



# DISCOVER YOUR Y

**West Side Y  
Summer/Fall 2019  
PROGRAM & CLASS GUIDE**

**5 W. 63rd Street  
New York, NY 10023  
212-912-2600  
[ymcanyc.org/westside](http://ymcanyc.org/westside)**

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



# CONTACT US

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## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

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

## 2019 SESSION & REGISTRATION DATES

### SUMMER REGISTRATION DATES

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

### SUMMER SESSION DATES:

July 1, 2019 - August 25, 2019

### FALL I REGISTRATION DATES

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

### FALL I SESSION DATES:

September 3 - October 27, 2019

### FALL II REGISTRATION DATES

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

### FALL II SESSION DATES:

October 28 - December 22, 2019

### ARTWORKS SESSION DATES

#### SUMMER:

July 8-August 17

#### FALL 1:

September 9-October 27

#### FALL 2:

October 28-December 22



# WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
<b>Member discounts and priority registration</b> on all fee-based programs, such as swim, sports, camp, and more	✓	✓
<b>State-of-the-art fitness center</b> – includes more than 100 pieces of cardio and strength equipment, as well as a NEW! Functional Training Center	✓	✓
<b>Over 100 FREE weekly group exercise classes</b> – includes yoga, spin, aqua fitness, and more	✓	✓
<b>FREE YMCA Weight Loss Program</b>	✓	✓
<b>FREE Fitness Consultation</b> – a 1 hour session with a coach to help identify your fitness goals and introduce you to ACTIVTRAX, a free fitness tracking tool	✓	✓
<b>Two swimming pools</b> with 100 hours of lap swim	✓	✓
<b>Sauna and steam rooms</b>	✓	✓
<b>Basketball court, 2 squash courts &amp; 4 racquetball/handball courts</b>	✓	✓
<b>Indoor running track</b>	✓	✓
<b>FREE Child Watch</b>	✓	✓
<b>FREE WiFi</b>	✓	✓
<b>FREE Towel service</b>	✓	✓
<b>FREE Family programs &amp; classes</b> – such as Boo Fest, Family Fridays, & Swim		✓
<b>FREE Teen orientation to the fitness center</b>		✓
<b>FREE Teen programs</b> – including Leadership, Civic Engagement, College Access, Career Readiness, and Teen Center		✓
<b>Convenient family locker rooms</b>		✓

# ADULTS

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

AGES 18+



## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

## GROUP EXERCISE CLASSES

We offer over 100 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

## CONDITIONING

### ◆ Core Training/Express Core Training

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

### ◆ Barre Workout

Strengthen and tone your body with this ballet-inspired workout.

### ◆ Boot Camp

A workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches & body weight exercises.

### ◆ Cardio Sculpt

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

### ◆ Circuit Training

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

### ◆ Kettlebell Circuit

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

### ◆ Pilates Circuit

Class combining Pilates Mat work and other functional training exercise techniques using a variety of equipment in a circuit format. \*Please register at least 30 minutes before class by visiting or calling the 4th Floor ActivTrax Desk/ 212.912.2607.

### ◆ Stretching

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

### ◆ Total Body Conditioning

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

### ◆ Train Like an Athlete

Athletic drills create an intense workout to get your performance to the next level.

### ◆ TRX Circuit

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

\*Please register at least 30 minutes before class by visiting or calling the 4th Floor ActivTrax Desk/ 212.912.2607.

### ◆ TRX Strength/TRX H.I.I.T. \*

TRX Strength focuses on a full body workout designed to strengthen and tone the upper and lower body while focusing on core. TRX H.I.I.T. utilizes high intensity strength and cardio work with recovery period of low intensity.

\*Please register at least 30 minutes before class by visiting or calling the 4th Floor ActivTrax Desk/ 212.912.2607

### ◆ Upper Body Blast

Focus on your upper body – arms, shoulders, chest, and back with this strengthening workout.

## CARDIO

### ◆ Cardio Circuit

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

### ◆ H.I.I.T.

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

### ◆ Interval Training

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

### ◆ Low Impact Cardio

Get a cardio challenge with minimal impact on bones and joints!

### ◆ Power Rowing

This rowing cardio class is sure to challenge your entire body.

### ◆ Indoor Cycling

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

### ◆ Walk/Run Club

Meet some walking or running partners in this club.

## ◆ New! Functional Training Center

West Side's New Functional Training Center offers a broad range of classes. Functional fitness exercises train your muscles to work together and strengthen them for daily tasks by simulating common movements you might do at home, at work, or in sports. It's a great alternative to traditional strength training. Studies have shown that Functional Training can benefit your work out in many ways:

- Improved mobility
- Improved stability
- Reduced fall risk
- Improved hip and lower-back flexion
- Improved physical functioning
- Improved vitality
- Reduced body pain
- Fewer injuries than other strength training options

Classes Featuring TRX: Strength, Circuit, and H.I.I.T. classes. Check Group Ex schedule for up-to-date class days / times.

FREE CONSULTATIONS ARE AVAILABLE. Visit the 4th Floor Healthy Lifestyles Desk or email [wsyhealthylifestyles@ymcanyc.org](mailto:wsyhealthylifestyles@ymcanyc.org) to schedule an appointment.



## MIND/BODY

### ◆ Ashtanga Yoga

Classic yoga for the modern world, Ashtanga yoga will challenge your body with progressive postures.

### ◆ Ashtanga Yoga: MYSORE

"Classical" yoga in the tradition of Sri K Pattabhi Jois. You work through the postures individually as guided by the instructor. Start and finish on your schedule to meet the needs of your practice. Beginners should allow about 30 minutes.

### ◆ 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.

### ◆ Feldenkrais Method

The Feldenkrais Method® uses gentle movement and directed attention to increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement.

### ◆ Gentle Yoga

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



### REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

### ◆ Hatha Yoga

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

### ◆ Iyengar Yoga

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

### ◆ Vinyasa Yoga

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

### ◆ MELT®

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

### ◆ Core Connection

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

### ◆ Meditation

Meditation uses techniques, such as, mindfulness and focusing one's mind to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress and anxiety and promote well-being.

### ◆ 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.

### ◆ Pilates Mat

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

### ◆ Restorative Yoga

This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle and deep restorative work improves range of motion and joint mobility while reducing pain and stress.

## DANCE

### ◆ Afro Jazz

A fun and energetic mix of African, Jazz and Modern Dance.

### ◆ Dance Party

A fun choreographed aerobic workout to music.

### ◆ Dancealates®: barre

Dancealates® is a flowing, energizing workout that combines the core principles of Pilates with the strengthening, lengthening and toning techniques found in traditional jazz and ballet barre workouts.

### ◆ Masala Bhangra®

Masala Bhangra is an Indian-dance based program, designed for people of all ages and fitness levels.

### ◆ Zumba®

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

## MARTIAL ARTS

### ◆ Capoeira

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

### ◆ Seido Karate

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance.

### ◆ Tai Chi

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

## WATER FITNESS

Water Fitness classes are scheduled throughout the day. Please see our Pool schedules on-line.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids can play in a fun, safe environment under the supervision of responsible YMCA staff members.

- Ages 1 to 7 years
- You may bring your child for a maximum of two hours per day
- Registration required (at our membership desk)

**THIS IS A FREE SERVICE AVAILABLE TO FAMILY MEMBERS.**

### HOURS:

Monday-Friday 9:00 AM-12:00 PM; 5:30 PM-7:30 PM  
 Saturday 9:00 AM-2:00 PM  
 Sunday 10:00 AM-1:00 PM (From June 1st- Sept 8th there is no Sunday Child Watch available)

### ◆ Aqua Dance

Let the music take you through a dynamic, full body workout. Different musical styles work different body parts. Breathe, stretch, tone, and express. Join the party!

### ◆ Water Aerobics

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

### ◆ Aquatic Exercise For Arthritis

Nationally certified by the YMCA of the USA. This class is intended to decrease pain and/or 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. For more information, please contact Melanie Torres at 212-912-2676 or mtorres@ymcanyc.org.

## ACTIVE OLDER ADULTS

### ◆ AOA Cardio Conditioning

A gentle aerobic workout especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

### ◆ AOA Sit Fit

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

### ◆ AOA Strength Training

This strength training workout is especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

## REMINDER: MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

### ◆ Zumba® Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

# 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.

### ◆ Fitness Consultation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact [wshhealthy lifestyles@ymcanyc.org](mailto:wshhealthy lifestyles@ymcanyc.org) to schedule your appointment today!

### ◆ YMCA Weight Loss Program (NEW!)

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

### ◆ 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.

ADULT WELLNESS	PACKAGE	MEMBER	COMMUNITY
<b>MIX AND MATCH ONE-ON-ONE PACKAGES</b> <small>*PERSONAL TRAINING, SQUASH, MASSAGE THERAPY</small>	Single	\$99	\$116
	5 Pack • save 5%	<del>\$495</del> \$470	<del>\$580</del> \$553
	10 Pack • save 10%	<del>\$999</del> \$891	<del>\$1,116</del> \$1,048
	20 Pack • save 20%	<del>\$1,980</del> \$1,584	<del>\$2,320</del> \$1,864
<b>MIX AND MATCH SEMI-PRIVATE PACKAGES</b> <small>*PRICE PER PERSON</small>	Single	\$74	\$87
	5 Pack • save 5%	<del>\$370</del> \$353	<del>\$435</del> \$415
	10 Pack • save 10%	<del>\$740</del> \$668	<del>\$870</del> \$786
	20 Pack • save 20%	<del>\$1,480</del> \$1,188	<del>\$1,740</del> \$1,398
<b>ONE-ON-ONE PILATES</b>	Single	\$109	\$128
	5 Pack • save 5%	<del>\$545</del> \$518	<del>\$640</del> \$608
	10 Pack • save 10%	<del>\$1,090</del> \$981	<del>\$1,280</del> \$1,152
	20 Pack • save 20%	<del>\$2,180</del> \$1,744	<del>\$2,180</del> \$2,560

TRY OUR  
INTRO PACK!  
Includes 3 1-hour  
sessions  
\$250  
One time only



### Personal Training

#### SEE MIX AND MATCH PACKAGES FOR PRICING

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length.

### Squash/Racquetball

#### SEE MIX AND MATCH PACKAGES FOR PRICING

Develop a skill that can last a lifetime with racquetball pro Stephen Arizmendi. With more than 20 years of competitive experience and a Master's in Sports Management, Stephen knows all of the tricks of the game and how to teach them.

### Personal Pilates

Practiced faithfully, Pilates yields numerous benefits. Increasing lung capacity and circulation through deep,



healthy breathing is a primary focus. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life.

## Massage Therapy

SEE MIX AND MATCH PACKAGES FOR PRICING

The West Side YMCA features massage therapy at affordable rates. Far beyond feeling good, massage has an impressive range of documented health benefits. A licensed and certified massage therapist not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow. Treat yourself to the benefits of massage today!

# SPORTS

## ◆ Adult Basketball

A mildly competitive night of 5-on-5 organized pick-up basketball. Games are played to 21 points per game or 12 minute time cap. Sign up begins at 6:30 PM.

**Thursday 6:30 - 10:00 PM**

## ◆ Pickleball

Pickleball players of all levels and abilities are invited to play in the gymnasium. The game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

**Monday & Thursday 10:30 AM - 12:30 PM**

## ◆ Racquetball Challenge Court

Whether you're a seasoned racquetball pro or just starting, come meet your match in our open challenge court on the 6th Floor Courts.

**Tuesday 7:00 - 9:00 PM**

## ◆ Squash Round Robin

Join us on the squash courts for friendly competition! Play is determined on a first come, first served basis.

**Wednesday 6:00 - 8:00 PM**

## ◆ Open Handball

Stop by the 6th Floor Courts for open handball playing time and meet our friendly handball community. No court reservation required!

**Tuesday & Thursday 4:00 - 7:00 PM**

## ◆ Volleyball

Join us for a fun and friendly game of coed volleyball for all levels. Learn the basics or play competitively.

**Wednesday - Instructional 6:00 - 7:15 PM**

**Wednesday - Open Gym: Beginner 7:00 - 8:30 PM**

**Wednesday - Open Gym: Inter/Advanced 8:30 - 10:30 PM**

## ◆ West Side Y Road Runners Club

Meet in the lobby and go for a group run in Central Park. Everyone is welcome regardless of pace, experience level, or training goals. WSYRRC is open to both members and non-members, so feel free to bring friends and join us to get fit!

**Monday & Wednesday 6:30 PM**

Need more information? The Healthy Lifestyles team can help.  
Healthy Lifestyles Department: 212-912-2670 or  
wsyhealthylifestyles@ymcany.org

# SWIM

## ◆ Adult Swim

Whether you are just learning to swim or are an accomplished swimmer, we have something for you. Lap swim and recreational swim are available throughout the day for adults. Please see our pool schedules online.

## YMCA Swim Lessons

### Swim Basics

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 39)

### Summer 1 & 2 Swim Basics Lesson Fees

Member	\$127 (4 weeks)	\$232 (8 weeks)
Community	\$165 (4 weeks)	\$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

### Fall 1 & 2 Swim Basics Lesson Fees

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week



## PRIVATE SWIM LESSONS

A YMCA certified swim instructor can be just what you need to get comfortable in the water or help achieve your swimming goals. Your lesson is designed to meet your specific needs.

PRIVATE SWIM LESSONS	AGE	PACKAGE	MEMBER	COMMUNITY MEMBER
PRIVATE LESSONS	3+	Single	\$75	\$90
		6 Pack • save 5%	<del>\$450</del> \$428	<del>\$540</del> \$513
		12 Pack • save 10%	<del>\$900</del> \$810	<del>\$1,080</del> \$975
		24 Pack • save 20%	<del>\$1,800</del> \$1,400	<del>\$2,160</del> \$1,728
SEMI-PRIVATE LESSONS <small>*PRICE PER PERSON</small>	3+	Single	\$56	\$67
		6 Pack • save 5%	<del>\$336</del> \$321	<del>\$402</del> \$385
		12 Pack • save 10%	<del>\$672</del> \$608	<del>\$804</del> \$729
		24 Pack • save 20%	<del>\$1,344</del> \$1,080	<del>\$1,608</del> \$1,296

### Swim Strokes

Builds strokes technique and endurance, to foster swimming as part of a healthy lifestyle. (See Swim section p. 39)

### Summer 1 & 2 Swim Strokes Lesson Fees

Member	\$127 (4 weeks)	\$232 (8 weeks)
Community	\$165 (4 weeks)	\$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

### Fall 1 & 2 Swim Strokes Lesson Fees

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

**Water Fitness classes** are scheduled throughout the day. Please see our Pool schedules on-line.

### Need more information? The Aquatics team can help.

Lessons, contact Brian Scott at 212-912-2675 | [bscott@ymcanyc.org](mailto:bscott@ymcanyc.org)  
General Inquiries, contact Melanie Torres at 212-912-2675 | [torresm@ymcanyc.org](mailto:torresm@ymcanyc.org)

## ARTS

### THE WRITER'S VOICE

Founded in 1981, the West Side YMCA Writer's Voice is one of New York City's longest-running and well respected creative writing programs. Each class offers writers a great

opportunity to generate new or hone existing material with the support of our faculty and writing peers.

**\*PLEASE CHECK OUR WEBSITE FOR MORE INFORMATION**

### Strange and Fantastical Tales

In this class, we'll look at an assortment of genres—fairy tales, fairy tale retellings, fantasy, ghost stories, and other weird and wondrous fictions. The published works will serve as sources of inspiration as well as models of what's possible. We'll examine the requirements of each genre, and some techniques we'll study include: creating alternate worlds, skewing reality, finding original detail, creating compelling creatures, and effective use of tension and suspense. Readings and exercises will be assigned on a weekly basis, and in the final weeks student works-in-progress will be workshopped. Class limited to 10. Students who participate are eligible to partake in the December student reading. **Instructor: Beth Bauman**

**Fees: \$368 Members/\$575 Community**

Tuesdays 6:45 PM–8:45 PM | Fall 1 & 2 | Sept 24—Dec 3  
(No class Nov 26) 10 weeks | 10 students max



## Life Stories

For people who have lived and worked and want to write about their childhood as well as their more recent past. Whether you are a published writer or last wrote in a childhood diary, you are welcome in this class. Mark Twain said, "The difference between the almost right word & the right word is the difference between lightning and lightning bug." Finding the right word is the goal of this workshop. Suggested weekly assignments will be given to help trigger memories. Along with weekly writing in class, everyone can bring in 2 pages to be critiqued each week by classmates and teacher. The teacher will also take home weekly work, which will be read and returned the following week. 8 weeks.  
**Instructor: Patty Dann**

**Fees: \$295 Members; \$460 Community**

Tuesdays 10:00 AM-12:00 PM | Fall 1 | Sept 3 - Oct 22  
or Thursdays 10:00 AM-12:00 PM | Fall 1 | Sept 5 - Oct 24

Tuesdays 10:00 AM-12:00 PM | Fall 2 | Oct 29 - Dec 17  
or Thursdays 10:00 AM-12:00 PM | Fall 2 | Oct 31 - Dec 19

## Shaping The Stories In Our Lives

Every life has stories worth writing. This class provides tools to overcome fear of the blank page and writing prompts to jump-start the creative process. Inspired by collaborative discussion and examples of great writing, participants will hone in on their stories and explore elements of craft. No pre-registration requirement: Open to writers of all levels. 7 weeks.  
**Instructor: Mindy Lewis**

**Fees: \$258 Members; \$402 Community**

Tuesdays 1:30 PM-3:30 PM | Fall 1 | Sept 10 - Oct 22  
Tuesdays 1:30 PM-3:30 PM | Fall 2 | Nov 5 - Dec 17

## Memoir Splash!

Take the plunge into the refreshing waters of memoir writing. Dip your toes, paddle in the shallows, observe the ripples on the surface, and dive into the depths. As we share and discuss short pieces, we'll explore elements of craft, tackle obstacles to creativity, and inspire one another. Whether a novice or experienced writer, you'll enjoy the company of fellow swimmers, and emerge renewed. 5 weeks.  
**Instructor: Mindy Lewis**

**Fees: \$180 Members; \$285 Community**

Tuesdays 6:45-8:45 PM | Summer | July 9 - Aug 6

## The Art of Personal Narrative

This open-level class is for anyone interested in writing personal narrative in any form: memoir, creative nonfiction, or personal essay. Through insightful critique and focused discussion, we hone the tools of strong writing: distinctive voice, precise language, resonant imagery, vivid sensory description,

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MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

dramatic scene and dialogue, and inventive form. No pre-registration requirement: Open to All Levels, Maximum enrollment is 9 students. 7 weeks.

**Instructor: Mindy Lewis**

**Fees: \$258 Members; \$402 Community**

Thursdays 6:45 PM-8:45 PM | Fall 1 | Sept 5 - Oct 17

Thursdays 6:45 PM-8:45 PM | Fall 2 | Oct 31 - Dec 19

## Advanced Memoir and Creative Nonfiction

INSTRUCTOR PERMISSION REQUIRED

Already working on a memoir, creative nonfiction, and/or a personal essay? This class will help take your writing to the next step by addressing issues of voice, style, structure, pacing, dramatic arc, and thematic focus. Each student will submit new or revised writing for critique, with the option of also working on query letters, book proposals, and chapter outlines. *Registration requirement: Instructor's permission required.*

**Instructor: Mindy Lewis**

**Fees: \$144 Members; \$228 Community**

Wednesdays 6:45 PM-8:45 PM | Summer | July 10-July 31

**Fees: \$553 Members; \$862 Community**

Wednesdays 6:45 PM-8:45 PM | Fall 1 | Sept 4 -Dec 18  
(no class Oct 9)

## Writing For Stage and Screen

In this workshop playwrights, screenwriters, tv, and musical theater writers revise works-in-progress or develop new ideas from conception to completion. Several active students are currently having works produced in NYC and abroad that were developed in class. Particular attention is paid to writing prompts and exercises that engage fundamentals of the craft of Dramatic Writing including; writing dramatic scenes, story structure, character, dialogue and revision. The instructor creates a supportive and participatory workshop environment. Students bring in new pages of their script-in progress on a weekly or biweekly basis and hear their material read out loud. In class writing exercises tailored to individual needs help students who do not yet have a script in progress. End of session presentations. Opportunities available for readings of completed works and works-in-progress presented in the state of the art Off-Broadway Marjorie S. Deane Little Theater located steps from our classroom. All levels are welcome. **Instructor: Charlie Schulman**

**Fees: \$258 Members; \$402 Community**

Mondays 6:45 PM–8:45 PM | Summer | July 1 – Aug 12  
 or Wednesdays 6:45 PM–8:45 PM | Summer | July 3 – Aug 14

**Fees: \$258 Members; \$402 Community**

Tuesdays 6:45 PM–8:45 PM | Fall 1 | Sept 3 – Oct 22  
 or Mondays 6:45 PM–8:45 PM | Fall 1 | Sept 9 – Oct 21

**Fees: \$295 Members; \$460 Community**

Mondays 6:45 PM–8:45 PM | Fall 2 | Oct 28 – Dec 16  
 or Tuesdays 6:45 PM–8:45 PM | Fall 2 | Oct 29 – Dec 17

**A Laughing Matter – Adding Humor to Your Writing**

Humor is a skill that can come in mighty handy. Whether you're trying to punch up your online dating profile, become an amusing public speaker, write that memoir, craft essays, find success as a stand-up comedian so you can have an excuse to drink all the time (or sleep around), or publish the next (and first ever) Pulitzer Prize winning comic novel, this class is most definitely for you. Class will cover the different types of humor such as irony, sarcasm, satire and parody. Discussions about joke-writing, wordplay, incongruity, exaggeration and reversal will be illustrated with video clips of stand-up comics performing. Exercises and games will be used to enhance natural comic abilities. Fun assignments will help students learn techniques to add humor to their writing. Students will share their work in a friendly, supportive atmosphere. Free extra bonus included if you sign up now -- or at the last minute: it promises to be a lot of fun.

Topics will include:

- Take My One-Liner, Please
- Exaggeration: More Important Than Life Itself
- Understatement: We'll Get To This If We Have Time
- Observations about Observational Comedy
- Irony: Not That It Matters
- Sarcasm: Not That You Care
- Satire in the Age of Fake News
- Parody: The Best Way to Steal Material Without Getting Sued
- Develop Your Comedy Persona (Can also be used for your online dating profile)
- Free Association... Priceless
- How to Play with Your Words and Not Your Food

**Instructor: Stephanie Lehmann**

**Fees: \$258 Members; \$402 Community**

Thursdays 6:45–8:45 PM | Fall 1 | Sept 5 – Oct 17  
 Thursdays 6:45–8:45 PM | Fall 2 | Oct 31 – Dec 19

**Filling the Well**

This is the perfect class for fiction writers who want to be writing but aren't, or those who feel stuck on a current project. This is a generating class in which students write new material or advance pre-existing short stories or novel chapters. The class provides weekly deadlines

through fun and challenging prompts that prompt the imagination to get you off and racing. Each class session is reserved for workshopping student work. The class works well for both beginning and more experienced writers who want to increase their creative output.

Limited to 10.

**Instructor: Beth Bauman**

**Fees: \$180 Members; \$285 Community**

Tuesdays 6:45 PM–8:45 PM | Summer 1 | July 9 – Aug 13  
 (no class July 23)

**Fees: \$258 Members; \$402 Community**

Wednesdays 6:45 PM–8:45 PM | Fall 1 | Sept 11 – Oct 23

**Intro to Fiction**

In this class, beginning and intermediate-level fiction students work toward building short stories and novel chapters by learning the elements of craft, which include conflict, tension, characterization, voice, setting, dialogue, and scene vs. summary. Class sessions will be devoted to craft lessons, studying excellent published works, and student exercises. In the final weeks of class, students will present a longer piece. Whether you're a new beginner or want to sharpen your basic writing technique, this is the class for you. Student work is discussed in a warm and lively atmosphere. Limited to 8. Students who participate are eligible to partake in the December student reading.

**Instructor: Thaddeus Rutkowski**

**Fees: \$258 Members; \$402 Community**

Wednesdays 1 PM–3 PM | Fall 1 | Sept 11 – Oct 23  
 Wednesdays 1 PM–3 PM | Fall 2 | Oct 30 – Dec 18  
 (no class Nov 27)

**GOING DEEPER****INSTRUCTOR PERMISSION REQUIRED**

This fiction workshop is for experienced writers looking for feedback on their short stories and novel chapters. In a warm environment, students will receive honest, detailed feedback and learn techniques to improve craft, deepen fiction, and identify and tackle common storytelling problems. Each student will get to submit two pieces for workshopping over the six weeks and must have work ready to present. This is a permission-only class and interested students will need to submit up to eight pages of a fiction-writing sample. Limited to 6 students. Students who participate are eligible to partake in the December student reading. *Registration requirement: Instructor's permission required*

**Instructor: Beth Bauman**

**Fees: \$180 Members; \$285 Community**

Wednesdays 6:45 PM–8:45 PM | Summer | July 10–Aug 14  
 (no class July 24)

**Fees: \$258 Members; \$402 Community**

Wednesdays 6:45 PM–8:45 PM | Fall 2 | Oct 30–Dec 18  
 (no class Nov 27)

### TELLING GREAT STORIES

Everyone has a story to tell. Whether you're a skilled practitioner polishing a piece or a beginner learning the craft, this workshop has something for you. Often, there isn't a big difference between fiction and nonfiction, and both formats are welcome here. Many writers begin with incidents that they remember, or situations that are happening now, and shape that material into stories. We will focus on elements of "creative" prose writing—plot, character, setting, voice, and beginnings and endings—through weekly prompts and detailed critiques. Exercises and works in progress will be reviewed in class in a friendly supportive atmosphere. Revisions of works in progress will be considered, as well. Often, work begun as an exercise grows into a longer piece after the class meeting. Each writer will receive one-to-one attention. The workshop is open to everyone.

**Instructor: Thaddeus Rutkowski**

**Fees: \$295 Members; \$460 Community**  
Mondays 6:30 PM-8:30 PM | Summer | July 1-Aug 25  
**Fees: \$295 Members; \$460 Community**  
Mondays 6:30 PM-8:30 PM | Fall 2 | Oct 28-Dec 22

Need more information? The Community Arts team can help.  
Cassandra Richards: 212-912-2635 or crichards@ymcanyc.org

### ADULT THEATER

Our program includes classes in acting and vocal music for adults. Our classes are led by experienced instructors who create a stimulating atmosphere with lively activities, discussion and insightful feedback.

#### Reader's Theater | Older Adults

A great class for theater enthusiasts to learn, explore, and experience dynamic new plays. Each week, the class reads a contemporary play cold from start to finish, developing character spontaneously. With the instructor's creative guidance, students learn to accumulate circumstances and make creative choices about character. At the conclusion of the cold reading, the class has a thoughtful discussion of the play, its cultural context, impact, and themes. No prior theater experience required. Maximum enrollment is 12 students.

**Instructor: Cynthia Mace**

**Fees: \$258 Members; \$402 Community**  
Tuesdays 1 PM-4 PM | Summer | July 9 - Aug 25  
Tuesdays 1 PM-4 PM | Fall 1 | Sept 10 - Oct 22

**Fees: \$221 Members; \$345 Community**  
Tuesdays 1 PM-4 PM | Fall 2 | Nov 5 - Dec 10

### YMCA Singer's Forum | All Ages

For the novice or seasoned performer, Singers Forum is a friendly and supportive environment for anyone who loves to sing. Classes include group songs and warm-ups as well as individual vocal coaching. Singers Forum is a low pressure and fun way to find this confidence and a unique opportunity to be a part of a new YMCA Community of Singers. **Instructor: John Prestianni**

**Fees: \$221 Members; \$345 Community**  
Wednesdays 5:30 PM-7:30 PM | Summer | July 10 - Aug 7  
**Fees: \$295 Members; \$460 Community**  
Wednesdays 5:30 PM-7:30 PM | Fall 1 | Sept 4 - Oct 23  
Wednesdays 5:30 PM-7:30 PM | Fall 2 | Oct 30 - Dec 18

Need more information? The Community Arts team can help.  
Cassandra Richards: 212-912-2635 or crichards@ymcanyc.org

### VISUAL ARTS

Join our community and explore your creativity through a variety of classes in the visual arts. Artworks is a friendly, supportive studio with ample open time for you to practice as well as learn from others. View our monthly exhibits in our lobby cases of work by students and faculty members. Focus your body, calm your mind, and enrich your spirit...all part of the YMCA mission!

#### Please see below for Artworks session dates and fees:

.....  
**Summer: July 8-August 17**  
**Fees: \$210 Members; \$270 Community**

**Fall 1: September 9-October 27**  
**Fees: \$250 Members; \$315 Community**

**Fall 2: October 28-December 22**  
**Fees: \$288 Members; \$360 Community**

#### Drawing & Watercolor

##### BEGINNING/INTERMEDIATE

Introduction to the basic techniques of drawing and watercolor. Our subjects will be still-life, art reproductions and photos. Supplies will be provided for the first class. Enjoy developing your rendering skills in a supportive environment.

**Instructor: Nan Carey**

Saturdays 10:30 AM-1 PM | Fall 1 Session starts Sept 14

Saturdays 10:30 AM-1 PM | Fall 2 Session starts Nov 2

## Watercolor

### INTERMEDIATE

This class is for playing with watercolor techniques with an emphasis on finding and developing your own personal style. Frequent subject materials include: still life set-ups and photos, but students are also encouraged to bring in personal projects. Beginners and those with experience are all welcome. Some experience needed.

**Instructor: Bonnie Steinsnyder**

Tuesdays 10:30 AM-1 PM | Summer | Starts July 9  
or Tuesdays 1 PM-3:30 PM | Summer | Starts July 9

Tuesdays 10:30 AM-1 PM | Fall 1 | Starts Sept 10  
or Tuesdays 1 PM-3:30 PM | Fall 1 | Starts Sept 10

Tuesdays 10:30 AM-1 PM | Fall 2 Session | Starts Oct 29  
or Tuesdays 1 PM-3:30 PM | Fall 2 Session | Starts Oct 29

## Beaded Jewelry

This five (5) weeks workshop is for beginners as well as those with some beading experience. Participants will learn a variety of popular beadwork stitches, which will then be applied to projects chosen by the instructor. Supplies will be available for purchase at the classes.

**Instructor: Carole Horn**

**Fees: \$175 Members; \$225 Community**

Thursdays 1 PM-3:30 PM | Fall 1 | Sept 19 - Oct 17

Thursdays 1 PM-3:30 PM | Fall 2 | Oct 31 - Dec 5

(no class on Nov 28)

## Stained Glass

Learn to create beautiful glass objects using this ancient craft. Students learn to create patterns, cut foil, and solder stained glass into a variety of useful and sculptural forms that include candle holders, night lights, mirrors, and light catchers. Ample individual assistance enables each person to pursue his/her individual projects.

**Instructor: Laurie Gregg**

Wednesdays 1 PM-4 PM | Fall 1 | Starts Sept 11

Wednesdays 1 PM-4 PM | Fall 2 | Starts Oct 30

## Texture & Clay

In this class, we concentrate on all construction techniques for making vessels, sculptures, wall pieces, and tiles. Glazing and painterly surface techniques explored to enhance and embellish forms. Personal projects are encouraged and one-on-one help given as well as class demonstrations.

**Instructor: Kate Missett**

Wednesdays 11 AM-1:30 PM | Summer | Starts July 10

**Instructor: Andrew Robinson**

Thursdays 11 AM-1:30 PM | Fall 1 | Starts Sept 12

Thursdays 11 AM-1:30 PM | Fall 2 | Starts Oct 31

## Paper Clay

In this class, we concentrate on new construction techniques for making vessels and sculptures utilizing paper clay. Personal projects are encouraged and one-on-one help given in addition class demonstrations. Previous clay experience is required to take this course.

**Instructor: Lisa Chicoyne**

Tuesdays 2:00 PM-4:30 PM | Summer | Starts July 9

Tuesdays 2:00 PM-4:30 PM | Fall 1 | Starts Sept 10

Tuesdays 2:00 PM-4:30 PM | Fall 2 | Starts Oct 29

## Sources of Inspiration

INTERMEDIATE/ADVANCED

In this intermediate level handbuilding class, students pursue their own individual handbuilding projects with occasional class assignments and demonstrations. Instructor critiques, slides, readings, films and field trips are also included. Must be skilled in working with clay.

**Instructor: Kate Missett**

Mondays 12:30 PM-3:00 PM | Summer | Starts July 8

Mondays 12:30 PM-3:00 PM | Fall 1 | Starts Sept 9

Mondays 12:30 PM-3:00 PM | Fall 2 | Starts Oct 28

## Explorations with Clay

BEGINNING/INTERMEDIATE WHEEL

Push your work forward by exploring functional forms in series. We will also work on altering forms and finish up with decorative and glaze techniques.

**Instructor: Nanette Ronner**

Saturdays 10:30 AM-1 PM | Summer | Starts July 13

Saturdays 10:30 AM-1 PM | Fall 1 | Starts Sept 14

Saturdays 10:30 AM-1 PM | Fall 2 | Starts Nov 2

## Wheel Basics

BEGINNING/INTERMEDIATE WHEEL

Learn basic throwing skills on the potter's wheel and glazing techniques. Demos of various forms such as cups, bowls, and plates to inspire.

**Instructor: Nanette Ronner**

Thursdays 11AM-1:30PM | Fall 1 | Starts Sept 12

Thursdays 11AM-1:30PM | Fall 2 | Starts Oct 31

## Wheel

INTERMEDIATE

This class will focus on developing sensitivity to the various internal relationships and subtleties of the vessel form. Weekly demos encourage expanding into new forms and personal expression on the wheel. Students will also work

on individual projects to further develop their skills.

**Instructor: Dave Gibson**

Wednesdays 1 PM–3:30 PM | Summer | Starts July 10  
 Wednesdays 10 AM–12:30 PM | Fall 1 | Starts Sept 11  
 Wednesdays 10 AM–12:30 PM | Fall 2 | Starts Oct 30

## Wheel

### BEGINNING/INTERMEDIATE

Beginners will learn the basic skills of throwing on the potter's wheel and glazing techniques. Intermediate students will work on individual projects to further develop their skills and unique personal expression. Demos and critiques will be given regularly.

**Instructor: Outi Putkonen**

Mondays 11 AM–1:30 PM | Summer | Starts July 8  
 Tuesdays 6:30 PM–9 PM | Summer | Starts July 9  
 Mondays 11 AM–1:30 PM | Fall 1 | Starts Sept 9  
 Tuesdays 6:30 PM–9 PM | Fall 1 | Starts Sept 10  
 Mondays 11 AM–1:30 PM | Fall 2 | Starts Oct 28  
 Tuesdays 6:30 PM–9 PM | Fall 2 | Starts Oct 29

## Zen of Pottery

### BEGINNING/INTERMEDIATE

Investigate how the activity of making pottery can be a wonderful vehicle for quieting the mind. Working with clay can help us be more present and focused in the moment. In this class, we develop skills of working on the wheel while cultivating the practice of mindfulness.

**Instructor: Julie Terestman**

Mondays 7 PM–9:30 PM | Fall 1 | Starts Sept 9  
 Mondays 7 PM–9:30 PM | Fall 2 | Starts Oct 28



## Mugs & More

### BEGINNING/INTERMEDIATE

In this class, students learn and develop basic skills such as cylinders to make cups, vases, pitchers, and other forms as well as bowls, plates, and lidded jars. Beginners also learn about using the studio glazes for finishing their work.

**Instructor: Janet Belden**

Wednesdays 6:30 PM–9 PM | Summer | Starts July 10  
 Wednesdays 6:30 PM–9 PM | Fall 1 | Starts Sept 11  
 Wednesdays 6:30 PM–9 PM | Fall 2 | Starts Oct 30

## Wheel

### INTERMEDIATE/ADVANCED

This classes explores advanced wheel techniques and the refinement of forms. Exploring combinations of studio glazes to create specialized effects. Previous throwing experience is necessary.

**Instructor: Outi Putkonen**

Tuesdays 10:30 AM–1 PM | Summer | Starts July 9  
 Tuesdays 10:30 AM–1 PM | Fall 1 | Starts Sept 10  
 Tuesdays 10:30 AM–1 PM | Fall 2 | Starts Oct 29

Need more information? The Community Arts team can help.

Kate Missett: 212-912-2638 or  
[kmissett@ymcanyc.org](mailto:kmissett@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



# 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](https://ymcanyc.org/give)







## 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](http://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](http://ymcanyc.org/bloodpressure) 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**

**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE



## FAMILY

### Scientific Saturdays

9:30 - 11:00 AM | Room 306 | \$25/child

These workshops are designed for adults and children exploring the world together as scientists. Children must be accompanied by an adult. Register at the Member Service Desk.

### 2019 Workshops:

**September 21:** Fall     **October 10:** Corn

### ◆ Family Fun Fridays

5:30 - 7:30 PM | Room 504 + Playspace | FREE

Does your family have a family night tradition, a special evening that you set aside to spend time together? Start by spending the first Friday of the month at the YMCA for Family Fun Friday. Each month there will be a new theme with games, activities, movies and snacks. Start the tradition now! Children must be accompanied by an adult.

### ◆ Boofest

**October 2019 | Check website for details | Free**

A morning of free Halloween fun for the whole family! Wear your favorite costumes and get ready for arts, crafts, games, spooky treats, and bouncy houses galore.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids can play in a fun, safe environment under the supervision of responsible YMCA staff members.

- Ages 1 to 7 years
  - You may bring your child for a maximum of two hours per day
  - Registration required (at our membership desk)
  - Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members
- THIS IS A FREE SERVICE AVAILABLE TO FAMILY MEMBERS.**

### HOURS:

Monday-Friday 9:00 AM-12:00 PM; 5:30 PM-7:30 PM  
Saturday 9:00 AM-2:00 PM  
Sunday 10:00 AM-1:00 PM (From June 1st- Sept 8th there is no Sunday Child Watch available)

## Let's Get Ready!

(18-36 months) | Runs October-December

A pre-nursery school class with hands-on activities and gradual separation from parents or caregiver. Activities include art, story time, singing, literacy development, free play, and snack. Caregiver participation is required in the fall.

**Fees: \$1,445 Members; \$1,590 Community**

Tuesdays 9:00 AM-10:15 AM | Room 503

and Thursdays 10:30 AM-11:45 AM | Room 503

## PRE-SCHOOL & SUMMER CAMP

### TENDER CARE

#### AGES 6 MONTHS - 5 YEARS

Tender Care is our child care center for children six months to 5 years of age. Designed to provide flexible child care for working parents, Tender Care is open **Monday - Friday from 8 AM to 6 PM.**

#### Philosophy and Curriculum

Tender Care is committed to providing a safe, supportive living and learning environment for young children. Teachers create a warm and loving atmosphere while offering a developmentally-based, engaging curriculum, where children can play, discover and learn. The development of independence, trust and initiative is fostered through a balanced program of free play and structure, quiet and active play, and group and individual time. Learning centers in each room include writing, science, dramatic play, block building, library, art, music and manipulative materials. The children in Tender Care go outdoors each day and take advantage of the many play spaces in Central Park. In addition, there are special classes in swimming, science, music and art, depending on the days enrolled.



## OUR SCHEDULE

Tender Care I: 6 months - 2 years old  
9 AM - 3 PM or 8 AM - 6 PM  
2, 3, or 5 day schedules available

Tender Care II, III, & IV:  
2 - 5 years old  
9 AM - 3 PM or 8 AM - 6 PM  
2, 3, or 5 day schedules available

#### Facility

Tender Care has spacious, well-equipped classrooms. The facility is equipped with pediatric toilets in the classrooms, a resource/library room, an art room, and indoor playspaces.

#### Staff

Each class has one head teacher and two assistant teachers. The Tender Care Program also has specialists in music, science, art, and swimming.

#### Admissions

Parents may apply online through February 1, 2019. Once the completed application and \$75 application fee has been submitted to the YMCA, you will receive an email to arrange a small group tour of the facilities. Financial assistance is available, spaces may become available throughout the year. Please contact us for more information or visit [ymcany.org/earlychildhoodcenter](http://ymcany.org/earlychildhoodcenter).

### CO-OP NURSERY SCHOOL

#### AGES 2-5 YEARS

We believe strongly that young children learn through play and hands on experiences. The Co-op Nursery School offers a rich, supportive learning and socialization environment for young children. Social, emotional, physical, and cognitive growth is fostered through a balanced, developmentally based program.

#### Philosophy and Curriculum

At the Co-op Nursery, we value each child's unique personality and temperament. Our daily program includes free-choice activities, outdoor play, group time, story time and music time. There are several special projects or activities daily including cooking, science, art, and field



room, an art room, and indoor playspaces. Children and parents enjoy recreational and educational opportunities throughout the YMCA, including use of one of the two pools, which are kept at a temperature comfortable for children; and gym, music and science classes. The children play outdoors in Central Park.

### Admissions

Parents interested in the school can apply online starting in September and make an appointment for a tour. The school requires that each child participate in a playgroup experience with a member of our staff. After the school has received a completed application and \$75 fee, a date for the playgroup will be arranged with you by the school. Financial assistance is available. Contact the school's office for an application. It does not discriminate in the administration of its educational policies, admissions policies, financial assistance program or other school-administered programs. For more information, please visit [ymcanyc.org/earlychildhoodcenter](http://ymcanyc.org/earlychildhoodcenter) or contact the Early Childhood Office.

trips. Social development is at the core of our program. We want our children to feel that they are liked, respected, and to be confident learners in their classrooms. As a part of the West Side YMCA, the school places great emphasis on physical development and community awareness. Unique to our program are weekly swim, music and science classes, depending on the days enrolled.

### Program

The school operates from mid-September to mid-June and follows the school calendar recommended by ISAAGNY.

### Staff

Each class has a one head teacher, an assistant teacher and a Helping Parent. Many of the faculty members hold advanced degrees in Early Childhood Education or in a related field. The Co-op Nursery School also has specialists in music, science, art, and swimming.

### Facility

The Co-op Nursery School has spacious, well-equipped classrooms. Learning centers in each room include writing, science, dramatic play, block building, library, art, music, and manipulative materials. The facility is equipped with pediatric toilets in the classrooms, a resource/library

## KINDER CAMP

### Kinder Camp (Ages 3-6 years)

SEE PAGE 43 FOR MORE INFORMATION

## SPORTS

The Y offers an array of exciting sports programs for kids to learn the ins and outs of a sport they are passionate about, and classes can be progressive so they will develop skills and coordination over time.

### Basketball (Ages 3-5 years)

Get the ball rolling! Kids will develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

**Fees: \$180 Members; \$242 Community**  
Mondays 3:30 PM-4:15 PM | Gymnasium  
Wednesdays 3:30 PM-4:15 PM | Gymnasium

## OUR SCHEDULE

<p><b>2's:</b> 2, 3 mornings 9-12:00 AM</p>	<p><b>3's:</b> 5 mornings 9-1:00 PM</p>	<p><b>4's:</b> 5 full days 9-3:00 PM</p>
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## Gymnastics (Ages 3-5 years)

This program introduces tumbling, rhythmic movement as well as gymnastic skills and combinations to youth.

**Fees: \$180 Members; \$242 Community | 1x/week**  
Tuesdays 3:30 PM-4:15 PM | Gymnasium  
Thursdays 3:30 PM-4:15 PM | Gymnasium

## Soccer (Ages 3-5 years)

Get the ball rolling! Kids develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

**Fees: \$180 Members; \$242 Community**  
Wednesdays 3:30 PM-4:15 PM | Gymnasium

## Karate (Ages 3-5 years)

This program focuses on the development of discipline, fitness, coordination, teamwork, self-control, balance, and focus. It is a great program for your child to develop the fundamentals of martial arts.

**Fees: \$180 Members; \$242 Community | 1x/week**  
Mondays 3:30 PM-4:15 PM | Group Ex. Studio  
Wednesdays 3:30 PM-4:15 PM | Group Ex. Studio  
Saturdays 3:30 PM-4:15 PM | 2nd Fl Multipurpose Room

## Advanced Seido Karate

Green belts and above. INSTRUCTOR APPROVAL REQUIRED.

**Fees: \$225 Members; \$300 Community**  
Wednesdays 5:15 PM-6:15 PM | Martial Arts Studio

## PRIVATE SESSION PACKAGES - AGES 3+

A YMCA certified instructor can be just what your child needs to get comfortable, hone their skills, and achieve their goals. Private sessions are designed to meet their needs and scheduled at a time that works best for you.

PRIVATE SESSIONS	PACKAGE	MEMBER	COMMUNITY
<b>MIX AND MATCH ONE-ON-ONE PACKAGES</b>	Single	\$99	\$116
	5 Pack • save 5%	<del>\$495</del> \$470	<del>\$580</del> \$553
	10 Pack • save 10%	<del>\$999</del> \$891	<del>\$1,116</del> \$1,048
	20 Pack • save 20%	<del>\$1,998</del> \$1,584	<del>\$2,320</del> \$1,864
<b>MIX AND MATCH SEMI-PRIVATE PACKAGES</b>	Single	\$74	\$87
	5 Pack • save 5%	<del>\$370</del> \$353	<del>\$435</del> \$415
	10 Pack • save 10%	<del>\$740</del> \$668	<del>\$870</del> \$786
	20 Pack • save 20%	<del>\$1,480</del> \$1,188	<del>\$1,740</del> \$1,398

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.



KIDS & FAMILY  
(ages 0-4)

## QuickStart Tennis (Ages 3-5 years)

The USTA QuickStart Tennis game format uses smaller courts, lower-bouncing balls and smaller racquets, which helps to make tennis fun for kids.

**Fees: \$180 Members; \$242 Community**  
Mondays 3:30 PM-4:15 PM | Gymnasium

## Sports Bugs (Ages 3-5 years)

Kids break a sweat in this gym class which focuses on teamwork and learning the fundamentals of game play while building coordination, agility, strength, and balance.

**Fees: \$285 Members; \$380 Community | Fall 1 & 2**  
Thursdays 1:10 PM-2 PM | Gymnasium  
Thursdays 2:10 PM-3 PM | Gymnasium

## Grown Up and Me Yoga (Ages 6-12 months)

Join us on a journey through music, movement and art. Children express themselves through creative movement, singing, dancing, and exploring a variety of instruments.

**Fees: \$220 Members; \$290 Community | Fall 1 & 2**  
Tuesdays 9:30 AM-10:15 AM | 2nd Floor Multi-Purpose Rm  
Tuesdays 10:30 AM-11:15 AM | 2nd Floor Multi-Purpose Rm

## (Ages 18-24 months)

**Fees: \$220 Members; \$290 Community | Fall 1 & 2**  
Tuesdays 9:30 AM-10:15 AM | 2nd Floor Multi-Purpose Rm  
Tuesdays 10:30 AM-11:15 AM | 2nd Floor Multi-Purpose Rm

**Need more information? The Healthy Lifestyles team can help.**  
Healthy Lifestyles Department: 212-912-2670 or  
wsyhealthylifestyles@ymcanyc.org

# SWIM

## ◆ Family Swim

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

## Swim Starters

### (Age 6 – 36 months)

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. (See Swim section p. 39)

#### Summer 1 & 2 Swim Starters Lesson Fees

Member	\$100 (4 weeks) \$179 (8 weeks)
Community	\$130 (4 weeks) \$239 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

#### Fall 1 & 2 Swim Starters Lesson Fees

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## Swim Basics (Age 3 – 5 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 39)

#### Summer 1 & 2 Swim Basics Lesson Fees

Member	\$127 (4 weeks) \$232(8 weeks)
Community	\$130 (4 weeks) \$309 (8 weeks)

\*Price includes 8 week session; 1 day per week

#### Fall 1 & 2 Basics Lesson Fees

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

#### Need more information? The Aquatics team can help.

Lessons, contact Brian Scott at 212-912-2675 | bscott@ymcanyc.org  
General Inquiries, contact Melanie Torres at 212-912-2675 | torresm@ymcanyc.org



# ARTS

## Beginners Ballet (Ages 3-5 years)

Your little one is introduced to simple stretches and ballet terminology, while incorporating movement in their own way through games and using props.

**Fees: \$285 Members; \$380 Community | Fall 1 & 2**  
Wednesdays 1:10 PM-2 PM | 2nd Floor Multipurpose  
Wednesdays 2:10 PM-3 PM | 2nd Floor Multipurpose

## Imagination Theater (Ages 3-5 years)

Drama-based activities and skill-building will help advance your child's ability to imagine new worlds, become incredible characters, and share fantastic stories.

**Fees: \$285 Members; \$380 Community | Fall 1 & 2**  
Fridays 1:10 PM-2 PM | Room 504  
Fridays 2:10 PM-3 PM | Room 504

## Little Artist (Ages 3-5 years)

Give your child's world a splash of colorful creations! This class encourages creative expression and socialization activities include painting, drawing, collage, as well as working with various utensils and materials to challenge sensory experiences.

**Fees: \$365 Members; \$480 Community | Fall 1 & 2**  
Mondays 2:10 PM-3 PM | Room 212

## Music and Movement (Ages 12-24 months)

Children burn off energy using props, movement, games, and songs. Children are welcome to explore the room, participate in circle time and discover themselves.

**Fees: \$220 Members; \$290 Community**  
Tuesdays 10:30 AM-11:15 AM | Gymnasium  
Wednesdays 9:30 AM-10:15 AM | Gymnasium

## (Ages 12-36 months)

**Fees: \$220 Members; \$290 Community**  
Tuesdays 9:30 AM-10:15 AM | Gymnasium  
Wednesdays 10:30 AM-11:15 AM | Gymnasium

## LANGUAGE & LITERACY

### Recipe for Fun (Ages 3-5 years)

A delicious class where future chefs learn to peel, chop, mash, grind, beat, measure, and season, then taste the results of their efforts. Students create a cookbook to share their creations with their families at home. YUM!

**Fees: \$370 Members; \$485 Community | Fall 1 & 2**  
Thursdays 2:10 PM-3 PM | Room 305

### Ready, Set, Read (Ages 3-5 years)

A reading readiness class, children are exposed to sight words, alphabet sounds, and sounding out words. These skills are intended to help your children begin to read and prepare for kindergarten.

**Fees: \$560 Members; \$730 Community | Fall 1 & 2**  
Mondays & Wednesdays 2:10 PM-3 PM | Room 301

### Spanish Class for Kids (Ages 3-5 years)

Children learn Spanish in this hands-on, interactive class using songs, a variety of games, movement, colorful visual aids, and practical conversation.

**Fees: \$285 Members; \$380 Community | Fall 1 & 2**  
Tuesdays 2:10 PM-3 PM | Room 305  
Tuesdays 2:10 PM-3 PM | Room 305



KIDS & FAMILY  
(ages 0-4)

## SCIENCE

### The Scientific Kid (Ages 3-5 years)

Discover your inner scientist as we explore science through activities and experiments. Ask questions, make predictions, seek answers, use your five senses, and have fun!

**Fees: \$310 Members; \$410 Community | Fall 1 & 2**  
Wednesdays 2:10 PM-3 PM | Room 303

For more information, please visit [ymcanyc.org/earlychildhoodcenter](http://ymcanyc.org/earlychildhoodcenter)  
or contact Bridget Sieling, Early childhood Coordinator  
212-912-2652 or [bsieling@ymcanyc.org](mailto:bsieling@ymcanyc.org)



# PARTY TIME

## The Early Exploration Play Center

The Early Exploration Play Center is filled with all sorts of fun activities during all kinds of weather. With its vibrant colors and cushioned floor, kids will enjoy the indoor tree house, climbing wall, games, sliding board, and pirate's plank.

**Ages:** 1-6 years old  
**Availability:** 9:00 AM - 2:00 PM  
Saturdays or Sundays  
**Rates:** \$500 for members  
\$600 for non-members  
**Contact:** Bridget Sieling  
212-912-2652  
bsieling@ymcanyc.org

## Drama or Dance Party

Offer your child a vivid journey through the imagination. We provide the space, you provide the inspiration, and together we create a fantastic party. Party package includes three hours in the space and one hour with a professional instructor incorporating technique, fun drama or dance games, and a mini performance.

**Ages:** 5.5-12 years old  
**Availability:** 1 hour workshop  
3 hours total  
**Rates:** Starting at \$575 for Members  
Starting at \$700 for Community  
**Contact:** Meghan Murphy  
212-912-2634  
meghanm@ymcanyc.org

## Pool Party

Splash and enjoy an hour of swimming in our heated pool with family and friends. Pool parties include party room for three hours and one hour of pool time with a certified instructor. Includes birthday shirt and cup.

**Ages:** 2+  
**Availability:** 2:00 - 5:00 PM, 2:30-3:30 pool time  
Saturdays or Sundays  
**Rates:** Starting at \$575 for Members  
Starting at \$700 for Community  
**Contact:** Brian Scott  
212-912-2675  
bscott@ymcanyc.org



## Sports Party

Enjoy a themed party with an hour of sports workshop in our gymnasium designed in gymnastics, karate, soccer, basketball, t-ball, sports training or a combo. Instructors will lead non-competitive games and give basic sport instruction. A party room will also be provided for food and fun!

**Ages:** 3-12 years old  
**Availability:** 1 hour workshop  
3 hours total  
**Rates:** Starting at \$575 for Members  
Starting at \$700 for Community  
**Contact:** Healthy Lifestyles Department  
212-912-2607  
wsyhealthylifestyles@ymcanyc.org

## Visual Art Birthday Party

Includes use of space and custom-designed arts workshop from puppets making, collage, snow globes, clay, and more. Instructor leads participants through an interactive activity inspired by the birthday child's interests.

**Ages:** 5.5-12 years old  
**Availability:** 1 hour workshop  
3 hours total  
**Rates:** Starting at \$575 for Members  
Starting at \$700 for Community  
*\*plus art materials*  
**Contact:** Meghan Murphy  
212-912-2634  
meghanm@ymcanyc.org

Are you looking for a place to host your next meeting or event? The West Side YMCA has meeting rooms that can accommodate a short-term, full-day or extended event, as well as photoshoots, film shoots, and holding areas. Come in to take a tour of all of the available spaces. Please provide the date and time you're interested in, the number of people you would like to host and the type of event.



# 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



## SUMMER CAMP

### Day Camp (Ages 5-12)

SEE PAGE 43 FOR MORE INFORMATION

### Arts Camp (Ages 5-12)

SEE PAGE 44 FOR MORE INFORMATION

### Sports Camp (Ages 5-12)

SEE PAGE 44 FOR MORE INFORMATION

## SPORTS

The Y offers an array of exciting sports programs for kids to learn the ins and outs of a sport they are passionate about, and classes can be progressive so they will develop skills and coordination over time.

### Basketball (Ages 5-8)

Get the ball rolling! Kids will develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

**Fees: \$180 Members; \$242 Community**  
Mondays 4:15 PM-5:15 PM | Gymnasium  
Wednesdays 4:15 PM-5:15 PM | Gymnasium

### (Ages 9-12)

Mondays 5:15 PM-6:15 PM | Gymnasium



## FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids can play in a fun, safe environment under the supervision of responsible YMCA staff members.

- Ages 1 to 7 years
- You may bring your child for a maximum of two hours per day
- Registration required (at our membership desk)
- Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members

**THIS IS A FREE SERVICE AVAILABLE TO FAMILY MEMBERS.**

### HOURS:

Monday-Friday 9:00 AM-12:00 PM; 5:30 PM-7:30 PM  
 Saturday 9:00 AM-2:00 PM  
 Sunday 10:00 AM-1:00 PM (From June 1st- Sept 8th there is no Sunday Child Watch available)

## Gymnastics (Ages 6-8)

This program introduces tumbling, rhythmic movement, as well as gymnastic skills and combinations to youth.

**Fees: \$ 180 Members; \$242 Community**

Tuesdays 4:15 PM-5:15 PM | Gymnasium  
 Thursdays 4:15 PM-5:15 PM | Gymnasium

## (Ages 9-12)

Tuesdays 5:15 PM-6:15 PM | Gymnasium  
 Thursdays 5:15 PM-6:15 PM | Gymnasium

## Karate (Ages 6-8)

This program focuses on the development of discipline, fitness, coordination, teamwork, self-control, balance, and focus. It is a great program for your child to develop the fundamentals of martial arts.

**Fees: \$ 180 Members; \$242 Community**

Mondays 4:15 PM-5:15 PM | 2nd Fl Multipurpose Room  
 Wednesdays 4:15 PM-5:15 PM | Group Ex. Studio  
 Saturdays 10:45 AM-11:15 AM | 2nd Fl Multipurpose Room

## (Ages 9-12)

Mondays 5:15 PM-6:15 PM | 2nd Fl Multipurpose Room  
 Saturdays 11:45 AM-12:45 PM | 2nd Fl Multipurpose Room



## Advanced Seido Karate

Green belts and above. INSTRUCTOR APPROVAL REQUIRED.

**Fees: \$225 Members; \$300 Community**

Wednesdays 5:15 PM-6:15 PM | Martial Arts Studio

## Squash for Youth\* (Ages 8-13)

Students will work on refining prior squash knowledge and reinforce fundamentals through clinics and game play with peers. Develop skills and camaraderie in a non-competitive, constructive environment.

**Fees: \$405 Members; \$540 Community**

Saturdays 12 PM-2 PM | 6th Floor Courts

## Soccer (Ages 6-12)

Get the ball rolling! Kids develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

**Fees: \$ 180 Members; \$242 Community**

Wednesdays 4:15 PM-5:15 PM | Gymnasium

## QuickStart Tennis (Ages 6-12)

The USTA QuickStart Tennis game format uses smaller courts, lower-bouncing balls and smaller racquets, which helps to make tennis fun for kids.

**Fees: \$ 180 Members; \$242 Community**

Mondays 4:15 PM-5:15 PM | Gymnasium

## PRIVATE SESSION PACKAGES - AGES 3+

A YMCA certified instructor can be just what your child needs to get comfortable, hone their skills, and achieve their goals. Private sessions are designed to meet their needs and scheduled at a time that works best for you.

PRIVATE SESSIONS	PACKAGE	MEMBER	COMMUNITY
<b>MIX AND MATCH ONE-ON-ONE PACKAGES</b>	Single	\$99	\$116
	5 Pack • save 5%	<del>\$495</del> \$470	<del>\$580</del> \$553
	10 Pack • save 10%	<del>\$999</del> \$891	<del>\$1,116</del> \$1,048
	20 Pack • save 20%	<del>\$1,980</del> \$1,584	<del>\$2,320</del> \$1,864
<b>MIX AND MATCH SEMI-PRIVATE PACKAGES</b>	Single	\$74	\$87
	5 Pack • save 5%	<del>\$370</del> \$353	<del>\$435</del> \$415
	10 Pack • save 10%	<del>\$740</del> \$668	<del>\$870</del> \$786
	20 Pack • save 20%	<del>\$1,480</del> \$1,188	<del>\$1,740</del> \$1,398

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.

**Need more information? The Healthy Lifestyles team can help.**  
 Healthy Lifestyles Department: 212-912-2670 or  
[wsyhealthy lifestyles@ymcany.org](mailto:wsyhealthy lifestyles@ymcany.org)

# SWIM

## ◆ Family Swim

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

## 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. (See Swim section p. 39)

### Summer 1 & 2 Swim Basics Lesson Fees\*

Member	\$127 (4 weeks) \$232 (8 weeks)
Community	\$165 (4 weeks) \$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

### Fall 1 & 2 Swim Basics Lesson Fees\*

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## 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. (See Swim section p. 40)

### Summer 1 & 2 Swim Strokes Lesson Fees\*

Member	\$127 (4 weeks) \$232 (8 weeks)
Community	\$165 (4weeks) \$309 (8 weeks)

\*Price includes one or two 4 weeks sessions; 1 day per week

### Fall 1 & 2 Swim Strokes Lesson Fees\*

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance by taking Stroke Clinic, Aquatics Conditioning or Pre-Swim Team. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 40)



YOUTH  
(ages 5-12)

## Summer Stroke Clinic (Ages 6-18)

### Summer 1 & 2 Stroke Clinic Fees\*

Member	\$378
Community	\$498

\*Price includes 4 week session; 3 days per week

## Pre-Swim Team (Ages 6-18)

### Fall 1 & 2 Pre-Swim Team Fees\*

Member	\$379
Community	\$505

\*Price includes 8 week session; 2 days per week

## Aquatics Conditioning (Ages 8-17)

### Summer 1 & 2 Aquatic Conditioning Fees\*

Member	\$127 (4 weeks) \$232 (8 weeks)
Community	\$165 (4weeks) \$309 (8 weeks)

\*Price includes one or two 4 weeks sessions; 1 day per week

### Fall 1 & 2 Aquatic Conditioning Fees\*

Member	\$127
Community	\$165

\*Price includes 8 week session; 1 day per week

## PRIVATE SWIM LESSONS

A YMCA certified swim instructor can be just what you need to get comfortable in the water or help achieve your swimming goals. Your lesson is designed to meet your specific needs.

PRIVATE SWIM LESSONS	AGE	PACKAGE	MEMBER	COMMUNITY MEMBER
<b>PRIVATE LESSONS</b>	<b>3+</b>	Single	\$75	\$90
		6 Pack • save 5%	<del>\$450</del> \$428	<del>\$540</del> \$513
		12 Pack • save 10%	<del>\$900</del> \$810	<del>\$1,080</del> \$975
		24 Pack • save 20%	<del>\$1,800</del> \$1,400	<del>\$2,160</del> \$1,728
<b>SEMI-PRIVATE LESSONS</b>	<b>3+</b>	Single	\$56	\$67
		6 Pack • save 5%	<del>\$336</del> \$321	<del>\$402</del> \$385
		12 Pack • save 10%	<del>\$672</del> \$608	<del>\$804</del> \$729
		24 Pack • save 20%	<del>\$1,344</del> \$1,080	<del>\$1,608</del> \$1,296

**Need more information? The Aquatics team can help.**

Lessons, contact Brian Scott at 212-912-2675 | bscott@ymcanyc.org  
 General Inquiries, contact Melanie Torres at 212-912-2675 | torresm@ymcanyc.org

YOUTH  
(ages 5-12)

# ARTS

Do you have a child at home who loves to sing, dance and act? Well, our theater programming is the place for them! We offer programming that focuses on teaching basic performance techniques to beginners using our audition based program, and advanced performers to work on their techniques. Our staff is comprised of professionally-trained, working professionals who are dedicated to helping your performers learn and grow their self-confidence and performance techniques.

## YOUTH THEATER

### Kids Company Triple Threat (Ages 6-14)

This program is an excellent place for performers to develop skills, confidence, and technique in a supportive, dynamic, and fun environment. Providing an enriching musical theater experience that culminates in exciting musical revue-style performance focused on a theme and sourcing material from Broadway shows. Each program session is modeled off a professional rehearsal process and participants are required to make a commitment of attendance, punctuality, participation, and effort. Triple Threat focuses on each performer's individual skills offering an environment for optimal growth and showcasing your performer in their own spotlight.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids can play in a fun, safe environment under the supervision of responsible YMCA staff members.

- Ages 1 to 7 years
  - You may bring your child for a maximum of two hours per day
  - Registration required (at our membership desk)
  - Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members
- THIS IS A FREE SERVICE AVAILABLE TO FAMILY MEMBERS.**

### HOURS:

Monday-Friday 9:00 AM-12:00 PM; 5:30 PM-7:30 PM  
 Saturday 9:00 AM-2:00 PM  
 Sunday 10:00 AM-1:00 PM (From June 1st- Sept 8th there is no Sunday Child Watch available)

**Fees: \$950 Members; \$1075 Community**  
 Tuesdays 4:30-6:30 PM | Starts Sept 10  
 Performance: Sunday, Dec 15, 2019 | 5 PM

### Kids Company Studio Production (Ages 7-12)

An excellent place for more intermediate performers to develop skills, confidence, and technique in a supportive, dynamic and fun environment. Providing an enriching musical theater experience that culminates in an exciting mini scripted musical. Each program session is modeled off a professional rehearsal process and participants are required to make a commitment of attendance, punctuality, participation, and effort.

**Fees: \$1,000 Members; \$1,200 Community**  
 Wednesdays 4:30 PM-7 PM | Starts Sept 11  
 Performance: Sunday, Dec 15, 2019 | 5 PM





### Kids Company Production Audition Only (Ages 6-14)

PRODUCTION provides an in-depth musical theater experience that culminates in a scripted musical. Each program session is modeled off of a professional rehearsal process and participants are required to make a commitment of attendance, punctuality, participation, and effort. Participation is by audition only.

**Fees: Members \$1,380; \$1,730 Community**  
 Rehearsals: Thursdays 4:30-7:30 PM and Sundays 1-4 PM  
 Starts September 5, 2019  
 Tech/Dress Rehearsals: November 9-12  
 PERFORMANCES: Nov 13-17, 2019  
 Wednesday-Friday : 7 PM,  
 Saturday 2 and 7 PM, Sunday 1 and 4 PM

## YOUTH DANCE

Our dance program is a great place for your young performer to learn more about technique and focus on bettering their form. All of our dance classes are taught by professionally trained dancers who are currently working in their field. Our teachers strive to share their knowledge and love of art form with young performers. During the course of the class, you dancer(s) will learn the basics and these will culminate into a dance performance at the end of the class.

### Ballet (Ages 5-9)

In this playful and creative ballet class, students learn basic ballet positions, balances, port-de-bras, barre work, across the floor, and short combinations. This class is great place for ballet dancers of all skill levels. Our teaching artist meets each child at their level and personally challenge them through techniques and expression which will be showcased in a final performance in our theatre.

**Instructor: Corrine Shearer**

**Fees: \$576 Members; \$800 Community**  
 Wednesdays 4 PM-5:15 PM | Starts Sept 11  
 Performance: Friday, December 15, 2019 | 5 PM

### Contemporary Dance (Ages 7-12)

In this exciting dance class, students will learn the basics of Contemporary dance- Inspired by a fusion of modern and jazz dance techniques and the style of revolutionary new choreographers! Featuring techniques by choreographers such as: Lester Horton, Martha Graham, Gus Giordano, and Katherine Dunham. Integrated with the style of current choreographers such as those seen on So You Think You Can Dance, this class provides students with a variety of skills that compliment their own unique and innovative dances. Throughout this session, students will experience the freedom to find their own artistic expression through movement! **Instructor: Ashley McQueen**

**Fees: \$540 Members; \$750 Community**  
 Tuesdays 4:00 PM-5:15 PM | Starts Sept 10  
 Performance: Friday, Dec 15, 2019 | 6 PM



## YOUTH VISUAL ARTS

Our visual arts classes focus on introducing your younger artist to the techniques and mediums that can be used to create a wide variety of art. Our staff is comprised of professionally trained, working professionals who are dedicated to helping your young artist learn and grow their techniques and methods.

### Clayworks (Ages 6-9)

A fun clay class designed especially for this age group. The children will explore the entire clay process including making, glazing and firing their work. Projects include boxes, lanterns, wall reliefs, mugs and sculptures.

**Instructor: Sybil Costello**

**Fees: \$150 Members; \$180 Community**  
 Tuesdays 4:30 PM-5:45 PM | Starts Sept 10

Need more information? The Community Arts team can help.  
 Community Arts Department: 212-912-2634 or  
 meganm@ymcanyc.org

YOUTH  
(ages 5-12)

# 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)	<b>NEW!</b> Included at no additional cost
Young Adults (Ages 22-26)	<b>NEW!</b> Add to a Family Membership for \$10/month
Adults	Family I includes one adult; Family II includes two adults <b>NEW!</b> 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.



# 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 11-19

**REMINDER:**  
MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

## LEADERSHIP & CIVIC ENGAGEMENT

The West Side YMCA provides young people with a safe space to socialize, seek support and participate in activities that build self-esteem, prepare them for higher education and success as an adult. Our goal is to empower, inspire, and teach young people to be leaders. Teen Center programs are free to students with generous donor support of the Y's Annual Campaign.

### ◆ Boosting Basics | 6th - 12th grade

Join the challenge and learn exciting new ways to work out. Led by a Y fitness coach, teens learn how to improve their fitness, strength and endurance in a fun and supportive environment.

### ◆ Teens Take the City | 6th - 12th grade

By working alongside local political leaders, teens have the chance to see how political decisions are made, and learn how to become effective agents of change. Writing legal memoranda, resolutions, and press releases gives teens hands on experience, and exposure to how the democratic process impacts NYC communities.

### ◆ Leaders Club | 6th - 12th grade

This program provides club members with opportunities for leadership training, personal growth, community service, and social development. Young people meet on a weekly basis in a small group of peers and advisors to map out career and educational goals, seek information, and share experiences related to self-improvement.

### ◆ Teen Center | 6th - 12th grade

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors.

Hours: Monday-Friday | 2:30 PM-7 PM

## COLLEGE ACCESS & CAREER READINESS

### ◆ SAT Prep | 11th grade

Learn strategies and ways to improve your scores. Teens work on techniques suggested by Collage Board, the Princeton Review, and Kaplan for the Math and Reading section of the exam.

### ◆ Teen Career Connection | 11th - 12th grade

TCC is an eight-week comprehensive summer internship program, providing NYC youth an unparalleled opportunity. Teens first go through two weeks of intensive professional development, followed by six weeks of hands-on learning experience at an organization/business matched to the student's career aspirations. In addition to the training and internship experience, teens get linked to a professional who serves as their mentor, supporting them throughout their time in the program. To apply, visit our website: [teencareerconnection.org](http://teencareerconnection.org).

### ◆ Rowe Scholars | 9th - 12th grade

High school students have the opportunity to participate in a workshop series on college prep and career readiness. Advisors provide guidance in navigating the intricacies of applying for college and preparing to join the workforce.

### ◆ Y-STEP | 10th - 12th grade

A career development program that provides 10th-12th graders an opportunity to gain job readiness skills through a 12-week workshop series. Subsequently, teens get placed at an internship for 3 months. Participants in this programs receive a stipend for their completion of the program.

### ◆ Cardio Sculpt

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

### ◆ Circuit Training

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

### ◆ Core Training

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

### ◆ Stretching

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

### ◆ Total Body Conditioning

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

### ◆ Train Like an Athlete

Athletic drills create an intense workout to get your performance to the next level.

### ◆ TRX Circuit

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

### ◆ Upper Body Blast

Focus on your upper body - arms, shoulders, chest, and back with this strengthening workout.

### ◆ Interval Training

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

### ◆ Power Rowing

This rowing cardio class is sure to challenge your entire body.

### ◆ Afro Jazz

A fun and energetic mix of African, Jazz and Modern Dance.

### ◆ Dance Party

A fun choreographed aerobic workout to music.

### ◆ Zumba®

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

## FITNESS & SPORTS

### ◆ Teen Fitness Consultation | (11-17 years)

To start your teen's fitness experience off on the right foot, we require a teen orientation to teach them gym etiquette, the proper use of equipment, and to work out in a safe manner. Stop by the 4th floor desk to register.

### ◆ Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches, and other body weight exercises.



## PRIVATE SESSION PACKAGES - AGES 3+

A YMCA certified instructor can be just what your child needs to get comfortable, hone their skills, and achieve their goals. Private sessions are designed to meet their needs and scheduled at a time that works best for you.

PRIVATE SESSIONS	PACKAGE	MEMBER	COMMUNITY
<b>MIX AND MATCH ONE-ON-ONE PACKAGES</b> *PERSONAL TRAINING, SQUASH, SPORTS	Single	\$99	\$116
	5 Pack • save 5%	<del>\$495</del> \$470	<del>\$580</del> \$553
	10 Pack • save 10%	<del>\$999</del> \$891	<del>\$1,116</del> \$1,048
	20 Pack • save 20%	<del>\$1,980</del> \$1,584	<del>\$2,320</del> \$1,864
<b>MIX AND MATCH SEMI-PRIVATE PACKAGES</b> *PRICE PER PERSON	Single	\$74	\$87
	5 Pack • save 5%	<del>\$370</del> \$353	<del>\$435</del> \$415
	10 Pack • save 10%	<del>\$740</del> \$668	<del>\$870</del> \$786
	20 Pack • save 20%	<del>\$1,480</del> \$1,188	<del>\$1,740</del> \$1,398

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.

### ◆ Capoeira

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

Need more information? The Healthy Lifestyles team can help.  
Healthy Lifestyles Department: 212-912-2670 or  
wsyhealthylifestyles@ymcanyc.org

# SUMMER CAMP

### Teen Camp (12-14 years)

Teen Camp is for young people who are currently enrolled in middle school and is designed to immerse campers in a variety of fun activities that will keep them active, learning, and engaged during the summer months. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. During each session, campers will participate in community projects and citywide trips designed to engage teens in developing educational and career goals.



Need more information? Please contact,  
CeCe Turcios, Program Assistant  
212-912-2666 or datkinson@ymcanyc.org

# SWIM

### 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. (See Swim section p. 39)

#### Summer 1&2 Swim Basics Lesson Fees

Member	\$127 (4 weeks) \$232 (8 weeks)
Community	\$165 (4weeks) \$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

#### Fall 1&2 Swim Basics Lesson Fees

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

### 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. (See Swim section p. 40)

#### Summer 1&2 Swim Strokes Lesson Fees

Member	\$127 (4 weeks) \$232 (8 weeks)
Community	\$165 (4weeks) \$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

#### Fall 1&2 Swim Strokes Lesson Fees

Member	\$232
Community	\$309

\*Price includes 4 week session; 3 days per week

### 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. (See Swim section p. 40)

### Summer Stroke Clinic (Ages 6-18)

#### Summer 1 & 2 Stroke Clinic Fees\*

Member	\$378
Community	\$498

\*Price includes 4 week session; 3 days per week

TEEN  
(ages 11-19)

# ARTS

## Pre-Swim Team (Ages 6-18)

### Fall 1&2 Pre-Swim Team Fees\*

Member	\$379
Community	\$505

\*Price includes 8 week session; 2 days per week

## Aquatics Conditioning (Ages 8-17)

### Summer 1 & 2 Aquatic Conditioning Fees\*

Member	\$127 (4 weeks) \$232 (8 weeks)
Community	\$165 (4weeks) \$309 (8 weeks)

\*Price includes one or two 4 weeks sessions; 1 day per week

### Fall 1 & 2 Aquatic Conditioning Fees\*

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## PRIVATE SWIM LESSONS

A YMCA certified swim instructor can be just what you need to get comfortable in the water or help achieve your swimming goals. Your lesson is designed to meet your specific needs.

PRIVATE SWIM LESSONS	AGE	PACKAGE	MEMBER	COMMUNITY MEMBER
PRIVATE LESSONS	3+	Single	\$75	\$90
		6 Pack • save 5%	<del>\$450</del> \$428	<del>\$540</del> \$513
		12 Pack • save 10%	<del>\$900</del> \$810	<del>\$1,080</del> \$975
		24 Pack • save 20%	<del>\$1,800</del> \$1,400	<del>\$2,160</del> \$1,728
SEMI-PRIVATE LESSONS * PRICE PER PERSON	3+	Single	\$56	\$67
		6 Pack • save 5%	<del>\$336</del> \$321	<del>\$402</del> \$385
		12 Pack • save 10%	<del>\$672</del> \$608	<del>\$804</del> \$729
		24 Pack • save 20%	<del>\$1,344</del> \$1,080	<del>\$1,608</del> \$1,296

## SWIM TEAMS

A number of our Branches field Swim Teams who 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.

## West Side YMCA Piranhas (Ages 6-18)

### Piranhas Swim Team Fees

Member	\$2500/season
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\*Price includes 8 week session; 1 day per week

**Need more information? The Aquatics team can help.**

Lessons, contact Brian Scott at 212-912-2675 | bscott@ymcany.org  
General Inquiries, contact Melanie Torres at 212-912-2675 | torresm@ymcany.org

Do you have a teenager who loves to act or is interested in the technical aspects of theater? Well our teen arts programming is the place for them! We offer programs that focus on teaching basic performance techniques in a collaborative environment. If your teen is not interested in performing on stage but is interested in learning about what goes on backstage, then Teen Tech is the perfect program for them!

## Teen Theater Collective (Ages 10-18)

This program is a unique opportunity for teens to develop their identity, grow as actors and artists, and build a community with their peers. Classes include the development of acting, improvisation, writing, directing and performance skills, the development of original material through a series of dramatic explorations, improvisation structures, writing exercises and more. The resulting performance presented is a product of the collective teens, their strengths, personalities, passions and pursuits.

**Fees: \$950 Members; \$1,190 Community**

Tuesdays 4:30 PM-7 PM | Starts Sept 10

Performance: Sat, Dec 14, 2019 at 2:00 PM and 6:00 PM



## Teen Tech Crew (Ages 12-18)

In TEEN TECH CREW theater professionals teach weekly workshops in lighting, stage management, sound, costume and scenic design. Teen tech crew is integrated fully into our Kids Company and Teen Theater Collective productions, playing essential roles backstage, in the booth and assisting with scenery, props and costumes.

Fridays 4:30 PM-6:30 PM | Starts Sept 13

**REQUIRED PRODUCTION DATES**

Tech/Dress: Nov 16-19, 2019

Performances: Nov 20-24, 2019

**Need more information? The Community Arts team can help.**

Community Arts Department: 212-912-2634 or  
meghanm@ymcany.org

# 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

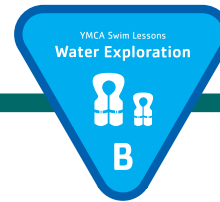
## SWIM STARTERS

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.

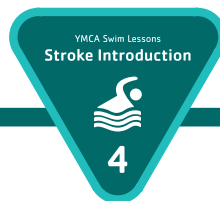


### 3 / WATER STAMINA

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.

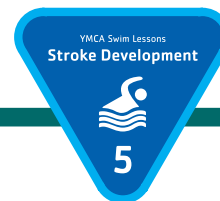
## SWIM STROKES

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



## REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

👉 ONLINE REGISTRATION AVAILABLE

## 2019 SUMMER SESSION

Summer 1: July 1 - July 21

Summer 2: July 29 - Aug 25

REGISTRATION: Members: June 15 | Community: June 22

## 2019 FALL SESSIONS

Fall 1: Sept 3 - Oct 27

REGISTRATION: Members: Aug 18 | Community: Aug 25

Fall 2: Oct 28 - Dec 22

REGISTRATION: Members: Oct 12 | Community: Oct 19

# ADULT & FAMILY SWIM

Drop into our pool for lap swim, family swim, or recreational swim. Check our pool schedule online to find a time that works for you and your family.

We offer swim lessons for infants, kids, teenagers, and adults. Choose from weekday, evening, and weekend classes all year long.

# SWIM LESSONS

# 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.



## Summer 1 & 2 Swim Starters Lesson Fees\*

Member	\$100 (4 weeks)	\$179 (8 weeks)
Community	\$130 (4 weeks)	\$239 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

## Fall 1 & 2 Swim Starters Lesson Fees\*

Member	\$179
Community	\$239

\*Price includes 8 week session; 1 day per week

## Water Discovery

- Parent/Child (Ages 6-18 months)
- Parent/Child (Ages 18-36 months)
- Parent/Child (Ages 12-36 months)

## Water Exploration

- Parent/Child (Ages 6-18 months)
- Parent/Child (Ages 18-36 months)
- Parent/Child (Ages 12-36 months)

# SWIM BASICS

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

## Summer 1 & 2 Swim Basics Lesson Fees\*

Member	\$127 (4 weeks)	\$232 (8 weeks)
Community	\$165 (4 weeks)	\$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

## Fall 1 & 2 Swim Basics Lesson Fees\*

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## Stage 1: Water Acclimation

- Parent/Pre-school Child (Ages 3-5 years)
- Pre-school Child (Ages 3-5 years)
- School Age Child (Ages 5-8 years)
- School Age Child (Ages 8-12 years)
- Teen/Adult (Ages 12+)

## Stage 2: Water Movement

- Pre-school Child (Ages 3-5 years)
- School Age Child (Ages 5-8 years)
- School Age Child (Ages 8-12 years)
- Teen/Adult (Ages 12+)

## Stage 3: Water Stamina

- Pre-school (Ages 3-5 years)
- School Age Child (Ages 5-8 years)
- School Age Child (Ages 8-12 years)
- Teen/Adult (Ages 12+)

## 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.

### Summer 1 & 2 Swim Strokes Lesson Fees\*

Member	\$127 (4 weeks)	\$232 (8 weeks)
Community	\$165 (4 weeks)	\$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

### Fall 1 & 2 Swim Strokes Lesson Fees\*

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## Stage 4: Stroke Introduction

- Pre-school Child (Ages 3-5 years)
- School Age Child (Ages 5-8 years)
- School Age Child (Ages 8-12 years)
- Teen/Adult (Ages 12+)

## Stage 5: Stroke Development

- School Age Child (Ages 5-8 years)
- School Age Child (Ages 8-12 years)
- Teen/Adult (Ages 12+)

## Stage 6: Stroke Mechanics

- School Age Child (Ages 5-8 years)
- School Age Child (Ages 8-12 years)
- Teen/Adult (Ages 12+)

## PATHWAYS

Students who have achieved Stage 5 or 6 can continue to build endurance by taking Stroke Clinic, Aquatics Conditioning or Pre-Swim Team.

## Summer Stroke Clinic (Ages 6-18)

### Summer 1 & 2 Stroke Clinic Fees\*

Member	\$378
Community	\$498

\*Price includes 4 week session; 3 days per week

## Pre-Swim Team (Ages 6-18)

### Fall 1 & 2 Pre-Swim Team Fees\*

Member	\$379
Community	\$505

\*Price includes 8 week session; 2 days per week

## Aquatics Conditioning (Ages 8-17)

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

### Summer 1 & 2 Aquatics Conditioning Fees\*

Member	\$127 (4 weeks)	\$232 (8 weeks)
Community	\$165 (4 weeks)	\$309 (8 weeks)

\*Price includes one or two 4 week sessions; 1 day per week

### Fall 1 & 2 Aquatics Conditioning Fees\*

Member	\$232
Community	\$309

\*Price includes 8 week session; 1 day per week

## YMCA SWIM TEAMS

A number of our Branches field Swim Teams who 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.

- Bedford-Stuyvesant YMCA Piranhas
- Cross Island YMCA Barracudas
- Flushing YMCA Flyers
- McBurney YMCA Manta Rays

## West Side YMCA Piranhas (Ages 6-18)

### Piranhas Swim Team Fees\*

Members	\$2500/season
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\*Price includes 8 week session; 1 day per week



# WEST SIDE SWIM LESSON GUIDE

We are dedicated to providing the best experience for our Aquatics Members and Community Participants. Here are some helpful tools to guide you through our swim lessons program.



## Arriving for Class . . . . .

\*We ask that all of our Program Participants check in at the Security Desk when entering the building.

\*Please arrive with enough time to scan your ID card at the Member Services Desk. If you do not have an ID card, please visit the Member Services Desk to obtain one for the class session.

## Swim Lesson Policies . . . . .

\*Please wear a Swim Cap. This helps to keep our pools clean and free of hair. You can purchase one at the Member Services Desk.

\*We ask that everyone showers before entering the pool. Showers can be found in the family locker room.

\*Parents that are sitting on the pool deck, please do not forget your shoe covers that are found outside of the Large Pool Deck.

\*Please don't forget to bring a lock if placing your belongings in a locker.

## Make-up Policy . . . . .

\*A makeup class will be given only if there is an available space and within the same session. All makeup class scheduling is managed by Brian Scott who can be reached at 212-912-2675.

\*Make-ups or credits will be given in the event of emergency cancellations.

## Registration Online and In-Person . . . . .

\*Mid-Session Reports will be handed out the 5th week of class. Certificate of Achievement will be handed out on the last day of class.

\*Please see the inside cover of the guide for Registration dates. You can register online or at the Member Services Desk.

**[ymcanyc.org/locations/west-side-ymca/programs-and-classes/swimming/swim-lessons](http://ymcanyc.org/locations/west-side-ymca/programs-and-classes/swimming/swim-lessons)**

\*All updates will be noted on our bulletin board on both the Large and Small Pool Decks, as well as the mobile app. Please also check our website for updates: **[ymcanyc.org/westside/pages/pool-closures](http://ymcanyc.org/westside/pages/pool-closures)**

# 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.**

## DAY CAMP

### **Kinder Camp (Ages 3-6)**

Kinder Camp introduces young children to summer day camp. They have the same fun as the big kids, but they stay closer to home and keep shorter hours. Kinder Camp activities support the transition into preschool and kindergarten by building social and emotional skills in a fun and nurturing environment. We focus on classroom structure, transitional activities and group play. Classroom activities are organized in one to two-week themes designed by the head counselors. Kinder campers participate in instructional swimming, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings.

Children must be three years old by June 1, 2019. Children must be fully potty-trained to participate. For more information, contact [wsycamp@ymcany.org](mailto:wsycamp@ymcany.org) or 212-912-2666.

#### **Cost Per 2 Week session**

Member	\$1,000	Community	\$1,160
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### **Day Camp (Ages 5-12)**

Campers engage in activities that enhance their social and emotional skills, keep them physically active, challenge them academically, and inspire them to learn new things every day with lifelong friends. They participate in various sports, arts and crafts, project-based learning, and weekly theme days. Every two weeks, campers will showcase something they have learned or created in our Family Share. Campers will be divided into age groups with children within one to two years of their age. For more information, contact [wsycamp@ymcany.org](mailto:wsycamp@ymcany.org) or 212-912-2666.

#### **Cost Per 2 Week session**

Member	\$810	Community	\$950
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## Arts Camp (Ages 5-12)

Immerse your camper in the world of arts. Campers are grouped by age and receive specialist-led arts instruction in dance, drama, music, and visual arts. Campers learn different styles and techniques with a focus on foundational skill building, development of original material, rehearsal, and performance. They swim twice a week, go on arts-related field trips around New York City, and enjoy Central Park for lunch, yoga, and creative team-building activities. Each two-week session culminates in an informal showcase for family and friends in the Marjorie S. Deane Little Theater. For more information, contact [wsycamp@ymcanyc.org](mailto:wsycamp@ymcanyc.org) or 212-912-2634.

### Cost Per 2 Week session

Member	\$1,000	Community	\$1,160
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## Teen Camp (Ages 5-12)

Teen Camp is for young people who are currently enrolled in middle school, and is designed to immerse campers in a variety of fun activities that will keep them active, learning and engaged during the summer months. Campers explore science, the arts, sports and swimming, all with a focus on

building skills, confidence and strong peer relationships. During each session, campers will participate in community projects and citywide trips designed to engage teens in developing educational and career goals. For more information, contact [wsycamp@ymcanyc.org](mailto:wsycamp@ymcanyc.org) or 212-912-2666.

### Cost Per 2 Week session

Member	\$810	Community	\$950
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## Sports Camp (Ages 5-12)

Through the coaching and support of fitness professionals, campers learn the history, rules and key skills of basketball, soccer and swimming. Campers focus on fundamentals and practice technique through age-appropriate group activities, exploring the values of teamwork, and good sportsmanship. Workshops and sports-related field trips keep campers engaged while enhancing their sports experience. For more information, contact [wsycamp@ymcanyc.org](mailto:wsycamp@ymcanyc.org) or 212-912-2666.

### Cost Per 2 Week session

Member	\$890	Community	\$1,040
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# DAY CAMP SESSIONS & FEES

CAMP	AGE	SESSION 1 JUL 1-12	SESSION 2 JUL 15-26	SESSION 3 JUL 29 - AUG 9	SESSION 4 AUG 12-23
Kinder Camp	3-6	M: \$1,000 C: \$1,160	M: \$1,000 C: \$1,160	M: \$1,000 C: \$1,160	M: \$1,000 C: \$1,160
Day Camp	5-12	M: \$810 C: \$950	M: \$810 C: \$950	M: \$810 C: \$950	M: \$810 C: \$950
Teen Camp	12-14	M: \$810 C: \$950	M: \$810 C: \$950	M: \$810 C: \$950	M: \$810 C: \$950
Arts Camp	5-12	M: \$1,000 C: \$1,160	M: \$1,000 C: \$1,160	M: \$1,000 C: \$1,160	M: \$1,000 C: \$1,160
Sports Camp	5-12	M: \$890 C: \$1,040	M: \$890 C: \$1,040	M: \$890 C: \$1,040	M: \$890 C: \$1,040
AM or PM Extended Hours	3-14	\$60/week	\$60/week	\$60/week	\$60/week
AM and PM Extended Hours	3-14	\$105/week	\$105/week	\$105/week	\$105/week
Kinder Camp Extended Hours	AM	\$60/week	\$60/week	\$60/week	\$60/week
	PM	\$85/week	\$85/week	\$85/week	\$85/week
	AM & PM	\$115/week	\$115/week	\$115/week	\$115/week

# REGISTRATION

- 1 Visit [ymcanyc.org/westsidecamp](http://ymcanyc.org/westsidecamp) to learn more about our camps and begin the application process.
- 2 Consider joining the Y and becoming a member. Members get access to our facilities and family programming, as well as discounted rates for Summer Camp.
- 3 Take advantage of the **10% Sibling Discount** that is available for all siblings of the first child registered at full price. Note: Discounts cannot be combined.
- 4 Online registration is available for most camps. Note: Online camp registration is currently not able to process 3rd party payments, sibling discounts, and financial assistance.
  - If you wish to register in person, download our registration forms, or visit your YMCA branch and ask for registration materials. You can then register in person at your local YMCA branch.
  - If you wish to register online, simply select your location and programs using our online registration system.
- 5 Submit a \$150 non-refundable deposit for each session you would like your child to attend. This will hold your child's spot for the designated sessions of camp.
- 6 The YMCA accepts all major credit cards, and you may sign up for automatic billing to ensure payments are made on time with no late fees incurred.
- 7 Submit your child's full application, including consent and medical forms prior to the first day of camp. The medical form must be completed by a physician and include signature, date of exam, and stamp.
- 8 Submit two passport size photos of your child.

\* Our Day Camp is accredited by the American Camp Association. This means that we have passed a very strict set of standards that are geared toward assuring a healthy physical environment, positive staff/camper interactions, and strong programming.

## FINANCIAL ASSISTANCE

The YMCA of Greater New York awards financial aid to campers based on the family's annual income. Pick up a financial aid application at the branch or download an application online at [ymcanyc.org](http://ymcanyc.org).

## CREDIT POLICY

If your child cannot attend camp for a period of time paid, you may submit a request for credit along with documentation to the Camp Director. Requests submitted after Sunday, June 16 will be invalid. Please note that deposits are non-refundable. Credits can be used for camp or other programs throughout the year. Any credit request must be submitted to the Camp Director, and will be granted under the discretion of the Youth & Family Director.



**WEST SIDE**

**LOCATION**   
5 West 63rd Street  
New York, NY 10023

**CAMP EMAIL**   
[WSYCamp@ymcanyc.org](mailto:WSYCamp@ymcanyc.org)

**CAMP LEADERSHIP**   
CeCe Turcios  
(212) 912-2666  
[wscamp@ymcanyc.org](mailto:wscamp@ymcanyc.org)

**DATES & HOURS**   
July 1–August 23, 2019 (Closed July 4)  
**Session 1:** July 1–12, 2019  
**Session 2:** July 15–26, 2019  
**Session 3:** July 29 – August 9, 2019  
**Session 4:** August 12–23, 2019

**Camp hours:**  
9:00 am – 5:00 pm

**Extended Day hours:**  
8:00 am – 9:00 am  
5:00 pm – 6:00 pm

**Kinder Camp hours:**  
9:00 am - 3:00 pm  
Extended Hour AM 8:00 am – 9:00 am  
Extended Hours PM 3:00 pm – 6:00 pm

**CAMP**



# SLEEPAWAY CAMP

## TRADITIONAL SLEEPAWAY

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

### Camp McAlister (Ages 7-11)

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

## TEEN SLEEPAWAY

### Camp Talcott (Ages 11-14)

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

### BOLD-GOLD Adventure Trips (Ages 15-16)

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

### Leaders-In-Training (Ages 15)

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



# SPACE & EVENT RENTALS

## AT THE WEST SIDE YMCA

Do you have a special event or a birthday? Celebrate in one of our many lounges, in our pool or gymnasium! We can accommodate a short-term, full-day, or extended event as well as photoshoots, film shoots and holding areas.

### The Early Exploration Play Center

The Early Exploration Play Center is filled with all sorts of fun activities during all kinds of weather. With its vibrant colors and cushioned floor, kids will enjoy the indoor tree house, climbing wall, games, sliding board, and pirate's plank.

Ages: 1-6 years old  
Availability: 9:00 AM - 2:00 PM  
Saturdays or Sundays  
Rates: \$500 for members  
\$600 for non-members  
Contact: Bridget Sieling  
212-912-2652  
bsieling@ymcanyc.org

### Teen Center

Want to throw a fun party for a teen? Use our Teen Center, which comes equipped with a full-sized pool table, ping pong, TV, cool music, and plenty of space to dance and hang out. \*Additional time for an additional fee

Ages: 5+  
Availability: 2 hours total  
Saturdays or Sundays  
Rates: \$350 for members  
\$450 for non-members  
Contact: Dominique Atkinson  
212-912-2617  
datkinson@ymcanyc.org



## THE MARJORIE S. DEANE LITTLE THEATER

Our 145 seat proscenium theater is located at 10 W. 64th Street. It serves our membership and local community by providing affordable, high quality performing arts experiences and programming. The theater provides space for live performances, industry showcases, professional performances, film screenings, board meetings, lectures, readings, rehearsals, workshops, and more!

For more information, rates and availability, please contact our Theater Manager.

Travis Bowerman | 212-912-2633  
tbowerman@ymcanyc.org



# HOME AWAY FROM HOME

## GUEST ROOMS AT THE WEST SIDE YMCA



Looking for a place to sleep in the city that never does? The West Side YMCA is an affordable, centrally located option for your out-of-town guests. Our facility has 377 private rooms with air conditioning, daily housekeeping, 24-hour security, plus private and semi-private bathroom options for travellers.

Single, double, bunk bed and quad rooms are available for affordable rates. Standard rooms share hall bathrooms and deluxe rooms have private or semi-private bathrooms. Rates vary based on season.

For more information please contact our Guest Rooms team: [wsguestrooms@ymcanyc.org](mailto:wsguestrooms@ymcanyc.org) or call 212-912-2625



## OUR NEW APP KEEPS YOU ON TRACK!

The easiest way to find your favorite fitness class is right at your pocket. Stay connected and access important information when you want it, where you want it- even on the go. The Y mobile app features include:

- Group exercise schedules
- Alerts/notifications
- Calendar reminders
- Digital facility check-ins
- Program registrations
- Apple wallet barcodes
- Facility hours
- And more!



NOW AVAILABLE TO DOWNLOAD  
GET THE APP AT [ymcanyc.org/app](http://ymcanyc.org/app)



# CODE OF CONDUCT

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

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

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



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

# EXERCISING COURTESY

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



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

# JOIN THE Y

## MEMBERSHIP INFORMATION

### STAFF LISTING

Senior Executive Director - Kathryn Colglazier  
212-912-2610, kcolglazier@ymcanyc.org

Aquatics Director - Melanie Torres  
212-912-2676, mtorres@ymcanyc.org

Business Manager - Maria Rocha  
212-912-2614, mrocha@ymcanyc.org

Community Arts Director - Cassandra Richards  
212-912-2635, crichards@ymcanyc.org

Early Childhood Director - Colleen Brown  
212-912-2650, cbrown@ymcanyc.org

Guest Rooms Director - Francisca Infante  
212-912-2625, finfante@ymcanyc.org

Healthy Lifestyles & Sports Director - David Johnson  
212-912-2673, djohnson@ymcanyc.org

Membership Director - Chris Foster  
212-912-2604, cfoster@ymcanyc.org

Senior Property Manager - Slawomir Bazylczyk  
212-912-9721, sbazylczyk@ymcanyc.org

Youth & Family Director - Marcos Bayes  
212-912-2640, mbayes@ymcanyc.org

Fund Development Director - Amanda Siebert  
212-912-2613, asiebert@ymcanyc.org

Marketing & Communications Director - Michele Barber-Perry  
212-912-2611, mbarberperry@ymcanyc.org

### VOLUNTEER OPPORTUNITIES

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

### JOB OPPORTUNITIES

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

### MEMBERSHIP RATES

Membership Types	Westside
Youth (up to 11)	\$360/yr.
Teen (12 - 17)	\$40/mo.

Membership Types	City-wide	Joiner's Fee
Student <small>Any age, full time, 12+ credits, must bring copy of transcript</small>	\$85/mos.	\$125
Adult (18 - 64)	\$106/mos.	\$125
Senior (65+)	\$85/mos.	\$125
Family I <small>1 Adult and kids under 21 years, living in the same household</small>	\$125/mos.	\$125
Family II <small>2 Adults and kids under 21 years, living in the same household</small>	\$185/mos.	\$125

Lockers available to rent for \$11 per month

\*Membership rates & offers subject to change

### HOLIDAY HOURS

**Christmas Eve**  
Sunday, December 24 8:00 AM - 3:00 PM

**Christmas Day**  
Monday, December 25 Closed

**New Year's Eve**  
Sunday, December 31 8:00 AM - 3:00 PM

**New Year's Day**  
Monday, January 1 7:00 AM - 8:00 PM

**Martin Luther King Jr. Day**  
Monday, January 21 5:00 AM - 11:00 PM

**President's Day**  
Monday, February 18 5:00 AM - 11:00 PM

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

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

*Note: All fee-based classes will be prorated in the event of holidays or other closings. All times are subject to change.*

## MISSION

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

## POLICY OF NON-DISCRIMINATION

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

## MEMBERSHIP CANCELLATION

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

## MEMBERSHIP TRANSFER

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

## MEMBERSHIP GUARANTEE

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

## MEMBERSHIP CARD

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

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

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

## MEMBERSHIP HOLDS

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

## PAYMENT OPTIONS & INFORMATION

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

## GUEST AND DAY PASSES

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

## CAMERA POLICY

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

## LOCKER ROOMS

- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of the opposite gender.
- Lockers are available to rent for \$11/month

## CLASS CANCELLATION & INCLEMENT WEATHER POLICY

**PLEASE VISIT OUR WEBSITE AND APP FOR THE MOST UP TO DATE INFORMATION ABOUT OUR BRANCH.**



## YMCA WEIGHT LOSS PROGRAM

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. No gimmicks, no restrictive approaches — just the tools you need to achieve your wellness goals.

### DETAILS:

- 12 weeks / 1 hour small group session a week
- Provides tools, knowledge, and group support to help you design weight loss goals that work for you
- For adults 18 years or older
- Free for YMCA members

### SIGN UP TODAY!

Visit the membership desk for details.

## 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](http://ymcanyc.org/livestrong)



## 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



5 West 63rd Street  
New York, NY 10023  
212-912-2600  
[ymcanyc.org/westside](http://ymcanyc.org/westside)

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

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

 [@westsideynyc](https://www.instagram.com/westsideynyc)

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