



DISCOVER YOUR Y

**Park Slope Armory Y
Summer/Fall 2019
PROGRAM & CLASS GUIDE**

**361 15th Street
Brooklyn, NY 11215
212-912-2580
ymcanyc.org/parkslopearmory**

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



CONTACT US

PHONE: 212-912-2580

E-MAIL: psamembership@ymcanyc.org

WEB: ymcanyc.org/parkslopearmory

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

 facebook.com/parkslopearmory

 [@prospectparky](https://instagram.com/prospectparky)

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Friday: 6:00 AM - 11:00 PM
Saturday - Sunday: 7:00 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 sports, camp, and more	✓	✓
State-of-the-art fitness center – includes more than 50 pieces of cardio and strength equipment	✓	✓
Over 100 FREE weekly group exercise classes – includes yoga, spin, Zumba, and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Three Basketball courts	✓	✓
200 Meter indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
40+ hours FREE family programs – such as family art, music, and more		✓
FREE teen orientation to the fitness center		✓
FREE teen programs – including civic engagement, Leaders Club, and Teen Center		✓

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.



GROUP EXERCISE CLASSES

We offer over 100 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.

◆ 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.

◆ 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! range of movement at the joints.

◆ Strength Training

Use a variety of weight training equipment to increase strength, add definition and burn calories.

◆ Tabata Interval Training

A high intensity interval training class focusing on the ratio between work and rest for the best results.

◆ Total Body Conditioning

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

MIND/BODY

◆ Hatha Yoga

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

◆ Iyengar Yoga

A form of yoga known for precision, alignment and a focus on individual postures and their therapeutic benefits. Iyengar yoga promotes quiet, an inward focus, and a heightened consciousness

◆ Power Yoga

A more athletic-based yoga class with challenging movements.

◆ Prenatal Yoga

Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth.

◆ Restorative Yoga

A form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

◆ Vinyasa Yoga

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

◆ Meditation

Learn and practice meditation

◆ Pilates Mat

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

◆ 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.

CARDIO

◆ Spin®

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

👉 ONLINE REGISTRATION AVAILABLE

DANCE

◆ Ballet

A technique class that places emphasis and attention on alignment and placement of the body

◆ Hip-Hop Fitness

A cardiovascular workout using Hip Hop dance music. This class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

◆ 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.

AOA PROGRAMS

The Park Slope Armory Y offers a comprehensive health and fitness program for Active Older Adults, ages 55 and older. Older adult group exercise classes are excellent for rehabilitation, building and maintaining strength and flexibility, and just feeling great! See our full schedule online.

Fees	1 x week	8 week session
Member	Included in Membership	
Community	\$7	\$42

AOA Yoga

Older adult yoga class teaches the basics of yoga with a gentle approach.

AOA Walk

Dance style aerobic class based on various forms of Latin movements and rhythms.

AOA Chair

Older adult chair-based yoga that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

AOA Chair: Core and Strength

A great class to focus on our core strength, balance and flexibility.

WELLNESS PROGRAMS

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

◆ New Member Orientation

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

◆ Y Fit Start Program

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

◆ Y Diabetes Prevention Program

Reduce your diabetes risk and gain tools for healthy living through the YMCA's Diabetes Prevention Program.

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress. Visit www.nyc.ydiabetes.com today to learn more!

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 Chrissy Baker, Sports & Health Lifestyles Director, at 212-912-2586 or CBaker@ymcanyc.org

1 Session	\$85
3 Sessions	\$240
6 Sessions	\$395
12 Sessions	\$650

Small Group Training- Semi Private

Take your fitness to new heights! In a small group setting, move from one exercise to the next and combine strength, flexibility, metabolic training to keep your heart rate up and get an intense total body workout. Groups are limited to allow personal attention for each participant.



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 adult and family members only.**



ARTS

MUSIC

Cost Per 8 Week session

Member	\$175	Community	\$215
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Adult Guitar

Introduction and exploration of the instrument: electric or acoustic, taught in a fun, creative way. Technique, chords, melody, scale construction, finding notes, songs, reading music, tuning and more. Students must provide their own guitar.

Private Lessons

Please inquire at the membership desk or contact Denise Francis at (212) 912-2588 or dfrancis@ymcanyc.org for scheduling and price information.

KARATE

Cost Per 8 Week session

Member	\$150	Community	\$210
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Adult Karate

This class combines fitness and self-defense with warm ups, stretching and conditioning. Our adults will learn the important of mind and body working together. In this class, we will work on basic techniques of karate and forms. It's a great way to relieve stress while learning to defend yourself and learning the art of karate.

ART

Cost Per 8 Week session

Member	\$260	Community	\$315
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Collage & Mixed Media

This workshop will explore the art of collage and its many materials, techniques, and approaches and possibilities for personal expression. Students will cut, tear, and glue a variety of found and painted papers to larger paper and work with media such as water based paint, pencils, and charcoal. They will experiment with color, shape, texture and line to layer compositions and organize images and ideas. Some projects will include three dimensional formats such as assemblage and artists' books and visits, when possible, with local artists who use paper. Reflection and dialogue will be an ongoing part of the workshop. All levels of experience are welcome. Students bring their own supplies and will receive a list of materials and small tools.

SPORTS

Adult Open Gym Basketball

What better place to play basketball than at the YMCA. We invented the sport! Play half-court, full-court or just free shooting play. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. So take your best shot! Please see gym schedule for adult basketball times.

Adult Indoor Soccer League

Don't let the cold weather slow you down! Keep working on your soccer skills all winter long with our Adult Indoor Soccer League. For more information, contact Chrissy Baker, Sports & Health Lifestyles Director, at 212-912-2586 or CBaker@ymcanyc.org

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

KIDS & FAMILY

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

AGES 0-4

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



PARENT & CHILD CLASSES

Cost Per Visit

Member	Free with Family Membership
Community	\$30 x visit

◆ Prenatal Yoga

This yoga class is especially kind and gentle to the body and is specifically designed to help expecting mothers feel more comfortable during pregnancy and prepare physically, mentally, emotionally and spiritually for labor, birth and motherhood. This class is a wonderful opportunity for connecting with other pregnant women as well as individual time for private reflection.

◆ Tot & Me Yoga (Babies 10 months-2 years)

Strengthen the bond between you and your child while getting fit at the same time! Parent/Tot yoga is also a great venue to develop lasting friendships with other parents and children.

◆ Baby Bootcamp

Get your cardio while bonding with your baby! A low-impact fitness class designed for sleep-deprived parents looking to regain vitality and strength. You can jump start your weight loss, strengthen your abdominals, improve posture and increase your energy while enjoying the support of other parents and caregivers.

FAMILY PROGRAMS

Cost Per Visit

Member	Free with Family Membership
Community	\$30 x visit

◆ Family Art (Babies 18 months - 3 years)

Art projects develop your child's creativity and artistic side while refining their fine motor skills. Children can follow a guided project or explore with different mediums on their own. Remember to wear your messy clothes!

SPORTS

◆ Indoor Playground (Babies up to 3 years)

Allow children to run, climb and socialize in a safe space. Perfect for the winter months when the park is too cold.

◆ Story, Song & Shimmy (Babies up to 4 years)

Bond with your little one while they develop social, motor and cognitive abilities. Stories and singing will be followed by fun and dancing with scarves and instruments.

◆ Story Time (All ages)

Spend time exercising your brain with your child while you enjoy listening to stories in a fun and safe setting.

Cost Per Visit

Member	Free with Family Membership
Community	NA

◆ Family Walk Time

Grab the kids and stop by for an hour of walking free of the elements on our world-class track. Children should be old enough to hold their parents hand while on the track.

◆ Open Sports Family Time

Spend time with your child shooting baskets, kicking a soccer ball or playing some sports. We provide the space and equipment, you just need to be together to play.

SUMMER CAMP

Cost Per 2 Week session

Member	\$575	Community	\$650
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▶ Kinder Camp (4.5 - 5 years)

Kinder Camp is designed for children entering kindergarten in September 2019. Structured day camp activities support this important transitional time by building social and emotional skills in a fun and nurturing environment. We focus on classroom structure and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, local outings, and one field trip per session.

PRESCHOOL SPORTS W/ PARENT

Cost Per 8 Week session

Member	\$130	Community	\$185
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▶ These classes are for our new, smaller athletes who may still need some assistance participating in a sports setting. Parent participation is highly recommended in these classes.

Pre-School Soccer (2-4 years)

Multi-Sports (2-4 years)

Track (2-4 years)

PRESCHOOL SPORTS

Cost Per 8 Week session

Member	\$130	Community	\$185
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These classes for young athletes that turn 4 years old prior to the start date of the class, can participate independently.

▶ Soccer (4-6 years)

Children's soccer is an instructional class that teaches basic soccer skills, as well as a love for sport. Develop teamwork and participation in a fun, non-competitive environment.

▶ Multi-Sports (4-6 years)

Not sure which sport your child has an interest in? Does your child have an interest in every sport? Multi-Sports is the class for you! This instructional class gives a taste of soccer, basketball and track in a fun play-filled environment. Children are introduced to basic skills for the various sports, as well as fun games to familiarize with the use of various sports equipment.

▶ Basketball (4-6 years)

Sessions focus on improving basketball skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

▶ Track (4-6 years)

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

PRESCHOOL BASKETBALL LEAGUE

Preschool Basketball League (4-5 years)

Our Recreational Youth Basketball League is a great opportunity to learn the fundamentals of basketball while also introducing the concept of teamwork and enhancing self-confidence. For more information, please contact Chrissy Baker, Sports & Healthy Lifestyles Director, at CBaker@ymcany.org or 212-912-2586.

ARTS & CREATIVE PLAY

ART

Cost Per 8 Week session

Member	\$130	Community	\$210
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Art & Play (2-3 years)

An introductory class that sparks imaginations toward color investigation, and the fundamentals of 2-D and 3-D design. Starting with an exploration of color and its limitless possibility, we harness the power of design to paint and draw, work with collage and printmaking, use a range of tactile materials to build sculptures, bringing to life whatever is imaginable! Students must be accompanied by an adult.

NEW! Block Party (2-3 years & 3-4 years)

Join the party on the block, and explore building! Use your imagination to create a world of your own through different building activities each week. Develop spatial reasoning, problem solving and motor skills together!

Build, Build, Build (3-4 years)

Each week students have the opportunity to build their own creations using their imagination. Students will build 3-D sculptures, robots, cars, castles, planes and more!

DANCE/THEATER/MUSIC

Cost Per 8 Week session

Member	\$125	Community	\$180
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Ballet/Creative Movement (3 - 4 years)

This progressive program is a wonderful way to introduce children to movement. This class teaches self-expression through dance and supports your child's growing awareness of his/her body's capacity to move in dynamic ways. Children can twirl and leap with friends, finding poise, coordination and body awareness while having fun.

Imagination Theater (3-4 years)

A great first theater experience that uses stories as the basis for imaginative play. Participants will work with a different story each week to explore characters, settings, and plot - A wonderful way for children to learn to express their emotions and interact with their peers.

Sing, Act, Dance (3-4 years)

Through musical theater, children will explore the intersection of singing, drama, and dance. Students will have the opportunity to explore their vocal range through singing as well as explore characters, and develop their dancing and acting skills!

Tiny Toes Ballet (3 - 4 years)

Children will learn the fundamentals of ballet through awareness of body movement and creativity. While participating in exercise and dance sequences, participants will learn coordination while exploring various levels of movement that develop strength.

SCIENCE

SCIENCE

Cost Per 8 Week session

Member	\$135	Community	\$215
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Ready, Set, Science (3 - 4 years)

From erupting volcanoes to experimenting with matter in different forms, this class invites children to explore the wonders of science! Your child will be able to test his or her own scientific theories and engage in experiments expanding their knowledge and interests.

FAMILY FUN EVENTS

The Prospect Park and Park Slope Armory YMCAs open their doors to every family! Our monthly Family Fun events are free and open to the community. Activities include everything from movie nights to arts & crafts parties.

Visit our website or the membership desk to see when the next Saturday Family Fun event will take place!

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



FAMILY

Cost Per Visit

Member	Free with Family Membership
Community	NA

◆ Open Sports Family Time

Spend time with your child shooting baskets, kicking a soccer ball or playing some sports. We provide the space and equipment, you just need to be together to play.

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

AFTERSCHOOL & SUMMER CAMP

Y Afterschool

The literacy-based academic support program builds study skills and helps with homework through project-based learning and balanced literacy activities, using reading, writing, and conversation to address literacy challenges among public school students. As in any Y program, health education and recreation opportunities are central! With off-site locations from Park Slope to Coney Island, Y After School helps hundreds of kids from K-5 continue to grow in spirit, mind, and body during the critical 3:00-6:00 p.m. hours. Y After School is absolutely free of charge through donations to the Annual Campaign. For information about our Y Afterschool programs, please contact Jasmine Rosa at JRosa@ymcanyc.org or 212-912-2587.

DAY CAMP

Cost Per 2 Week session

Member	\$545	Community	\$660
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Express Camp (6-8 years)

Express Camp fits all of your favorite camp activities into each day! Campers participate in arts and crafts, group games, sports, health and fitness, personal development activities, and weekly field trips to nature centers, museums, and local events. As part of our Express Camp, children will have instructional swimming one day a week. Counselor to child ratio is 1:8.

Adventure Camp (9-11 years)

Adventure Campers will participate in arts and crafts, group games, sports, and health and fitness. Activities are designed to engage campers in personal development, while making friends and having fun. Campers will participate in weekly field trips, local mini-trips, instructional swimming, and outdoor learning. Counselor to child ratio is 1:10.

SWIM & SPORTS DAY CAMP

Cost Per 2 Week session

Member	\$585	Community	\$680
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Swim Camp (7-12 years)

Swim Camp supports the development of essential swimming skills, while cultivating a lifetime love of the water. Campers will swim four times a week, and learn important water safety values and responsibilities. In addition to instructional swimming, campers will also participate in arts and crafts, group sports, and field trips. Counselor to child ratio is 1:8 for ages 7-9; 1:10 for ages 10-12.

Sports Camp (7-12 years)

Sports Camp is designed to teach fundamentals and enhance camper abilities in age-appropriate groups for a variety of sports. Through the coaching and support of camp staff, campers will learn the history, rules, and key skills of different sports, applying lessons learned in practice games. Sports Camp encourages the values of teamwork and good sportsmanship. Counselor to child ratio is 1:8 for ages 7-9; 1:10 for ages 10-12.



SPECIAL NEEDS DAY CAMP

Cost Per 3 Week session

Member	\$775	Community	\$775
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Lisa Beth Camp (5-12 years)

This three-week camp is a fully integrated program for children with disabilities. Campers will experience a variety of summer camp activities, including swimming, field trips, and arts and crafts. We believe every child deserves the opportunity to participate in a safe, caring, and fun learning environment. This camp runs from July 15, 2019 to August 2, 2019. Counselor to child ratio is 1:2.

SPORTS

YOUTH SPORTS

Cost Per 8 Week session (Novice Level & Intermediate)

Member	\$130	Community	\$185
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Cost Per 8 Week session (Advanced Level)

Member	\$130	Community	\$185
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Youth Soccer (5-12 years)

Children's soccer is an instructional class that teaches basic soccer skills, as well as a love for sport. Develop teamwork and participation in a fun, non-competitive environment.

Basketball (5-12 years)

Sessions focus on improving basketball skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

Multi-Sports (5-12 years)

Not sure which sport your child has an interest in? Does your child have an interest in every sport? Multi-Sports is the class for you! This instructional class gives a taste of soccer, basketball and track in a fun play-filled environment. Children are introduced to basic skills for the various sports, as well as fun games to familiarize with the use of various sports equipment.

Track & Field (5-12 years)

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

👉 Flag Football (7-12 years)

Sessions focus on improving football skills such as passing, receiving, rushing, flag pulling, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

JUMP

Cost Per 8 Week session

Member	\$130	Community	\$185
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👉 JUMP (8-12 years)

This 'Jump' Class is for children who successfully completed a track class, or received permission from the director. This class focuses on strengthening an athlete's legs and core to excel in their vertical and broad jumps. They will utilize the sand pit, hurdles, vertical jump, and broad jump mats.

SPEED & STRENGTH

Cost Per 8 Week session

Member	\$130	Community	\$185
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👉 Speed & Strength Conditioning (8-12 years)

The Y Speed & Strength Academy focuses on developing speed, core, strength, agility, power and coordination through top-quality instruction. Whether you are new to athletics or competing on a travel team, we are here to help you reach your personal fitness and/or athletic goals.

SPORTS PRIVATE LESSONS

Do you want more individualized attention for your sport of choice? We now offer private sports lessons specific towards your needs. This is for all levels and ages! We also have Semi-Private Lessons. For more information, please see our membership desk!

TENNIS

Cost Per 8 Week session

Member	\$160	Community	\$210
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👉 Tennis (8-12 years)

We utilize the USTA 10 & under Tennis curriculum, which uses youth tennis equipment, but focuses more on fun activities to strengthen eye-hand coordination to make tennis more enjoyable from early on in the learning process. They will learn a variety of skills that will not only help them in tennis, but in other sports as well.

YOUTH BASKETBALL LEAGUE

Youth Basketball League (6-12 years, Co-ed)

Our Recreational Youth Basketball League is a great opportunity to learn the fundamentals of basketball while also introducing the concept of teamwork and enhancing self-confidence. Ages are divided 6-7, 8-9 & 10-12.

Registration includes:

- 4-6 Teams Per Age Division
- NEW! Smaller Teams = More Play Time
- New! 12-week league and extra team practices
- NEW! 2 weeks of Evaluations/Skills
- Pre and Post Season Game Play
- NEW! Full Reversible Uniform
- YMCA Staff Coaches & Certified Referees
- Awards for Each Participant
- Playoffs & 1st Place Trophies for Ages 8-12

KARATE

Cost Per 8 Week session

Member	\$150	Community	\$210
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👉 Karate (4 years and up)

Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. Level is determined by the instructor.

Please note: There is a \$40 fee for the karate uniform, and an optional belting fee for all those who qualify and choose to participate. Additional program gear (only required for advanced classes) which includes a head protector, gloves, mouth guard and shin guards can be purchased for \$100.

Additional Karate Fees

Karate Uniform (required) *	\$40
Belt (optional) **	Starting at \$50
Program gear (required)***	\$100

* Karate uniform can be purchased elsewhere

** Belts have various levels. The starting cost is \$50 and the fee increases by \$5 per advance level.

*** Additional gear can be purchased elsewhere

Levels

Beginner I	Intermediate
Beginner II	Advanced

ARTS

DANCE/MOVEMENT

Cost Per 8 Week session

Member	\$125	Community	\$180
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✦ Ballet - Level I (5-7 years)

This program is a fun and active way for children to learn ballet! Students will learn ballet techniques, build strength, and learn choreography. In the last week, students will put on a performance showcasing what they have learned.

✦ Ballet - Level II (5-7 years & 7-9 years)

Ready to challenge yourself to the next level? This class is for students who have taken ballet before and are ready to advance. Students will learn more advanced techniques and continue to develop their skills. In the last week, students will put on a performance showcasing what they have learned. **Please note:** Level II Ballet session lengths and pricing may vary. Level II Ballet for children (ages 5-7) is invitation only. Not sure if your child is ready for Level II? Please contact Denise Francis at dfrancis@ymcany.org if you're interested.

✦ Hip Hop/Break Dancing (5-7 years & 7-9 years)

Students will learn a series of stylistic moves paired with Hip Hop music to help work on musicality, coordination, cognitive awareness and personalization. Students will work on moving to the beat, remembering dance moves and expressing themselves within the choreographed movement.



✦ Sing, Act, Dance! (5-7 years)

Through musical theater, children will explore the intersection of singing, drama, and dance. Students will have the opportunity to explore their vocal range through singing as well as explore characters, and develop their dancing and acting skills!

✦ Yoga for Kids (6-8 years)

This class is a wonderful introduction to yoga & mindfulness. Students will learn tools to help them improve their self-awareness and concentration. Children will explore their ability to connect, breathe, move, focus & more!

ART

Cost Per 8 Week session

Member	\$130	Community	\$210
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✦ Graphics (11-13 years)

Join a leadership group that uses the arts to positively change the world! Develop a team and design products (stationary, bags, t-shirts) with graphics that promote positive messages within our community. Students will work with a graphic designer to help bring their products to life. Class runs on a seasonal basis.

✦ Photography (11-13 years)

Capture your own reality through the camera lens! Learn different techniques and tools for creating captivating images, and practice these techniques in action. Students will also learn about how a camera works and practice light writing. At the end of the session, students will display their work in a culminating celebration. Class runs on a seasonal basis.

PRIVATE GUITAR LESSONS

Please inquire at the membership desk, or contact Denise Francis at (212) 912-2588 or dfrancis@ymcany.org.

SCIENCE

SCIENCE

Cost Per 8 Week session

Member	\$135	Community	\$215
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✦ Science Explorers (5-7 years)

This class invites children to explore the wonders of science! Each week, students will test their theories, participate in science projects, and record their findings through observational drawings!

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 (13-18 years)

The Leaders Club is a national program of the YMCA which provides club members with opportunities for leadership training, personal growth, service to others and social development. Leaders Club is one the YMCA'S most intensive and comprehensive teen programs. Teens meet once a week working closely with their peers and an advisor on skill and character building activities, as well on planning and organizing club projects. By connecting with adult advisors, teens have role models and mentors who can have a positive impact on their lives. The Leaders Club program provides a safe haven for young people where they can become confident and competent young adults with a sense of connection to their communities. The goal of Leaders is to promote and enhance the personal growth and skills of young people in order to develop strong leaders who will be a positive force in their communities.

Friday: 4:30pm-6:00pm

◆ Teens Take the City (13-18 years)

The purpose of the Teens Take the City program is to facilitate the exposure of students to the function of New York City government through an engaging civics curriculum that emphasizes academic, social and leadership skill building. Teens Take the City is different from all other teen leadership programs because it is designed to give teens the tools they need to become active influences in their community. The program teaches teens all about New York City government and gives all participants the opportunity to research and debate topics of their choosing. Through the program, teens learn to take action in their community and in the halls of city government. Tuesday: 4:30pm-6:00pm

◆ Youth & Government (14-18 years)

The YMCA Youth and Government program will teach young people how laws are created and passed, and how to successfully champion issues teens think are important. Teens will learn how to debate and formulate winning arguments as an attorney or a legislator. After one year in the program, teens you will know more about politics and law than most adults. Through Youth and Government, teens can join other young people from YMCA's and high schools from all over the State for a three day event in

Albany, New York's State Capital in March. Teens debate current state issues, participate in mock trials, and get to know future leaders. The Prospect Park YMCA has added the expertise of Howard Caretto, a YMCA Board Member and Attorney to help guide students through the bill writing process and assist in preparing for the State Youth and Government. **Tuesday: 4:30pm-6:00pm**

◆ **Teen Center (12-18 years)**

Teen Center is a fun and safe space for teens to socialize, exercise and have a positive interaction with peers and YMCA counselors. Teen Center is open to teens from local communities and offers activities such as sports, fitness, arts and discussion groups. Teen Centers encourage more than 6,500 teens ages 12-18 to interact in a safe and positive social setting. **Friday: 6:00pm-11:00pm**

Please Note: All Leadership & Civic Engagement Teen Programs take place at the Park Slope Armory YMCA.

FITNESS & SPORTS

◆ **Teen Fitness**

The Fitness Center is available to 12 to 17 year olds who are YMCA members, under the following conditions:

Teens must complete a 60-min orientation prior to using the fitness areas. All teens must have a parental consent form on file prior to utilizing the facility. Required orientation courses must be completed. Teens must present ID cards and course completion cards to floor trainer on duty prior to working out. Teens may not bring guests under the age of 18 into the facility. No exceptions to these policies will be made. We thank you for your cooperation

Teens may use fitness areas at designated times only:

Monday-Friday 3:00pm - 8:30pm
Saturday-Sunday 7:00am - 9:00pm

◆ **Teen Open Basketball (12-18 years)**

What better place to play basketball than at the YMCA. We invented the sport! Play half-court, full-court or just free shooting play. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. So take your best shot! Please see gym schedule for teen basketball times.

REMINDER: MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

KARATE

Cost Per 8 Week session

Member	\$150	Community	\$210
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▶ **Karate (Ages 4 years and up)**

Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. Level is determined by the instructor.

Please note: There is a \$40 fee for the karate uniform, and an optional belting fee for all those who qualify and choose to participate. Additional program gear (only required for advanced classes) which includes a head protector, gloves, mouth guard and shin guards can be purchased for \$100.

Additional Karate Fees

Karate Uniform (required) *	\$40
Belt (optional) **	Starting at \$50
Program gear (required)***	\$100

* Karate uniform can be purchased elsewhere

** Belts have various levels. The starting cost is \$50 and the fee increases by \$5 per advance level.

*** Additional gear can be purchased elsewhere

Levels

Beginner I Intermediate
Beginner II Advanced

TEEN SPORTS

Cost Per 8 Week session (Novice & Intermediate Level)

Member	\$130	Community	\$185
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Cost Per 8 Week session (Advanced Level)

Member	\$130	Community	\$185
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▶ **Basketball (12-14 years)**

Sessions focus on improving basketball skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

SUMMER CAMP

Track & Field (12-14 years)

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

Flag Football (12-13 years)

Sessions focus on improving football skills such as passing, receiving, rushing, flag pulling, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

SPEED & STRENGTH

Cost Per 8 Week session

Member	\$130	Community	\$185
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Speed & Strength Conditioning (12-15 years)

The Y Speed & Strength Academy focuses on developing speed, core, strength, agility, power and coordination through top-quality instruction. Whether you are new to athletics or competing on a travel team, we are here to help you reach your personal fitness and/or athletic goals.

TEEN BASKETBALL LEAGUE

Cost Per 8 Week session

Member	\$130	Community	\$185
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Teen Basketball League (12-15 years, Co-Ed)

Our improved teen basketball league will be a great opportunity for the 13 - 15 year old division to be part of a competitive team. They will have a chance to enhance their skills through team practices, then incorporate those skills into a live competitive environment.

Registration includes:

- NEW! 8-week league
- Skills/Practices
- Pre and Post Season Game Play
- Game T-Shirts
- YMCA Staff coaches & Referees
- Trophies for Top Two Teams

PRIVATE/SEMI-PRIVATE SPORTS LESSONS

Our 30 minute private or semi-private lessons are now available for anyone, of all ages, who wants to take their game to the next level! Whether you are brand new or a veteran player, we will work with you individually to improve your skills and gain confidence in your sport of choice. Our team is dedicated to you and your want to succeed! Visit the website or member desk for more information.

TEEN CAMP

Cost Per 2 Week session

Member	\$540	Community	\$600
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Teen Camp (12-14 years)

Teen Camp exemplifies the YMCA's core values of honesty, respect, caring, and responsibility. Teen campers participate in hands-on programming geared towards building self-confidence, teamwork, and accountability. Activities are designed to engage teens in personal development, while making friends and having fun. Field trips are purposeful in connecting teen campers to real-world experiences with technology, art, and character development. Campers will participate in swimming, dancing, singing, sports, and more!

Counselor to teen ratio is 1:10.



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!



Sibling Discounts available. Ask YMCA staff for details.

*Offers cannot be combined

DAY CAMP

👉 **Kinder Camp (Ages 4.5-5)**

Kinder Camp is designed for children entering kindergarten in September 2019. Structured day camp activities support this important transitional time by building social and emotional skills in a fun and nurturing environment. We focus on classroom structure and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, local outings, and one field trip per session.

Cost Per 2 Week session

Member	\$575	Community	\$650
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👉 **Express Camp (Ages 6-8)**

Express Camp fits all of your favorite camp activities into each day! Campers participate in arts and crafts, group games, sports, health and fitness, personal development activities, and weekly field trips to nature centers, museums, and local events. As part of our Express Camp, children will have instructional swimming one day a week. Counselor to child ratio is 1:8.

Cost Per 2 Week session

Member	\$545	Community	\$650
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👉 **Adventure Camp (Ages 9-11)**

Adventure Campers will participate in arts and crafts, group games, sports, and health and fitness. Activities are designed to engage campers in personal development, while making friends and having fun. Campers will participate in weekly field trips, local mini-trips, instructional swimming, and outdoor learning. Counselor to child ratio is 1:10.

Cost Per 2 Week session

Member	\$545	Community	\$650
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👉 **Swim Camp (Ages 7-12)**

Swim Camp supports the development of essential swimming skills, while cultivating a lifetime love of the water. Campers will swim four times a week, and learn important water safety values and responsibilities. In addition to instructional swimming, campers will also participate in arts and crafts, group sports, and field trips. Counselor to child ratio is 1:8 for ages 7-9; 1:10 for ages 10-12.

Cost Per 2 Week session

Member	\$585	Community	\$680
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👉 **Sports Camp (Ages 7-12)**

Sports Camp is designed to teach fundamentals and enhance camper abilities in age-appropriate groups for a variety of sports. Through the coaching and support of camp staff, campers will learn the history, rules, and key skills of different sports, applying lessons learned in practice games. Sports Camp encourages the values of teamwork and good sportsmanship. Counselor to child ratio is 1:8 for ages 7-9; 1:10 for ages 10-12.

Cost Per 2 Week session

Member	\$585	Community	\$680
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👉 **Teen Camp (Ages 12-14)**

Teen Camp exemplifies the YMCA's core values of honesty, respect, caring, and responsibility. Teen campers participate in hands-on programming geared towards building self-confidence, teamwork, and accountability. Activities are designed to engage teens in personal development, while making friends and having fun. Field trips are purposeful in connecting teen campers to real-world experiences with technology, art, and character development. Campers will participate in swimming, dancing, singing, sports, and more! Counselor to teen ratio is 1:10.

Cost Per 2 Week session

Member	\$540	Community	\$600
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👉 **Lisa Beth Camp (Ages 5-12)**

This three-week camp is a fully integrated program for children with disabilities. Campers will experience a variety of summer camp activities, including swimming, field trips, and arts and crafts. We believe every child deserves the opportunity to participate in a safe, caring, and fun learning environment. This camp runs from July 15, 2019 to August 2, 2019. Counselor to child ratio is 1:2.

Cost Per 2 Week session

Member	\$775	Community	\$775
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2019 Summer Camp Sessions:

Session I

7/1 - 7/12 9:00am-5:00pm

Session II

7/15 - 7/26 9:00am-5:00pm

Session III

7/29 - 8/9 9:00am-5:00pm

Session IV

8/12 - 8/23 9:00am-5:00pm

Need to drop off early or pick-up late? No problem!

Summer Camp: \$100* per camper per two-week session.

*per service

For more information about
Camp 2019, please contact Jasmine Rosa at
JRosa@ymcany.org or 212-912-2587.



SUMMER CLINICS

Our clinics are designed to work on the important fundamentals of the game while conditioning our young players to be more confident and successful. Our goal is to teach and challenge our players in a fun, safe, and encouraging environment.



SPORTS PERFORMANCE

Basketball Clinic (Ages 8-12)

Work on your fundamentals like ball handling, passing, and shooting techniques with us that will give our young players the edge they need to succeed on and off the court!

Cost Per 1 Week session

Member	\$290	Community	\$365
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Available Sessions:

July 8-12
July 15-19
July 22-26
July 29-August 2
August 12-16
August 19-23
August 26-30

Flag Football (Ages 8-12)

Improve football skills such as passing, receiving, flag pulling, and offensive/defensive schemes while working on overall conditioning. Small-sided games also give your athlete the in-game experience they need to really learn the game!

Cost Per 1 Week session

Member	\$290	Community	\$365
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Available Sessions:

July 29-August 2
August 19-23

Track & Field (Ages 8-12)

Focused to develop motor skills, improve endurance, and enhance techniques to help make our participants faster, more versatile athletes in any sport. Field work like the high jump, long jump and javelin throws will show them the total experience as a track athlete.

Cost Per 1 Week session

Member	\$290	Community	\$365
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Available Sessions:

July 15-19
August 5-9
August 26-30

Soccer (Ages 8-12)

Learn better ball control, foot work, shooting techniques, and conditioning with us to improve confidence and game play in our young athletes. If the weather is nice, we will even be taking our game outdoors!

Cost Per 1 Week session

Member	\$290	Community	\$365
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Available Sessions:

August 5-9

Speed & Strength (Ages 10-14)

Sports Conditioning is important in any sport you play! Improve your speed, strength, coordination, and flexibility with our trainers and coaches. These tools will help any athlete maintain a healthier lifestyle while preventing sport induced injuries! Our August clinic will be focused on pre-season conditioning in preparation for our fall sports seasons and is a great opportunity for those entering middle school and high school athletics.

Cost Per 1 Week session

Member	\$175	Community	\$235
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Available Sessions:

July 22-26

August 26-30

All Summer Sports Performance Clinics take place at the Park Slope Armory YMCA

Ask a staff member about Sibling and Multi-Week Discounts!*

For more information about Summer Sports Performance Clinics, please reach out to Shomari Jordan at sjordan@ymcanyc.org.

*offers may not be combined



CODE OF CONDUCT

Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.

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.

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

- Erika Rautenstrauch – Executive Director
(212) 912-2390 erautenstrauch@ymcanyc.org
- Jackie Bravo – Associate Executive Director
(212) 912-2590 jbravo@ymcanyc.org
- La'Toya Browne – Membership Sales & Engagement Director
(212) 912-2583, lbrowne@ymcanyc.org
- Rebecca Block – Communications & Fund Development Director
(212) 912-2371, rblock@ymcanyc.org
- Jasmine Rosa – Youth & Family Director
(212) 912-2587 jrosa@ymcanyc.org
- Chrissy Baker – Sports & Healthy Lifestyles Director
(212) 912-2586, cbaker@ymcanyc.org
- Denise Francis – Art & Culture Director
(212) 912-2588, dfrancis@ymcanyc.org
- Nabila Khan – New Americans Initiative Director
(212) 912-2375, nkhan@ymcanyc.org
- Mahadai Somaroo – Business Manager
(212) 912-2374, msomaroo@ymcanyc.org
- Shakila Monk – Property Director
(212) 912-2381, smonk@ymcanyc.org

MEMBERSHIP RATES

RATES

Membership Types	Park Slope Armory	Premium	Citywide	Joiner's Fee*
Youth (up to 11)**	\$206/yr.	n/a	n/a	\$35
Teen (12 - 17)	\$242/yr.	n/a	n/a	\$35
Student***	\$55/mos.	\$80/mos.	\$85/mos.	\$85
Adult (18 - 64)	\$66/mos.	\$98/mos.	\$106/mos.	\$99
Senior (65+)	\$55/mos.	\$80/mos.	\$85/mos.	\$99
Family I****	\$79/mos.	\$117/mos.	\$125/mos.	\$99
Family II (2 Adults & kids)*****	\$123/mos.	\$175/mos.	\$185/mos.	\$99

*Fees may differ depending on Membership Type

**Children under 12 must be accompanied by an adult when using the facility

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

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

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

HOLIDAY HOURS

Memorial Day Monday, May 27	7:00 AM - 8:00 PM
Independence Day Thursday, July 4	7:00 AM - 8:00 PM
Labor Day Monday, September 2	7:00 AM - 8:00 PM
Thanksgiving Thursday, November 24	7:00 AM - 3:00 PM
Christmas Eve Monday, December 24	7:00 AM - 3:00 PM
Christmas Day Tuesday, December 25	CLOSED
New Years Eve Monday, December 31	7:00 AM - 3:00 PM
New Years Day Tuesday, January 1	8:00 AM - 8:00 PM

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

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.



MORE MEMBERSHIP INFORMATION

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

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

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

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

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

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

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

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

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

PAYMENT OPTIONS & INFORMATION

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

GUEST 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.

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.

PROGRAM CANCELLATIONS In order to ensure quality programming, the YMCA may cancel any program that does not meet enrollment requirements. Refunds will be issued for any classes cancelled for low enrollment.

PROGRAM WITHDRAWALS If a participant withdraws prior to the start date a full credit or refund will be granted. During the first and second week of the program session, a 50% cancellation charge will be issued for all refunds or credits. Refunds will not be granted after the second week of the session. Refund requests for medical will be granted at the discretion of the department director.

MISSED CLASSES Credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. Please note there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

PERSONAL TRAINING SESSIONS A client may cancel directly with the trainer without penalty by giving 24-hour notice. If notice is not given within a 24-hour period, the client will be charged for the session. All packages are valid from the date of purchase. Personal training fees are non-refundable. Only YMCA training staff are permitted to conduct personal training within the facility.

PRIVATE SWIM LESSONS There is a limit of 1 private swim cancellation allowed per 6 lesson package. A client may cancel a lesson by giving 24-hour email notice. If proper notice is not given, the client will be charged for the lesson. A client package may be placed on hold only due to medical reason with proper documentation at the discretion of the Aquatics Director. All packages are valid from the date of purchase and valid for 6 months. Private swim fees are non-refundable. Private Swim package renewals must be paid for no later than the date of the final lesson in the prior purchased package. Failure to renew in a timely manner may result in a release of the day/time slot. Only YMCA training staff are permitted to conduct swim lesson sessions within the facility.

YOUTH SPORTS, DANCE, SWIM AND KARATE CLASSES In order to insure a safe and productive environment for participants, parents/guardians/caregivers are required to stay within the designated waiting area.

NEW AMERICANS

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.



WINTER/SPRING 2019

Summer Session 2019: July 8 - September 12

Fall Session 2019: October 7 - December 12

Prospect Park YMCA

Adult Literacy Education (ESOL):

Monday, Tuesday, Wednesday & Thursday 6:00-9:00PM

Healthcare Careers Workforce Preparation (ESOL):

Monday, Tuesday, Wednesday & Thursday 6:00pm-9:00pm

Citizenship Prep/Computer Literacy:

Saturday 10:30am-4:30pm

Park Slope Armory YMCA

Intermediate ESOL:

Monday & Wednesday 6:15pm-9:15pm

Amigos Group: Monday & Tuesday 5:15pm- 6:15pm

Registration is open throughout the year. Please contact New Americans Welcome Center Director, Nabila Khan, to schedule an introductory appointment at (212) 912-2593 or nkhan@ymcanyc.org.

Since its inception in 2008, **100%** of students have passed their naturalization interviews; **97%** of students have retained, improved, or obtained a job; and **89%** of participants have enrolled in post-secondary or HSE/GED programs.

In 2018, **17 students** from the Prospect Park YMCA's NAWC, **became U.S. Citizens!**

Prospect Park YMCA's NAWC serves adult men and women originating from **95 countries**; speaking **53 languages**; and spanning **four generations**.

For more information about the **New Americans Welcome Center**, visit: ymcanyc.org/ProspectNAWC.

“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



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



THE ANNUAL CAMPAIGN

HELP US KEEP OUR PROMISE

The Prospect Park and Park Slope Armory YMCAs are *Here for Good* every day of the year, and never more so than in challenging and uncertain times by continuing to offer life-enhancing Y programs to our community. The Annual Campaign is a way for us to give back to the community we have served for **over 120 years**. Your support of the YMCA Annual Campaign gives children and families in our community the chance to grow stronger in spirit, mind and body.

Last year we reached over **48,000 people**, more than **17,000** of whom were local youth and teens. We are so grateful to be able to offer programs and participation to our community regardless of their ability to pay. In 2016, every child in our Lisa Beth Gerstman Special Needs Camp received at least **50% financial aid**; we enrolled more than **500 children** in our after school programs located in public schools throughout Brooklyn completely free of charge; we had the ability to provide financial assistance to hundreds of members in financial crisis; and served over **3,600 enrollments** in our New Americans Welcome Center through free ESL, Computer Literacy, Job Readiness, and counseling services.

Without the support of our community through the Annual Campaign none of this would have been possible. Please consider investing in the future of our community by making a generous donation to the Annual Campaign this year.

To find out how you can contribute to the Annual Campaign and learn about other giving opportunities please contact Rebecca Block, Communications & Fund Development Director, at (212) 912-2371 or rblock@ymcanyc.org.

With your help we can do so much more!

Every dollar contributed to the Prospect Park YMCA Annual Campaign directly supports programs and memberships and is tax-deductible to the fullest extent of the law. None of the funds support administrative costs.

LOCAL BUSINESS PARTNERS

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9

I SUPPORT MY LOCAL



Local businesses right here in our community have joined the Prospect Park Y and Park Slope Armory Y in our promise to turn no one away due to the inability to pay. Look for the window cling next time you're shopping in Park Slope and support the local businesses that support your local Y!

RESTAURANTS/HOSPITALITY

Pita and Sticks
321 9th Street (at 5th St)
www.pitasandsticks.com

Stoop Juice
443 7th Avenue (at 15th St)
www.stoopjuice.com

Slope Cellars
436 7th Ave (at 15th St)
www.slopecellars.com

RETAIL

7th Avenue Copy Shop
315 7th Avenue (at 8th St)
www.7thavecopy.com

Brooke's Appliances
378 7th Avenue (at 12th St)
www.brookesewvac.com

Leopoldi's Hardware
415 5th Avenue (at 7th St)

OTHER

Flower of Life Chiropractic
917 8th Ave (at 10th St)
www.folcny.com

Park Slope Podiatry
360 9th Street (at 6th Ave)
www.parkslopepodiatry.com

Townsley & Gay Realty
177 7th Avenue (at 1st St)
www.townsleyandg.com

Urban Optical
326 7th Ave (at 9th St)
www.urbanoptical.com

Be a part of the impact. Contact Rebecca Block, Communications & Fund Development Director at (212) 912-2371 or rblock@ymcanyc.org to learn how your business can become a partner in change.



LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA
273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA
180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA
125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA
224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA
5 West 63rd Street
New York, NY 10023
212.875.4100

BRONX BRANCH

Bronx YMCA
2 Castle Hill Avenue
Bronx, NY 10473
718.792.9736

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA
1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA
2980 West 29th Street
Brooklyn, NY 11224
718-215-6900

Dodge YMCA
225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA
1401 Flatbush Avenue
Brooklyn, NY 11201
718.469.8100

Greenpoint YMCA
99 Meserole Avenue
Brooklyn, NY 11222
718.389.3700

North Brooklyn YMCA
570 Jamaica Avenue
Brooklyn, NY 11208
718.277.1600

Prospect Park YMCA
357 Ninth Street
Brooklyn, NY 11215
718.768.7100

Park Slope Armory YMCA
361 15th Street
Brooklyn, NY 11215
212.912.2580

QUEENS BRANCHES

Cross Island YMCA
238-10 Hillside Avenue
Bellerose, NY 11426
718.479.0505

Flushing YMCA
138-46 Northern Blvd.
Flushing, NY 11354
718.961.6880

Jamaica YMCA
89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

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

Ridgewood YMCA
69-02 64th Street
Ridgewood, NY 11385
212.912.2180

**Rockaway YMCA at
Arverne by the Sea**
207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA
651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA
3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

**YMCA Counseling Service/
South Shore Center**
3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

**YMCA Counseling Service/
North Shore Center**
285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY

New York YMCA Camp
Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600

PLEASE FLIP GUIDE OVER TO LEARN ABOUT THE
PROSPECT PARK YMCA



361 15th Street
Brooklyn, NY 11215
212-912-2580

ymcanyc.org/parkslopearmory

 @prospectparky

 facebook.com/parkslopearmory

 @prospectparky

NEW YORK CITY'S YMCA