



DISCOVER YOUR Y

NORTH BROOKLYN Y
Summer/Fall 2019
PROGRAM & CLASS GUIDE

570 Jamaica Avenue
Brooklyn, NY 11208
212-912-2230
ymcanyc.org/northbrooklyn

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



CONTACT US

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E-MAIL: northbrooklyn2@ymcanyc.org

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 [facebook.com/northbrooklynymca](https://www.facebook.com/northbrooklynymca)

 [@northbrooklynymca](https://www.instagram.com/northbrooklynymca)

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Adults

Monday - Friday: 5:00 AM - 11:00 PM

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

Teens (Ages 12-17)

Monday-Friday: 2:00 PM-9:00 PM

Saturday-Sunday: 8:00 AM-9:00 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

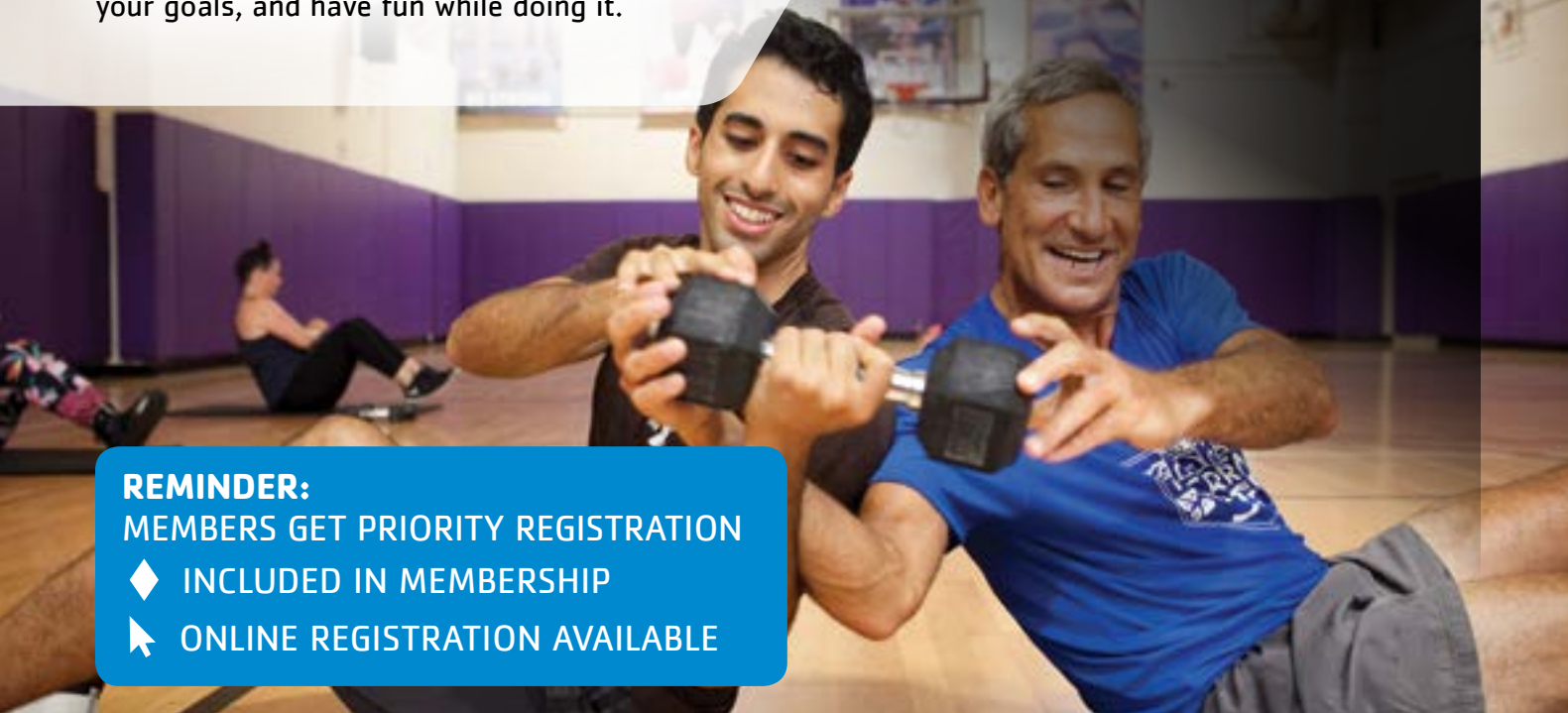
Where there's a Y, there's a way — to achieving your goals, supporting your family, and strengthening your community. Our programs help members learn, grow, and reach their full potential. At the YMCA, we're here for all New Yorkers, to empower youth, improve health, and strengthen community.

**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 55 pieces of cardio and strength equipment	✓	✓
Over 78 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 32 hours of lap swim	✓	✓
Sauna and Steam rooms	✓	✓
Basketball court	✓	✓
Indoor running track	✓	✓
FREE WiFi	✓	✓
FREE family classes – such as family swim, and more		✓
FREE child watch		✓
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 78 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CONDITIONING

◆ Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises. Work up a sweat with this intense fusion of cardio drills and strength training.

◆ Circuit Training

A fast paced workout that will challenge you with different activity stations.

◆ 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.

◆ Kickboxing

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

◆ Lower Body Blast

Focus on your lower body – hips, glutes, and legs with this strengthening 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.

◆ Ultimate Abs

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

CARDIO

◆ Cycling

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

MIND/BODY

◆ Yoga

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

CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a FREE service available to family members only. Must call 1 hour prior to reserve space. Space is limited.

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.

Swim Basics

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 15)

Swim Strokes

Builds strokes technique and endurance, to foster swimming as part of a healthy lifestyle. (See Swim section p. 15)

DANCE

◆ Zumba®

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



WATER FITNESS

◆ Aqua Jog

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

◆ YMCA Arthritis Aquatic Program

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



ACTIVE OLDER ADULTS

◆ AOA Cardio Conditioning

A gentle aerobic workout especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

◆ AOA Strength Training

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

◆ SilverSneakers® Classic

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

◆ Sneakers® 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 membership at 212-912-2230 or northbrooklyn2@ymcany.org to schedule your appointment today!

◆ YMCA Weight Loss Program (NEW!)

This FREE weight loss program is designed to empower people seeking a healthier weight. Rather than focusing on short-term solutions, the program helps participants make small lifestyle changes and form sustainable, healthy habits. For 12 consecutive weeks, participants meet in a group for 1-hour per week, discussing topics including creating a supportive environment, goal setting, balanced eating, physical activity, positive psychology, and sustainability. Contact northbrooklyn2@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 4 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 Heidi Ortiz at northbrooklyn2@ymcany.org.

◆ 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 Heidi Ortiz at 212-912-2242 or hortiz@ymcany.org

(1 session)	\$65
(3 sessions)	\$162
(5 sessions)	\$297
(10 sessions)	\$585
(15 sessions)	\$870

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

***For members only**

◆ Aquatic Exercise For Arthritis

Nationally certified by the YMCA of the USA. This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well being. Class is performed in shallow water. For more information, please contact Heidi Ortiz at hortiz@ymcany.org
Mondays, Wednesdays, Fridays 10:30 AM-11:30 AM
Free for members

COMING BACK THIS FALL!

◆ Y Diabetes Prevention Program

Starting, Monday, September 9th 5:30-6:30 PM
(see p. 32)

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:
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SWIM

Please see our website for schedules. Schedules are subject to change.

Swim Programs

Stage A/Water Discovery (6 mos-36 mos)—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. Class days and times varies.

Stage B/Water Exploration (6 mos-36 mos)- In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Cost Per 8 Week Session

Member	\$97
Community	\$130

Swim Basics/Swim Strokes (Ages 3-5)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim & jump, push, turn, grab.

Cost Per 8 Week Session

Member	\$97
Community	\$130

SPORTS

Biddy Basketball (Ages 4-5)

Modifications permit the players to learn the fundamentals of the game and develop their ball handling skills with regard to their age and physical abilities while indirectly improving a wide range of cognitive and social skills.

Cost Per 8 Week Session

Member	\$97
Community	\$130

PRE-SCHOOL & SUMMER CAMP

FAMILY

Kinder Camp (Ages 4-5)

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.

Cost Per 2 Week Session

Member	\$420
Community	\$509

CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a FREE service available to family members only. Must call 1 hour prior to reserve space. Space is limited.

◆ **Family Recreational Swim** – Swim & play together as a family. Please refer to current pool schedule for days and times. On holidays and abbreviated public schools days family recreational swim hours maybe extended. FREE to Members.

Starting May 27, 2019 all Family recreational swim participants must have a wristband to enter the pool

Child Watch Schedule

Must call 212.912.2230 1 hour prior to reserve space. Space is limited.

Monday 8:00 AM-11:00 AM & 6:00 PM-9:00 PM

Tuesday 8:00 AM-12:00 PM & 5:00 PM-9:00 PM

Wednesday 5:00 PM-9:00 PM

Thursday 8:00 AM-12:00 PM & 5:00 PM-9:00 PM

Friday 6:00 PM-9:00 PM

Saturday 9:00 AM-2:00 PM

Sunday 9:00 AM-12:00 PM

Please see our website for schedules. Schedules are subject to change.



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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FAMILY

Swim Program

Family Recreational Swim – Swim & play together as a family. Please refer to current pool schedule for days and times. On holidays and abbreviated public schools days family recreational swim hours may be extended. FREE to Members

Please see our website for schedules. Schedules are subject to change.

AFTERSCHOOL & SUMMER CAMP

YMCA Beacon center at MS 347/349

Operating center of the north Brooklyn YMCA funded by the department of youth and community development (DYCD) The beacon center offers youth and adult educational programs, recreational programs and volunteer and community service opportunities, enrichment.

activities, adult programs, outreach support groups, family events, holiday an summer camps free of charge. Everyone is welcome at the Beacon center, it serves as a safe haven for all youths and adults. Located at 35 Starr St, Brooklyn, NY 11221

For more information about the program contact Rick Rivera at 212.912.2257 or rrivera@ymcanyc.org

Eastern District YMCA center

The Eastern District Center offers youth educational programs, recreational programs and volunteer and community service opportunities, family events, holiday and summer camps free of charge. Everyone is welcome at the Eastern District center, it serves as a safe haven for all youths. Located at 125 Humboldt St, Brooklyn NY 11206

For more information about the program contact Jonathan Serrano, Program Director at 718.782.8300



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.

Cost Per 2 Week Session

Member	\$420
Community	\$509

Swim Camp (Ages 7-10)

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

Cost Per 2 Week Session

Member	\$450
Community	\$540

SWIM

Swim Basics

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

Swim Strokes

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

Cost Per 8 Week Session

Member	\$110
Community	\$165



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.

Cost Per 8 Week Session

Member	\$110
Community	\$165

SPORTS

Multi-Sports (Ages 5-9)

This instructional class offers a unique experience for your child to immerse themselves in the fundamentals and strategies of multiple sports & builds character, strength and self-confidence while participating in sports games that revolves around teamwork. Sports includes: Basketball, Flag Football, Soccer, Baseball.

Youth Instructional Basketball (Ages 6-12)

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

SIEIDO Karate (Ages 6-17)

Using SEIDO martial art principles, participants develop and strengthen their ability to focus on tasks and goals, exercise self-discipline, improve self-esteem, and learn the "non-quitting spirit" of the martial arts that they need to combat the challenges of daily living and achieving success.

Youth soccer(Ages 6-12)

Focus on establishing and improving soccer skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to effectively learn the game.

Cost Per 8 Week Session

Member	\$96
Community	\$149

Advance Basketball (Ages 6-12)

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

Cost Per 8 Week Session

Member	\$111
Community	\$188

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

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LEADERSHIP & CIVIC ENGAGEMENT

◆Leaders Club

A nationally recognized core YMCA teen program provides participants with opportunities for leadership training, personal growth, service to others and social development. Teens meet on a weekly basis in small groups, working closely with their peers and an adult advisor on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service and goal-setting. Leaders Club helps teens ages 12-17 to find the leader within. Teen Programs run throughout the school year, October- June. Wednesdays, 5:30pm - 7:00pm FREE

COLLEGE ACCESS & CAREER READINESS

◆Teens Take the City

Builds on the YMCA's rich tradition of engaging young people in public service by introducing youth to the workings of the democratic process with a focus on city government. Group lessons and activities prepare teens for participation and leadership in the political process as well as fostering responsible citizenship through increased awareness of social issues. Teens Take the City encourages teens ages 12-17 in taking an active role in solving issues facing their community. Teen Programs run throughout the school year, October- June. Tuesdays, 5:30pm - 7:30pm FREE

◆ Teen Center (Ages 12 - 17)

Offered on Saturday evenings from October through June as a fun, safe place for teens to socialize, exercise and have positive interaction with peers and YMCA staff. The center is open to teens from local communities and offer activities such as sports, fitness, arts and discussion groups. Teen Center encourages teens ages 12-17 to interact in a safe and positive social setting. Teen Programs run throughout the school year, October- June. Saturdays, 6:00pm - 9:00pm FREE

SWIM

◆ **Family Recreational Swim** – Swim & play together as a family. Please refer to current pool schedule for days and times. On holidays and abbreviated public schools days family recreational swim hours may be extended. FREE to Members.

Please see our website for schedules. Schedules are subject to change.

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. 16)

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.

Cost Per 8 Week Session

Member	\$120
Community	\$175

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.

Cost Per 8 Week Session

Member	\$132
Community	\$193



SWIM

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
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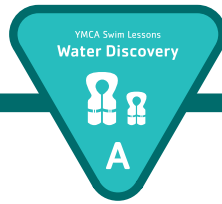




SWIM STAGE DESCRIPTIONS

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.

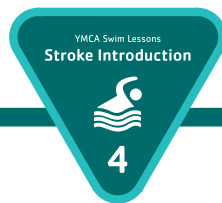


3 / WATER STAMINA

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.



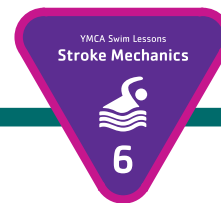
4 / STROKE INTRODUCTION

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. Classes run on eight week sessions

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 6 mos - 3 yrs.

Member	\$97
Community	\$130

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 3 -5 yrs.

Member	\$97
Community	\$130

Swim Basics Lesson Fees 5-12 yrs.

Member	\$110
Community	\$165

Swim Basics Lesson Fees Teen / Adult

Member	\$120
Community	\$175

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 3 -5 yrs.

Member	\$97
Community	\$130

Swim Strokes Lesson Fees 5-12 yrs.

Member	\$97
Community	\$130

Swim Basics Lesson Fees Teen / Adult

Member	\$120
Community	\$175

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

🖱️ ONLINE REGISTRATION AVAILABLE



PATHWAYS

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.

Competive Skills & Drills Teen (12-17)

Cost Per 8 Week Session	
Member	\$132
Community	\$193

YMCA SWIM TEAMS

A number of our Branches field Swim Teams who compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

- Bedford-Stuyvesant YMCA Piranhas**
- Cross Island YMCA Barracudas**
- Flushing YMCA Flyers**
- McBurney YMCA Manta Rays**
- West Side YMCA Piranhas**

PRIVATE SWIM

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private lessons are for people of all ages who are interested in developing their water skills and safety on all levels. All lessons are 30 minutes long.

PRIVATE SWIM LESSONS

# Of Lessons	Member Rate	Community Rate
2	\$97	\$180
3	\$126	\$240
4	\$152	\$273



SAFE POOLS HAVE RULES

General YMCA Pool Rules

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

YMCA Family and Youth Swim Rules

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



New York City Department of Health Code Rules

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

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

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

SUMMER CAMP

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



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

**Online registration available for
most camps.**

DAY CAMP

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	\$420	Community	\$510
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Day Camp (Ages 6-12)

Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as Crazy Hat Day. In addition, campers will engage in a variety of science, technology, engineering, and math 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	\$400	Community	\$490
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Swim Camp (Ages 7-10)

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	\$450	Community	\$540
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TEEN SLEEPAWAY

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.

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 (Age 15)

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

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

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

World Teen Camp (Ages 12-16)

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

SPECIALTY SLEEPAWAY

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

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

International Judo Camp (Starting at Age 7)

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



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.
8. Parents/ Guardians should supervise minors at all times.
9. Youth (Ages 11 & under) are not allowed in facility past 9:30 p.m.
10. Teens (Ages 12-17) are not allowed in facility past 9:30 p.m. unless accompanied by guardian in same membership, and partaking in same activity.



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

Marjorie Jean Jacques – Executive Director
x 4705 mjeanjacques@ymcanyc.org

Jessenia Urgiles-Taft – Director, Membership Sales & Engagement
x 4701, jurgiles@ymcanyc.org

Jessica Pardo – Billing Specialist
x 4708, jpardo@ymcanyc.org

Heidi Ortiz- Director, Aquatics/Healthy Living
x 4712, hortiz@ymcanyc.org

Dwayne Douglas– Director, Teen & Yoth Development
x 4711, ddouglas@ymcanyc.org

Wendy Batista– Administrative Assistant. Youth & Family
x 4713, wbatista@ymcanyc.org

Zoraida Estremera – Business Manager
x 4706, zestremera@ymcanyc.org

Jose Plaza– Resident Coordinator
x 4702, jplaza@ymcanyc.org

Mariusz Sacilowski– Property Manager
x4710, msacilowski@ymcanyc.org

Rick Rivera – Director, Beacon-MS 347/349
212-912-2257 rmriviera@ymcanyc.org

Jonathan Serrano– Program Director, Eastern District Center
718-782-8300, jserrano@ymcanyc.org

MEMBERSHIP RATES

Membership Types	NORTH BROOKLYN Y
Youth (up to 11)	\$135/yr.
Teen (12 - 17)	\$235/yr.

Membership Types	North Brooklyn Prices	Joiner's Fee	City-wide	Joiner's Fee
Student <small>Any age, full time, 12+ credits, must bring copy of transcript</small>	\$43	\$95	\$85	\$125
Adult (18 - 64)	\$53	\$95	\$106	\$125
Senior (65+)	\$43	\$95	\$86	\$125
Family I <small>1 Adult and kids under 18 years, living in the same household</small>	\$63	\$95	\$125	\$125
Family II <small>2 Adults and kids under 18 years, living in the same household</small>	\$90	\$95	\$185	\$125

*Membership rates & offers subject to change
Ask about our Family Redefined options.

HOLIDAY HOURS

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

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, each time you enter

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 each time you enter.

LOST CARDS Please let us know if your card is lost or stolen. A \$ 5 fee will be charged for a replacement card.

PARKING STICKER

Parking Permit To ensure amenities are used by the North Brooklyn Y members, we'll be distributing parking stickers to members who use our lot. This does not guarantee parking, however to give as many members a chance to park, there will be a 4 hr. parking limit.

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. A \$10 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. Passes cannot be used on weekends and after 8 PM on weekdays.

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

If class is cancelled you will be issued a credit that can be used toward a program or membership. Credits are valid for 1 year and expire at the end of that period.

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.



YMCA WEIGHT LOSS PROGRAM

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. No gimmicks, no restrictive approaches — just the tools you need to achieve your wellness goals.

DETAILS:

- 12 weeks / 1 hour small group session a week
- Provides tools, knowledge, and group support to help you design weight loss goals that work for you
- For adults 18 years or older
- Free for YMCA members

SIGN UP TODAY!

Visit the membership desk for details.



LIVESTRONG AT THE YMCA

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

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



SIGN UP AT
ymcanyc.org/livestrong

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.



COMMUNITY BENEFIT & IMPACT IN 2018

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



EMPOWER YOUTH
2,500



IMPROVE HEALTH
11,300



STRENGTHEN COMMUNITY
13,800

BENEFIT TO COMMUNITY

14,100

PEOPLE SERVED
Our Community & Guests
of the Y

\$66.8K

Value of Volunteer Time

\$19.4K

Community Use of
Y Facilities

\$450K

Increased earning potential
for parents and guardians
with youth in Y programs



187 EMPLOYEES



37 PARTNERSHIPS



47 VOLUNTEERS

YOUTH Highlights

378

Summer
Campers

440

Students in Y Teen
Focused Programs

5%

of all youth in
our communities
served

92%

of students surveyed
showed growth in
social-emotional
learning



YOUTH EMPLOYED
BY THE Y (ages 16-24)

HEALTH Highlights

1,800

Youth developed
healthy habits in Y
programs

1,300

People learned to swim and
developed water safety skills
at the Y



COMMUNITY Highlights

INVESTMENT IN THE Y

\$40K

Gifts from **326** Donors

1

Student participated in
600-hour social work
internship

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

Visit www.ymcanyc.org
to support our nonprofit mission



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.

**“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





**THE SIXTH ANNUAL
NORTH BROOKLYN YMCA**

Jazz Brunch

Saturday, June 15th—11:00 am—3:00 pm

**BAM Fisher Hillman Studio
321 Ashland Place, Brooklyn, NY 11217**

Contact northbrooklyn2@ymcanyc.org for more details

SERVING THE COMMUNITY

BOARD OF MANAGERS

The North Brooklyn YMCA Board of Managers is comprised of a dedicated group of volunteers that include community leaders, residents and business owners from our area. This highly organized group of individuals advise and assist the North Brooklyn YMCA staff.

Phyllis White-Thorne, [Chair](#)

Walter Campbell

Darma V. Diaz

Miguel Feliciano

King Jones

Pete Leon

Sylvia Stovall

Ivan Harper

Israel Velazquez

Juliet Lewis

Arletha Miller

Nnenna Onua

JOIN OUR BOARD
MAKE A DIFFERENCE





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



CELEBRATE WITH US!

Are you looking for a place to host your next meeting,
birthday party or special event?
At the North Brooklyn Y we have meeting rooms, and a pool
available for your next event

Multi Purpose room 1- \$250 for 1 hour
Classroom 1- \$125 for 1 hour
Pool- \$275 for 1 hour
Pool and Classroom combo- \$350
(1 hour in pool & 1 hour in classroom)

Rental Includes
Wi-fi
Stereo
Tables & Chairs

UPCOMING EVENTS

JUNE Fathers Day Boot Camp & Brunch
08 10 a.m.—2 p.m.

JULY Fruit Salad Monday
08 9 a.m.— 11 a.m. & 3 p.m.—5 p.m.

AUG Back to school drive
1-21

SEPT Family Game Night
18 5 p.m.— 7 p.m.

OCT Halloween Dance
25 6 p.m.— 9 p.m.

NOV Parfait Tuesday
19 9 a.m.— 11 a.m. & 3 p.m.—5 p.m.



SCHEDULES ARE SUBJECT TO CHANGE.

MORE INFORMATION WILL BE AVAILABLE AS WE GET CLOSER TO EVENT.



570 Jamaica Avenue
Brooklyn, NY 11208
212-912-2230

ymcanyc.org/northbrooklyn

 facebook.com/northbrooklynymca

 northbrooklynny

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