LONG ISLAND CITY Y
Summer/Fall 2019
PROGRAM & CLASS GUIDE

32-23 Queens Boulevard
Long Island City, NY 11101
718-392-7932
ymcanyc.org/lic

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 - 10:45 PM
Saturday - Sunday: 6:00 AM - 9:45 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 XX pieces of cardio and strength equipment		
Over 75 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 96 hours of lap swim		
Sauna rooms		
Basketball court		
Indoor running track		
FREE Child Watch		
FREE WiFi		
19 FREE family classes – such as family zumba and family swim		
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

▶ ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

We offer over 74 FREE group fitness classes for people of all ages and abilities. See our full schedule online at ymcany.org/lic/schedules.

CONDITIONING

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.

◆ Core Training

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

◆ Insanity®

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

◆ Kettlebells

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

◆ 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.

CARDIO

◆ Cardio Circuit

This efficient and challenging form of cardio training uses a variety of exercises and workout stations

◆ Cardio Kickboxing

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

◆ POUND

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

◆ **Indoor Cycling** Intense cardio workout of simulated road bike riding to energizing music.

MIND/BODY

◆ Gentle Yoga

Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation. Iyengar yoga promotes quiet, an inward focus, and a heightened consciousness mentally for the experience of childbirth.

◆ Vinyasa Yoga

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

◆ 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

◆ Latin Dance Party

A fun choreographed aerobic workout to Latin beats and rhythms.

◆ 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

◆ Capoeira

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

◆ 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 Boot Camp

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

◆ Water Aerobics

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

ACTIVE OLDER ADULTS

◆ Zumba® Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

◆ 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.

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.

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 Joanthan Imperial at 18-392-7932 or jimperial@ymcanyc.org

Bronze Package (1 session)	\$75
Silver Package (5 sessions)	\$355
Gold Package (10 sessions)	\$665
Platinum Package (20 sessions)	\$1200

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

***Non-member pricing varies. Please inquire within.**

Massage Therapy

In addition to feeling good, massage has a range of documented benefits, including the release of muscular tension, improved flow to the heart, and more. Treat yourself to the benefits of massage today with an appointment. 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 Joanthan Imperial at 718-392-7932 or jimperial@ymcanyc.org

Bronze Package (1 session)	\$85
Silver Package (5 sessions)	\$385
Gold Package (10 sessions)	\$750
Platinum Package (20 sessions)	\$1440

◆ 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 Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org to schedule your appointment today!

◆ YMCA Weight Loss Program (NEW!)

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Kathleen Rahill at 718-392-7932 or krahill@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 appoin

◆ 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. (See Swim section p. XX)

Swim Strokes

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

◆ Water Fitness Classes

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 5)

Enjoy open court during various times during the week. The court is open to members 12 and up for full or half court based on the schedule. Please see our mobile app for exact times.

SWIM

SPORTS

◆ 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.

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◆ Running Club

Join our official running club! Our group of experienced as well as novice runners meets 3x week for various group runs and the social events are not to be missed. For more info, contact Jonathan at jimperial@ymcanyc.org.



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



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.

PRE-SCHOOL & SUMMER CAMP

Early Childhood Camp (Ages 2-4)

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

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. xx)

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. XX)

SPORTS

For additional information about our sports programs, please contact Sport Manager Stanley Simon at ssimon@ymcanyc.org or call 718-392-7932.

Toddler Soccer

Our soccer classes teach skills, improve coordination, and encourage fair play, positive attitude, and teamwork.

Member	\$70
Community	\$100

Sunday 4:00 pm-4:45 pm

Toddler Basketball

Introduce your little one to the game of basketball with age-appropriate games and equipment in a safe space and the guidance of our friendly, certified staff.

Member	\$70
Community	\$100

Saturday 11:30 am-12:15 pm

ARTS

For additional information about our ballet program, please contact Sport Manager Stanley Simon at ssimon@ymcanyc.org or call 718-392-7932.

Beginner Ballet

Your little one is introduced to simple stretches and ballet terminology while incorporating movement in their own way through games and using props.

Member	\$120
Community	\$160

Saturday 10:00 am - 11:00 am



KIDS & FAMILY
(ages 0-4)

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

YOUTH

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

AGES 5-12

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



AFTERSCHOOL & SUMMER CAMP

SWIM

Y Afterschool At PS 150, PS 228, IS 126

The best of Long Island City YMCA is available afterschool at PS150, PS 228, and IS 126. Our Y Afterschool locations provide students with the opportunity to choose from specialized classes designed to nurture the student's spirit, mind and body. For information about the afterschool programs, please contact Julia Defeo at jdefeo@ymcanyc.org or call 718-392-7932.

Day Camp (Ages 6-11)

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



◆ 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.

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.

SPORTS

Soccer Academy

Our Soccer Academy provides soccer enthusiasts with a higher caliber of training meant to go above basic clinic drills. Try-outs for the soccer academy is mandatory. For more information, please contact Sports Director Stanley Simon at ssimon@ymcanyc.org or call 718-392-7932.

Beginner Soccer

Our soccer classes teach skills, improve coordination, and encourage fair play, positive attitude, and teamwork.

Member	\$150
Community	\$190

(5-7 years) Sunday 1:00 pm - 2:00pm

(8-15 years) Sunday 2:00 pm - 3:00 pm

(8-15 years) Sunday 3:00 pm - 4:00pm

Beginner Basketball

Learn and master the basics of passing, dribbling and shooting and practice your offense and defense in fun scrimmages.

Member	\$150
Community	\$190

(5-7 years) Saturday 9:30 am - 10:30 am

(8-15 years) Saturday 10:30 am - 11:30 am

(8-15 years) Saturday 12:30 pm - 1:30 pm



Beginner-Advanced Karate

Our progressive karate program teaches physical education, self-defense, and meditation. Regular participation in this program develops strength, agility, flexibility and coordination as well as focus and peace of mind.

Member	\$150
Community	\$190

(4-11 years) Saturday 10:00 am - 11:00 am

(4-11 years) Saturday 11:00 am - 12:00 pm

(5-12 years) Saturday 12:00pm - 1:00 pm

Youth Track Club

Competitive but fun running training program for youth geared towards getting race ready for competitions in and outside of the Y.

Member	\$65
Community	\$95

(5-13 years) Saturday :30 pm- 2:30 pm

DANCE

YOUTH
(ages 5-12)

Youth Salsa

Introduce your child to a love of music and movement as we explore the world of salsa dancing.

Member	\$130
Community	\$140

(5-8 years) Saturday 3:30 pm - 4:30 pm

(9-14 years) Saturday 4:30 pm - 5:30 pm

Hip-Hop/Jazz

This class is a combination of jazz and contemporary hip hop styles. Modern dance can be upbeat and funky or lyrical and expansive.

Member	\$137
Community	\$187

(4-8 years) Saturday 5:30 pm - 6:30 pm

(9-14 years) Saturday 6:30 pm - 7:30 pm

TEENS

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

AGES 12-17



LEADERSHIP & CIVIC ENGAGEMENT

◆ Leaders Club

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◆ Teens Take the City

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◆ Youth & Government

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12 LONG ISLAND CITY Y SUMMER/FALL 2019

FITNESS & SPORTS

◆ Teen Fitness Orientation (Ages 12-17)

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

◆ Teen Center (Ages 12 - 17)

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors. For more information, please contact our Teen Coordinator William Allison at wallison@ymcanyc.org or call 718-392-7932.

SUMMER CAMP

Teen Camp (Ages 12-14)

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



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. XX)

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



TEEN
(ages 12-17)

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

SWIM

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

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SWIM STAGE DESCRIPTIONS



SWIM STARTERS

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



A / WATER DISCOVERY

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



B / WATER EXPLORATION

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

SWIM BASICS

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

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



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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

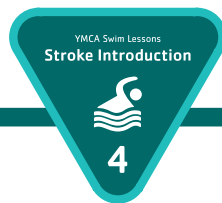


3 / WATER STAMINA

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

SWIM STROKES

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



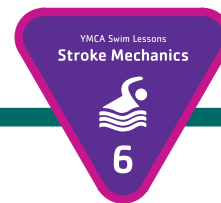
4 / STROKE INTRODUCTION

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



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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

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

STAGES OF LEARNING

SWIM STARTERS

Parent & child lessons

A Water Discovery

Blow bubbles
on surface,
assisted

Front tow
chin in water,
assisted

Water exit
parent & child
together

Water entry
parent & child
together

Back float
assisted, head on
shoulder

Roll
assisted

Front float
chin in water,
assisted

Back tow
assisted, head on
shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
blow bubbles,
assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head
on chest

Roll
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head
on chest

Monkey crawl
assisted, on edge,
5 ft.

SWIM BASICS

Recommended skills for all to have around water

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall,
5 ft.

Water exit
independently

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

Back float
assisted,
10 secs., recover
independently

Roll
assisted

Front float
assisted,
10 secs., recover
independently

Back glide
assisted, at wall,
5 ft.

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

2 Water Movement

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**

Back float
20 secs. (10 secs.
preschool)

Roll

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Tread water
10 secs., near
wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in
chest-deep water

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

Water exit
independently


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


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


Roll


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

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

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

 Preschool
3–5 yrs.
Stages 1–4

 School Age
5–12 yrs.
Stages 1–6

 Teen & Adult
12+ yrs.
Stages 1–6

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction

Endurance
any stroke or
combination of
strokes, 25 yd.

Front crawl
rotary breathing,
15 yd.

Back crawl
15 yd.

Dive
sitting

Resting stroke
elementary
backstroke,
15 yd.

Tread water
scissor & whip
kick, 1 min.

Breaststroke
kick, 15 yd.

Butterfly
kick, 15 yd.

5 Stroke Development

Endurance
any stroke or
combination of
strokes, 50 yd.

Front crawl
bent-arm
recovery,
25 yd.

Back crawl
pull, 25 yd.

Dive
kneeling

Resting stroke
sidestroke,
25 yd.

Tread water
scissor & whip
kick, 2 mins.

Breaststroke
25 yd.

Butterfly
simultaneous arm
action & kick,
15 yd.

6 Stroke Mechanics

Endurance
any stroke or
combination of
strokes, 150 yd.

Front crawl
flip turn,
50 yd.

Back crawl
pull & flip turn,
50 yd.

Dive
standing

Resting stroke
elementary
backstroke or
sidestroke,
50 yd.

Tread water
retrieve object
off bottom,
tread 1 min.

Breaststroke
open turn,
50 yd.

Butterfly
25 yd.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



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.

Please note that there are no makeups for the classes.

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

Member	\$120 (0-4 years)	\$130 (5-adult)
Community	\$165 (0-4 years)	\$200 (5-adult)

Water Discovery

Parent/Child 6-18 months

Saturday 10:00 am - 10:30 am

Water Discovery

Parent/Child 18-36 months

Saturday 9:00 am - 9:30 am

Water Exploration

Parent/Child 18-36 months

Saturday 9:30 am - 10:00 am

Water Exploration

Parent/Child 6-18 months

Saturday 10:30 am - 11:00 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

Member	\$120 (0-4 years)	\$130 (5-adult)
Community	\$165 (0-4 years)	\$200 (5-adult)

Water Exploration

Parent/Child 3-5 years

Saturday 9:00 am - 9:30 am

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

Stage 1: Water Acclimation

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

Monday	3:45 pm - 4:15 pm
Wednesday	3:45 pm - 4:15 pm
Wednesday	5:10 pm - 5:40 pm
Thursday	4:20 pm - 4:50 pm
Friday	4:30 pm - 5:00 pm
Saturday	10:00 am - 10:30 am
Saturday	10:30 am - 11:00 am
Sunday	9:00 am - 9:30 am
Sunday	9:30 am - 10:00 am
Sunday	10:00 am - 10:30 am

Stage 1: Water Acclimation

Parent/Child (3-5 years)

Saturday 9:00 am - 9:30 am

Stage 1: Water Acclimation

School Age Child (5-8 years)

Saturday	9:30 am - 9:45 am
Saturday	12:00 pm - 2:45 pm
Saturday	1:00 pm - 1:45 pm

Stage 1: Water Acclimation

School Age Child (8-12 years)

Saturday	2:00 pm - 2:45 pm
Monday	4:20 pm - 5:05 pm

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

Stage 1: Water Acclimation Teen (12-17 years)

Wednesday 5:10 pm - 5:55 pm
Saturday 2:00 pm - 2:45 pm

Stage 1: Water Acclimation Adult

Thursday 12:30 pm - 1:30 pm
Tuesday 8:00 pm - 9:00 pm
Wednesday 8:00 pm - 9:00 pm
Saturday 4:00 pm - 5:00 pm

Stage 2: Water Movement Pre-school Child (3-5 years)

Tuesday 3:45 pm - 4:15 pm
Friday 3:30 pm - 4:00 pm
Saturday 9:00 am - 9:30 am
Saturday 10:00 am - 10:30 am
Saturday 10:30 am - 11:00 am
Sunday 9:00 am - 9:30 am
Sunday 10:00 am - 10:30 am

Stage 2: Water Movement School Age Child (5-8 years)

Tuesday 4:20 pm - 5:05 pm
Wednesday 4:20 pm - 5:05 pm
Thursday 4:20 pm - 5:05 pm
Saturday 11:00 am - 11:45 am
Sunday 12:45 pm - 1:30 pm

Stage 2: Water Movement School Age Child (8-12 years)

Friday 4:00 pm - 4:45 pm
Sunday 10:45 am - 11:30 am

Stage 2: Water Movement Teen (12-17 years)

Thursday 5:10 pm - 5:55 pm

Stage 3: Water Stamina

Pre-school (3-5 years)

Monday 3:45 pm - 4:15 pm
Thursday 3:45 pm - 4:15 pm
Friday 4:45 pm - 5:15 pm
Saturday 10:00 am - 10:30 am
Saturday 10:30 am - 11:00 am
Sunday 9:30 am - 10:00 am
Sunday 10:00 am - 10:30 am

Stage 3: Water Stamina

School Age Child (5-8 years)

Saturday 11:00 am - 11:45 am
Saturday 12:00 pm - 12:45 pm
Saturday 3:00 pm - 3:45 pm
Sunday 10:45 am - 11:30 am
Sunday 11:45 am - 12:30 pm

Stage 3: Water Stamina

School Age Child (8-12 years)

Monday 4:20 pm - 5:05 pm
Tuesday 4:20 pm - 5:05 pm
Wednesday 4:20 pm - 5:05 pm
Thursday 4:20 pm - 5:05 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	\$120 (0-4 years)	\$130 (5-adult)
Community	\$165 (0-4 years)	\$200 (5-adult)

Stage 4: Stroke Introduction

Pre-school Child (3-5 years)

Tuesday 3:45 pm - 4:15 pm
Wednesday 3:45 pm - 4:15 pm
Thursday 3:45 pm - 4:15 pm
Friday 4:45 pm - 5:15 pm
Saturday 9:30 am - 10:00 am
Saturday 10:00 am - 10:30 am
Sunday 9:00 am - 9:30 am
Sunday 9:30 am - 10:00 am

Stage 4: Stroke Introduction

School Age Child (5-8 years)

Tuesday	5:10 pm - 5:55 pm
Thursday	5:10 pm - 5:55 pm
Friday	4:00 pm - 4:45 pm
Saturday	12:00 pm - 12:45 pm
Saturday	2:00 pm - 2:45 pm

Stage 4: Stroke Introduction

School Age Child (8-12 years)

Monday	5:10 pm - 5:55 pm
Tuesday	5:10 pm - 5:55 pm
Saturday	1:00 pm - 1:45 pm
Sunday	11:45 am - 12:30 pm
Sunday	12:45 pm - 1:30 pm

Stage 4: Stroke Introduction

Teen (12-17 years)

Friday	5:15 pm - 6:00 pm
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Stage 5: Stroke Development

School Age Child (5-8 years)

Monday	5:10 pm - 5:55 pm
Saturday	1:00 pm - 1:45 pm
Sunday	12:45 pm - 1:30 pm

Stage 5: Stroke Development

School Age Child (8-12 years)

Wednesday	4:20 pm - 5:05 pm
Saturday	11:00 am - 11:45 am

Stage 5: Stroke Development

Adult

Thursday	8:00 pm - 9:00 pm
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Stage 6: Stroke Mechanics

School Age Child (8-12 years)

Wednesday	4:20 pm - 5:05 pm
Saturday	11:00 am - 11:45 am



PATHWAYS

Swim Club (5-12 years)

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

Saturday	4:00 pm - 4:45 pm
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REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

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.

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.



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.

SUMMER CAMP

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



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

**Online registration available for
most camps.**

DAY CAMP

Early Childhood Camp (Ages 2-4)

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

Cost Per 2 Week session

Member	\$600	Community	\$640
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Kinder Camp (Ages 4-5)

Kinder Camp is designed for children entering kindergarten in September 2019. Structured day camp activities support the transition 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	\$600	Community	\$640
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Day Camp (Ages 6-11)

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

themed days such as Crazy Hat Day. In addition, campers will engage in a variety of science, technology, engineering, and math activities during each session. Day campers will be divided into age groups with children within one to two years of their age.

Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. In addition, activities such as journaling and age-appropriate science experiments will expand their literacy, math and science skills, and promote their ability to think critically. Field trips to museums and science centers will link to the camp-based activities and maximize educational enrichment.

Cost Per 2 Week session

Member	\$530	Community	\$570
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Teen Camp (Ages 12-14)

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

Cost Per 2 Week session

Member	\$530	Community	\$570
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Swim Camp (Ages 7-11)

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

The key components of Swim Camp are:

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

Cost Per 2 Week session

Member	\$640	Community	\$680
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Sports Camp (Ages 6-11)

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

Cost Per 2 Week session

Member	\$640	Community	\$680
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Japanese Summer Program -

Language Immersion (Ages 3-7)

Explore the Japanese language in an informal setting. We welcome campers of any Japanese/ English language ability, from beginner to advanced level. Our teachers work year-round with young students and are highly experienced with bilingual education (Japanese-English). In our classrooms, we encourage cultural awareness, the importance of accepting diversity and compassion for others from different backgrounds. We promote a caring and supportive multicultural community. The "Play with Hiragana" model that we offer is perfect for those children who are just starting to show an interest in letters or who have already started reading some letters on their own. Campers will enjoy learning Hiragana through activities such as singing songs and playing games. Campers will also participate in some Day Camp activities like, instructional swimming, twice a week, and indoor and outdoor physical activities.

Cost Per 2 Week session - Available sessions 2-3

Member	\$650	Community	\$680
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SLEEPAWAY CAMP

TRADITIONAL SLEEPAWAY

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

Camp McAlister (Ages 7-11)

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

TEEN SLEEPAWAY

Camp Talcott (Ages 11-14)

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

BOLD-GOLD Adventure Trips (Ages 15-16)

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

Leaders-In-Training (Ages 15)

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

CAMP

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

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

World Teen Camp (Ages 12-16)

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

SPECIALTY SLEEPAWAY

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

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

International Judo Camp (Starting at Age 7)

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



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

Meishay Gattis – Executive Director
x 6310, mgattis@ymcanyc.org

Brently Winstead – ED/HR Admin Assistant
x 6311, bwinstead@ymcanyc.org

Owen Salmon – Interim Business Manager
x 6313, osalmon@ymcanyc.org

Jonathan Imperial – Senior Program/Communications/
Healthy Lifestyles Director
x 6303, jimperial@ymcanyc.org

Heidy Lopez – Membership Sales & Engagement Director
x 6312, hlopez@ymcanyc.org

Julia Defeo – Youth & Family Director
x 6314, jdefeo@ymcanyc.org

Mihaela Schwartz – Early Childhood Director
x 6316, mschwartz@ymcanyc.org

Mohinder Rana – Aquatics Director
x 6320, mrana@ymcanyc.org

Stanley Simon – Sports Manager
x 6325, ssimon@ymcanyc.org

William Allison – Teen Coordinator
x 6319, wallison@ymcanyc.org

HOLIDAY HOURS

Stay connected on our mobile app!

Memorial Day

Monday, May 27

7:00 AM – 7:45 PM

No Classes or Child Watch

Independence Day

Thursday, July 4

7:00 AM – 7:45 PM

No Classes or Child Watch

Labor Day

Monday, September 2

7:00 AM – 7:45 PM

No Classes or Child Watch

Thanksgiving

Thursday, November 28

7:00 AM – 3:00 PM

No Classes or Child Watch

28 LONG ISLAND CITY Y SUMMER/FALL 2019

MEMBERSHIP RATES

Membership Types

LONG ISLAND CITY

Youth (up to 11)

\$285/yr.

Teen (12 – 17)

\$310/yr.

Membership Types

Long Island City YMCA Prices

City-wide

Joiner's Fee

Student

\$52/mo.

\$85/mo.

\$125

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

Adult (18 – 64)

\$66/mo.

\$106/mo.

\$125

Senior (65+)

\$85/mo.

\$85/mo.

\$125

Family I

\$125/mo.

\$125/mo.

\$125

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

Family II

\$185/mo.

\$125/mo.

\$125

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

*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

The YMCA is 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. Cards can be replaced for \$5.00.

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.

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

- In cases of inclement weather, the LIC YMCA reserves the right to cancel classes.
- Some classes and instructors may change based on availability. Please see our mobile app for updates schedules.

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.

YMCA NEW AMERICANS WELCOME CENTERS

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

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

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

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



WORRIED ABOUT DIABETES?

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

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

- Eating healthier
- Increasing physical activity
- Losing weight

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



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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



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



IVELISSE PHOTOGRAPHY

“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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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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.

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

Zoë Smith and Detra Gillians
Y Camps / New York City

PLEASE GIVE TODAY.
ymcanyc.org/give





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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Long Island City, NY 11101
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New York City's YMCA
**WHERE THERE'S A Y
THERE'S A WAY**