



# DISCOVER YOUR Y

**Prospect Park Y  
Summer/Fall 2019  
PROGRAM & CLASS GUIDE**

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



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## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday - Friday: 5:00 AM - 11:00 PM  
Saturday - Sunday: 6:00 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
<b>Member discounts and priority registration</b> on all fee-based programs, such as swim, sports, camp, and more	✓	✓
<b>State-of-the-art fitness center</b> – includes more than 100 pieces of cardio and strength equipment	✓	✓
<b>Over 100 FREE weekly group exercise classes</b> – includes yoga, spin, aqua fitness, and more	✓	✓
<b>FREE YMCA Weight Loss Program</b>	✓	✓
<b>Y Fit Start</b> – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
<b>Two Swimming Pools</b> with 100 hours of lap swim	✓	✓
<b>Sauna and Steam rooms</b>	✓	✓
<b>Basketball court</b>	✓	✓
<b>Indoor running track</b>	✓	✓
<b>FREE Child Watch</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>FREE towel service</b>	✓	✓
<b>40+ hours of FREE family programs</b> – such as family art, music, family swim, and more		✓
<b>FREE teen orientation to the fitness center</b>		✓
<b>FREE teen programs</b> – including civic engagement, Leaders Club, and Teen Center		✓
<b>Convenient family locker room</b>		✓

# 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 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.

#### ◆ Total Body Conditioning

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

#### ◆ TRX

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

## CARDIO

### ◆ Spin®

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

### ◆ Step

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

### ◆ Step and Sculpt

Combine the fantastic cardio workout of step with the strength gains of a sculpting workout for a total body challenge

### ◆ Strong by Zumba®

With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

## DANCE

### ◆ Ballet

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

### ◆ Belly Dance

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

### ◆ Salsa

Learn Salsa basics to fun music.

### ◆ Samba

A dance class workout with a focus on Brazilian samba movements and rhythms.

### ◆ Zumba®

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

## MIND/BODY

### ◆ Gentle Yoga

Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

### ◆ 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

### ◆ Meditation

Learn and practice meditation

### ◆ MELT®

The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living. Improve posture and feel more vital in your everyday life.

### ◆ 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.

### ◆ PiYo™

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### ◆ 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.

### ◆ Vinyasa Yoga

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

### ◆ Stretch & Release

A recovery class that will use stretching activities to release muscle tightness.

### ◆ Tai Chi

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

## WATER FITNESS

### ◆ Aqua Boot Camp

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

### ◆ Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

### ◆ Water Aerobics

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

# 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](http://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 Catherine Duckett, Healthy Lifestyles Coordinator, at 212-912-2365 or [CDuckett@ymcanyc.org](mailto:CDuckett@ymcanyc.org)

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

# SPORTS

## Adult Co-ed Volleyball

Volleyball, a sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. The sessions include warm-ups and recreational games. Please see the gym schedule for volleyball times.

## 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.



## REMINDER: MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

# AOA PROGRAMS



The Prospect Park 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	1x 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 Yoga

Bases on original Pilates technique, this class focuses on the body's core stability. Enhance coordination, endurance, balance, strength, and flexibility.

## AOA Dance

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 Water Exercise

AOA Water Exercise for older adults incorporates stretching, aerobic, and muscle conditioning exercises with a focus on improving overall condition.

## Arthritis Pace

A low intensity workout designed for older adults with arthritis or other joint challenges, utilizing light weights and dynabands.

# SWIM

Whether you are just learning to swim or an accomplished swimmer, we have something for you.

## ◆ Lap/Recreational Swim

Lap swim and Recreational swim are available throughout the day for adults. Please see our Pool schedules on-line.

## 👉 YMCA Swim Lessons

Adult Swim Lessons (see Swim section p. 24) teaches personal water safety and the fundamentals of swimming. Build stroke technique and endurance, to foster swimming as part of a healthy lifestyle.

## 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.**

# KIDS & FAMILY

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

**AGES 0-4**

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE



## 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.

Come join us to maximize your health, to heal yourself and clear the way for a new chapter in your life. This class is a wonderful opportunity for connecting with other pregnant women as well as individual time for private reflection.

### ◆ Baby & Me Yoga (Babies 1-10 months)

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents.

### ◆ 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.

## FAMILY PROGRAMS

### Cost Per Visit

Member	Free with Family Membership
Community	NA

### ◆ 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.



### ◆ Family Open Gym

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.

### ◆ Family Open Swim

Family swim time strengthens relationships between families! Families enjoy the pool safely while spending quality time together. Come and spend time with your child in the pool to strengthen their confidence and comfort in the water.

#### 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!

### ◆ 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.

## SUMMER CAMP

#### Cost Per 2 Week session

Member	\$575	Community	\$650
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### ➤ Kinder Camp (Ages 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. Camp-ers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, local

### INFANT & TODDLER SWIM

#### ➤ Swim Starters (6-36 months)

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parent learn about water safety and drowning prevention and the importance of supervision of young children. (See Swim section p. 22)

## SWIM LESSONS

#### ➤ Yoga & Swim (24-36 months)

Yoga and Swim class for two year olds and their parents or caregivers combines age appropriate gym activities with water skills that begin to prepare children to work directly with an instructor on their own. (See Swim section p. 22)

### PRESCHOOL SWIM

#### ➤ Swim Basics (3-5 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 22)

#### ➤ Gym & Swim (3-5 years)

Gym and swim class is an opportunity to practice basic skills in the gym and in the water. (See Swim section p. 23)



## 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!

# SPORTS

## GYMNASTICS

Cost Per 8 Week session

Member	\$190	Community	\$260
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### 👉 Tiny Tumblers (4-5 years)

Ready to explore gymnastics and develop your skills in a small group setting? Learn coordination, develop flexibility, and practice jumping, tumbling, balancing, and more! This class gives children the opportunity to build confidence, develop their own strength, and explore gymnastics while making friends and having fun!

## PRESCHOOL SPORTS

Cost Per 8 Week session

Member	\$130	Community	\$185
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### 👉 Pre-School Soccer (3-4 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.

# 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! From arches and windows to stairs, bridges and towers, join the fun!

### 👉 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

Cost Per 8 Week session

Member	\$125	Community	\$180
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### 👉 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.



# YOUTH

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

**AGES 5-12**

## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE



## FAMILY

### Cost Per Visit

Member	Free with Family Membership
Community	NA

### ◆ Family Open Gym

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.

### ◆ Family Open Swim

Family swim time strengthens relationships between families! Families enjoy the pool safely while spending quality time together. Come and spend time with your child in the pool to strengthen their confidence and comfort in the water.

## 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](mailto:JRosa@ymcanyc.org) or 212-912-2587.

## DAY CAMP

Cost Per 2 Week session

Member	\$545	Community	\$660
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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.

### 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.

## SWIM & SPORTS DAY CAMP

Cost Per 2 Week session

Member	\$585	Community	\$680
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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.



### 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.

## SPECIAL NEEDS DAY CAMP

Cost Per 3 Week session

Member	\$775	Community	\$775
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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.

# SWIM

## YOUTH SWIM

### 🏊 Swim Basics (6-12 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 23)

### 🏊 Swim Strokes (6-12 years)

Having mastered the fundamentals students learn additional water safety skills and builds strokes technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 23)

### 🏊 Youth Competitive Drills & Skills

The focus of this class is to build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts with an instructor on deck. Swim workouts include an average of about 1,000 to 2,000 yards. (See Swim section p. 24)

# SPORTS

## YOUTH SPORTS

Cost Per 8 Week session

Member	\$130	Community	\$185
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### ✦ Youth Soccer (5-7 years)

An energetic program that emphasizes teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age appropriate teaching tools and drills.

### ✦ Basketball (5-12 years)

Kids will learn the game of basketball through age-appropriate drills, exercises, and controlled games while developing teamwork and sportsmanship. Classes are separated by skill level.

## GYMNASTICS

Gymnastics Fees	Member	Community
Beginner	\$150	\$215
Advanced Beginner	\$165	\$240
Intermediate/Intermediate Advanced (2 x week)	\$230	\$325
Gymnastics Club (2 x week)	\$245	\$345

### ✦ Beginner Gymnastics (6-12 years)

This co-ed class focuses on learning basic gymnastics skills, such as floor routines and developing proper conditioning, as well as increased use of each apparatus.

### ✦ Advanced Beginner Gymnastics (7-12 years)

This co-ed class focuses on basic floor and apparatus skills, increasing strength and endurance and preparation for the more rigorous intermediate program.

### ✦ Intermediate Gymnastics (8-14 years)

This co-ed intermediate gymnastics class builds on skills learned in the previous level and focuses on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movements. 2x per week.

### ✦ Advanced Intermediate Gymnastics (8-14 years)

In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements. 2x per week.

### ✦ Gymnastics Club (10-17 years) (2 x week)

Gymnastics Club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition.

## 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

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 is invitation only. Not sure if your child is ready for Level II? Please contact Denise Francis at [dfrancis@ymcanyc.org](mailto:dfrancis@ymcanyc.org) if you're interested.



### REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

✦ ONLINE REGISTRATION AVAILABLE



# 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 (Ages 13-18)

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 (Ages 13-18)

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

### REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

### ◆ Youth & Government (Ages 14-18)

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 (Ages 12-18)

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.**



### ◆ 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 (Ages 12-18)

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.

## 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

## GYMNASTICS

Gymnastics Fees	Member	Community
Intermediate/Intermediate Advanced (2 x week)	\$230	\$325
Gymnastics Club (2 x week)	\$245	\$345

### ▶ Intermediate Gymnastics (8-14 years)

This co-ed intermediate gymnastics class builds on skills learned in the previous level and focuses on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movements. 2x per week.



## Advanced Intermediate Gymnastics (8-14 years)

In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements. 2x per week.

## Gymnastics Club (10-17 years) (2 x week)

Gymnastics Club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition.

# SUMMER CAMP

## TEEN CAMP

Cost Per 2 Week session

Member	\$540	Community	\$600
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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.



# SWIM

## TEEN SWIM

### Swim Basics (12-17 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab. (see Swim section p. 24)

### Swim Strokes (12-17 years)

Having mastered the fundamentals students learn additional water safety skills and builds strokes technique and endurance. This fosters swimming as part of a healthy lifestyle. (see Swim section p. 24)

### Competitive Skills & Drills

The focus of this class is to build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts with an instructor on deck. Swim workouts include an average of about 1,000 to 2,000 yards. (see Swim section p. 24)

# 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
- ▶ ONLINE REGISTRATION AVAILABLE





# SWIM STAGE DESCRIPTIONS

## SWIM STARTERS

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



### A / WATER DISCOVERY

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



### B / WATER EXPLORATION

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

## 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



## PARENT/CHILD LESSONS

### SWIM STARTERS PARENT/CHILD

#### Session Lesson Fees (8 weeks)

Member	\$136
Community	\$205

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.

#### 👉 Stage A: Water Discovery (6-18 months)

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.

#### 👉 Stage A: Water Discovery (18-36 months)

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, and socialize with each other.

#### 👉 Stage B: Water Exploration (12-36 months)

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

#### 👉 Stage 1: Water Acclimation (3-5 years)

At this level, children usually begin attending classes without their parents. However for those who are not yet ready to do so we offer this adjustment level. 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.

### PARENT/CHILD YOGA & SWIM

#### Session Lesson Fees (8 weeks)

Member	\$168
Community	\$250

#### 👉 Stage A Yoga & Swim (6-18 months)

Yoga and swim class for one year olds and their parents or caregivers helps toddlers learn basic skills in the gym and gain confidence in the pool. A great opportunity to socialize and have fun!

#### 👉 Stage B Yoga & Swim (12-36 months)

Yoga and Swim class for two year olds and their parents or caregivers combines age appropriate gym activities with water skills that begin to prepare children to work directly with an instructor on their own.

## PRESCHOOL SWIM LESSONS

### PRESCHOOL SWIM BASICS (3-5 years)

#### Session Lesson Fees (8 weeks)

Member	\$136
Community	\$225

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

#### 👉 Stage 1: Water Acclimation

At this level, children usually begin attending classes without their parents. 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.

#### 👉 Stage 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.

#### 👉 Stage 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.

### PRESCHOOL SWIM STROKES (3-5 years)

#### Session Lesson Fees (8 weeks)

Member	\$136
Community	\$225

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.

## Stage 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.

## PRESCHOOL GYM & SWIM (3-5 years)

### Session Lesson Fees (8 weeks)

Member	\$168
Community	\$250

## Stage 1 Gym & Swim

Gym and swim class is an opportunity to practice basic skills in the gym and adjust to the water in a group setting. 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.

## Stage 2 Gym & Swim

Gym and swim class combines structured gym activities with an advanced beginner level swim class for this age group. 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.

## Stage 3 Gym & Swim

Gym and swim class that combines structured gym activities with a swim class in which children 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.

## Stage 4 Gym & Swim

Gym and swim class that where Students at this stage 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.



# YOUTH SWIM LESSONS

## YOUTH SWIM BASICS (6-12 years)

### Session Lesson Fees (8 weeks)

Member	\$125
Community	\$205

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

## Stage 1: Water Acclimation

At this level, children usually begin attending classes without their parents. 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.

## Stage 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.

## Stage 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.

## YOUTH SWIM STROKES (6-12 years)

### Session Lesson Fees (8 weeks)

Member	\$125
Community	\$205

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

## Stage 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.

## Stage 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.

## Stage 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

## Youth Competitive Drills & Skills

The focus of this class is to build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts with an instructor on deck. Swim workouts include an average of about 1,000 to 2,000 yards.

# TEEN SWIM LESSONS

## TEEN AQUATICS (13-17 years)

### Session Lesson Fees (8 weeks)

Member	\$136
Community	\$225

## Teen Beginner (Stage 1 & 2)

This class is for teens who have not had swimming lessons before or who are not comfortable in the water. Basic swimming and water safety skills are taught in a relaxed, fun way.

## Teen Intermediate (Stage 3 & 4)

Teens continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught, as well as some diving skills.

## Teen Advanced (Stage 5 & 6)

This is the initial intermediate level for students to further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn more synchronized swimming, wetball, and diving skills.

# ADULT SWIM LESSONS

## ADULT SWIM BASICS (18+ years)

### Session Lesson Fees (8 weeks)

Member	\$150
Community	\$240

Whether you are just learning to swim or an accomplished swimmer, we have something for you.

## Adult Beginner (Stage 1)

This class is for those who have not had swimming lessons before or who are not comfortable in the water. Basic swimming and water safety skills are taught in a relaxed, fun way.

## Adult Advanced Beginner (Stage 2 & 3)

Adults are acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle.

## Adult Intermediate (Stage 4)

Adults continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke.

## Adult Advanced (Stage 5 & 6)

This class works on further refining your front crawl, breast stroke, backstroke, butterfly and flip turns. You will also increase your endurance.

### REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE

## PRIVATE & SEMI-PRIVATE SWIM LESSONS (All Ages)

### Private & Semi-Private Swim Lesson Fees

Private	Member	Six 30 min lessons for \$310	Twelve 30 min lessons for \$575
	Community	Six 30 min lessons for \$430	Twelve 30 min lessons for \$810
Semi-Private	Member	Six 30 min lessons for \$420	Twelve 30 min lessons for \$800
	Community	Six 30 min lessons for \$590	Twelve 30 min lessons for \$1,150

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private and Semi-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 and Semi-Private lessons are limited to 2 participants only. For more information, please contact [ppyaquatics@ymcanyc.org](mailto:ppyaquatics@ymcanyc.org).



# SAFE POOLS HAVE RULES



## **New York City Department of Health Code states:**

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.

## **YMCA of Greater New York requires:**

1. Bathing caps must be worn in the pool.
2. Appropriate swimming attire is required.
3. Swim diapers are required for individuals that wear diapers.
4. No food or drink (except water in plastic containers) is allowed in pool area.
5. Running, skipping, pushing, or any kind of horseplay is dangerous and not allowed.
6. The YMCA lifeguard must be on duty to enter the pool area. Members must observe the pool schedule.
7. Street shoes are not allowed in the pool area.
8. Non-swimmers must remain in the shallow area.

## **Family or Youth Recreational Swim additional requirements:**

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, or lifejackets (PFD's) are provided for use. Inflatable swim aids are not allowed.
4. Anyone wearing flotation equipment must remain in the shallow area.

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

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



**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	\$660
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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	\$660
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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@ymcanyc.org](mailto:JRosa@ymcanyc.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](mailto:sjordan@ymcanyc.org).

\*offers may not be combined



# JOIN THE Y

## MEMBERSHIP INFORMATION

### STAFF LISTING

Erika Rautenstrauch – Executive Director  
(212) 912-2390 [erautenstrauch@ymcanyc.org](mailto:erautenstrauch@ymcanyc.org)

Emma Isles – Associate Executive Director  
(212) 912-2377, [eisles@ymcanyc.org](mailto:eisles@ymcanyc.org)

Rebecca Block – Communications & Fund Development Director  
(212) 912-2371, [rblock@ymcanyc.org](mailto:rblock@ymcanyc.org)

Meghan Gough – Membership Sales & Engagement Director  
(212) 912-2379, [mgough@ymcanyc.org](mailto:mgough@ymcanyc.org)

Denise Francis – Art & Culture Director  
(212) 912-2588, [dfrancis@ymcanyc.org](mailto:dfrancis@ymcanyc.org)

Jasmine Rosa – Youth & Family Director  
(212) 912-2587 [jrosa@ymcanyc.org](mailto:jrosa@ymcanyc.org)

Nabila Khan – New Americans Initiative Director  
(212) 912-2375, [nkhan@ymcanyc.org](mailto:nkhan@ymcanyc.org)

Mahadai Somaroo – Business Manager  
(212) 912-2374, [msomaroo@ymcanyc.org](mailto:msomaroo@ymcanyc.org)

Shakila Monk – Property Director  
(212) 912-2381, [smonk@ymcanyc.org](mailto:smonk@ymcanyc.org)

Rose Milord – Director of Community House  
(212) 912-2383, [rmilord@ymcanyc.org](mailto:rmilord@ymcanyc.org)

### HOLIDAY HOURS

**Memorial Day**  
Monday, May 27 7:00 AM – 8:00 PM

**Independence Day**  
Thursday, July 4 7:00 AM – 8:00 PM

**Labor Day**  
Monday, September 2 7:00 AM – 8:00 PM

**Thanksgiving**  
Thursday, November 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.

### MEMBERSHIP RATES

#### RATES

Membership Types	Prospect Park	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***	\$66/mos.	\$80/mos.	\$85/mos.	\$85
Adult (18 – 64)	\$82/mos.	\$98/mos.	\$106/mos.	\$99
Senior (65+)	\$66/mos.	\$80/mos.	\$85/mos.	\$99
Family I****	\$101/mos.	\$117/mos.	\$125/mos.	\$99
Family II (2 Adults & kids)*****	\$149/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

### 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](mailto:volunteer@ymcanyc.org) for more information.

### JOB OPPORTUNITIES

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



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

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

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

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

**MEMBERSHIP 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.

# 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.



# 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.



## SUMMER/FALL 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](mailto: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](http://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](http://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](mailto: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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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](http://www.pitasandsticks.com)

Stoop Juice  
443 7th Avenue (at 15th St)  
[www.stoopjuice.com](http://www.stoopjuice.com)

Slope Cellars  
436 7th Ave (at 15th St)  
[www.slopecellars.com](http://www.slopecellars.com)

## RETAIL

7th Avenue Copy Shop  
315 7th Avenue (at 8th St)  
[www.7thavecopy.com](http://www.7thavecopy.com)

Brooke's Appliances  
378 7th Avenue (at 12th St)  
[www.brookesewvac.com](http://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](http://www.folcny.com)

Park Slope Podiatry  
360 9th Street (at 6th Ave)  
[www.parkslopepodiatry.com](http://www.parkslopepodiatry.com)

Townsley & Gay Realty  
177 7th Avenue (at 1st St)  
[www.townsleyandg.com](http://www.townsleyandg.com)

Urban Optical  
326 7th Ave (at 9th St)  
[www.urbanoptical.com](http://www.urbanoptical.com)

**Be a part of the impact. Contact Rebecca Block, Communications & Fund Development Director at (212) 912-2371 or [rblock@ymcanyc.org](mailto: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  
**PARK SLOPE ARMORY YMCA**



357 Ninth Street  
Brooklyn, NY 11215  
718-768-7100  
[ymcanyc.org/prospectparky](http://ymcanyc.org/prospectparky)

 @prospectparky

 [facebook.com/prospectparky](https://facebook.com/prospectparky)

 @prospectparky

NEW YORK CITY'S YMCA