



DISCOVER YOUR Y

CONEY ISLAND Y
Summer/Fall 2019
PROGRAM GUIDE

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Brooklyn, NY 11224
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www.ymcanyc.org/coneyisland

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

ADULT

Monday-Friday 6:00AM-10:30PM

Saturday-Sunday 8:00AM-8:00PM

TEEN

Monday-Friday 3:00PM-7:00PM

Saturday-Sunday 12:00PM-5:00PM

(School holidays & summer hours vary;
refer to website for a current schedule)

2019 SESSION & REGISTRATION DATES

SUMMER SESSION DATES:

July 1, 2019-August 25, 2019

SUMMER REGISTRATION DATES

Member: Saturday, June 15, 2019

Community: Saturday, June 22, 2019

FALL I SESSION DATES:

September 3, 2019-October 27, 2019

FALL I REGISTRATION DATES

Member: Saturday, August 17, 2019

Community: Saturday, August 24, 2019

FALL II SESSION DATES:

October 28, 2019-December 22, 2019

FALL II REGISTRATION DATES:

Member: October 12, 2019

Community: October 19, 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
State-of-the-art fitness center – includes more than 60 pieces of cardio and strength equipment	✓	✓
Over 50 FREE weekly group exercise classes – includes yoga, spin, aqua fitness, and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Two Swimming Pools with over 40 hours of lap swim	✓	✓
Sauna room in Men's and Women's locker rooms	✓	✓
Basketball court	✓	✓
FREE child watch		✓
FREE WiFi	✓	✓
FREE family classes—such as swim, story time and more		✓
FREE teen orientation to the Fitness Center		✓
FREE teen programs—including Youth & Government, Leaders Club and Teen Center		✓
Convenient family locker room		✓

THE ANNUAL CAMPAIGN

HELP US KEEP OUR PROMISE

The Coney Island YMCA is *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 our 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 14,000 people, more than 5,000 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 2018, our summer camp enrolled more than 200 children and provided over \$15,000 in much needed financial support for over 35% of the children who attended. We had the ability to provide financial assistance to hundreds of members in financial crisis.

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 Sam Moore, Executive Director at (718) 215-6900 or smoore@ymcanyc.org.

With your help we can do so much more.

Every dollar contributed to the Coney Island YMCA Annual Campaign directly supports programs and membership. All donations are tax-deductible. None of the funds support administrative costs.



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



New York City's YMCA | **WE'RE HERE FOR GOOD.®**

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. Just ask.** We're here to help!
- 3. If there's a problem** with any of the equipment or the facility, please let a staff person know. If there's an incident or accident, contact a uniformed staff person immediately.
- 4. Be safe.** Wear appropriate clothing and footwear. (Open-toed shoes, over-restrictive or street clothes are not allowed.) Have a spotter help you with free weights. Warm up before and cool down after exercise. Make sure you've had enough to eat and drink before exercising to prevent dizziness or lightheadedness. If you are experiencing dizziness, pain or unusual discomfort at any time, stop the exercise and ask staff for help.
- 5. Help us keep the Y clean.** Wipe off equipment after each use. Return all equipment when finished with it. Take your personal items with you. Remove the plates from lifting bars when you're done. Don't bring food and open containers into the center.
- 6. Give others a turn.** The equipment is here for everyone to use. Please respect the 30-minute time limit on cardio equipment if others are waiting, and follow any posted sign-up procedures.
- 7. Storing your stuff.** Daily lockers are reserved for your personal items while you are in the Y.
- 8. Youth are welcome** after completing an orientation and submitting a signed parental consent form (ages 12-17).
- 9. Hang it up.** For your safety and in consideration for others, please refrain from cell phone use while in the fitness facilities.
- 10. Get personal.** Personal trainers are available. Inquire at the Welcome Center for more information.
- 11. Only YMCA training staff** is permitted to conduct personal training sessions within the facility.
- 12. Drink it up.** It is recommended, but not mandatory, that you bring water with you to the gym. There is a vending machine located in the Prime Time Lounge where you can purchase water, as well as a water fountain outside of the locker rooms and in the Wellness Center.
- 13. 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. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.

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.

WELLNESS PROGRAMS

Whatever your goals, the Y helps you find your way towards 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.

(Must receive approval from Healthy Lifestyles Director for members under 18 years of age.)

◆ 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 the Healthy Lifestyles Coordinator at ext. 3915.

◆ 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 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 Y Fit Start at our Membership Desk.

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

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 lifestyles 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.

	Members	Community
Bronze Package (1 session)	\$57	\$72
Silver Package (5 sessions)	\$278	\$350
Gold Package (10 sessions)	\$515	\$675

Save money by working out with a friend and purchasing Small Group training sessions for two or more people.

Members: \$175/8 week session

Community: \$275/8 week session

Y Fit Start Coaching

Get personal attention by working with a certified personal trainer to build a stronger, healthier you!

Members: \$25/ session

\$100/5 sessions

Ages 18 years and up

Personal Training Session Cancellation & Policies

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 sessions are valid for 6 months from date of purchase. Only YMCA training staff are permitted to conduct personal training sessions within the facility.

BE HEALTHY TOGETHER

All adult exercise classes are **FREE** for YMCA members ages 12 years and up! Schedules are available online and at the Welcome Center. (Teens can attend any class that is within teen hours, which are Monday-Friday 3pm-7pm and Saturday-Sunday 12pm-5pm).

1. **Group exercise classes begin promptly.** Please arrive on time, or 10 minutes early for your first Spin class.
 2. **Space is first-come, first-served.** If you are late, take a spot in the back of the class.
 3. **Everyone who attends class** must participate.
 4. **Alert your instructor** if you have any injuries, medical problems, or are pregnant.
 5. **Wear sneakers** for all cardio and strength classes. Bare feet are appropriate for Yoga only.
 6. **Personal belongings** are not permitted in the exercise studios. For your safety and the security of your items, store them in a locker prior to class.
 7. **Cell phone use** is not permitted in the studios.
 8. **Wipe down** and neatly put away mats after use.
 9. **Always stay hydrated.**
 10. **The YMCA is a shared space**, so please exercise proper hygiene and avoid excessive use of fragrance. (In case of emergency, the Healthy Lifestyles Director has deodorant.)
 11. **Please respect other's personal space** in the locker rooms, class, the pools, and while working out in the fitness center.
- All members, guests, and staff are expected to adhere to the Code of Conduct.



KIDS & FAMILY

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

AGES 0-4

REMINDER:

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◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE

ARTS

1 Class/week

Member	\$90
Community	\$115

Young Picassos

Kids will get a chance to work with colored pencils, markers, crayons and oil paint in a variety of ways. This introductory class will teach your child the foundations of art in a fun and engaging way!

Creative Movement

This class teaches self-expression through dance and supports your child's growing awareness of his/her body's capacity to move in dynamic ways. Creative movement builds self-esteem and is a wonderful first adventure into locomotion.

◆ Story Time

Studies show that children who are read to between the ages of 2 and 5 years of age are more likely to have a higher aptitude for learning, are better communicators, and have a better grasp of language. Bring your toddler for our story time, which will include a reading circle and arts and crafts. Free for members.

SWIM

◆ Family Recreational Swim

Supervised recreational swim for families promises to be a terrific time. An adult YMCA member must accompany children to swim time. Swimsuit and swim caps are required at all times. Children 8 years old and younger must be within arm's length of an adult (18 years and older) in the water. Only two children can be paired per adult. Children between the ages of 9 and 11 must have a parent/guardian in the viewing area at all times. Any child that cannot swim, regardless of age, must be within arm's length of an adult (18 years and older) in the water. Only two children can be paired per adult. Free with Family membership. * Tickets for Family free swim may be obtained 30 minutes prior to start of program at the Welcome Center. Tickets are required in order to participate. Each person must obtain their own ticket.

SPORTS

Youth Martial Arts

Participants will develop balance, coordination, self-confidence and discipline through this martial arts 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.

SUMMER CAMP

Kinder Camp

Kinder Camp is designed for children entering Kindergarten in Fall 2019. Structured day 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 for their transition into Kindergarten and develop their skill set and comfort level with city travel, campers will participate in one field trip by bus each session.

Cost per 2 week session

Member	\$482
Community	\$485

FAMILY

◆ Family Events

Here at the Coney Island YMCA we understand the important role that a family plays in a child's development. Each month we host a family event to reinforce that message with fun-filled activities. Join us and have your family meet our family! For more information, contact Justin Martinez, Programs Director at ex.3940 or jmartinez@ymcanyc.org. Free with Family membership.

CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) – (branch can adjust within this based on range served) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. **This is a FREE service available to family members only.**



YOUTH

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

AGES 5-12



FAMILY

Family Events

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SUMMER CAMP

Day Camp

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

Cost per 2 week session

Member	\$383
Community	\$453

Sports Camp

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

Cost per 2 week session

Member	\$422
Community	\$485

Swim Camp

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

The key components of Swim cap are:

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

Cost per 2 week session

Member	\$422
Community	\$485

SPORTS

Member	\$90
Community	\$115

Basketball

Learn and master the basics of passing, dribbling and shooting and practice your offense and defense in fun scrimmages. Through programs like youth basketball, we nurture kids' sense of self-confidence and introduce them to the concept of teamwork in a supportive noncompetitive environment.

Martial Arts

As adults, we know that there are some life skills and lessons that simply cannot be taught in a traditional classroom. Many of us turn to team sports or other activities to help our kids cultivate these skills and put them to practice. There is no better sport that will teach and emphasize such skills than karate. When you sign your child up, they will learn life lessons that are sure to help set them up for long term success.

Learn the basic aspects of Karate and self-defense!

Participating in this program develops strength, agility, flexibility and coordination as well as focus and peace of mind.

Private Sports Lessons

Participants are coached according to their age and skill level. Classes are one hour in length. Sports offered: basketball, flag football & soccer.

Please note that lessons are subject to instructor availability.

For more information please contact our Program Director at 718-215-6940 or jmartinez@ymcanyc.org.

Member	\$90
Community	\$115

ARTS

Creative Movement

This class teaches self-expression through dance and support your child's growing awareness of his/her body's capacity to move in dynamic ways. Structured activities and exercises provide the foundation for developing a movement vocabulary and non-verbal expression of feeling and thought. Creative movement builds self-esteem and is a wonderful first adventure into dance.

♦ C.A.T.C.H

C.A.T.C.H stands for Coordinated Approach to Child Health. C.A.T.C.H is designed to promote behaviors that assist in developing and maintaining cardiovascular health in school age children. The C.A.T.C.H program is intended to encourage MVPA (moderate-to-vigorous physical activity) through activities in which kids run, jump, dance and move their whole bodies. Free with Family membership.

MAKE YOUR MEMORIES AT THE CONEY ISLAND YMCA

Birthday Party Rentals

Come celebrate your special day at the Coney Island YMCA! Pool and/or room rentals are available for children's birthday parties. Pool and room rental packages include one hour in the family pool and two hours in the Janet & Bruce Ellig Room. Please note that set up and cleanup are included in the time available in the room. Prices are based on a maximum capacity of 25 people in the pool. There must be an adult (18 years and older) in the water within arm's length for any child 8 years old and younger. There must, also, be an adult in the water within arm's length for any child that cannot swim, regardless of age. Only two children can be paired per adult. This will count towards your total participants. Everyone is required to wear swimsuits and swim caps. Noodles, life jackets, and backpacks are the only equipment allowed in the pool during the party. Tables and chairs will be provided in the room, however, the renter is responsible for all decorations, paper goods, food, cake, and beverages. A \$50 deposit can be placed to guarantee the date of your party. All fees must be paid in full and a guest list must be submitted for your party one week prior to the event. All fees are non-refundable.

Please contact Aquatics Director Oytun Tangel at otangel@ymcanyc.org or at 718-215-6933 in order to schedule a birthday party.

Please contact Justin Martinez, Programs Director regarding availability for gym rentals at 718-215-6940 or jmartinez@ymcanyc.org

POOL + ROOM RENTAL

Members: \$462

Program members: \$572

*An additional payment of \$100 can be made for up to 20 additional participants in the pool

**An additional payment of \$50 can be made for access to the frog slide.

POOL RENTAL ONLY

Members: \$245/hour

Program members: \$300/hour

*An additional payment of \$100 can be made for up to 20 additional participants in the pool

**An additional payment of \$50 can be made for access to the frog slide.

ROOM RENTAL ONLY

Members: \$137/hour, 2 hour minimum

Program members: \$192/hour, 2 hour minimum



TEENS

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

AGES 12-17

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

LEADERSHIP & CIVIC ENGAGEMENT

◆ Leaders Club

Develop leadership skills, experience personal growth, provide service to others and demonstrate social responsibility. Join your peers along with an adult advisor on skill and character building activities, plan and organize projects with an emphasis on educational success, community service and goal setting.

◆ Teens Take the City

Learn the essentials of democracy and the civic process. Become active-involved citizens. Participate in developing and presenting local legislation all leading up to a youth legislative session at City Hall.

◆ Academic Support

Do you need a little extra help preparing for that big exam or just completing your homework assignments? The Coney Island Y offers you a space where, with the help of Y staff and peer to peer tutoring, we can help you reach your academic goals.

FITNESS & SPORTS

◆ Teen Center

Teens are welcome to enjoy the Y and participate in activities that include fitness, swimming, sports, games workshops, trips and more—all while socializing with friends.

◆ Teen Fitness Orientation (Ages 12-17)

To start your teen's fitness experience off on the right foot we require a Teen Fitness Orientation. This orientation is provided to teens and will teach them how to properly use equipment and work out safely! Appointments can be scheduled at the Welcome Center.

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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- For all new participants at our branch wishing to register for any classes other than Stage 1, swim tests are required. For participants that take a break and skip more than 1 session of classes during the year, swim tests are also required. For an appointment please email Oytun Tangel, Aquatics Director at otangel@ymcanyc.org.
- Classes not meeting the minimum number of participants will be cancelled or combined with another class similar in skills (SCHEDULES ARE SUBJECT TO CHANGE).

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





SWIM STAGE DESCRIPTIONS

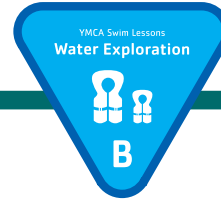
SWIM STARTERS

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.



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 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



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.

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.

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

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.

SWIM SAFELY

FAMILY POOL

Everyone's safety is important to us, especially children.
We ask that all abide by our aquatic center guidelines.

1. Street shoes are not allowed on the pool deck.
2. Everyone in the pool must wear a swim cap.
3. Please walk at all times while on the pool deck.
4. Children 8 years old and younger must be within arm's length of a parent/adult guardian when in the pool. Only two children can be paired per adult.
5. Any child that cannot swim, regardless of age, must be within arm's length of a parent/adult guardian when in the pool. Only two children can be paired per adult.
6. Children between the ages of 9 and 11 must have a parent/adult guardian in the viewing area at all times.
7. All non-swimmers must remain in the shallow area.
8. Any child wearing a flotation device must remain in the shallow area. Backpacks/bubbles and life jackets are provided as a flotation device to non-swimmers.
9. Infants and children who are not fully toilet trained must wear a swim diaper. Any children under the age of 3, must wear swim diapers.
10. Breath holding during any aquatics activity is not allowed as it can lead to a person blacking out.
11. Inflatable rings, balls, or other pool toys are not permitted.
12. No horseplay of any kind is permitted.
13. All questions regarding the Aquatics policies/procedures should be directed to the Aquatics Director.
14. Everyone must shower before entering pool.
15. Everyone must obtain wristbands for the Water Aerobics/Aquatic group exercise classes in order to participate. Please see the front desk for details. Tickets for Family Swim may be obtained 30 minutes prior to the start of the program at the Welcome Center. Everyone must have a ticket in order to participate in this program. Each person must obtain their own ticket. Participants with a ticket for Family Swim or a wristband for the Water Aerobics/Aquatic group exercise classes should only use the pool designated for their activity.
16. Please allow at least 2 hours after eating to enter the pool.
17. All personal belongings must be secured in a locker.
18. Video recorders, cameras, or any other visual recording devices are NOT allowed within the pool area. No pictures or recordings of the pool area are permitted. No electronic devices are allowed in the Aquatic Center.
19. Diving is not permitted.
20. Proper bathing attire is required; jeans, shorts, and cutoffs are not allowed. All trunks/bathing suits must have netting. White T-shirts are allowed over bathing suits.
21. Food, gum, and beverages (except water in a plastic container) are not allowed in the pool area. Glass bottles are strictly prohibited.
22. Instructional swim aids (kickboards/barbells/pull buoys/fins/hand paddles) are only for class use.
23. The safety and use of any outside personal equipment brought into the facility is at the discretion of the Lifeguards and Aquatics Director.
24. The YMCA Lifeguard must be on duty to enter the pool area. Members must observe the pool schedule and any signs posted to the entrance of the pool. Be sure to follow the Lifeguard's direction to ensure everyone's safety. Adherence to the YMCA Code of Conduct and regulations is essential. Cooperation among members and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership with the YMCA may result from violating this Code of Conduct.

SWIM SAFELY

LAP POOL

Everyone's safety is important to us, especially children. We ask that all abide by our aquatic center guidelines.

1. Street shoes are not allowed on the pool deck.
2. Everyone in the pool must wear a swim cap.
3. Please walk at all times while on the pool deck.
4. Children 8 years old and younger must be within arm's length of a parent/adult guardian when in the pool.
5. Children between the ages of 9 and 11 must have a parent/adult guardian in the viewing area at all times.
6. Breath holding during any aquatics activity is not allowed as can lead to person blacking out.
7. Inflatable rings, balls, or other large pool toys are not permitted.
8. There is a maximum of five swimmers per lane. This is subject to change at the lifeguard's discretion based on the number of participants in programs running at the same time.
9. All questions regarding the Aquatics policies/ procedures should be directed to the Aquatics Director.
10. Everyone must shower before entering pool.
11. Lanes are marked as follows: Multi-purpose Lane, Slow Lane, Medium Lane, and Fast Lane.
12. Diving is not permitted.
13. All personal belongings must be secured in a locker.
14. Video recorders, cameras, or any other visual recording devices are NOT allowed within the pool area. No pictures or recordings of the pool area are permitted. No electronic devices are allowed in the Aquatic Center.
15. Members must circle swim counter-clockwise or split the lane if only two people are present.
16. Proper bathing attire is required; jeans, shorts, and cutoffs are not allowed. All trunks/bathing suits must have netting. White T-shirts are allowed over bathing suits.
17. Food, gum, and beverages (except water in a plastic container) are not allowed in the pool area. Glass bottles are strictly prohibited.
18. Youth/teens may only use the lap pool during designated hours and they must do consistent laps in the pool.
19. The lifeguard will enforce a time limit of 30 minutes per person when others are waiting.
20. Please allow at least 2 hours after eating to enter the pool.
21. Instructional swim aids (kickboards/barbells/pull buoys/fins/hand paddles) are only for class use.
22. The safety and use of any outside personal equipment brought into the facility is at the discretion of the Lifeguards and Aquatics Director.
23. The YMCA Lifeguard must be on duty to enter the pool area. Members must observe the pool schedule and any signs posted to the entrance of the pool. Be sure to follow the Lifeguard's direction to ensure everyone's safety. Adherence to the YMCA Code of Conduct and regulations is essential. Cooperation among members and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership with the YMCA may result from violating this Code of Conduct.

REMINDER:
MEMBERS GET PRIORITY REGISTRATION
◆ INCLUDED IN MEMBERSHIP
▶ ONLINE REGISTRATION AVAILABLE


SWIM STARTERS

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

Swim Starters Lesson Fees

Member	\$100
Community	\$156

Water Discovery 
Parent/Child (6–18 months)

Water Discovery 
Parent/Child (18–36 months)

Water Exploration 
Parent/Child (6–18 months)

Water Exploration 
Parent/Child (18–36 months)

PRE-SCHOOL 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.

Pre-School Swim Basics Lesson Fees

Member	\$100
Community	\$156

Stage 1: Water Acclimation 
Pre-school Child (3–5 years)

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

Stage 3: Water Stamina 
Pre-school Child (3–5 years)

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

SCHOOL-AGE 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.

School-Age Swim Basics Lesson Fees

Member	\$89
Community	\$145

Stage 1: Water Acclimation 
School-Age Child (5–12 years)

Stage 2: Water Movement 
School-Age Child (5–12 years)

Stage 3: Water Stamina 
School-Age Child (5–12 years)

SCHOOL-AGE 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.

School-Age Swim Strokes Lesson Fees

Member	\$89
Community	\$145

Stage 4: Stroke Introduction 
School-Age Child (5–12 years)

Stage 5: Stroke Development 
School-Age Child (5–12 years)

Stage 6: Stroke Mechanics 
School-Age Child (5–12 years)

TEEN 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

Teen Swim Basics Lesson Fees

Member	\$94
Community	\$151

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

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

Stage 3: Water Stamina 
Teen (12–17 years)

TEEN 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.

Teen Swim Strokes Lesson Fees

Member	\$94
Community	\$151

Stage 4: Stroke Introduction 
Teen (12–17 years)

Stage 5: Stroke Development 
Teen (12–17 years)

Stage 6: Stroke Mechanics 
Teen (12–17 years)

PATHWAYS

Students who achieved Stage 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning. This continues to build swimming as a lifelong skill and part of a healthy lifestyle.

Pathways Lesson Fees

Member	\$94
Community	\$151

Aquatic Conditioning 

Aquatic Conditioning is one offering from the competitive pathway students can pursue following YMCA Swim Lessons. The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.





ADULT SWIM BASICS

Swim basics teaches personal water safety and the fundamentals of swimming.

Adult Swim Basics Lesson Fees

Member	\$114
Community	\$171

Stage 1: Water Acclimation

Adult

Stage 2: Water Movement

Adult

Stage 3: Water Stamina

Adult

ADULT SWIM STROKES

Swim Strokes builds stroke technique and endurance to foster swimming as part of a healthy lifestyle

Adult Swim Strokes Lesson Fees

Member	\$114
Community	\$171

Stage 4: Stroke Introduction

Adult

Stage 5: Stroke Development

Adult

Stage 6: Stroke Mechanics

Adult

PRIVATE/SEMI-PRIVATE SWIM LESSONS (3+ YEARS)

By appointment only – Contact Oytun Tangu, Aquatic Director at 718-215-6933 or otangul@ymcanyc.org.

Private/Semi-Private Swim Lesson Policy

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private lessons are one-on-one lessons for people of all ages who are interested in developing their water skills and safety on all levels. Semi-private lessons are limited to two participants only. Participants in semi-private lessons must be close in age range and skill level (at the discretion of the Aquatics Director). All lessons are 30 minutes long and can be purchased as a 1 pack, 6 pack, or 12 pack.

Private/Semi-Private Swim Lesson Policy

Fees

All fees must be paid in full prior to the lesson start date.

Makeups

There are no make ups if you purchase a single private/semi-private lesson. There is only (1) makeup per session for (6) packs and (2) makeups per session for twelve packs.

Cancellations

Once you have scheduled your private/semi-private lessons, you must provide at least 24 hour notice to cancel a lesson. If you provide less than 24 hour notice, that lesson will be considered completed. Private/semi-private lesson sessions are valid for six months from the date of purchase. Any unused session will be considered completed at that time.

Private/semi-private lessons are non-refundable. Please contact Aquatics Director Oytun Tangu at otangul@ymcanyc.org or at 718-215-6933 in order to schedule a private/semi-private lesson.

PRIVATE LESSON PRICING

Members

(1) pack: \$50
(6) pack: \$245
(12)pack: \$435

Program Members:

(1) pack: \$72
(6) pack: \$316
(12)pack: \$571

SEMI-PRIVATE LESSON PRICING

Members

(1) pack: \$82
(6) pack: \$408
(12)pack: \$735

Program Members:

(1) pack: \$125
(6) pack: \$642
(12)pack: \$1032



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% Early Bird and Sibling Discounts* available. Ask YMCA staff for details.

***Offers cannot be combined**

Online registration available for most camps.

DAY CAMP

◆ KINDER CAMP

Kinder Camp is designed for children entering Kindergarten in Fall 2019. Structured day 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 for their transition into Kindergarten and develop their skill set and comfort level with city travel, campers will participate in one field trip by bus each session.

Cost Per 2 Week session

Member	\$422	Community	\$485
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◆ Day Camp

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

Cost Per 2 Week session

Member	\$383	Community	\$453
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◆ Sports Camp

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

Cost Per 2 Week session

Member	\$383	Community	\$453
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◆ Swim Camp

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

The key components of Swim camp are:

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

Cost Per 2 Week session

Member	\$422	Community	\$485
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SLEEPAWAY CAMP

TRADITIONAL SLEEPAWAY

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

Camp McAlister (Ages 7-11)

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



TEEN SLEEPAWAY

Camp Talcott (Ages 11-14)

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

BOLD-GOLD Adventure Trips (Ages 15-16)

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

Leaders-In-Training (Ages 15)

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

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 requires a mandatory training session and a two-week minimum commitment.

Global Teen Camp (Ages 12-16)

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

SPECIALTY SLEEPAWAY

World Volleyball Training Center (Girls, Ages 10-18)

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 floor, 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 8)

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.



LOCK BOX, LOCKER ROOM & SAUNA ETIQUETTE

LOCK BOX ETIQUETTE

1. Lock boxes are available for daily use free of charge for items such as phones, wallets, keys, etc. The lock boxes are located at the Welcome Center.
2. The lockers are emptied nightly. Any items left overnight in the lockers will be removed.

LOCKER ROOM ETIQUETTE

1. Full and half lockers are for daily use and are free. They should be emptied after every use.
2. Members must bring their own locks. We are not responsible for any lost or stolen items.
3. There are 3 locker rooms:
 - Women's Locker Room (12 years old and older)
 - Men's Locker Room (12 years old and older)
 - Family Locker Room (ages 6 months-11 years old with an adult).
4. The YMCA cannot assume responsibility for loss or theft of personal property.
5. Cell phones and cameras are not permitted in or around the locker rooms.

SAUNA ETIQUETTE

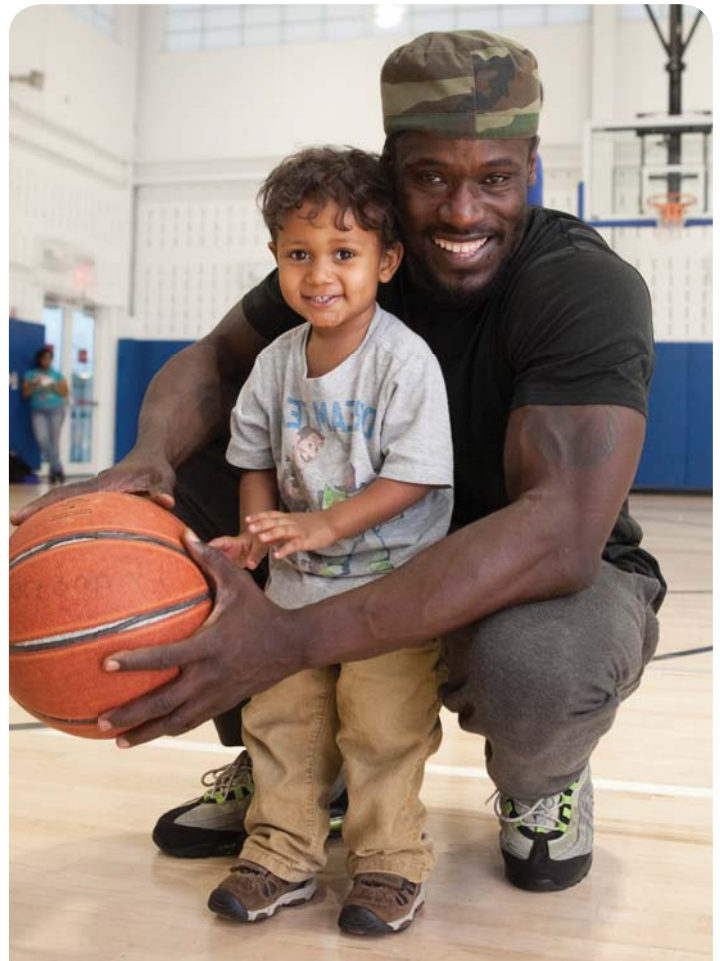
1. All are welcome to use the sauna ages 18 years or older.
2. Beverages of any kind are not permitted in the sauna.
3. No lotions, creams, oils, street clothes and/or shoes are permitted.
4. Please do not dry your wet clothing in the sauna.
5. The sauna is electric so therefore does not need water to operate. If you need to adjust the temperature, there is a thermostat located in front of the sauna. **Please do not throw water on the coals.**

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. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.

JOIN THE Y

MEMBERSHIP INFORMATION

STAFF LISTING

Samuel Moore-Executive Director
Ext. 3910, smoore@ymcanyc.org

Oytun Tangel-Aquatics Director
Ext.3933, otangel@ymcanyc.org

Areial Mathis-Membership Director
Ext. 3921, amathis@ymcanyc.org

Justin Martinez-Programs Director
Ext. 3940, jmartinez@ymcanyc.org

Yolanda Cox-Business Manager
Ext. 3920, ycox@ymcanyc.org

Kevin Foster-Healthy Lifestyles Coordinator
Ext. 3915, kfoster@ymcanyc.org

Angie Rivera, Aquatics Supervisor
Ext.3934, arivera@ymcanyc.org

MEMBERSHIP RATES

Membership Types

Coney Island Y

Youth (up to 11)	\$160/yr.
Teen (12 - 17)	\$175/yr.

Membership Types	Coney Island Y	City-wide	Branch Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$44/mos.	\$85/mos.	\$37
Adult (18 - 64)	\$54/mos.	\$106/mos.	\$37
Senior (65+)	\$44/mos.	\$85/mos.	\$37
Family I *	\$65/mos.	\$125/mos.	\$37
Family II *	\$81/mos.	\$185/mos.	\$37

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

*Citywide joiner's fee is \$125

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

***1 Adult and kids under 22 years, living in the same household

****2 Adults and kids under 22 years, living in the same household

HOLIDAY HOURS

INDEPENDENCE DAY

Thursday, July 4 7:00AM-8:00PM

LABOR DAY

Monday, September 2 7:00am-8:00pm

COLUMBUS DAY

Monday, October 14 7:00am-8:00pm

THANKSGIVING DAY

Thursday, November 28 7:00am-3:00pm

DAY AFTER THANKSGIVING

Friday, November 29 7:00am-8:00pm

CHRISTMAS EVE

Tuesday, December 24 7:00am-3:00pm

CHRISTMAS DAY

Wednesday, December 25 Closed

NEW YEAR'S EVE

Tuesday, December 31 7:00am-3:00pm

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.

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

MISSION

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 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.

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.

MEMBERSHIP CARDS

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 specific program. Any parent/guardians/family members accompanying a child to a program must present government issued photo ID to gain access to the facility.

LOST CARDS Please let us know if your card is lost or stolen. A \$10 replacement fee will be charged to issue a new membership card.

LOCKER ROOMS

- Lockers are available for daily use. Please bring your own lock to secure your belongings when using the facility.

- Our family-friendly locker/changing room and private restrooms are available for parents who wish to accompany their child(ren). If your child is over the age of 2 years and of a different sex, please use the Family locker room. Our Men's and Women's locker rooms are teen-friendly (12-17 years).

YMCA "AWAY" POLICY

AWAY (Always Welcome at the YMCA). As a YMCA member, you have access to YMCA's across the country and around the world. You must present a valid YMCA ID to be eligible to use AWAY privileges. Please call ahead to check on individual branch policies.

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. After members have utilized their free visits, they can purchase a prorated day pass. Free passes are available on the YMCA website to introduce the Y to friends and associates. Day passes are available for purchase. Government issued ID is required.

PROGRAM CREDIT REFUND POLICY

- Programs are non-refundable.
- The YMCA reserves the right to cancel any class(es) due to lack of minimum enrollment. Under these circumstances, a refund or credit will be issued upon request for any unused classes. Credit is only good for one year and must be mentioned when applying to any service at the Coney Island YMCA.
- All credit/refund requests must be submitted during the session that the credit/refund is being requested for.
- Credit or refund will not be given for classes not attended.
- There will be no make-up classes unless the YMCA cancels or postpones a class.
- There will be no make-up for scheduled holidays, snow days, or other weather conditions beyond our control.
- If a participant requests a credit or refund for an ongoing medical reason, he or she must speak to the Director of that department and provide necessary documentation in a timely manner. It is at the discretion of the department director to approve or reject any application for credit or refund.

PROGRAM CHANGES POLICY

The Coney Island YMCA reserves the right to change programs (i.e. instructors, class type, days, fees, etc.). The YMCA reserves the right to cancel classes due to low enrollment. Every attempt will be made to reach those registered either by phone or email to inform them of the cancellation. Cancelled classes will be issued a refund or a credit. All credits are good for one year only and must be mentioned when applying to any service at the Coney Island YMCA.

At the YMCA, we expect staff, volunteers, members, and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others.



WORRIED ABOUT DIABETES?

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

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

- Eating healthier
- Increasing physical activity
- Losing weight

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

HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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



TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

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



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



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

YMCA NEW AMERICANS WELCOME CENTERS

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

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

**FOR REGISTRATION/PRE-TESTING &
CLASS SCHEDULE, GO TO**

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





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



CONEY ISLAND YMCA
2980 West 29th Street
Brooklyn, NY 11224
ymcanyc.org/coneyisland

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