



DISCOVER YOUR Y

McBURNEY Y
Summer/Fall 2019
PROGRAM & CLASS GUIDE

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ymcanyc.org/mcburney



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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Friday: 5:30 AM - 11:00 PM
Saturday - Sunday: 7:00 AM - 8:00 PM

YOUTH & TEENS

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

Monday - Friday: 3:00 PM - 9:00 PM
Saturday - Sunday: 7:00 AM - 8:00 PM

MEMBER REGISTRATION HOURS

Monday - Friday: 8:00 AM - 8:00 PM
Saturday - Sunday: 8:30 AM - 6:00 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 60 cardio machines and more than 85 strength training stations	✓	✓
Over 100 FREE weekly group exercise classes – includes yoga, spin, aqua fitness, and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Swimming Pool with 112 hours of lap swim	✓	✓
Sauna and Steam rooms	✓	✓
Basketball court	✓	✓
Indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE towel service	✓	✓
FREE family programs – including basketball, open gym, swim, Walk With Me, and Family Playground		✓
FREE teen orientation to the fitness center		✓
FREE teen programs – including civic engagement, Leaders Club, and Teen Center		✓
Convenient family locker room		✓

ADULTS

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



REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

We offer over 100 FREE group fitness classes for people of all ages and abilities. See our full schedule online or at the Member Service desk.

CONDITIONING

◆ Active Resistance Training

A unique and intense workout for all levels created by Celebrity Trainer Terri Walsh. The ART method is entirely low-impact and uses two foam yoga blocks, a 'fitness vinyasa,' and targeted, layered exercises to develop lean muscle and tone trouble zones in a fun new way! Become your own work of ART!

◆ Barre Conditioning

This ballet-inspired barre class will sculpt, strengthen, and elongate your major muscle groups. All levels welcome and no dance experience necessary. Light weights, stability balls, and body bars may be included.

◆ Boot Camp

A great workout combining traditional calisthenic and body weight exercises with interval and strength training. High-intensity work and active recovery intervals are combined with skipping and jumping rope.

◆ Boxing Boot Camp

A boxing-inspired boot camp class that combines boxing basics with body weight exercises and strength training. Learn punch combinations while getting a full body workout. Gloves are not required for the class.

◆ Cardio Kickboxing

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

◆ Circuit Training

Supercharge your fitness with this challenging class of High-Intensity Interval Training. Burn calories, build strength, increase power, and improve speed with this efficient and effective workout.

◆ Core Training

Challenge and strengthen your abdominal muscles and lower back through strength and balance exercises utilizing the stability ball and techniques from Yoga and Pilates.

◆ Deep Definitions SCULPT

Designed to target all of your major muscle groups through strength training, SCULPT utilizes equipment including weights, resistance bands, and body bars.

◆ Stretch & Release

A series of gentle full body stretches designed for all fitness levels.

◆ Total Body Conditioning

A multi-level class combining cardiovascular and strength training exercises. This workout strengthens and tones the whole body using an assortment of fitness equipment.

◆ Train Like an Athlete

Train like an athlete with interval training that draws on boxing, basketball, and football conditioning drills. High-intensity workout for those looking to take their fitness to the next level.

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

Feel like new with this class designed to teach basic yoga postures and increase flexibility, strength, balance, and relaxation. Calming and therapeutic Gentle Yoga introduces postures and breathing techniques that gradually build strength and flexibility.

◆ Hatha Yoga

This yoga style is designed to revitalize the body through a series of classic Hatha postures. Hatha emphasizes fluid movement, deep breathing, and proper body alignment followed by a period of deep relaxation and meditation.

◆ Iyengar Yoga

Slow yoga postures are linked together by the breath. Iyengar uses various props and focuses on structural alignment and precision.

◆ Pilates Mat

This class takes you through a series of Pilates exercises to achieve long, lean muscles, develop strength and flexibility, and promote overall body awareness.

◆ Qi-Gong

Pronounced "chee-gung" and literally meaning "energy work," Qi-Gong is an exercise system that combines slow movement with deep breathing exercises. All levels are welcome.

◆ Tai Chi

Classes include strengthening and conditioning exercises, which focus on the physical and mental benefits of this ancient Chinese art. All levels are welcome.

◆ Vinyasa Yoga

This yoga practice uses the postures in a flowing series, connecting each posture with a breath.

CARDIO

◆ Cycling

This customizable cardio workout simulates road cycling to energizing music and is appropriate for all fitness levels. Join our instructors on a ride designed to improve your overall fitness.

◆ Interval Training

Supercharge your fitness with this challenging class of high-speed, high-intensity work alternated with recovery periods of low-intensity.

◆ Step

An aerobic class performed on a raised platform that challenges the participant's cardiovascular system and lower body. This is a choreographed step routine of medium to high-intensity that will challenge even the advanced stepper, frequent exerciser, or experienced dancer. All levels are welcome and modifications are modeled.

◆ Tabata

Experience ultimate conditioning at its best! Tabata is based on a 20-second high-intensity workload followed by 10-second recovery, repeating the same set eight times. Work your glutes, back, and shoulders using total body, strength, and cardio exercises.

WATER FITNESS

◆ Aqua Boxing

Integrating boxing techniques with aqua aerobics, Aqua Boxing blends it all together for a cardio-conditioning, muscle-toning workout.

◆ Aqua Exercise

A cardiovascular water exercise class for all ages. This low-impact program employs a variety of exercise moves, including jumping jacks, cross country skiing, running, and sprints. Water dumbbells and noodles add resistance and intensity. A refreshing way to improve cardiovascular and muscular function without impacting joints.

◆ Aquatic Exercise for Arthritis

Nationally certified by the YMCA of the USA. This class is intended to decrease pain and stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well-being. Class is performed in shallow water.

ACTIVE OLDER ADULTS

◆ AOA – Cardio Conditioning

This invigorating aerobic class is specially designed for older adults to create a low-intensity, low-impact workout.

◆ AOA – Strength Training

This workout is especially for older adults who would like to include a low-intensity, low-impact workout to improve their strength.

◆ AOA – Sitting Fit

Get fit while you sit in this exercise class that involves a combination of aerobic activity, strength building, and stretching.

◆ Arthritis PACE

People with Arthritis Can Exercise (PACE) uses light weights and bands to create the ideal exercise class for those with arthritis.

◆ Tai-Chi for Arthritis

This class combines agile steps, joint-safe exercises, and mental strength to improve mobility, breathing, and relaxation. This program consists of 12 movements, a warm up, and a cool down. Classes can be done standing or seated in a chair.

Senior Circuit

Small group training class for adults 60 and older who want to get in shape in a safe environment. This strength training workout is designed to encourage proper form and technique in the weight room. All classes will include use of selectorized weight training machines, free weights, a cardio conditioning segment, and stretching exercises.

Monday 11:45 AM – 12:45 PM

Friday 11:00 AM – 12:00 PM

# of classes/week	1x week	2x a week
Member	\$100	\$150
Community	\$120	\$140



REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

DANCE

BALLET

◆ Ballet – Absolute Beginner

Students gradually learn the technique and positions common to all classical ballet classes. Through repetition, beginners will slowly master ballet vocabulary and seven basic ballet movements: Plier (to bend), Relever (to rise), Etendre (to stretch), Glisser (to glide), Sauter (to jump) Elancer (to dart), Tourner (to turn). Students complete class by building on these steps with simple choreography.

◆ Ballet – Intermediate

Suitable for dancers with a basic proficiency in ballet, this class consists of full ballet barre and center choreography adapted from classical ballet repertoire. Students will master a complete short ballet every class.

◆ Ballet – Open Level

This full ballet class is tailored to both beginner and advanced ballet dancers with complete barre and center exercises. All students increase core and leg strength, develop balance, and learn correct arm, foot, and spinal positions. This is the perfect class to either begin building a strong ballet foundation or to expand and perfect your technique.

◆ Ballet – Open Level Barre

Learn all aspects of barre exercises and increase precision in this fast-paced, full classical ballet barre class. All levels are welcome.

◆ Contemporary Ballet

Classes integrate modern dance, yoga, and floor barre in the teaching of ballet. All students develop strength, musicality, balance, flexibility, and classical ballet technique in this nurturing, exhilarating class. All levels are welcome.

◆ Pointe

This class is designed for dancers with previous ballet training. Class consists of barre exercises, center floor work, and across-the-floor combinations for beginner pointe students. All exercises focus on strengthening feet and ankles.



MODERN DANCE

◆ Isadora Duncan – Basic

Learn Isadora Duncan technique with Lori Bellilove, one of the world's leading Duncan performers and instructors. Dancers of all disciplines and levels welcome.

◆ Isadora Duncan – Advanced Company

This class for members of the Isadora Duncan Dance Foundation Company is open to intermediate and advanced dancers interested in the Duncan method to deepen their modern dance training.

◆ Modern Dance – Horton Technique

Improve flexibility, strength, coordination, and spatial awareness. Among the best-known classical approaches to modern dance, the Horton Method emphasizes the whole body. Explore movement inspired by several global ethnic dance styles. Participants must be barefoot for this class.

FITNESS DANCE

◆ Cardio Jazz

Cardio Jazz combines techniques of classical ballet and modern dance with the current forms of popular dance. This class employs its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Emphasis is on the importance of energy, rhythmic accuracy, and style.

◆ GROOVE

A dance and movement class that is designed for EVERYBODY. This unique dance experience will set simple choreography and authentic body movement to amazing music. Everyone will leave this class sweaty and smiling!

◆ NIA

A free-flowing movement class to stimulating music that combines elements of tai-chi, yoga, and dance. Individual expression is encouraged to achieve physical, mental, emotional, and spiritual fitness and well-being.

◆ Zumba®

A fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. Routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

TAP DANCE

◆ Tap Dance – Absolute Beginner

Ever wanted to learn tap dance? Just a few weeks in this course will help even those with no previous experience master the basics.

◆ Tap Dance – Beginner

This workshop incorporates simple warm ups, challenging pattern exercises, traditional and modern steps, and historical context, providing a complete tap dance experience. Prior experience of tap dance is preferred, but not required.

◆ Tap Dance – Intermediate

This workshop-style class incorporates an advanced warmup and pattern exercises, tap grooves, and improvisation techniques for a complete learning experience.

◆ Tap Dance – Open Level

Class begins with a short warm-up, focusing on the technique and timing of basic tap steps. Students then execute those steps in developing and perfecting a variety of combinations. Students of all levels are welcome.

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 as an introduction to our cardiovascular and strength training equipment. Sign up at the Member Service desk or contact James Dolle at 212-912-2333 or jdolle@ymcanyc.org to schedule your appointment today!

◆ YMCA Weight Loss Program (NEW!)

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight and keeping it off such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. For more information contact James Dolle at 212-912-2333 or jdolle@ymcanyc.org.

New 12-week sessions begin February, May, and October.

◆ LIVESTRONG

This free, personalized physical activity and well-being program is designed to help adult cancer survivors achieve their holistic health goals. Participants work with Y staff trained in supportive cancer care to achieve their goals. Build muscle mass and strength, increase flexibility and endurance, and improve confidence and self-esteem! Set up an appointment with John Li at 212-912-2323 or joli@ymcanyc.org.

◆ Fitness Consultation

Meet with a certified personal trainer to assess your fitness level and explore ways to improve it. This includes a series of tests and measurements to calculate cardiovascular endurance, muscular strength, body composition, and flexibility as guided by the American College of Sports Medicine (ACSM). To book an appointment contact John Li at 212-912-2323 or joli@ymcanyc.org.

◆ Body Fat Composition Assessment

Body fat percentage is measured using skinfold calipers and an electronic body composition monitor. Please wear loose fitting clothing, as we will need to access the thigh and abdominal areas (and chest for men). Weight will be taken on a digital scale. Tests will be conducted in the privacy of our Fitness Consultation Room located in the Cardio Center. To book an appointment contact John Li at 212-912-2323 or joli@ymcanyc.org.

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▶ ONLINE REGISTRATION AVAILABLE

◆ Blood Pressure Screening

High blood pressure typically develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. Have your blood pressure checked by a certified Personal Trainer the first Wednesday of each month from 12:30 – 2:00 PM.

One-on-One Training for Fitness, Pilates, and Dance

Achieve greater results with one-on-one support from our staff. McBurney fitness staff, Pilates trainers, and dance instructors are available to evaluate your current fitness and skill levels and design personal training sessions that help you achieve your goals.

# Sessions	30 MIN	60 MIN
Single Session	\$75	\$95
Introductory 3 Sessions	-	\$270
Package of 5 sessions	\$315	\$430
Package of 10 sessions	\$550	\$800
Package of 20 sessions	\$990	\$1,440
Community Intro 5 pack	-	\$520

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.

LIVESTRONG™

FOUNDATION



SIGN UP AT
ymcanyc.org/livestrong



Partner Training for Fitness, Pilates, and Dance

Benefit from the encouragement and motivation of a friend and save! Discounted rates are available for partner training sessions with our fitness staff, Pilates trainers, and dance instructors. Prices reflect cost for two partners.

# Sessions	60 MIN
Single Session	\$150
Package of 5 sessions	\$690
Package of 10 sessions	\$1,235
Package of 20 sessions	\$2,195

Small Group Pilates Reformer Classes

An elite fitness formula that combines the muscle toning and lengthening benefits of Pilates with elements of strength and cardio training. Increase flexibility, endurance, and muscle tone while strengthening the spine and abdominal core. You will leave this class feeling completely exhilarated!

# of classes per week	1x	2x
Y-Member rate	\$160	\$260
Community rate	\$205	\$305

Small Group Pilates Reformer classes follow the YMCA's eight-week session schedule unless otherwise noted. Pilates programs utilize the advanced Allegro machines by balanced body. For more information about Pilates Reformer contact John Li at 212-912-2323 or joli@ymcany.org.

Massage Therapy

Enjoy a therapeutic massage at the McBurney YMCA. Our clinically trained and licensed staff are available every day to enhance your workouts, increase your flexibility, release your tension, relieve your pain, and promote healing. Gift certificates are available. For more information contact Jim Dolle at 212-912-2333 or jdolle@ymcany.org.

For your convenience, book your massage online at ymcany.org/McBurneyMassage, or secure your appointment eight hours in advance at the Member Service desk by calling 212-912-2300.

# Sessions	30 MIN	60 MIN	90 MIN
Single Session	\$75	\$95	\$130
Package of 3 sessions	-	\$270	-
Package of 5 sessions	\$315	\$430	\$605
Package of 10 sessions	\$550	\$800	\$1,100
Package of 20 sessions	\$990	\$1,440	\$2,160
Community Intro 3 pack	-	\$300	-

Mix N Match Combo

Purchase a Mix N Match package and enjoy the freedom of booking one-on-one Personal Training, Pilates Reformer, Dance, and Massage Therapy sessions as you need them.

# Sessions	30 MIN	60 MIN
Package of 5 sessions	\$315	\$430
Package of 10 sessions	\$550	\$800
Package of 20 sessions	\$990	\$1,440



SWIM

◆ Adult Swim

Whether you are just learning to swim or an accomplished swimmer, we have something for you. Fitness and recreational swim are available throughout the day for adults. Please visit us online or at the Member Service desk to view our pool schedule.

Adult Swim Lessons

Swim lessons follow the eight-week session schedule. Please see SWIM section beginning on page 22 for swim class schedules and pricing.

Swim Basics

Teaches personal water safety and the fundamentals of swimming.

Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle.

Pathways

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

Discover Scuba Brought to you by Rey Diving

The Discover Scuba program introduces individuals to the world of scuba diving in a safe and fun atmosphere. A professional scuba instructor will personally guide new divers in the McBurney Y Pool as they learn basic scuba concepts, become familiar with scuba equipment, and breathe underwater for the first time.

Once the Discover Scuba Diving program has been completed, new divers may earn their scuba certification by enrolling in a PADI Open Water course, also offered by Rey Diving at the McBurney Y pool. Participants must be 10 years of age or older. For more information contact Raul Romero at 347-610-8733 or info@reydiving.com.

McBurney Y members receive an additional 15% discount on course prices as listed on reydiving.com

SPORTS

Boxing

Get an amazing workout and learn the fundamentals of boxing like jabbing, slipping, uppercut, and footwork while developing the core strength and physical stamina to start training like a fighter. This safe, intimidation-free class is for the fighter at any level. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcany.org.

Tuesday / Thursday 8:30 - 9:45 PM

# of classes per week	1x	2x
Y-Member rate	\$135	\$160
Community rate	\$200	\$270

Couch to 5K

Run-Walk-Run... your way to fitness. Couch to 5k is perfect for adults who are new to running, have not run for a long time, or have a 5k on their "bucket list." Achieve your goals in our safe and injury-free structured program. Participants will learn how to incorporate a running element into their walking regimen, and will receive coaching on how to safely train for and participate in road races.

Friday 9:00 - 10:30 AM

# of classes per week	1x
Y-Member rate	\$100
Community rate	\$135

Judo

Instructed at McBurney by Senpai Derrick Blakeney, Judo is an Olympic sport comprised of throwing and grappling techniques, blending physical fitness with mental discipline. Emphasis is on technique rather than strength, enabling any individual to study and participate. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcany.org.

Tuesday / Thursday / Friday 8:30 - 10:00 PM

# of classes per week	1x	2x	3x
Y-Member rate	\$135	\$160	\$185
Community rate	\$200	\$270	\$350

Seido Karate

Gain self-confidence, focus, strength, and flexibility with this traditional Japanese art. Taught by Kyoshi Kitty Chan, 5th degree black belt, each class is tailored to meet your individual abilities, and students are encouraged to progress at their own pace. Ages 14 and up. No prior experience necessary. For more information contact Marcus St.Louis at 212-912-2319 or mstlouis@ymcanyc.org.

Tuesday	7:00 - 8:30 PM
Thursday	6:30 - 8:00 PM
Saturday	11:00 AM - 12:30 PM

# of classes per week	1x	2x	3x
Y-Member rate	\$135	\$160	\$185
Community rate	\$200	\$270	\$350

◆ Volleyball

Our volleyball program is open to adults 18+. This program is not an instructional class, and only includes structured game play. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcanyc.org.

Thursday	7:00 - 8:30 PM	Beginner
	8:30 - 10:45 PM	Intermediate/Advanced

ARTS

Adult Singing Workshop

Sing classics from the 50s and 60s in a friendly group setting. No prior experience required – just a desire to share in the community of song. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcanyc.org. **Fall I and II only.**

Tuesday 3:00 - 5:00 PM

# of classes per week	1x
Y-Member rate	\$120
Community rate	\$170

Adult Paint Studio

No drawing skills required – the hardest part is picking up the brush! We'll be using acrylic paint on paper, with the goal of completing a piece at each session. All supplies provided. For more information contact Marcus S. Louis at 212-912-2319 or mstlouis@ymcanyc.org. **Fall I and II only.**

Saturday 10:00 - 11:30 AM

# of classes per week	1x
Y-Member rate	\$155
Community rate	\$205



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.

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

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FAMILY

◆ Child Watch (Ages 6 mos. - 7 yrs.)

Do you need someone to look after your child while you work out? We're here for you! Members may bring their child for a maximum of two hours per day to our Child Watch program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members.

Please contact the Member Service desk at least 24 hours in advance to register. Note: Only two infants under 18 months will be allowed in the program at a time. To sign up contact us at 212-912-2300.

Monday - Sunday 9:00 AM - 12:00 PM
Reservations required.

◆ Walk with Me (Ages 4 yrs. and up)

Walking is the best possible exercise, and now your family will have the opportunity to walk together on our beautiful indoor track. Walk with Me is open to families with children as young as 4, and those 10 or older may walk by themselves. Leave distractions like TV and the internet at home and join Walk with Me at the Y. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcanyc.org.

Sunday 5:00 - 6:30 PM

◆ Family Playground

Watch our gym transform into a playground complete with mini-hoops, push toys, and a bouncy house. Every month we also feature a themed event with engaging crafts and activities led by staff. For more information contact Pam Navarro at 212-912-2309 or pnavarro@ymcanyc.org.

Sunday 3:00 - 4:30 PM



Ready, Set, Science (Ages 2.5 - 5 yrs.)

Let your child explore the natural world through science experiments and nature-based learning projects. This class will get your child excited about learning while developing their social skills in a classroom setting. It's never too early to raise consciousness about environmental issues. Caregivers are required to stay in the facility for the duration of the classes. **Fall I and II only.**

Wednesday	9:00 AM - 12:00 PM	
# of classes per week	1x	
Y-Member rate	\$390	
Community rate	\$445	

Let's Get Ready (Ages 18 mos. - 2.5 yrs.)

This program offers a rich and supportive learning environment for toddlers. Social, emotional, physical, and cognitive growth is fostered through a balanced, developmentally based program. Children participate in group activities including songs, playing instruments, parachute play, puppets, bubbles, and group games. Caregivers are required to stay in the facility for the duration of the classes. **Fall I and II only.**

Tuesday/Thursday	9:00 - 11:00 AM		
# of classes per week	1x	2x	
Y-Member rate	\$390	\$615	
Community rate	\$445	\$670	

Ready, Set, Math & Read

Children learn best when they are actively involved in learning projects. This program sets the stage for your child's success in school and life. Ready, Set, Math & Read is a content-rich program that supports active learning and promotes children's progress in all developmental areas. Projects include creating a classroom garden and developing a story book. Caregivers are required to stay in the facility for the duration of the class.

SUMMER SESSION DATES AND RATES (Ages 18 mos. - 4 yrs.)

Ready, Set, Math, & Read Summer session begins July 10

Wednesday	9:00 AM - 12:30 PM		
# of classes per week	1x		
Y-Member rate	\$368		
Community rate	\$417		

FALL I & II SESSIONS DATES AND RATES (Ages 2.5 - 5 yrs.)

Monday / Friday	9:00 AM - 12:30 PM		
# of classes per week	1x	2x	
Y-Member rate	\$420	\$650	
Community rate	\$475	\$700	

SPORTS

Karate (Ages 4 - 13 yrs.)

While training in the world-renowned traditional Japanese martial art of Seido Karate, participants will learn basic punches, strikes, blocks, and kicks, while gaining focus, strength, and coordination. Led by Senpai Joan Tang, 1st degree black belt.

SUMMER SESSION DATES

Tuesday	5:00 - 6:00 PM	(Ages 4-13 yrs.)
Thursday	5:00 - 6:00 PM	(Ages 4-13 yrs.)
Saturday	9:30 - 10:30 AM	(Ages 4-13 yrs.)

FALL I & II SESSIONS DATES

Tuesday	4:15 - 5:00 PM	(Ages 4-6 yrs.)
	5:00 - 6:00 PM	(Ages 7-13 yrs.)
Thursday	4:15 - 5:00 PM	(Ages 4-6 yrs.)
	5:00 - 6:00 PM	(Ages 7-13 yrs.)
Saturday	9:00 - 10:00 AM	(Ages 4-6 yrs.)
	10:00 - 11:00 AM	(Ages 7-13 yrs.)

# of classes per week	1x	2x	3x
Y-Member rate	\$145	\$215	\$280
Community rate	\$195	\$270	\$330

Youth Tumbling (Ages 3 - 12 yrs.)

This program teaches basic floor fundamentals of gymnastics. **Fall I and II only.**

Thursday	3:45 - 4:30 PM	(Ages 3.5-5 yrs.)
	4:30 - 5:15 PM	(Ages 6-9 yrs.)
Saturday	10:00 - 10:45 AM	(Ages 4-6 yrs.)
	10:45 - 11:30 AM	(Ages 7-12 yrs.)
	11:30 AM - 12:15 PM	(Ages 3-5 yrs.)

# of classes per week	1x
Y-Member rate	\$150
Community rate	\$200



Youth Instructional Basketball (Ages 4 - 13 yrs.)

Learn the necessary skills to take your game to the next level. Learn how to play defense and command your offense. This class is appropriate for beginner and intermediate players. **Fall I and II only.**

Monday	3:30 - 4:15 PM	(Ages 5-7 yrs.)
	4:15 - 5:00 PM	(Ages 8-10 yrs.)
	5:00 - 5:45 PM	(Ages 11-13 yrs.)
Saturday	10:30 - 11:15 AM	(Ages 4-6 yrs.)
	11:15 AM - 12:00 PM	(Ages 7-9 yrs.)

# of classes per week	1x
Y-Member rate	\$140
Community rate	\$190



SWIM

Early Childhood Swim Lessons

Swim lessons follow the eight-week session schedule. Please see SWIM section beginning on page 22 for swim class schedules and pricing.

Infant and Toddler Swim (Ages 6 - 36 mos.)

Swim Starters

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun activities. Parents also gain valuable water safety and drowning prevention tools.

Pre-School Swim (Age 3 - 5 yrs.)

Swim Basics

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

DANCE

Isadora Duncan Modern Dance Beginner Basic Technique (Ages 3 - 5 yrs.)

One of the most exciting classes a young dancer can take. Rhythmic, joyous, and playful! A lyrical, free-flowing, and musical form of modern dance. **Fall I and II only.**

Wednesday 3:45 - 4:30 PM

# of classes per week	1x
Y-Member rate	\$130
Community rate	\$180

Pre-Ballet (Ages 3 - 4 yrs.)

Children learn basic dance vocabulary and technique through ballet and creative dance. **Fall I and II only.**

Friday 3:30 - 4:15 PM
Sunday 10:30 - 11:15 AM

# of classes per week	1x
Y-Member rate	\$150
Community rate	\$200

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 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.

FAMILY REDEFINED

Families continue to change.
The YMCA's family memberships are changing too!

In a new pilot program, we're offering you more flexibility and value, making membership easier for you and those in your family. Add young adult children, a grandparent, or a caregiver to your Family Membership.

YMCA FAMILY MEMBERSHIPS	
Youth (Ages 0-17)	Included at no additional cost
Young Adults (Ages 18-21)	NEW! Included at no additional cost
Young Adults (Ages 22-26)	NEW! Add to a Family Membership for \$10/month
Adults	Family I includes one adult; Family II includes two adults NEW! Add an additional adult age 27+ to a Family II Membership for 20% off adult rate

Stop by our membership desk for details, some restrictions may apply.



YOUTH

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

AGES 5-12

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



FAMILY

◆ Child Watch (Ages 6 mos. - 7 yrs.)

Do you need someone to look after your child while you work out? We're here for you! Members may bring their child for a maximum of two hours per day to our Child Watch program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members.

Please contact the Member Service desk at least 24 hours in advance to register. Note: Only two infants under 18 months will be allowed in the program at a time. To sign up please contact us at 212-912-2300.

Monday - Sunday 9:00 AM - 12:00 PM
Reservations required.

◆ Basketball for All

Enjoy a fun game of basketball with your family and friends. Two nets will be open to all to shoot around and have some fun. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcanyc.org.

Sunday 5:00 - 7:00 PM

◆ Family Open Gym & Family Swim

Work out and play together as a family! Parents and guardians must accompany children under the age of 9 and all children who require the assistance of a bubble into the water. Children ages 9 - 11 must have an adult on the pool deck or viewing area while in the pool. Please refer to gym and pool schedules for available times. Schedules are subject to change on holidays and abbreviated school days. For more information contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org.

Sunday 5:00 - 7:00 PM

◆ Walk with Me (Ages 4 yrs. and up)

Walking is the best possible exercise, and now your family will have the opportunity to walk together on our beautiful indoor track. Walk with Me is open to families with children as young as 4, and those 10 or older may walk by themselves. Leave distractions like TV and the internet at home and join Walk with Me at the Y. For more information contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcanyc.org.

Sunday 5:00 - 6:30 PM

SPORTS

Basketball Clinic (Ages 5 - 13 yrs.)

Through our youth basketball clinics, players will broaden their individual skills of passing, dribbling, and shooting. Children will gain a deeper understanding and knowledge of basketball by actively participating with teammates in game situations. **Fall I and II only.**

Friday **4:00 - 5:00 PM** **(Ages 5-7 yrs.)**
 5:00 - 6:00 PM **(Ages 8-13 yrs.)**

# of classes per week	1x
Y-Member rate	\$120
Community rate	\$170

Karate (Ages 4 - 13 yrs.)

While training in the world-renowned traditional Japanese martial art of Seido Karate, participants will learn basic punches, strikes, blocks, and kicks, while also gaining focus, strength, and coordination. Led by Senpai Joan Tang, 1st degree black belt.

SUMMER SESSION DATES

Tuesday **5:00 - 6:00 PM** **(Ages 4-13 yrs.)**
Thursday **5:00 - 6:00 PM** **(Ages 4-13 yrs.)**
Saturday **9:30 - 10:30 AM** **(Ages 4-13 yrs.)**

FALL I & II SESSIONS DATES

Tuesday **4:15 - 5:00 PM** **(Ages 4-6 yrs.)**
 5:00 - 6:00 PM **(Ages 7-13 yrs.)**
Thursday **4:15 - 5:00 PM** **(Ages 4-6 yrs.)**
 5:00 - 6:00 PM **(Ages 7-13 yrs.)**
Saturday **9:00 - 10:00 AM** **(Ages 4-6 yrs.)**
 10:00 - 11:00 AM **(Ages 7-13 yrs.)**

# of classes per week	1x	2x	3x
Y-Member rate	\$145	\$215	\$280
Community rate	\$195	\$270	\$330

Private & Semi - Private Basketball Coaching (Ages 7 - 18 yrs.)

Have your child work one-on-one with a highly experienced basketball coach to enhance and elevate their game. For more information or to schedule sessions prior to purchase contact Marcus St. Louis at 212-912-2319 or mstlouis@ymcanyc.org.

Private	60 MIN Y-Member	60 MIN Community
Single Session	\$60	\$90
Package of 5 sessions	\$265	\$420
Package of 10 sessions	\$495	\$760

Semi-Private	60 MIN Y-Member	60 MIN Community
Single Session	\$95	\$150
Package of 5 sessions	\$420	\$685
Package of 10 sessions	\$800	\$1,220

Youth Instructional Basketball (Ages 4 - 13 yrs.)

Learn the necessary skills to take your game to the next level. Learn how to play defense and command your offense. This class is appropriate for beginner and intermediate players. **Fall I and II only.**

Monday **3:30 - 4:15 PM** **(Ages 5-7 yrs.)**
 4:15 - 5:00 PM **(Ages 8-10 yrs.)**
 5:00 - 5:45 PM **(Ages 11-13 yrs.)**
Saturday **10:30 - 11:15 AM** **(Ages 4-6 yrs.)**
 11:15 AM - 12:00 PM **(Ages 7-9 yrs.)**

# of classes per week	1x
Y-Member rate	\$140
Community rate	\$190

Youth Tumbling (Ages 3 - 12 yrs.)

This program teaches basic floor fundamentals of gymnastics. **Fall I and II only.**

Thursday **3:45 - 4:30 PM** **(Ages 3.5-5 yrs.)**
 4:30 - 5:15 PM **(Ages 6-9 yrs.)**
Saturday **10:00 - 10:45 AM** **(Ages 4-6 yrs.)**
 10:45 - 11:30 AM **(Ages 7-12 yrs.)**
 11:30 AM - 12:15 PM **(Ages 3-5 yrs.)**

# of classes per week	1x
Y-Member rate	\$150
Community rate	\$200

YOUTH
(Ages 5 - 12)



DANCE

Basic Ballet | Level I (Ages 5-7 yrs.)

Classical ballet with barre and center work that develops strength, body alignment, flexibility, and musicality. **Fall I and II only.**

Friday 4:30 - 5:15 PM
Sunday 11:30 AM - 12:15 PM

# of classes per week	1x
Y-Member rate	\$150
Community rate	\$200

Isadora Duncan Modern Dance Beginner Basic Technique (Ages 6-9 yrs.)

Free flowing art form perfect for all ages. The class begins with floor warm-ups and progresses to ballet barre with flow and dance combinations. **Fall I and II only.**

Wednesday 4:30 - 5:30 PM

# of classes per week	1x
Y-Member rate	\$130
Community rate	\$180

YOUTH
(ages 5 - 12)



SWIM

School-Age Swim Lessons

Swim lessons follow the eight-week session schedule. Please see SWIM section beginning on page 22 for swim class schedules and pricing.

Swim Basics

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

Swim Strokes

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

Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports, and Games. This continues to build swimming as a lifelong skill and part of a healthy lifestyle.

AFTERSCHOOL

Y Afterschool at PS 33

The McBurney YMCA is pleased to offer a free after school program exclusively for students attending PS 33 Chelsea Prep. The Y Afterschool program takes place from 3:00 PM - 6:00 PM for children in grades K through 5. Supported by the NYC Department of Education, all activities are designed to build academic skills. For information about Y Afterschool at PS 33 contact Jessica Diaz at diazj@ymcanyc.org.

Y Afterschool at PS 41

The best of the McBurney Y is available afterschool at PS41, exclusively for PS 41 students. Y Afterschool provides students with the opportunity to choose from specialized classes designed to nurture the student's spirit, mind, and body. For information about the program at PS 41 contact Pam Navarro at 212-912-2309 or pnavarro@ymcanyc.org. **Fall I and II only.**

Y Afterschool Pick-up for PS 340

(Grades Pre-K – 5)

Our branch Y Afterschool program is the perfect afterschool solution for your family. Your child will explore their inner artist, learn through hands on science experiments, and move and shake in the big YMCA gym. This program is open to all children, Grades Pre-K - 5th. Afterschool escorting available for children attending PS 340. Contact Pam Navarro at 212-912-2309 or pnavarro@ymcanyc.org for more information. **Fall I and II only.**

Monday - Thursday 2:30 - 5:45 PM

# of classes per week	1x
Y-Member rate	\$190
Community rate	\$240

Progressive Swim PS 340

Calling all swimmers – and non-swimmers too! Swim is great for children of any ability! Y staff escort participants to the McBurney YMCA, where our trained aquatics instructors deliver structured swimming lessons in our pool. Students gain confidence that will encourage them to remain swimmers for the rest of their lives. Students will be evaluated and placed into groups based on their level. Bubbles can be provided. Please provide your own swim cap. Contact Pam Navarro at 212-912-2309 or pnavarro@ymcanyc.org for more information. **Fall I and II only.**

**Prog. Swim A Grades Pre-K - 2
Friday 2:40 - 5:45 PM**

# of classes per week	1x
Y-Member rate	\$350
Community rate	\$400

**Prog. Swim B Grades 3 - 5
Friday 2:40 - 5:45 PM**

# of classes per week	1x
Y-Member rate	\$370
Community rate	\$420



BIRTHDAY PARTIES

Let us host your child's next birthday party! Party packages are listed below. For more information or to book a party contact Gino Alberto at 212-912-2348 or galberto@ymcanyc.org. **Party Rentals not available in July or August.**

Celebrate Party Package

Do-It-Yourself – includes two-hour rental of spacious room to host the best birthday party ever!

**Saturday 1:00 - 3:00 PM or 4:00 - 6:00 PM
Sunday 1:00 - 3:00 PM or 4:00 - 6:00 PM**

Celebrate Party Package Rates

Y-Member rate	\$350
Community rate	\$450

Price includes up to 20 participants. Additional participants are \$20 each. Please note the McBurney YMCA does not provide decorations, supplies, or food as a part of your party rental.

Play & Celebrate Party Package

Includes one-hour of McBurney staff-led programming plus one-hour rental of a spacious room for cake and celebration. Options include indoor playground with bouncy castle, pool time, basketball or soccer in the gym, or arts and crafts activities.

**Saturday 1:00 - 3:00 PM or 4:00 - 6:00 PM
Sunday 1:00 - 3:00 PM or 4:00 - 6:00 PM**

Package Type	Y-Member Rate	Community Rate
Arts & Crafts	\$400	\$500
Sports	\$550	\$650
Indoor Playground	\$600	\$700
Pool Party	\$600	\$700

Price includes up to 16 participants. Additional participants are \$20 each. Please note the McBurney YMCA does not provide decorations, supplies, or food as a part of your party rental.

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

SWIM

Teen Swim Lessons

Swim lessons follow the eight-week session schedule. Please see SWIM section beginning on page 22 for swim class schedules and pricing.

Swim Basics

Students learn personal water safety skills and achieve basic swimming ability through two benchmark skills: "swim, float, swim" and "jump, push, turn, grab".

Swim Strokes

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

Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports, and Games. This continues to build swimming as a lifelong skill and part of a healthy lifestyle.

FITNESS & SPORTS

Teen Strength and Conditioning

Let a certified Y trainer help your teen achieve their physical fitness goals! Through the use of free weights, resistance machines, TRX Suspension, and Kettlebells, this class helps build strength, increase speed, maximize power, and improve overall athletic performance. For more information, please contact John Li at 212-912-2323 or joli@ymcanyc.org.

Monday 4:45 – 5:45 PM
Friday 4:30 – 5:30 PM

# of classes per week	1x	2x
Y-Member rate	\$110	\$160
Community rate	\$120	\$180

◆ Teen Center

The McBurney YMCA Teen Center is free and open to all NYC teens regardless of membership. Teens can play basketball and handball, swim, work out, or just hang out. So join us, have fun, relax, and get fit! It's all free – so don't miss out! Teens must present valid identification showing proof of age. No need to sign up in advance. Not available holiday weekends: Thanksgiving, Christmas, New Year's. **Teen Center is only in session during the academic year.**

**LEADERSHIP, CIVIC
ENGAGEMENT,
COLLEGE ACCESS &
CAREER READINESS**

Y Programs at Washington Irving HS Campus (Ages 14-19 yrs.)

The McBurney YMCA offers several school-based programs for teens with a focus on leadership development, college readiness, and career exploration. These programs are offered for free Monday through Thursday during the school day and after-school to students who attend Washington Irving campus schools. For more information please email Romana Ryals at rryals@ymcanyc.org. **All programs offered only during the academic year.**

Washington Irving HS Campus Leaders Club

Leaders Club provides young people with the opportunity to have a voice and feel empowered in the community and in their lives with a focus on skills-building, character development, goal-setting, service learning, and networking.

Washington Irving HS Campus Rowe Scholars

The YMCA Rowe Scholars program ensures that young people succeed while navigating their high school experience and beyond. Designed to support the needs of families and youth in New York City, Rowe Scholars helps high school students achieve success in high school and throughout the college admissions process. Rowe Scholars is part career-readiness, part college-prep, and totally fun!

Washington Irving HS Campus Teens Take the City

Teens Take the City is designed to get New York City teens involved in, and excited about, local government and politics. The Teens Take the City program encourages young people to make a positive change in New York City by proposing policy solutions to local concerns.



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 (formerly GED) Test Preparation

**FOR MORE INFORMATION,
VISIT OUR MEMBER
SERVICE DESK.**



SWIM

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE





SWIM STAGE DESCRIPTIONS

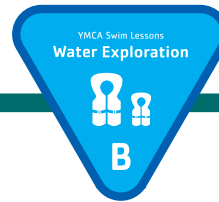
SWIM STARTERS

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



A / WATER DISCOVERY

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



B / WATER EXPLORATION

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

SWIM BASICS

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

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



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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

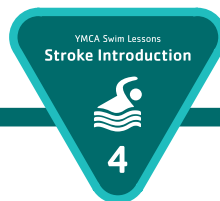


3 / WATER STAMINA

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

SWIM STROKES

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



4 / STROKE INTRODUCTION

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



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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

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

STAGES OF LEARNING

SWIM STARTERS

Parent & child lessons

A Water Discovery

Blow bubbles
on surface,
assisted

Front tow
chin in water,
assisted

Water exit
parent & child
together

Water entry
parent & child
together

Back float
assisted, head on
shoulder

Roll
assisted

Front float
chin in water,
assisted

Back tow
assisted, head on
shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
blow bubbles,
assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head
on chest

Roll
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head
on chest

Monkey crawl
assisted, on edge,
5 ft.

SWIM BASICS

Recommended skills for all to have around water

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall,
5 ft.

Water exit
independently

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

Back float
assisted,
10 secs., recover
independently

Roll
assisted

Front float
assisted,
10 secs., recover
independently

Back glide
assisted, at wall,
5 ft.

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

2 Water Movement

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**

Back float
20 secs. (10 secs.
preschool)

Roll

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Tread water
10 secs., near
wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in
chest-deep water

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

Water exit
independently


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


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


Roll


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

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

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

 Preschool
3–5 yrs.
Stages 1–4

 School Age
5–12 yrs.
Stages 1–6

 Teen & Adult
12+ yrs.
Stages 1–6

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction

Endurance

any stroke or combination of strokes, 25 yd.

Front crawl

rotary breathing, 15 yd.

Back crawl

15 yd.

Dive

sitting

Resting stroke

elementary backstroke, 15 yd.

Tread water

scissor & whip kick, 1 min.

Breaststroke

kick, 15 yd.

Butterfly

kick, 15 yd.

5 Stroke Development

Endurance

any stroke or combination of strokes, 50 yd.

Front crawl

bent-arm recovery, 25 yd.

Back crawl

pull, 25 yd.

Dive

kneeling

Resting stroke

sidestroke, 25 yd.

Tread water

scissor & whip kick, 2 mins.

Breaststroke

25 yd.

Butterfly

simultaneous arm action & kick, 15 yd.

6 Stroke Mechanics

Endurance

any stroke or combination of strokes, 150 yd.

Front crawl

flip turn, 50 yd.

Back crawl

pull & flip turn, 50 yd.

Dive

standing

Resting stroke

elementary backstroke or sidestroke, 50 yd.

Tread water

retrieve object off bottom, tread 1 min.

Breaststroke

open turn, 50 yd.

Butterfly
25 yd.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



SUMMER SESSION SWIM SCHEDULE

JULY 1 – AUGUST 25

SWIM STARTERS

LESSON FEES:

Y-Member: \$170

Community: \$240

PARENT-CHILD CLASSES | 6-36 mos.

30 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Water Discovery (Shrimp) 6-18 mos.	9:00 AM 9:30 AM	9:30 AM	9:00 AM 9:30 AM	9:30 AM		10:00 AM 12:30 PM	
● Water Exploration (Inia) 6-18 mos.	9:00 AM 9:30 AM	9:30 AM	9:00 AM 9:30 AM	9:30 AM		10:00 AM 10:30 AM 12:30 PM	
● Water Discovery (Kipper) 19-36 mos.	9:00 AM 9:30 AM	9:30 AM	9:00 AM 9:30 AM	9:30 AM		10:00 AM 10:30 AM 12:30 PM	
● Water Exploration (Perch) 19-36 mos.	9:00 AM 9:30 AM	9:30 AM	9:00 AM 9:30 AM	9:30 AM		10:30 AM 12:30 PM	

SWIM BASICS

LESSON FEES:

Y-Member: \$170

Community: \$240

PRESCHOOL CLASSES | 3-5 yrs.

30 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Stage 1 w/ Parent (Pike w/Parent)						12:30 PM	
● Stage 1: Water Acclimation (Pike)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:00 AM 9:35 AM 10:10 AM 10:45 AM	10:00 AM 3:30 PM

40 MINUTES

● Stage 2: Water Movement (Eel)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:00 AM 9:50 AM 10:40 AM	
● Stage 3: Water Stamina (Ray)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:50 AM 10:40 AM	
● Stage 4: Stroke Introduction (Starfish)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:50 AM 10:40 AM	

SWIM STROKES

LESSON FEES:

Y-Member: \$170

Community: \$240

SCHOOL AGE CLASSES | 6-12 yrs.

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Stage 1 (Polliwog)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:00 AM 9:50 AM	10:30 AM
● Stage 2 (Guppy)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:00 AM 9:50 AM	10:30 AM
● Stage 3 (Minnow)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:00 AM	
● Stage 4 (Fish)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		9:00 AM 11:30 AM	
● Stage 5 (Flying Fish)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		11:30 AM	
● Stage 6 (Shark)	4:05 PM 4:50 PM	3:45 PM 4:30 PM	4:05 PM 4:50 PM	3:45 PM 4:30 PM		11:30 AM	

SUMMER SESSION SWIM SCHEDULE

JULY 1 – AUGUST 25

SWIM STROKES

LESSON FEES:

Y-Member: \$170

Community: \$240

TEEN | 12-17 yrs.

40 minutes

 All Levels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					12:30 PM	

TEEN/ADULT CLASSES | 18+ yrs.

45 minutes

 Reluctant Swimmer*

 Stage 1/2 (Beginner)

 Stage 3 (Intermediate 1)

 Stage 4 (Intermediate 2)

 Stage 5/6 (Advanced)

T A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 PM				8:00 PM		
8:00 PM	6:30 PM	8:00 PM	6:30 PM		5:00 PM	
	7:15 PM	8:45 PM	7:15 PM		5:00 PM	
	7:15 PM	8:45 PM	7:15 PM			
			8:00 PM			

NEW SCHEDULE FOR SUMMER!

Session	Days	2x per week for 4 weeks	4x per week for 2 weeks
Session 1	Monday - Thursday	July 1 - July 26	July 1 - July 11
Session 2	Monday - Thursday	July 29 - August 23	July 15 - July 26
Session 3	Monday - Thursday	n/a	July 29 - August 9
Session 4	Monday - Thursday	n/a	August 12 - August 23

SPECIAL SUMMER SCHEDULE

LESSON FEES:

Y-Member: \$170

Community: \$240

PARENT-CHILD CLASSES | 6-36 mos.

30 minutes

 Water Discovery (Shrimp/Kipper)

 Water Exploration (Inia/Perch)

MONDAY / WEDNESDAY	TUESDAY / THURSDAY
9:00 AM; 9:30 AM	9:30 AM
9:00 AM; 9:30 AM	9:30 AM

PRESCHOOL CLASSES | 3-5 yrs.

40 minutes

 Stage 1: Water Acclimation (Pike)

 Stage 2: Water Movement (Eel)

 Stage 3: Water Stamina (Ray)

 Stage 4: Stroke Introduction (Starfish)

MONDAY / WEDNESDAY	TUESDAY / THURSDAY
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM

SCHOOL AGE CLASSES | 6-12 yrs.

40 minutes

 Stage 1 (Polliwog)

 Stage 2 (Guppy)

 Stage 3 (Minnow)

 Stage 4 (Fish)

 Stage 5 (Flying Fish)

 Stage 6 (Shark)

MONDAY / WEDNESDAY	TUESDAY / THURSDAY
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM
4:05 PM; 4:50 PM	3:45 PM; 4:30 PM

* Reluctant swimmer classes cost \$230 for Y-Members, \$340 for Community.

FALL SESSIONS SWIM SCHEDULE

SEPTEMBER 3 - OCTOBER 27 | OCTOBER 28 - DECEMBER 22

SWIM STARTERS	LESSON FEES:	Y-Member: \$170	Community: \$240
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PARENT-CHILD CLASSES | 6-36 mos.

30 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Water Discovery (Shrimp) 6-18 mos.		10:00 AM	10:00 AM 10:30 AM			10:00 AM 12:30 PM	
● Water Exploration (Inia) 6-18 mos.		10:00 AM	10:00 AM 10:30 AM			10:00 AM 10:30 AM 12:30 PM	
● Water Discovery (Kipper) 19-36 mos.			10:00 AM 10:30 AM	10:00 AM		10:00 AM 10:30 AM 12:30 PM	
● Water Exploration (Perch) 19-36 mos.			10:00 AM 10:30 AM	10:00 AM		10:30 AM 12:30 PM	

SWIM STROKES	LESSON FEES:	Y-Member: \$170	Community: \$240
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PRESCHOOL CLASSES | 3-5 yrs.

30 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Stage 1 w/ Parent (Pike w/Parent)						12:30 PM	
● Stage 1: Water Acclimation (Pike)	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM		9:00 AM 9:35 AM 10:10 AM 10:45 AM	10:00 AM 3:30 PM

40 MINUTES

● Stage 2: Water Movement (Eel)	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM		9:00 AM 9:50 AM 10:40 AM	
● Stage 3: Water Stamina (Ray)	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM		9:50 AM 10:40 AM	
● Stage 4: Stroke Introduction (Starfish)	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM		9:50 AM 10:40 AM	

FALL SESSIONS SWIM SCHEDULE

SEPTEMBER 3 - OCTOBER 27 | OCTOBER 28 - DECEMBER 22

SWIM STROKES

LESSON FEES:

Y-Member: \$170

Community: \$240

SCHOOL AGE CLASSES | 6-12 yrs.

40 minutes

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stage 1 (Polliwog)		3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM		9:00 AM 9:50 AM	10:30 AM
Stage 2 (Guppy)		3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM	3:45 PM 4:30 PM		9:00 AM 9:50 AM	10:30 AM
Stage 3 (Minnow)		3:45 PM 4:30 PM	4:30 PM	3:45 PM	4:30 PM		9:00 AM 9:50 AM	
Stage 4 (Fish)		3:45 PM 4:30 PM		4:30 PM	4:30 PM		9:00 AM 11:30 AM	
Stage 5 (Flying Fish)			4:30 PM	3:45 PM 4:30 PM	4:30 PM		11:30 AM	
Stage 6 (Shark)		4:30 PM	4:30 PM	3:45 PM	3:45 PM		11:30 AM	

TEEN CLASSES | 12-17 yrs.

40 minutes

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Levels							12:30 PM	

TEEN/ADULT CLASSES | 18+ yrs.

45 minutes

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stage 1/2 (Beginner)	 	8:00 PM	6:30 PM	8:00 PM	6:30 PM		5:00 PM	
Stage 3 (Intermediate 1)	 		7:15 PM	8:45 PM	7:15 PM		5:00 PM	
Stage 4 (Intermediate 2)	 		7:15 PM	8:45 PM	7:15 PM			
Stage 5/6 (Advanced)	 				8:00 PM			

RELUCTANT SWIMMER

LESSON FEES:

Y-Member: \$230

Community: \$340

TEEN/ADULT CLASSES | 6-12 yrs.

40 minutes

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reluctant Swimmer		8:00 PM				8:00 PM		

PATHWAYS

Aquatics Conditioning

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

Competitive Skills & Drills (Ages 8-12 yrs.)

Tuesday 3:45 - 5:10 PM
 Sunday 4:00 - 5:25 PM

# of classes per week	2x
Y-Member rate	\$300
Community rate	\$380

Masters Swim Team (Adults ages 18+)

Swimmers must be able to swim front crawl, back crawl, and breaststroke. Goals are improvement of swimming technique, preparation for USMS competition, fitness, and camaraderie among swimmers. Evaluation by coaches is required, and can be completed during practice time.

Monday - Friday 7:00 - 8:30 AM

Meets 5x each week	per year
Y-Member rate	\$660
Community rate	-

McBurney YMCA Manta Rays

Swim teams compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship. [Swim team practices and meets are in session September - June.](#)

Swim Season Practices:

Dryland

Monday, Wednesday, Friday 4:00 - 4:45 PM

Group A

Monday - Friday 5:15 - 6:30 PM
 Saturday, Sunday 7:00 - 8:30 AM

Group B

Monday, Wednesday, Friday 5:15 - 6:30 PM
 Saturday, Sunday 7:00 - 8:30 AM

For rates and tryout information contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org



PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private Swimming Lessons

Improve your technique with private and personalized lessons with our aquatics staff! All private swim lessons must be scheduled within one year of date of purchase. To schedule your lesson contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org, or Michaela Rivera at 212-912-2343 or mrivera@ymcanyc.org.

# of Sessions	30 MIN	30 MIN
	Y-Member	Community
Single Session	\$80	\$110
Package of 5 sessions	\$325	\$475
Package of 10 sessions	\$550	\$850

Semi-Private Swimming Lessons

Work on your stroke with a friend or family member and save! Each participant must purchase a package of lessons. All private swim lessons must be scheduled within one year of date of purchase. To schedule your lesson contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org or Michaela Rivera at 212-912-2343 or mrivera@ymcanyc.org.

# of Sessions	30 MIN	30 MIN
	Y-Member	Community
Single Session	\$75	\$100
Package of 5 sessions	\$300	\$400
Package of 10 sessions	\$500	\$650

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.**



McBURNERY Y DAY CAMP

From Sports to Robotics, Circus Arts to LEAD camp for social responsibility, McBurney Y Camps offer a ton of ways to fill your child's summer with fun!

For more information and detailed camp descriptions, please see our Camp Brochure or visit us online at ymcanyc.org/mcburneycamp.

Campers are divided into age groups with children no more than one to two years apart in age.

DAY CAMP

➤ Summer Day Camp (Ages 4-16 yrs.)

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Summer Day Camp is geared to engaging kids in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members.

Day Camp operates from July through August 2019. Hours are 9 AM - 5 PM, with extended hours available from 8 AM until 6 PM. Pre-registration is required. Registration begins in January 2019 and Financial Assistance is available. Register early and save with Early Bird discounts. Look for our Camp Brochure at the Member Service desk for more details. For general information about our Summer Camp Program contact McBurneyYcamp@ymcanyc.org

“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



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.

PLEASE GIVE TODAY.
ymcanyc.org/give





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 (Age 15)

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

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

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

World Teen Camp (Ages 12-16)

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

SPECIALTY SLEEPAWAY

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

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

International Judo Camp (Starting at Age 7)

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



CODE OF CONDUCT

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

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

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



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.

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

Executive & Business Offices:

Jasmin Cardona – Executive Director
212-912-2324, jcardona@ymcanyc.org

Oksana Antonyuk – Business Manager
212-912-2314, oantonyuk@ymcanyc.org

Erin Mooney – Dir. of Fund Development & Communications
212-912-2313, emooney@ymcanyc.org

Jennifer Martin – Executive Assistant
212-912-2311, jmartin@ymcanyc.org

Membership:

Mitch Lyons – Membership Director
212-912-2307, mlyons@ymcanyc.org

Nanda Khan – Membership Coordinator
212-912-2308, dkhan@ymcanyc.org

Eli Strock – Billing Coordinator
212-912-2318, estrock@ymcanyc.org

Jennifer Cutillo – Membership Sales & Engagement Specialist
212-912-2305, jcutillo@ymcanyc.org

Youth & Family:

Romana Ryals – Program Director, WIHS Site
646-654-3671, rryals@ymcanyc.org

Pam Navarro – Youth Program Coordinator
212-912-2309, pnavarro@ymcanyc.org

Jessica Diaz – Program Supervisor, PS33 Site
212-912-2315, diazj@ymcanyc.org

Marcus St. Louis – Sports Coordinator
212-912-2319, mstlouis@ymcanyc.org

Orlyn Aaron – Program Coordinator, WIHS Site
917-716-2712, oaaron@ymcanyc.org

Shonnell Griffith – Youth & Family HR/ Billing Coordinator
212-912-2312, sgriffith@ymcanyc.org

Aquatics:

Madhur Patel – Aquatics Director
212-912-2321, mpatel@ymcanyc.org

Michaela Rivera – Aquatics Coordinator
212-912-2343, mrivera@ymcanyc.org

Healthy Lifestyles

James Dolle – Healthy Lifestyles Director
212-912-2333, jdolle@ymcanyc.org

John Li – Healthy Lifestyles Coordinator
212-912-2323, joli@ymcanyc.org

Building:

Guillermo Abreu – Property Manager
917-716-2720, gabreu@ymcanyc.org

Edward Parson – Building Coordinator
212-912-2320, eparson@ymcanyc.org

HOLIDAY HOURS

Memorial Day

Monday, May 27 7:00 AM - 8:00 PM

Independence Day

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

Labor Day

Monday, September 2 7:00 AM - 8:00 PM

Thanksgiving

Thursday, November 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 7:00 AM - 8:00 PM

VOLUNTEER OPPORTUNITIES

When you volunteer at the YMCA, 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 in the McBurney Y and our community as a whole. For more information contact volunteer@ymcanyc.org.

JOB OPPORTUNITIES

Join our Y family! Visit ymcanyc.org/careers to view available positions at the McBurney YMCA and more than 100 YMCA program sites throughout the five boroughs and our New York YMCA Camp upstate.



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



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.

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.



JOIN THE Y

MEMBERSHIP INFORMATION

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. To process your cancellation, please visit the Member Service desk to complete a cancellation request form, or contact Eli Strock, Billing Coordinator at estrock@ymcanyc.org.

MEMBERSHIP HOLDS

Members may put their membership on hold for up to three months during any calendar year for a \$10 monthly fee. A membership hold requires a fifteen (15) day written notice prior to your monthly draft date. Membership privileges will be suspended during the hold period, but Members will not be charged a Joiner's Fee upon returning. To place your membership on hold, please visit the Member Service desk to complete a membership change form or contact Eli Strock, Billing Coordinator at estrock@ymcanyc.org.

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

Credits or refunds will be granted automatically in the event that the YMCA cancels a class or program.

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.

YMCA "AWAY" POLICY

Always Welcome at the YMCA! As a YMCA member, you have access to YMCAs across the country and around the world. You must present a valid YMCA ID to be eligible to use AWAY privileges. Call ahead to check on individual branch policies.

MEMBERSHIP CARD

MEMBERSHIP CARD Branch membership cards for each family member 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 notify us as soon as possible if your card is lost or stolen.

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/ DIGITAL DEVICE 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. We offer small lockers for rent (1 ft. - \$14/mo. 2 ft. - \$21/mo.)
- Our family-friendly locker room is a good alternative for parents who wish to accompany any children over the age of five and of a different gender.

JOIN THE Y

MEMBERSHIP INFORMATION

MEMBERSHIP RATES

Membership Types	McBurney Y	Joiner's Fee
Youth (up to 11)	\$300/yr.	N/A
Teen (12 - 17)	\$45/mo.	\$75

Membership Types	McBurney Y City-wide	Joiner's Fee
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$85/mo.	\$75
Adult (18 - 64)	\$106/mo.	\$125
Senior (65+)	\$85/mo.	\$75
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$125/mo.	\$125
Family II <i>2 Adults and kids under 18 years, living in the same household</i>	\$185/mo.	\$125

*Membership rates & offers subject to change

ABOUT THE MCBURNEY YMCA

- Collegiate size Swimming Pool (25 yards • 7 lanes • 72 laps = 1 mile)
- Regulation size Gymnasium
- Paddle Ball/ Handball Wall with 2 Courts
- Cardiovascular Center
- Boxing Area
- Men's and Women's Locker Rooms
- Family/Special Needs Locker Room
- IM=X Pilates Studio
- Running Track (10 laps = 1 mile)
- 2 Cross Courts for Basketball/Volleyball
- Strength Training Center
- 2 Aerobics Studios
- 3 Multipurpose Rooms
- Boy's and Girl's Locker Rooms
- Sauna and Steam Rooms

POOL INFORMATION

- Pool length: 75 feet (25 yards • 7 lanes • 72 laps = 1 mile)
- Pool width: 52 feet, 7 lanes
- Minimum depth: 3.6 feet
- Maximum depth: 9 feet
- Pool water capacity: 168,000 gallons
- Water temperature: 83° average

MISSION

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

GUEST & 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. A government-issued ID is required to use a guest pass.

FINANCIAL ASSISTANCE

Through the generosity of Y contributors, our goal is to have sufficient funds to ensure our Y remains available to all. Thanks to our generous donors to our annual Annual Campaign, we are able to make the Y accessible through our Financial Assistance Program. These gifts provide scholarships for individuals and families who want and need Y programs, but cannot afford them.

To apply for financial assistance, please visit the Member Service desk to pick up an application or visit our website to download one at ymcanyc.org/mcburney/pages/financialassistance.

All completed applications should then be brought to the branch along with the requested documentation. If you are currently receiving financial assistance, please remember that you must reapply annually.

For more information contact Nanda Khan at dkhan@ymcanyc.org or 212-912-2308.



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



125 West 14th Street
New York, NY 10011
212-912-2300
ymcanyc.org/mcburney

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 facebook.com/McBurneyYMCA

 @McBurneyYMCA

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