



DISCOVER YOUR Y

**Rockaway Y
Summer/Fall 2019
PROGRAM & CLASS GUIDE**

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ymcanyc.org/rockaway

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



CONTACT US

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Friday: 5:30 AM - 10:00 PM
Saturday - Sunday: 7:00 AM - 8:00 PM

MEMBERSHIP DESK HOURS

Monday - Sunday: 8:00 AM - 8:00 PM

2019 SESSION & REGISTRATION DATES

SUMMER REGISTRATION DATES

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

SUMMER SESSION DATES:

July 1, 2019 - August 25, 2019

FALL I REGISTRATION DATES

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

FALL I SESSION DATES:

September 3 - October 27, 2019

FALL II REGISTRATION DATES

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

FALL II SESSION DATES:

October 28 - December 22, 2019



WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration on all fee-based programs, such as swim, sports, camp, and more	✓	✓
State-of-the-art fitness center – includes more than 80 pieces of cardio and strength equipment	✓	✓
Over 86 FREE weekly group exercise classes – includes yoga, cycling, aqua fitness, and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Two Swimming Pools with 108 hours of lap swim	✓	✓
Sauna and Steam rooms	✓	✓
Basketball court, pickleball courts, and athletic field	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE teen orientation to the fitness center		✓
FREE teen programs – including Youth & Government, Leaders Club, and Teen Center		✓
Convenient family locker room		✓

ADULTS

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

◆ FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages [6 months to 7 years - please adjust] can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

We offer over 86 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CARDIO

◆ Cardio Circuit

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

◆ Interval Training

High intensity cardio alternated with recovery periods of lower cardio intensity.

◆ Step

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

CONDITIONING

◆ Bikes and Bands

A one hour high intensity interval training combination of cycling, with a blast of bands at the end.

◆ Barre

Ballet inspired workout with elements of Pilates, dance, yoga, and strength.

◆ Cardio Sculpt

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

◆ Circuit Training

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

◆ Core Connection

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

◆ Core Training

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

◆ Kettlebells

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

◆ Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

◆ Total Body Conditioning

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

◆ MasterFitness™

Get everything you need in this class! Combines low impact aerobics, conditioning and stretching in a comfortable environment. Beginners and Active Older Adults welcome.

TRX (Fee Based)

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.

DANCE

◆ Adult Dance Movement

Move to the beat of various rhythms and tempos under the guidance of a certified instructor.

◆ Zumba®

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

MARTIAL ARTS

◆ Tai Chi

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

MIND/BODY

◆ Chair Yoga

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

◆ 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.

◆ Meditation

Learn and practice meditation.

◆ Pilates Mat

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

◆ Restorative Yoga

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

◆ Vinyasa Yoga

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

WATER FITNESS

◆ Water Aerobics

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

ACTIVE OLDER ADULTS

◆ SilverSneakers® Classic

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

◆ SilverSneakers® Yoga

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

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WELLNESS PROGRAMS

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

◆ New Member Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact Ann Fosteris at afosteris@ymcany.org to schedule your appointment today!



◆ YMCA Weight Loss Program (NEW!)

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

◆ Y Fit Start Program

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

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. For more information, contact Ann Fosteris at afosteris@ymcany.org.

# of sessions	Member	Community
Bronze Package (1 session)	\$67	\$94
Silver Package (5 sessions)	\$366	\$514
Gold Package (10 sessions)	\$708	\$996
Platinum Package (24 sessions)	\$1,368	\$1,914

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

TRX Small Group Training

8-week session, ages 16 and up. 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.

1 class/ week per 8-week session

Member	\$134	Community	\$187
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LIVESTRONG AT THE YMCA

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

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



SIGN UP AT
ymcanyc.org/livestrong

SPORTS

◆ Adult Basketball

Participants are encouraged to engage in various activities such as shoot-arounds and pick-up games.

◆ Pickleball

Pickleball is a fusion of tennis, badminton, and ping-pong that all ages can play.

◆ Soccer

Adult Soccer is a fun, safe space where soccer players of any soccer level can come together and play fun, non-competitive games.

ARTS

Sewing for Adults and Teens

Learn to sew and create your own clothes. All levels welcome. Personal sewing machine recommended.

1 class/ week per 8-week session

Member	\$160	Community	\$224
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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

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FAMILY

PRE-SCHOOL & SUMMER CAMP

◆ Little Tykes (Ages 6months-4years)

Little Tykes orients children to school age games and sports. Children focus on building motor skills, following directions, and cooperating. The program also allows for parent interaction and support. Location: Gym

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages [6 months to 7 years - please adjust] can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

Kinder Camp (Ages 4-5)

Kinder Camp is designed for children entering kindergarten in September 2019. Structured day camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To prepare our young campers for their transition into kindergarten and develop their skill sets and comfort level with city travel, campers will participate in one field trip by bus each session.

Cost Per 2 Week session

Member	\$600	Community	\$650
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SPORTS

Fast Break (Ages 3-7 and 8-14)

Youth participants are introduced to the sport of basketball with the help of qualified coaches. Through basketball drills, participants develop fine motor skills preparing them to be better athletes. Location: Gym

1 class/ week per 8-week session	1 x week
Member	\$60
Community	\$104

Little Dragons Martial Arts (Ages 4-6)

Learn the basic concepts of martial arts and self defense.

1 class/ week per 8-week session	1 x week
Member	\$83
Community	\$116

Runner's Club (Ages 8-12)

Running based kids fitness program involving games and running activities to promote health.

1 class/ week per 8-week session	1 x week
Member	\$50
Community	\$70

Tiny Toes (Ages 3-4)

Tiny Toes teaches Ballet at an introductory level. Ballet is an essential foundation for all dance. Basic skills and more are introduced with patience and care, not to mention fun! Location: Multi-purpose

1 class/ week per 8-week session	1 x week
Member	\$104
Community	\$153

TRX Kids (Ages 5-17)

Kids will learn to use their body weight to develop strength, balance, flexibility, and core stability that can be translated to all sports.

# of lessons per 8-week session	1 Lesson	5 Lessons
Member	\$25	\$100
Community	\$25	\$100

Tumbling (Ages 3-5 and 6-8)

This class is designed to introduce the child to basic tumbling, rolling and jumping movements. Location: Studio

1 class/ week per 8-week session	1 x week
Member	\$60
Community	\$104

Youth Martial Arts (Ages 4+)

Participants will develop balance, coordination, self confidence and discipline through this martial art form. Classes focus on the development of the youth's positive attitude, behavior and character through building self-esteem and self-discipline while instilling respect for themselves and others.

1 class/ week per 8-week session	1 x week	2x week
Member	\$110	\$155
Community	\$191	\$267



YOUTH

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

AGES 5-12

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AFTERSCHOOL & SUMMER CAMP

Day Camp (Ages 6-11)

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

Day campers will be divided into age groups with children within one to two years of their age. Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such

as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. In addition, activities such as journaling and age-appropriate science experiments will expand their literacy, math and science skills, and promote their ability to think critically. Field trips to museums and science centers will link to the camp-based activities and maximize educational enrichment.

Cost Per 2 Week session

Member	\$520	Community	\$572
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Modern Girl Dolly and Me Day Camp (Ages 7-10)

Designed for our Modern Day Girls, our curriculum will develop skills to navigate the day to day challenges young ladies run into. Using the popularity of the 18-inch doll trend, for two weeks campers will explore what it means to be a young lady while being true to themselves. They will learn about the history of women in America, career exploration, etiquette, and friendship as well as traditional summer camp activities like arts and crafts, STEM, sports, and swimming. The two week session will culminate with a trip to American Girls Place in NYC.

Cost Per 2 Week session (Includes doll)

Member	\$550	Community	\$600
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ARTS

Ballet (Ages 8-11)

Ballet classes focus on developing strength, flexibility and musicality. Leotards and ballet slippers are required.

Location: Studio

1 class/ week per 8-week session	1x week
Member	\$104
Community	\$153

Chess for Kids (Ages 5 -7 and 8-11)

Learn a game you can play for life! Kids learn the basics of chess and learn strategies. Location: Conference Room

1 class/ week per 8-week session	1x week
Member	\$54
Community	\$76

Dance Movement (Ages 5-7)

This fun-filled combo class features a mix of Modern, Ballet and Contemporary dance. Location: Multi-purpose

1 class/ week per 8-week session	1x week
Member	\$104
Community	\$153

Modern Dance (Ages 8-11)

Learn fundamental modern dance moves in a creative and fun environment. Location: Studio

1 class/ week per 8-week session	1x week
Member	\$104
Community	\$153

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages [6 months to 7 years - please adjust] can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

SPORTS

Soccer (Ages 3 -11)

Participants will learn the basics of soccer through various drills and activities. Participants will have opportunities to showcase their skills in fun scrimmages. Location: Gym

1 class/ week per 8-week session	1x week
Member	\$78
Community	\$114

Private Sport Lessons One-On-One (Ages 5-17)

Participants are coached according to their age and skill level. Classes are one hour in length. Sports offered: Basketball, Pickleball, Soccer, and T-Ball. Please note that lessons are subject to instructor availability. For more information please contact Ann Fosteris at afosteris@ymcanyc.org.

# of lessons per 8-week session	1 Lesson	5 Lessons
Member	\$25	\$100
Community	\$35	\$140



YOUTH
(ages 5 - 12)

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

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LEADERSHIP & CIVIC ENGAGEMENT

◆ Leaders Club (Ages 12 - 17)

Leaders Club is a national YMCA program that provides adolescent participants with opportunities for leadership training, personal growth, service to others and social development. It is one of the YMCA's most intensive and comprehensive progressive teen development programs. Youth meet on a weekly basis in small groups, working closely with their peers and an advisor on skill and character building activities, as well as 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. Leaders Club provides a safe haven for young people to become confident and competent young adults with a sense of belonging in their community. Enrollment begins September 2019.

◆ Teens Take the City (Ages 12 - 17)

Teens Take the City is a program unique to the YMCA of Greater New York. Teens Take the City is a civic engagement program focused specifically on NYC government and fostering community organizing skills. The Program aims to educate our Rockaway participants about who runs their communities and how to become active participants in school and community life. Primary program activities include community networking, educational workshops, Trips to support civic growth and the preparation of a presentation showcasing students' research and findings. Through these activities, oral and written communication skills improve. Solid resumes for college develop and strong leadership abilities are fostered. Enrollment begins September 2019.

COLLEGE ACCESS & CAREER READINESS

SUMMER CAMP

◆ Y Scholars (Ages 12 - 17)

The Y Scholars Program provides support for students through the full 6 to 16 education pipeline, beginning in middle school and ending with college graduation. Y Scholar students prepare for their futures as lifelong learners and begin their pathway to eventual college success, with a focus on developing the academic and social skills to succeed in high school. In high school the program morphs into the Rowe Scholars Program where the focus is on identifying and accessing their postsecondary goals. Y Scholars takes place at Village Academy Middle School.

Teen Travel Camp (Ages 12-14)

Teen Travel Camp is for young people who are currently enrolled in middle school. Designed to immerse campers in a variety of fun activities that will keep them active, learning, and engaged during the summer months. Campers will explore NYC through citywide day trips 2-3 times a week. Campers also participate in traditional camp activities like stem, arts and crafts, sports, and swimming. Our teens will build confidence, self-esteem, and strong peer relationships.

Cost Per 2 Week session

Member	\$520	Community	\$572
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FITNESS & SPORTS

◆ Teen Fitness Orientation (Ages 12-17)

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

◆ Teen Center (Ages 12 - 17)

Teen Center is a fun and safe place for teens to socialize and interact with peers. A variety of activities including sports, games, crafts and social groups are available to teens. Location: Gym.

◆ Teen Recreation (Ages 12 - 17)

Teen Recreation is an opportunity for Teens to utilize the YMCA's beautiful full-court gym by participating in structured athletic activities such as basketball, volleyball or indoor games. Location: Gym



TEEN
(ages 12-17)

SWIM

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

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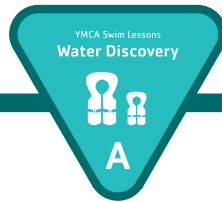




SWIM STAGE DESCRIPTIONS

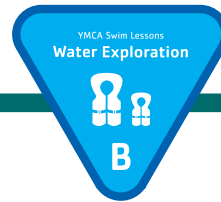
SWIM STARTERS

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



A / WATER DISCOVERY

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



B / WATER EXPLORATION

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

SWIM BASICS

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

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



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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

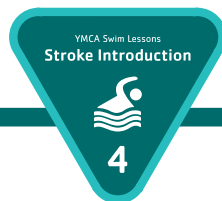


3 / WATER STAMINA

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

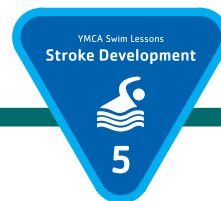
SWIM STROKES

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



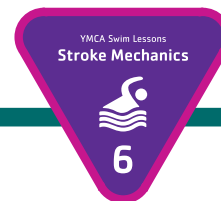
4 / STROKE INTRODUCTION

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



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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

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

STAGES OF LEARNING

SWIM STARTERS

Parent & child lessons

A Water Discovery

Blow bubbles
on surface,
assisted

Front tow
chin in water,
assisted

Water exit
parent & child
together

Water entry
parent & child
together

Back float
assisted, head on
shoulder

Roll
assisted

Front float
chin in water,
assisted

Back tow
assisted, head on
shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
blow bubbles,
assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head
on chest

Roll
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head
on chest

Monkey crawl
assisted, on edge,
5 ft.

SWIM BASICS

Recommended skills for all to have around water

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall,
5 ft.

Water exit
independently

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

Back float
assisted,
10 secs., recover
independently

Roll
assisted

Front float
assisted,
10 secs., recover
independently

Back glide
assisted, at wall,
5 ft.

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

2 Water Movement

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**

Back float
20 secs. (10 secs.
preschool)

Roll

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Tread water
10 secs., near
wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in
chest-deep water

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

Water exit
independently


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


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


Roll


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

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

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

 Preschool
3–5 yrs.
Stages 1–4

 School Age
5–12 yrs.
Stages 1–6

 Teen & Adult
12+ yrs.
Stages 1–6

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction

Endurance

any stroke or combination of strokes, 25 yd.

Front crawl

rotary breathing, 15 yd.

Back crawl

15 yd.

Dive

sitting

Resting stroke

elementary backstroke, 15 yd.

Tread water

scissor & whip kick, 1 min.

Breaststroke

kick, 15 yd.

Butterfly

kick, 15 yd.

5 Stroke Development

Endurance

any stroke or combination of strokes, 50 yd.

Front crawl

bent-arm recovery, 25 yd.

Back crawl

pull, 25 yd.

Dive

kneeling

Resting stroke

sidestroke, 25 yd.

Tread water

scissor & whip kick, 2 mins.

Breaststroke

25 yd.

Butterfly

simultaneous arm action & kick, 15 yd.

6 Stroke Mechanics

Endurance

any stroke or combination of strokes, 150 yd.

Front crawl

flip turn, 50 yd.

Back crawl

pull & flip turn, 50 yd.

Dive

standing

Resting stroke

elementary backstroke or sidestroke, 50 yd.

Tread water

retrieve object off bottom, tread 1 min.

Breaststroke

open turn, 50 yd.

Butterfly

25 yd.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



REMINDER:
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ➔ ONLINE REGISTRATION AVAILABLE

PRIVATE LESSONS

Private Lessons (All Ages)

Private Lessons must be redeemed within 6 months from date of purchase.

# of 1/2 Hour Lessons	Member	Community
1 Lesson	\$49	\$77
Package of 5 Lessons	\$220	\$360
Package of 10 Lessons	\$390	\$670

SWIM STARTERS

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

Water Discovery

Parent/Child 6-18 months

Member	\$82	Community	\$132
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Water Discovery

Parent/Child 18-36 months

Member	\$82	Community	\$132
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Water Exploration

Parent/Child 6-18 months

Member	\$82	Community	\$132
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Water Exploration

Parent/Child 18-36 months

Member	\$82	Community	\$132
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SWIM BASICS

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

Stage 1: Water Acclimation

Pre-school Child (3-5 years)

Member	\$82	Community	\$132
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Stage 1: Water Acclimation

School Age Child (5-12 years)

Member	\$102	Community	\$155
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Stage 1: Water Acclimation

Teen (12-17 years)

Member	\$102	Community	\$155
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Stage 1: Water Acclimation

Adult

Member	\$115	Community	\$170
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Stage 2: Water Movement

Pre-school Child (3-5 years)

Member	\$82	Community	\$132
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Stage 2: Water Movement

School Age Child (5-12 years)

Member	\$102	Community	\$155
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Stage 2: Water Movement

Teen (12-17 years)

Member	\$102	Community	\$155
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Stage 2: Water Movement

Adult

Member	\$115	Community	\$170
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● Stage 3: Water Stamina 
Pre-school (3-5 years)

Member	\$82	Community	\$132
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● Stage 3: Water Stamina 
School Age Child (5-12 years)

Member	\$102	Community	\$155
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SWIM STROKES

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

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

Member	\$82	Community	\$132
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● Stage 4: Stroke Introduction 
School Age Child (5-12 years)

Member	\$102	Community	\$155
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● Stage 4: Stroke Introduction
Teen (12-17 years)

Member	\$102	Community	\$155
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● Stage 4: Stroke Introduction 
Adult

Member	\$115	Community	\$170
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● Stage 5: Stroke Development 
School Age Child (6-12 years)

Member	\$102	Community	\$155
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● Stage 6: Stroke Mechanics 
School Age Child (6-12 years)

Member	\$102	Community	\$155
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PATHWAYS

● Competitive Skills & Drills
Teen (12-17 years) & Adult

1 class/ week per 8-week session	1x week	2x week
Member	\$120	\$170
Community	\$170	\$215

PARTIES

Pool Party (All Ages)

Includes 1 hour in the pool plus 1 hour rental of spacious room for celebration. To schedule please contact Virginia Clay 718-215-6962.

Member	\$375	Community	\$450
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Gym Party (All Ages)

Available by request.

SWIM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

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

Zoë Smith and Detra Gillians
Y Camps / New York City

PLEASE GIVE TODAY.
ymcanyc.org/give



SAFE POOLS HAVE RULES

General YMCA Pool Rules

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

YMCA Family and Youth Swim Rules

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



New York City Department of Health Code Rules

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

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

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

SUMMER CAMP

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



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

Online registration available for most camps.
Visit ymcany.org/rockawaycamp for more information and full camp guide.

DAY CAMP

Kinder Camp (Ages 4-5)

Kinder Camp is designed for children entering kindergarten in September 2019. Structured day camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers will participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To prepare our young campers for their transition into kindergarten and develop their skill sets and comfort level with city travel, campers will participate in one field trip by bus each session.

Cost Per 2 Week session

Member	\$600	Community	\$650
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Day Camp (Ages 6-11)

Day campers will engage in activities that will enhance their social and emotional skills, help keep their academics on track, keep them physically active, and challenge them to learn new things every day. They will have the opportunity to make new friends and take exciting trips throughout New York City. Campers will participate in a wide range of sports, instructional swimming, arts and crafts, and weekly themed days such as Crazy Hat Day. In addition, campers will engage in a variety of science, technology, engineering, and math activities during each session. Day campers will be divided into age groups with children within one to two years of their age.

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

Cost Per 2 Week session

Member	\$520	Community	\$572
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Teen Travel Camp (Ages 12-14)

Teen Travel Camp is for young people who are currently enrolled in middle school. Designed to immerse campers in a variety of fun activities that will keep them active, learning, and engaged during the summer months. Campers will explore NYC through citywide day trips 2-3 times a week. Campers also participate in traditional camp activities like stem, arts and crafts, sports, and swimming. Our teens will build confidence, self- esteem, and strong peer relationships.

Cost Per 2 Week session

Member	\$520	Community	\$572
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Modern Girl Dolly and Me Day Camp (Ages 7-10)

Designed for our Modern Day Girls, our curriculum will develop skills to navigate the day to day challenges young ladies run into. Using the popularity of the 18-inch doll trend, for two weeks campers will explore what it means to be a young lady while being true to themselves. They will learn about the history of women in America, career exploration, etiquette, and friendship as well as traditional summer camp activities like arts and crafts, STEM, sports, and swimming. The two week session will culminate with a trip to American Girls Place in NYC.

Cost Per 2 Week session (Includes doll)

Member	\$550	Community	\$600
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YMCA NEW AMERICANS WELCOME CENTERS

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

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

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

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





SLEEPAWAY CAMP

TRADITIONAL SLEEPAWAY

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

Camp McAlister (Ages 7-11)

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

TEEN SLEEPAWAY

Camp Talcott (Ages 11-14)

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

BOLD-GOLD Adventure Trips (Ages 15-16)

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

Leaders-In-Training (Ages 15)

Designed for 15-year-old campers who would prefer not to go on trips, our Leaders-In-Training (LIT) Program allows a range of leadership and skill building opportunities on-site at Camp Talcott. Participating in a blend of formal leadership training, service learning opportunities, and traditional camp activities, LIT campers get the best of both worlds, an

SPECIALTY SLEEPAWAY

opportunity to enjoy camp with their peers while learning what it takes to be a future leader, both at camp and beyond! Our LIT program runs in two week sessions only.

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

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

World Teen Camp (Ages 12-16)

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

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

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

International Judo Camp (Starting at Age 7)

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



CODE OF CONDUCT

At New York City's YMCA, creating a safe and welcoming environment is a team effort.

We ask everyone — staff, members, and guests — to follow our Code of Conduct, which is based on our core values of caring, honesty, respect, and responsibility.

1. Speak in respectful tones; refrain from the use of vulgar or derogatory language; and dress appropriately.
2. Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
3. Respect others by refraining from intimate behavior in public; abstain from contact of a sexual nature.
4. Respect the property of others; never engage in theft or destruction.
5. Create a safe, caring environment; never carry illegal firearms or devices.
6. Participate in programs to build a healthy spirit, mind, and body; never engage in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
7. Adherence to the YMCA Code of Conduct and regulations is essential.



Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all.

EXERCISING COURTESY

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



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

JOIN THE Y

MEMBERSHIP INFORMATION

STAFF LISTING

Michael Garcia – Executive Director
ext. 6610, michaelg@ymcanyc.org

Ann Fosteris – Senior Program Director
ext. 6609, afosteris@ymcanyc.org

Virginia Clay – Aquatics Director
ext. 6612, vclay@ymcanyc.org

Jacqueline Gutierrez – Youth & Family Director
ext. 6607, jgutierrez@ymcanyc.org

Taquasia Davis – Membership Sales & Engagement Coordinator
ext. 6634, tdavis@ymcanyc.org

Cesar Gaviria – Properties Director
ext. 6614, cgaviria@ymcanyc.org

Felicia Bostwick – Business Manager
ext. 6611, fbostwick@ymcanyc.org

Keshia Brown – Business Office HR Coordinator
ext. 6616, kbrown@ymcanyc.org

Magenta Davis – Administrative Assistant
ext. 6617, mdavis@ymcanyc.org

HOLIDAY HOURS

Memorial Day Monday, May 27	5:30 AM – 8:00 PM
Independence Day Thursday, July 4	5:30 AM – 8:00 PM
Labor Day Monday, September 2	5:30 AM – 8:00 PM
Thanksgiving Thursday, November 28	7:00 AM – 3:00 PM
Christmas Eve Tuesday, December 24	7:00 AM – 3:00 PM
Christmas Day Wednesday, December 25	CLOSED
New Years Eve Tuesday, December 31	7:00 AM – 3:00 PM
New Years Day Wednesday, January 1	8:00 AM – 8:00 PM

MEMBERSHIP RATES

Membership Types	Rockaway Y	Joiner's Fee
Youth (up to 11)	\$285/yr.	\$0
Teen (12 – 17)	\$340/yr.	\$0

Membership Types	Rockaway Y Prices	Queen-wide Prices	City-wide Prices	Joiner's Fee Rockaway Y Queens-wide City-wide
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$50/mos.	\$61/mos.	\$85/mos.	\$75 \$100 \$125
Adult (18 – 64)	\$64/mos.	\$76/mos.	\$106/mos.	\$75 \$100 \$125
Senior (65+)	\$50/mos.	\$61/mos.	\$85/mos.	\$75 \$100 \$125
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$86/mos.	\$95/mos.	\$125/mos.	\$75 \$100 \$125
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$109/mos.	\$137/mos.	\$185/mos.	\$75 \$100 \$125

*Membership rates & offers subject to change

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

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

MISSION

The YMCA is here for all New Yorkers — to empower youth, improve health, and strengthen community.

POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free passes are available on the YMCA web site to introduce the Y to friends and associates. Day Passes are available to purchase.

CAMERA POLICY

For the privacy and security of all — especially our kids and teens — we do not allow any photo or video recording without permission from the Executive Director.

LOCKER ROOMS

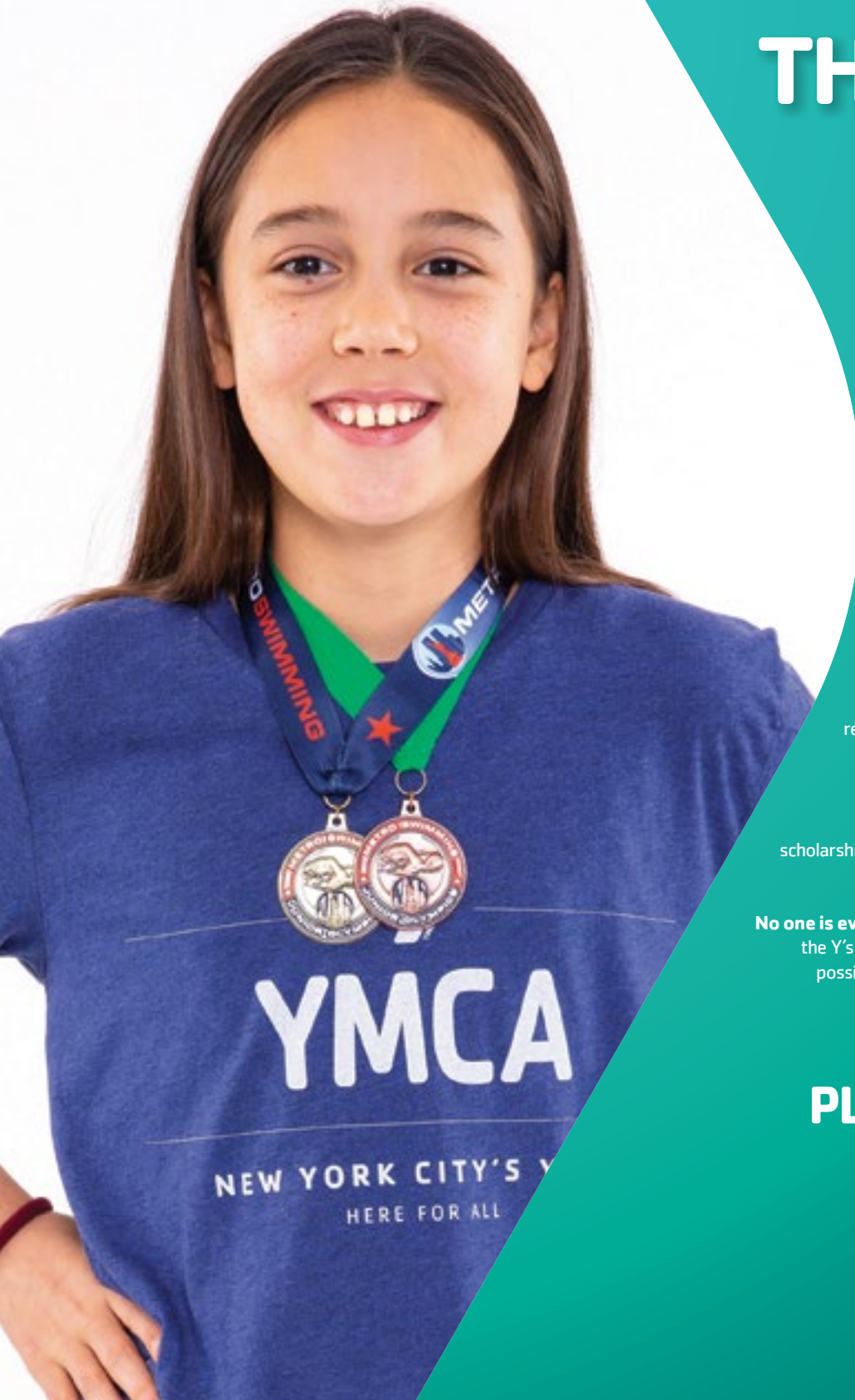
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of the opposite gender.

LOST CARDS

There is a replacement fee of \$10 to issue a replacement card. Membership and program privileges are not transferable from one person to another.

“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



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FOR SOCIAL RESPONSIBILITY

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PLEASE GIVE TODAY.
ymcanyc.org/give



TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

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



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



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

LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
212.912.2490

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718.215.6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11210
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
Brooklyn, NY 11222
212.912.2260

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

Prospect Park YMCA

357 Ninth Street
Brooklyn, NY 11215
718.768.7100

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.551.9300

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.551.9350

Jamaica YMCA

89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

Long Island City YMCA

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

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA at

Arverne by the Sea
207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/

South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/

North Shore Center

285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY

New York YMCA Camp

160 Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600



ROCKAWAY YMCA

207 Beach 73rd Street
Arverne, NY 11692
P 718-215-6950
ymcanyc.org/rockaway

 facebook.com/RockawayYMCA

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

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