



DISCOVER YOUR Y

**Broadway Y
FALL 2019
PROGRAM & CLASS GUIDE**

**651 Broadway
Staten Island, NY 10310
718-981-4933
ymcanyc.org/broadway**

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



CONTACT US

PHONE: 718-981-4933

E-MAIL: sibroadway@ymcanyc.org

WEB: ymcanyc.org/broadway

 @SIBroadwayY

 [facebook.com/SIBroadwayYMCA](https://www.facebook.com/SIBroadwayYMCA)

 @sibroadwayymca

TABLE OF CONTENTS

WHY THE Y	3
ADULTS	4
KIDS & FAMILY (AGES 0-4)	11
YOUTH (AGES 5-12).....	19
TEENS (AGES 12-17)	24
SWIM	27
SUMMER CAMP	34
JOIN THE Y	40
LOCATIONS	47

HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Thursday: 5:00 AM - 10:30 PM
 Friday: 5:00 AM - 10:00 PM
 Saturday - Sunday: 6:00 AM - 9:30 PM

2019 SESSION & REGISTRATION DATES

FALL 1 REGISTRATION DATES

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

FALL 1 SESSION DATES:

September 3, 2019 - October 27, 2019

FALL 2 REGISTRATION DATES

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

FALL 2 SESSION DATES:

October 28, 2019 - December 22, 2019

SESSION BREAK-DECEMBER 23 to JANUARY 2, 2020

WINTER REGISTRATION DATES

Member: December 14, 2019
 Community: December 21, 2019

WINTER SESSION DATES:

January 2, 2020 - February 23, 2020

WHY THE Y

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

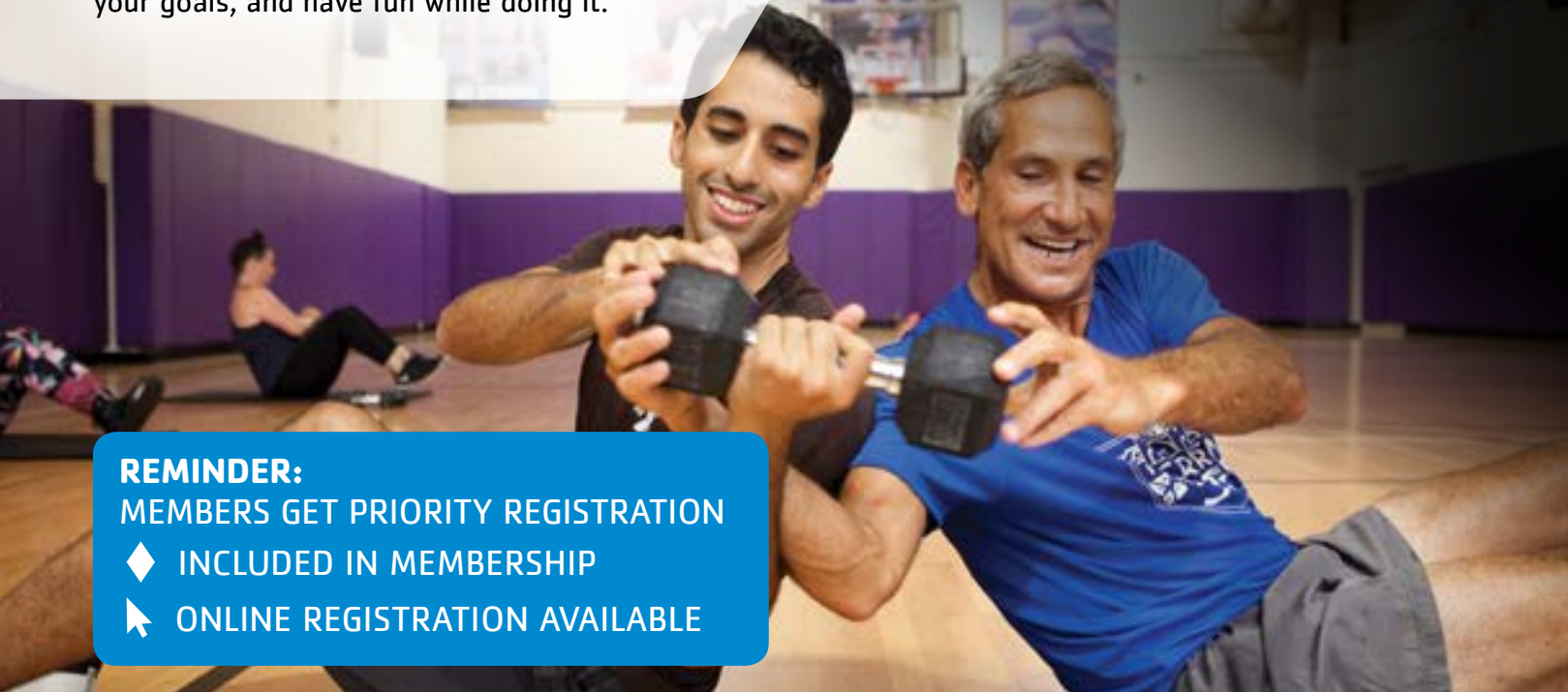
**NO HIDDEN FEES
 NO ANNUAL FEES
 NO PROCESSING FEES
 NO CONTRACTS**

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration on all fee-based programs, such as swim, sports, camp, and more		
State-of-the-art fitness center – includes more than 70 pieces of cardio and strength equipment		
Over 80 FREE weekly group exercise classes – includes yoga, spin, aqua fitness, and more		
FREE YMCA Weight Loss Program		
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans		
Swimming Pool with 40 hours of lap swim		
Sauna and Steam rooms		
Basketball court		
FREE Child Watch		
FREE Kid Zone		
FREE WiFi		
FREE family classes – such as family art, music, swim, and more		
FREE teen orientation to the fitness center		
FREE teen programs – including civic engagement, Leaders Club, and Teen Center		
FREE Family Days & Nights		



ADULTS

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



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

GROUP EXERCISE CLASSES

We offer over 80 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CONDITIONING

◆ Absolute Abs (NEW!)

Abdominal workout aimed at developing core muscles. This workout focuses on all aspects of your abdominal muscles helps to improve strength, improve posture, and tone.

◆ Alpha-Training

Develop muscle strength and discipline to prepare you for adventure races and other challenges. This class incorporates TRX, kettlebells and free weights to build core strength, stamina and endurance.

◆ Barre Fusion

A total body conditioning class that blends classical ballet exercises and Pilates with a special focus on core fitness. Enjoy a fun, invigorating workout that develops muscular endurance, dynamic balance, flexibility and of course, core strength.

◆ Boot Camp

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

◆ Circuit Training

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

◆ Core Training

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

◆ Insanity®

Insanity live! Workout in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits so your body has to adapt.

◆ Kettlebells

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

◆ Total Body Conditioning

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

◆ TRX

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

◆ Ultimate Triple Threat

Maximize your workout with this time effective training for your entire body utilizing kettlebells, ropes and kickboxing. Kettlebells provide a high-intensity training mode that is effective for fat loss, increasing strength and endurance. Battle Ropes are added to offer full body strength training, targeting the core and upper body as well as an intense cardio challenge. Lastly, kickboxing can improve strength, speed, flexibility, coordination and balance.

CARDIO

◆ Cardio Circuit

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

◆ Cardio Kickboxing

This high energy class combines muscle conditioning with kickboxing combinations of punches and kicks in a variety of drills. Participants will be using kickboxing bags, weights and jump ropes during this 45 minute class.

◆ Drums Alive®

Using rhythm as the source of inspiration, Drums Alive® combines the benefits of a traditional physical fitness program along with the positive benefits of music and rhythm.

◆ H.I.I.T.

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

CHILD WATCH

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

Monday-Thursday 8:30am-1:00pm AND 5:00pm-9:00pm
Friday & Saturday 8:30am-1:00pm
Sunday 8:45am-1:00pm

Times are subject to change.

◆ Interval Training

High intensity cardio alternated with recovery periods of lower cardio intensity

◆ Indoor Cycling

An intense cardio workout of simulated road bike riding to energizing music. Featuring Coach by Color.

◆ Step & Sculpt

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

◆ V.I.I.T.

Variable Intensity Interval Training or VIIT is an exercise format in which you rotate between high-intensity interval training (HIIT) with medium-intensity (strength/endurance) and low-intensity (mind/body) recovery periods for a shorter, more efficient workout.

MIND/BODY

◆ Chair Yoga

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

◆ Gentle Yoga

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

◆ Power Flow Yoga

An athletic-based yoga class with challenging movements

◆ Vinyasa Yoga

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

REMINDER: MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ◆ ONLINE REGISTRATION AVAILABLE

◆ 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.

MVe® Chair Pilates

A new equipment-based group exercise class uniting Pilates and group exercise. This workout combines strength, balance, endurance and core stability while working on the Pilates MVe (Maximum Versatility exercise) chair. These workouts are fun, energetic and produce great results. *See flyer for times and prices

◆ Qigong

Qigong is a traditional practice to balance "life energy" built on a foundation of aligning body, breath, and mind.

◆ Zhineng Qigong -Level 2 Body Mind Form

Level 2 practice opens Qi channels to mobilize Qi, transforming body and mind. 10 distinct sections focus on different areas of the body, from head to feet, with deep concentration, improving health, strength and vitality. Best for practitioners with a strong Qi foundation from Level 1 training.

◆ 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.

DANCE

◆ Soca Dance Party

A high intensity dance fitness class fused with African dance, African music, West Indian dance, and Soca 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.

WATER FITNESS

◆ Aqua Dance Workout

Dance in the water to get a great workout while enjoying the resistance and low impact that water offers.

◆ Water Exercise

A great introduction to water fitness, perfect for beginners – easy on the joints, easy to follow, and lots of fun!

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 Cardio Dance

Continuous movement for 50 minutes plus additional stretching at the end of the class with choreography developed specifically for active older adults. Low impact dance patterns with modifications and options to suit all fitness levels. Bring water and a towel and join the fun!

◆ Drums Alive®

Using rhythm as the source of inspiration, Drums Alive® combines the benefits of a traditional physical fitness program along with the positive benefits of music and rhythm.

◆ SilverSneakers Sit Fit

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

◆ Chair Yoga

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

Group Exercise Classes are FREE with Membership.

Community members are welcome to join the fun and participate in the above classes!

\$104 – 1X a week per 8-week session | \$117 – 2X a week
\$135 – 3X a week | \$152 – 4X a week

◆ Pickleball

Have fun playing the game of Pickleball all season long in our climate controlled gym.

Monday	9am – 11am Inter. 11am-1pm Adv.
Tuesday	9am – 11am Inter. 11am-1pm Adv.
Wednesday	10am – 1pm Inter. 6pm-8pm All Play
Thursday	9am – 1pm Advanced
Friday	10am – 1pm Shared Int. & Adv.
Saturday	1pm – 3pm All Play

Community Members are welcome to join Pickleball!
\$80 per session.
Private & Group Lessons available.

ADULT MEMBER GROUPS

◆ Pinochle Club

Learn the game of pinochle while making new friends.

Monday, Wednesday & Friday 1:00pm

◆ Mahjong Club

All levels are welcome to play this popular game, make new friends and have fun.

Thursday 1:00pm MPR

◆ Book Club

Are you interested in joining a book club? Bring in at least one book that you would be interested in sharing.

Second Friday of the month 1:30pm MPR

◆ Backgammon

Backgammon is one of the oldest known board games. Come play this classic game of skill, strategy and luck.

Mondays 4:30pm

◆ Active Older Adult Movies

Check the bulletin board for the monthly schedule.

◆ Knitting & Crocheting Club

Bring lunch and your own knitting supplies. Here, you will make new friends and get tips and ideas for your projects.

Wednesday 1:00pm MPR



◆ Broadway YMCA Senior Glee Club

Led by Musical Director Maxine Patarini, the Senior Glee Club meets periodically to practice for performances held throughout the year, including on Halloween, Christmas and Valentine's Day. Contact Liza Horner for more information.

Interested in starting a new club? Contact Liza Horner at 718-981-4933 or lhorner@ymcanyc.org with your ideas.

PERSONAL TRAINING

Looking for a new challenge or need some additional motivation?

A Nationally Certified Personal Trainer can be just what you need. Our Personal Trainers are experienced in Individual Goal Achievement, Functional Movement Systems, Corrective Exercises, Core Training Specialty, Body Toning, Muscle Mass Development and Cardiorespiratory Enhancement.

# of 1 Hour Sessions	1	5	10	20
Member:	\$60	\$270	\$510	\$960
Community Member:	\$88	\$400	\$700	\$1350

8-30 minute Sessions: \$280 for members only

8-45 minute Sessions: \$320 for members only

ONE-TO-ONE PILATES REFORMER

Pilates exercise on the reformer is a safe and highly effective way to increase flexibility, develop a strong core and gain long, lean muscles. You will learn efficient patterns of motion to help prevent sports injuries.

NUTRITION

One-to-One Nutritional Counseling

Let us be your Nutrition Coach! Proper nutrition is vital to a healthy lifestyle and our certified nutritionist can provide you with strategies for healthy eating. Proper nutrition can help increase energy, lower blood pressure and cholesterol and help with weight management and weight loss to ensure that you meet your individual health and wellness goals.

PRIVATE TENNIS & PICKLEBALL LESSONS

Beginners will learn forehand ground strokes, backhand ground strokes, forehand volley, backhand volley, serving, strategy, positioning and scoring. Intermediate participants will work on technique, drills, forehand, backhand, volleys, serving and employ strategy by playing games. Please bring your own racquet and wear proper attire.

Personal Training Policies

A client may cancel directly with the trainer without penalty by giving 24 hours notice. If notice is not given within a 24-hour period, the client will be charged for the session. All sessions are valid for three months from date of purchase. Only YMCA training staff is permitted to conduct personal training sessions within the facility.

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.

◆ Active Linxx Consultations

We offer members the benefits of ActiveLinxx, a computerized training system, to track your progress, stay motivated and achieve results. No more keeping track of sets, reps or pounds lifted. By entering seat settings, range of motion, weights and proper timing you will enjoy a more efficient workout. The greatest benefit: you can see your results!

Consultations are **FREE** to members.

◆ New Member Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. No appointments necessary. Please visit the Fitness Center Office at one of the following times: Mondays 10:15am or 7:30pm; Tuesdays 7:15pm; Wednesdays 10:15am or 8:00pm; Thursdays 7:00pm; Fridays 10:00am; Saturdays 9:15am; Sundays 11:15am

Nutrition Weight Loss Program (Ages 18+ years)

Learn the proper macro nutrients needed to live a healthy life forever! Learn the ABC's of healthy living. Heal your body from the inside out. Feel great and lose weight!

Monday 6:30pm – 7:30pm
Wednesday 10:30am – 11:30am

Member: \$49 per 4-week session

Community Member: \$69 per 4-week session

See flyer for program dates.

◆ YMCA Weight Loss Program (NEW!)

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Liza Horner at 718-981-4933 or lhorner@ymcanyc.org to sign up today! Starts Tuesday, September 10th at 10am with Kristina and Wednesday, September 11th at 630pm with Maria. See page 11 for more information.

◆ Y Fit Start Program

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

SWIM

Now is the time to learn to swim! Whether you're training for competition, interested in swimming for your health, or would simply like to enjoy the water safely with your family, our patient and caring instructors have an option that is right. The YMCA helps adults develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction.

FALL 1 & 2 Adult Lesson Fees		(18 years +)
Member	\$142-1x a week	\$214-2x a week
Community	\$264-1x a week	\$364-2x a week

Stage 1: Water Acclimation & Stage 2: Water Movement (Ages 17+ years)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently.

Monday 7:00pm – 7:45pm
OR Sunday 3:30pm – 4:15pm

Stage 3: Water Stamina & Stage 4: Stroke Introduction (Ages 17+ years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Sunday 4:15pm – 5:00pm

◆ Masters Swim Team (Ages 16+ years)

Workouts are structured for all team members, many of whom compete at Masters swim meets. Participants must be a Broadway Branch or All-Island member and have the ability to swim four laps continuously.

Sunday 9:00am – 10:00am

Tri Swim Training Class (Ages 17+ years)

Want to participate in our Y-Tri or other triathlons in the area, but need some training to get you there? Our swim instructors will help you reach your Tri goals with this new program.

Tuesday 7:00pm – 7:45pm

Member: \$84 per 8-week session

Community Member: \$95 per 8-week session

YMCA Lifeguard Course (Ages 16+ years)

Become a YMCA certified lifeguard. This extensive training includes Basic Life Support, Basic First Aid and Administering Emergency Oxygen certifications, along with the course books.

* **Pretest Wednesdays, August 21st & October 23rd**

Requires a \$25 non-refundable test fee. A passing grade will result in credit of test fee toward course cost.

Member: \$350 Community Member: \$350

◆ Water Exercise (Ages 18+ years)

A great introduction to water fitness, perfect for beginners – easy on the joints, easy to follow, and lots of fun!

Monday OR Wednesday 1:00pm – 1:45pm

Tuesday OR Friday 2:00pm – 2:45pm

Thursday 9:00am – 9:45am

Sunday 8:00am – 8:45am

Pricing based on 8-week session

Member: FREE

**Community Member: \$91 – 1X a week | \$130 – 2X a week
\$169 – 3X a week | \$208 – 4X a week**

◆ Aqua Dance Workout (Ages 18+ years)

Dance in the water to get a great workout while enjoying the resistance and low impact that water offers.

Tuesday 9:00am – 9:45am

OR Thursday 8:00pm – 8:45pm

Member: FREE

Community Member: \$91 – 1X a week | \$130 – 2X a week

Water Workout (Ages 18+ years)

An advanced-level combination of "the best of the best," this class includes segments of shallow water aerobics, deep water exercise and aqua kickboxing. Think you can't sweat in the water? Think again.

Monday, Wednesday OR Friday 9:00am – 9:45am

Pricing based on 8-week session

**Member: \$44 – 1X a week | \$66 – 2X a week
\$88 – 3X a week**

**Community Member: \$91 – 1X a week | \$130 – 2X a week
\$169 – 3X a week**



Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on participants' strengths and skills. For further information, please contact Romulus Staton at 718-981-4933 or rstaton@ymcanyc.org. Register at the Member Service Desk.

**Member: \$63 – one 45 minute lesson
\$168 – three 45 minute lessons
\$240 – five 45 minute lessons
\$330 – eight 45 minute lessons**

**Community Member: \$95 – one 45 minute lesson
\$252 – three 45 minute lessons
\$360 – five 45 minute lessons
\$445 – eight 45 minute lessons**

Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your needs and ability. Register at the Member Service Desk. For further information, please contact Romulus Staton at 718-981-4933 or rstaton@ymcanyc.org.

**Member: \$42 – one 30 minute lesson
\$115 – three 30 minute lessons
\$170 – five 30 minute lessons
\$248 – eight 30 minute lessons**

**Community Member: \$63 – one 30 minute lesson
\$168 – three 30 minute lessons
\$240 – five 30 minute lessons
\$330 – eight 30 minute lessons**

SPORTS

PICKLEBALL LESSONS

Learn to play one of the fastest growing sports in America! Pickleball combines elements of tennis, badminton and ping pong and is easy to learn, low impact on your joints and a fun way to workout with others.

Wednesday 8:30am – 10:00am Skills & Drills
Friday 8:30am – 10:00am Beginners

Member: \$64 per 4-week session

Community Member: \$112 per 4-week session

ADULT FENCING

A fun and safe workout that will challenge your body and mind. Learn the art of physical chess in this Olympic Sport.

Sunday 8:50am

Member: \$85 per 4-week session

Community Member: \$100 per 4-week session

LIVESTRONG AT THE YMCA

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

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



SIGN UP AT
ymcanyc.org/livestrong

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.



TALKING UP THE Y CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS

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



WOMEN'S AMENITY KIT



SLING PACK



ZIP-UP HOODIE





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

HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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



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

◆ Family Scrapbooking

Create new memories as you save old ones. In this FREE family class, we will work together to create themed scrapbook pages to fill with family photos, old tickets, and souvenirs.

Sundays 12:00 pm - 12:50 pm

◆ Family Fit Zumba

This FREE class combines you, your children, and Zumba to create fun, light hearted, healthy way to spend time with the family. It's creative and uses mindful movements that allows the whole family to participate at their own level!

Thursdays 5:00 pm - 5:45 pm

◆ Family Days and Nights

Family Days & Nights are Free with Family Membership.

See flyers at Branch for details.

CHILD WATCH

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

Monday-Thursday 8:30am-1:00pm AND 5:00pm-9:00pm
Friday & Saturday 8:30am-1:00pm
Sunday 8:45am-1:00pm

Times are subject to change.

◆ Family Swim

Family Swim is a recreational swim time where families enjoy quality time playing together in our pool.

Monday, Tuesday & Thursday 6:00 pm - 6:55 pm
Saturday 12:00pm - 12:55pm
5:00 pm - 6:55 pm
Sunday 2:30 pm - 3:30 pm

PRE-SCHOOL

PRE-K 3 Fee Based Half Day Nursery School (Age 3 years)

Classroom with engage in age-appropriate learning activities including theme-based learning, social interactions, letter recognition, science and math activities.

Monday & Wednesday 8:30am-10:30am
Room 1

Member: \$330 per month
Community Member: \$400 per month

3-K FOR ALL & PRE-K FOR ALL (Ages 3 years & 4 years)

The Staten Island Broadway YMCA presents NYC's FREE full-day 3-K FOR ALL & PRE-K FOR ALL. Both quality programs, five days a week, open to members and non-members of the Y! We focus on developing children by providing a safe, nurturing family environment where they are intellectually, socially and physically stimulated while participating in fun activities. Children will be engaged with highly qualified, certified teachers and personnel. Our curriculum places a high priority on creating an environment in the classroom that encourages children to experiment, explore and pursue their own interests. Cost: FREE for all residents of NYC. Spots are limited and registration must be done with the NYC Board of Education.

BEFORE & AFTER CARE

Available to 3-K and PRE-K FOR ALL Students.

# Days	5	3	2
AM: 7:30 - 8:20	\$200	\$129	\$103
PM: 3:00 - 6:00	\$297	\$216	\$142
AM & PM:	\$377	\$273	\$219



SWIM

Parent & Child Fall 1 & 2 Lesson Fees (6 months-5 years)

Member	\$118-1x a week	\$172-2x a week
Community	\$223-1x a week	\$298-2x a week

PARENT & CHILD: WATER ENRICHMENT & AQUATIC READINESS* [AGES 6 MONTHS TO 5 YEARS]

*Please note: Water Adjustment/Water Readiness classes are meant to increase a child's comfort level in the water and are not intended to teach children how to swim. Parents are given guidance on how to develop their children's abilities and how to protect their children from harm; children are given the chance to explore a new environment and build basic water readiness skills.

Water Discovery (Ages 6 - 18 months)

Introduces babies and parents to an aquatic environment, encourages developmentally-appropriate expectations for infants in a water discovery class, presents basic aquatic safety to parents and provides a positive parent/child experience. Children participating in the class should be able to hold their head up and sit with support. *Children who are not toilet-trained must wear a swim diaper.

Friday OR Saturday 10:00am - 10:30am
Sunday 11:30am - 12:00pm

Water Exploration (Ages 6 months - 18 months)

Provides a positive, fun and friendly environment, introducing basic water skills and emphasizing water safety, which will encourage children and parents to enjoy themselves and interact with other families while learning about the water. Children participating in the class should be able to hold their head up and sit with support. *Children who are not toilet-trained must wear a swim diaper.

Friday OR Saturday 10:00am - 10:30am
Sunday 11:30am - 12:00pm

Water Discovery (Ages 19 - 36 months)

Introduces toddlers and parents to an aquatic environment, encourages developmentally-appropriate expectations for toddlers in a water discovery class, presents basic aquatic safety to parents and provides a positive parent/child experience.*Children who are not toilet-trained must wear a swim diaper.

Friday OR Saturday 10:30am - 11:00am
Sunday 12:00pm - 12:30pm

KIDS & FAMILY
(ages 0-4)

Water Exploration (Ages 19 months – 36 months)

Provides a positive, fun and friendly environment, introducing basic water skills and emphasizing water safety, which will encourage children and parents to enjoy themselves and interact with other families while learning about the water. *Children who are not toilet-trained must wear a swim diaper.

Friday OR Saturday 10:30am – 11:00am
Sunday 12:00pm – 12:30pm

Stage 1: Water Acclimation (Ages 3 – 5 years)

As a child's first experience in the pool without parental assistance, this level helps children develop safe aquatics behavior, adjust to the pool and develop independent movement in the water. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Monday, Tuesday
OR Wednesday 3:30pm – 4:00pm
Saturday 9:30am – 10:00am OR
10:30am – 11:00am OR
11:30am – 12:00pm
Sunday 12:00pm – 12:30pm

Stage 2: Water Movement (Ages 3 – 5 years)

Encourages forward movement in water and basic self-rescue skills performed independently.

Monday, Wednesday
OR Thursday 3:30pm – 4:00pm
Saturday 9:30am – 10:00am OR
11:00am – 11:30am OR
11:30am – 12:00pm
Sunday 11:00am – 11:30am

Stage 3 Water Stamina (Ages 3 – 5 years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Thursday 3:30pm – 4:00pm
Saturday 10:00am – 10:30am OR
11:00am – 11:30am
Sunday 11:00am – 11:30am



Stage 4: Stroke Introduction (Ages 3 – 5 years)

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Thursday 3:30pm – 4:00pm
Saturday 10:00am – 10:30am
Sunday 11:00am – 11:30am

Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on participants' strengths and skills. For further information, contact Romulus Staton at 718-981-4933 or rstaton@ymcanyc.org. Register at the Member Service Desk.

Member: \$63 – one 45 minute lesson
\$168 – three 45 minute lessons
\$240 – five 45 minute lessons
\$330 – eight 45 minute lessons

Community Member: \$95 – one 45 minute lesson
\$252 – three 45 minute lessons
\$360 – five 45 minute lessons
\$445 – eight 45 minute lessons

Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your child's needs and ability. For further information, please contact Romulus Staton at (718) 981-4933 or rstaton@ymcanyc.org. Register at the Member Service Desk.

Member: \$42 – one 30 minute lesson
\$115 – three 30 minute lessons
\$170 – five 30 minute lessons
\$248 – eight 30 minute lessons

Community Member: \$63 – one 30 minute lesson
\$168 – three 30 minute lessons
\$240 – five 30 minute lessons
\$330 – eight 30 minute lessons

PRESCHOOL PROGRAMS

Let's Get Ready (Age 15 – 24 months)

This social class gives you and your child special time together to nurture his/her social development. Your child will become familiar with the classroom atmosphere and be better prepared to eventually attend classes independently.

Friday 11:00am-12:00pm Room 1
Member: \$154 per 8-week session
Community Member: \$216 per 8-week session

On Our Way (Ages 2 – 3 years)

An independent program with an introduction into a classroom setting where your child will experience activities such as exploration time, master social skills, circle time and snack time. The objective of this class is for us to help your child learn the skills to succeed in a school environment and master separation.

Monday & Wednesday 11:00am-12:00pm Room 1
OR Tuesday & Thursday 11:00am-12:00pm

Member: \$259 per 8-week session
Community Member: \$318 per 8-week session

Pre-School Prep (Ages 2 – 3 years)

Pre-School Prep gives us the opportunity to set the stage for a child's success in school and life. This is a content-rich program that supports active learning and promotes children's progress in developmental areas and reinforces social skills.

Three Times a Week:
Tuesday, Thursday & Friday 9:00am-10:30am
Member: \$273 per 8-week session
Community Member: \$381 per 8-week session

Ready, Set, Read! (Ages 4 – 5 years)

In this reading readiness class, children are exposed to sight words, alphabet sounds and sounding out words. These skills are intended to help your child begin to read. Class meets directly after UPK, and the children are brought to class by their teachers. Children from other schools are welcome!

Tuesday & Thursday 3:00pm-3:50pm Room E
Member: \$257 per 8-week session
Community Member: \$289 per 8-week session

ARTS

Little Chefs (Ages 3 – 5 years)

Healthy and yummy recipes are introduced as children prepare and enjoy different foods while learning about measuring, counting, sharing and more. A class recipe book will be given out at the end of 8 weeks.

Friday 12:30pm-1:15pm Room 1
Member: \$133 per 8-week session
Community Member: \$169 per 8-week session

Multi Cultural Cooking (Ages 4 – 6 years)

Exploring a country through cooking and vocabulary development. Children will learn about the culture by cooking, learning basic terms and reading culture stories, poems and books on that country.

Wednesday 3:00pm-3:45pm Room D
Member: \$110 per 8-week session
Community Member: \$176 per 8-week session



SCIENCE

Pre K Stems (Ages 3 – 5 years)

Give your child a first step into Stems Studies. Grab a test tube, learn coding, structural planning and number problems. Activities to engage problem solving and spark the imagination using science experiments, coding games, building bridges, structures, and math activities.

Monday 3:00pm-4:00pm Room D
\$160 per 8-week session

KIDS & FAMILY
(ages 0-4)



Birthday Packages

Includes:	Basic	Premium
Tables and Chairs	●	●
Room Set Up	●	●
A Birthday Specialist	●	●
Clean Up	●	●
Coffee and Tea for	●	●
Birthday Music	●	●
2 Birthday Specialists		●
Plates & Cups		●
Tablecloth		●
Utensils		●
Pizza and Drinks		●
Balloons		●
	\$350	\$500

Goody Bags

Want your guests to go home with something extra special? A fantastic assortment of toys, prizes, and sugary treats, it'll guarantee your party can't be beat.

15 Bags: \$40 addtl. bags \$4 each

Ice Cream Sundae Station

Complete with sprinkles, syrups, and toppings galore you'll have everyone wanting more.

Up to 40 people: **\$49.95**
41 people and up: **\$59.95**

Bouncy House

Operated by our Y-approved partner a bouncy house is a great way to liven up your party. Available in standard and with a slide upgrade it will have everyone jumping for joy.

Standard Bouncy House: **\$250**
Inflatable Obstacle Course: **\$275**

Party Activities

Slime Party	GAMES GALORE	ART	BASKETBALL / SOCCER
Wake up your inner scientist and make your very own slime creations.	A variety of fun filled group games to get your party moving.	Pick a theme and our art specialist will help your children create a masterpiece.	Pick your sport and we will provide the supplies and a specialist to lead your kids through some games.

FREQUENTLY ASKED QUESTIONS:

When do I pay for my party?
To book the party space a **non-refundable** deposit of \$100 must be paid at the front desk. The balance of your party is due the day of your party (within 1 hour of your party start time).

What is the last day that I can make changes to my party?
The last day to make changes to your party is the Monday before your party. You will be receiving a phone call from someone in the Youth and Family department to confirm the details of your party. Any changes after that date may not be made in time for the party and may be liable to an additional fee (in the case of add-ons).

If I get the premium package can I also get pizza for adults? What kind of drinks are provided?
Pizza is provided for all guests at 1 slice per person. Additional pizza can be requested for \$9 per pie. Drinks provided for the children are typically juice boxes. If requested we can substitute the juice boxes for soda or water. Adults are NOT provided any beverages other than coffee and tea.

How does a party run?
Your party includes 45 minutes of specialist led activity and the rest of the time is up to you. Activities usually start a half an hour into your party to ensure that all of the children have arrived.

What other food options are available? Can I bring my own?
You are able to bring any food you would like or have it delivered to the branch. **Please be aware Sternos and anything which requires fire (except for cakes) is not permitted.** If you are ordering food you are required to inform the Youth and Family Office in advance.

What if I need more time for my party?
More time may be available at the time of booking. Once your deposit is paid you cannot request additional time. Each half an hour is charged at \$75 dollars.

What is the maximum amount of guests I can have? For the activities?
The maximum amount of party goers is **90** people (including the birthday family). Party activities have a maximum of **20** children. For activities for larger groups please speak to someone in the Youth & Family Office.

SPACE RENTAL

	MAX Capacity	YMCA Staff	Member Price	Non-Member Price
Full East Gym	150 people	2 - 3 Designated Staff	\$150/hr	\$200/hr
Full North Gym	100 people	2 - 3 Designated Staff	\$125/hr	\$175/hr
1/2 Gym (North or East Gym)	North Gym: 50 people East Gym: 75 people	1 - 2 Designated Staff	\$75/hr	\$125/hr
MPR	30 people	1 Designated Staff	\$50/hr	\$75/hr

KIDS & FAMILY

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

AGES 5-12

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

➤ ONLINE REGISTRATION AVAILABLE



FAMILY

◆ Family Scrapbooking

Create new memories as you save old ones. In this FREE family class, we will work together to create themed scrapbook pages to fill with family photos, old tickets, and souvenirs.

Sundays 12:00 pm - 12:50 pm

◆ Family Fit Zumba

This FREE class combines you, your children, and Zumba to create fun, light hearted, healthy way to spend time with the family. It's creative and uses mindful movements that allows the whole family to participate at their own level!

Thursdays 5:00 pm - 5:45 pm

◆ Family Days & Nights

Family Days & Nights are Free with Family Membership. See flyers for details.

CHILD WATCH

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

Monday-Thursday 8:30am-1:00pm AND 5:00pm-9:00pm
Friday & Saturday 8:30am-1:00pm
Sunday 8:45am-1:00pm

Times are subject to change.

◆ Family Swim

Family Swim is a recreational swim time where families enjoy quality time playing together in our pool.

Monday, Tuesday & Thursday 6:00 pm - 6:55 pm
Saturday 12:00pm - 12:55pm
5:00 pm - 6:55 pm
Sunday 2:30 pm - 3:30 pm

SWIM

The YMCA helps youth and teens develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction.

School Age Fall 1 & 2 Lesson Fees (5 years - 12 years)

Member	\$123-1x a week	\$183-2x a week
Community	\$230-1x a week	\$306-2x a week

PROGRESSIVE-LEVEL SWIMMING INSTRUCTION

Stage 1: Water Acclimation (Ages 5 - 12 years)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Monday, Tuesday, Wednesday
OR Thursday 4:00pm - 4:45pm
Friday 3:30pm - 4:15pm
Saturday 1:00pm - 1:45pm
Sunday 9:30am - 10:15am

Stage 2: Water Movement (Ages 5 - 12 years)

Encourages forward movement in water and basic self-rescue skills performed independently.

Monday, Tuesday, Wednesday
OR Thursday 4:00pm - 4:45pm
Wednesday 4:45pm - 5:30pm
Friday 4:15pm - 5:00pm
Saturday 1:00pm - 1:45pm
Sunday 10:15am - 11:00am

Stage 3: Water Stamina (Ages 5 - 12 years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Monday, Wednesday
OR Thursday 4:00pm - 4:45pm
Tuesday 4:45pm - 5:30pm
Friday 4:15pm - 5:00pm
Saturday 1:45pm - 2:30pm OR 2:30pm-3:15pm



Stage 4: Stroke Introduction (Ages 5 - 12 years)

At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They are introduced to the butterfly stroke. They continue learning additional synchronized swimming movements, wetball skills, and diving skills, and are introduced to the use of mask and fins.

Monday 4:45pm - 5:30pm
Tuesday 4:00pm - 4:45pm
Thursday 4:45pm - 5:30pm
Friday 3:30pm - 4:15pm
Saturday 1:45pm - 2:30pm

Stage 5: Stroke Development (Ages 6 - 12 years)

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Tuesday
OR Wednesday 4:45pm - 5:30pm
Saturday 1:00pm - 1:45pm

Stage 6: Stroke Mechanics (Ages 6 - 12 years)

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Monday 4:45pm - 5:30pm
Saturday 1:45pm - 2:30pm

Private Swim Lessons

For those who need more individual attention, these 30-minute lessons will focus on your child's needs and ability. For further information, please contact Romulus Staton at (718) 981-4933 or rstaton@ymcanyc.org. Register at the Member Service Desk.

Member:
\$42 - one 30 minute lesson
\$115 - three 30 minute lessons
\$170 - five 30 minute lessons
\$248 - eight 30 minute lessons

Community Member:
\$63 - one 30 minute lesson
\$168 - three 30 minute lessons
\$240 - five 30 minute lessons
\$330 - eight 30 minute lessons

Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on participants' strengths and skills. For further information, please contact Romulus Staton at 718-981-4933 or rstaton@ymcanyc.org. Register at the Member Service Desk.

Member:
\$63 - one 45 minute lesson
\$168 - three 45 minute lessons
\$240 - five 45 minute lessons
\$330 - eight 45 minute lessons

Community Member:
\$95 - one 45 minute lesson
\$252 - three 45 minute lessons
\$360 - five 45 minute lessons
\$445 - eight 45 minute lessons



SPORTS

◆ MIGHTY MILERS FREE!

Sponsored by the New York Road Runners, this FREE class gives children the opportunity to practice their running skills, release energy, improve fitness, and strive for individual goals. Best part of all - children receive rewards for reaching mileage milestones!

Ages 5 - 12 Monday 4:00pm-4:55pm

YOUTH BASKETBALL CLINIC

Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

Youth Basketball is tailored for both boys and girls to learn the fundamentals of basketball. In this class, players will sharpen their skills, make new friends and have some fun!

Ages 5 - 7 Friday 4:00pm-4:55pm East Gym B
Saturday 9:00am-9:55am East Gym B

Ages 8 - 12 Friday 5:00pm-5:55pm East Gym B
Saturday 10:00am-10:55am East Gym B

YOUTH SOCCER CLINIC

Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

Youth Soccer is tailored for both boys and girls to learn the fundamentals of soccer. Through warm-ups and drills, children will kick it up to develop and improve their soccer skills.

Ages 5 - 7 Friday 5:00pm-5:55pm East Gym A
Saturday 10:00am-10:55am East Gym A

Ages 8 - 12 Friday 4:00pm-4:55pm East Gym A
Saturday 9:00am-9:55am East Gym A

YOUTH TENNIS

Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

Our Tennis class introduces participants to the concepts of teamwork in a supportive, non-competitive environment while building endurance and hand-eye coordination-participants will leave feeling challenged and invigorated.

Ages 5-7 Wednesday 4:00pm-4:55pm East Gym A
Ages 8-12 Wednesday 5:00pm-5:55pm East Gym A

TAE KWON DO

Member: \$89 - 1X per week per 8-week session
\$139 - 2X per week per 8-week session

Community Member: \$169 - 1X per week per 8-week session
\$219 - 2X per week per 8-week session

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking and blocking as applied to the art of self-defense. As children are introduced to this traditional training style, they will explore self-defense, physical fitness and stress relief as well as gain increased confidence, mental focus and heightened self-awareness. All participants are required to wear a uniform (sold separately) during class and have fun!

Ages 5 - 12 Thursday 5:00pm- 5:55pm East Gym A
Saturday 11:00am-11:55am East Gym B

Ages 4 - 5 Sunday 10:00am-10:55am East Gym A

Ages 5 - 8 Sunday 11:00am-11:55am East Gym A
Ages 9 - 16 Sunday 12:00pm-12:55pm East Gym A

FENCING

Member: \$89 per 4-week session (1/2 Session)
\$149 per 8-week session (Full Session)

Community Member: \$129 per 4-week session (1/2 Session)
\$229 per 8-week session (Full Session)

Learn the art of physical chess with this Olympic Sport - FENCING! Fencing is a fun and safe workout that will challenge your body and mind. Best of all, this class is supervised by our very own Susan Monardo, a USFCA certified coach!

Ages 7-9 Sunday 10:00am-10:55am East Gym B
Ages 10-13 Sunday 11:00am-11:55am East Gym B
Ages 14-17 Sunday 12:00pm-12:55pm East Gym B

* Equipment is available for purchase for an additional fee

DANCE

Member: \$89 per 8-week session per class
Community Member: \$169 per 8-week session per class

Tiny Toes Ballet (Ages 3 - 4 years)

In this class, we use age appropriate songs to introduce the basics of ballet.

Saturdays 10:00am - 10:55am Room A

Tap & Ballet (Ages 5 - 12 years)

In this 2 for 1 class, each participant will learn the basics of Ballet and Tap and express themselves through music and movement.

Saturdays 11:00am-11:55am Room A

Hip Hop (Ages 5 - 12 years)

In this fun-filled dance class, we offer a variety of styles to help participants learn the art of Hip Hop dance.

Saturdays 12:00pm - 12:55pm Room A

*All participants are required to wear appropriate dance shoes and attire.

GYMNASTICS

Tumbling (Ages 5 - 12 years)

Led by our gymnastics specialists, this tumbling class is designed to introduce your child to the basics of tumbling, rolling and jumping movements.

Thursdays 3:30pm - 4:25pm
Saturdays 11:00am - 11:55am East Gym A
Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

ARTS

Masters in Art (Ages 10 - 12 years)

Each week, participants will explore the fundamentals of drawing, painting and shading through this all-in-one art class. Best of all - your child's artwork will be displayed on our YMCA Art Gallery wall.

Sundays 1:00pm - 2:00pm MPR
Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

Mixed Media Arts (Ages 6 - 9 years)

In this art class, participants bring together several types of mediums, techniques, and methods to create a wholly unique art form. Best of all - your child's artwork will be displayed on our YMCA Art Gallery wall.

Saturdays 11:00am - 11:55am MPR
Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

COOKING

Youth/Teen Cooking (Ages 6 - 17 years)

Your child will learn decision making, planning skills and confidence as they create a hot cooked meal using fresh ingredients. Incorporating cleanliness in the kitchen, cutting skills, as well as how to wash meats and vegetables, set the table, and serve a meal in proper portions-this class is sure to be a hit! At the end of the 8-week session, participants will receive a recipe book reflecting what they have learned.

Saturday 10:30am - 12:30pm Room B
Member: \$119 per 8-week session
Community Member: \$169 per 8-week session

◆ FOOD ART & ETIQUETTE (Ages 5 - 12 years)

This FREE class lets children create original food art sculptures that they can eat as a lunch, snack, appetizer and dessert. These no cook meals are kid-friendly, hands-on, and sparks their imagination while tasting different foods!

Saturday 9:00am-10:00am Room B

◆ CHESS & CHECKERS (Ages 5 - 12 years)

In this FREE class, your child can learn and practice the game of Chess and Checkers. Our YMCA staff will guide them through the basics of the games, as well as share strategies and techniques to help strengthen their chess skills!

Thursday 4:00pm-4:45pm MPR

SCIENCE

SCIENCE & TECHNOLOGY

Member: \$89 per 8-week session
Community Member: \$169 per 8-week session

Mad Science (Ages 5 - 12 years)

Turn your children into Mad Scientists with this fun, interactive, learning experience filled with projects to make, build and explode!

Saturdays 10:00am - 10:55am Kid Zone

Y-Botics (Ages 7 - 14 years)

Working with the Lego® Education Store, your children will be putting together all types of cool and educational robotics projects. Robotics is a great way to introduce your child to the concept of STEM (Science, Technology, Engineering and Math), which is very popular today in the field of education. Your kids will be learning all about engineering and technology in the best environment possible, in a setting that feels like play.

Saturday 11:00am - 11:55am Kid Zone

Y-Biddy Builders (Ages 4 - 6 years)

Want in on the Lego Robotics Fun? In this intro to robotics class, children will use Legos and their imaginations to create free forms and structures.

Saturday 10:00am - 10:55am Kid Zone



TUTORING (Kindergarten – 5th Grade)

Member: \$219 per 8-week session

Community Member: \$289 per 8-week session

Taught by certified staff, tutoring in Reading, Math, & Writing consists of small group homework help, as well as 20-30 minutes of resources and worksheets targeting your child's needs. An initial survey will be completed by the parent, as well as an initial assessment in the subject area to best help your child strengthen their skills.

Reading:

Kindergarten – 1st Grade	Wednesday	3:00 – 3:55pm
2nd Grade – 3rd Grade	Wednesday	4:00 – 4:55pm
4th Grade – 5th Grade	Wednesday	5:00 – 5:55pm

Math:

Kindergarten – 1st Grade	Thursday	3:00 – 3:55pm
2nd Grade – 3rd Grade	Thursday	4:00 – 4:55pm
4th Grade – 5th Grade	Thursday	5:00 – 5:55pm

Writing:

Kindergarten – 1st Grade	Friday	3:00 – 3:55pm
2nd Grade – 3rd Grade	Friday	4:00 – 4:55pm
4th Grade – 5th Grade	Friday	5:00 – 5:55pm

*All tutoring sessions meet in the Kid Zone

Private Tutoring Session

Member: \$279 per 8-week session

Community Member: \$349 per 8-week session

Want or need more for your child? Take advantage of a one-on-one tutoring experience. In this one-hour tutoring session, we will gear the needs of your child individually and help strengthen their common core skills. An initial survey will be completed by the parent, as well as an initial assessment in the subject area to best help your child strengthen their skills. 50-minute time slots are available Monday and/or Tuesday from 4:00pm-6:00pm. Please contact the Youth & Family Department to schedule your Private Tutoring Time Slot.

KID ZONE

Do you need someone to look after your child (ages 7 to 12 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Kid Zone Program. This is a FREE service available to adult and family members only. (Times are subject to change.)

Monday-Thursday 6:00pm-9:00pm

TEENS

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

AGES 12-17

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

LEADERSHIP & CIVIC ENGAGEMENT

◆ Leaders Club (Ages 11 -17)

Leaders Club is a nationally recognized core YMCA teen program that provides participants with opportunities for leadership training, personal growth, service to others and social development. Teens meet on a weekly basis in small groups, working closely with their peers and an adult advisor on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service and goal-setting.

Program runs October-June

Tuesdays from 4:00pm-6:00pm in MPR

◆ Teens Take the City (Ages 11 -17)

This civic engagement program explores government at the local level. High School students identify issues in their community, then work on proposals to address those issues. Teens present their proposals at City Hall at the end of the program.

Program runs October-June

Tuesdays from 6:00pm-7:00pm in MPR

COLLEGE ACCESS & CAREER READINESS

◆ YMCA Global Teens (Ages 12-18)

This leadership development program engages teens (ages 14-18 for overseas program and 12-14 for US program) in the powerful adventure of global exploration. Program elements include meaningful service projects, youth-to-youth interaction, home stays, and awareness of cultural and social issues. Teens serve as cultural ambassadors to their host country during an intensive 2-week group service trip, and are asked to communicate their experiences to their local communities upon returning home. If you are interested in this program, please sign up on our YMCA Global Teens Interest List (available at the front desk) and we will contact you with more information.

◆ Rowe Scholars

The Rowe Scholars program is a comprehensive college and career access program offered throughout New York City's five boroughs. The program serves more than 1,200 public and charter school students enrolled in grades 9-12, offering continued support throughout college and beyond. Rowe Scholars is currently offered at Port Richmond High School. For more information on the program, contact Geryl Whalen at 718-420-2100 ext. 1245 or e-mail gwhalen@ymcanyc.org.



FITNESS & SPORTS

◆ Teen Fitness Orientation (Ages 12-17)

The fitness center is available to teen members ages 12-17 years of age, under the following conditions:

- Teens must complete a 60-minute orientation prior to using the fitness areas.
- Teens must have a parental consent form on file to utilize the facility.
- Teens must present their ID cards and course completion cards to floor trainer on duty prior to working out.
- Teens may not bring a guest under the age of 18 into the facility.
- No exceptions to these policies will be made. We thank for your cooperation.

Teens may use the fitness areas during the following designated times only:

Monday – Friday 3:00pm – 6:30pm
 Friday 7:00 pm – 9:30pm
 Saturday – Sunday 1:00pm – 6:30pm

◆ Teen Center (Ages 11 - 17)

Teen Center is a safe place where teens have the opportunity to engage in meaningful activities that allow them to develop socially, physically and academically. Activities include: sports, nutrition, arts, fitness, swim, STEM and special guest presentations. Teen Center is **FREE** and typically runs three Fridays each month, September to June. Pre-registration required. Check the Member Service Desk for upcoming dates.

Program runs September-June

Program runs most Fridays from 7:00pm-9:30pm.



SUMMER CAMP

Counselor In Training Camp (C.I.T.) (Ages 13-16)

Our Broadway C.I.T. program is for building tomorrow's leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning. This camp is great for teens looking for work experience and/or community service opportunities. Campers also participate in swimming, dancing, singing, sports, and much more.

SWIM

Teen Fall 1 & 2 Lesson Fees (12 years - 17 years)

Member	\$133-1x a week
Community	\$247-1x a week

Stage 1: Water Acclimation & Stage 2: Water Movement (Ages 12 – 17 years)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently.

Wednesday 4:45pm – 5:30pm

Stage 3: Water Stamina & Stage 4: Stroke Introduction (Ages 12 – 17 years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Friday 5:00pm – 5:45pm

Endurance, Sports & Games (Ages 7 - 15 years)

Participants refine their swimming abilities, build their endurance, and develop skills in different aquatics activities while having fun and learning how to work together.

Saturday 2:30pm – 3:15pm

Lifeguard Development (Ages 14 - 17 years)

Interested in eventually becoming a lifeguard? Learn the prerequisite skills needed for the YMCA Lifeguard pre-course assessment test. Lifeguard Preparation is not a "learn to swim" or lifeguard certification program, but we do offer the opportunity to improve current swimming skills while working on the lifeguard prerequisites.

Evaluations are required before registering; please contact Romulus Staton, at (718) 981-4933 or rstaton@ymcanyc.org, to schedule an appointment.

Thursday 4:45pm – 5:30pm

YMCA Lifeguard Course (Ages 16+ years)

Become a YMCA certified lifeguard. This extensive training includes Basic Life Support, Basic First Aid and Administering Emergency Oxygen certifications, along with the course books.

* Pretest Wednesdays, August 21st & October 23rd.

Requires a \$25 non-refundable test fee. A passing grade will result in credit of test fee toward course cost.

Member: \$350 Community Member: \$350



CHILD WATCH

Do you need someone to look after your child (ages 6 months to 6 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members.

This is a **FREE** service available to adult and family members only.

Monday-Thursday 8:30am-1:00pm AND 5:00pm-9:00pm
 Friday & Saturday 8:30am-1:00pm
 Sunday 8:45am-1:00pm

Times are subject to change.

KID ZONE Do you need someone to look after your child (ages 7 to 12 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Kid Zone Program. This is a **FREE** service available to adult and family members only. (Times are subject to change.)

Monday-Thursday 6:00pm-9:00pm

PARTY TIME! Pool Party



Make your next party a Big Splash at the YMCA! You provide the food, cake, paper goods and party room fun. We make the pool a blast! Parties are held Sundays for a fee of \$275 for up to 15 children – an additional \$8 is charged for each additional child. A \$25 non-refundable deposit is required to reserve the date.

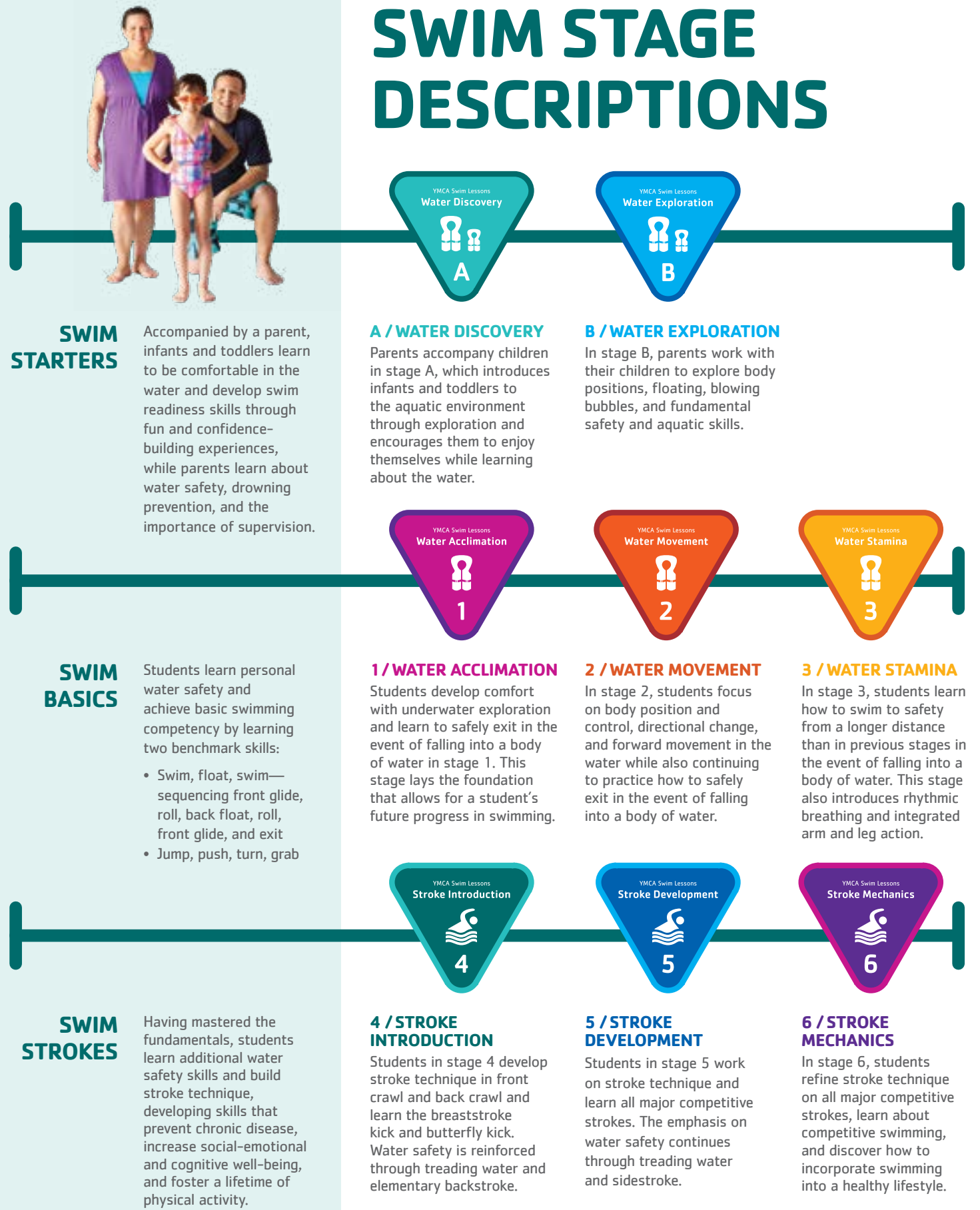
Please note anyone using the pool must wear a swim cap. For additional information, contact Romulus Staton at (718) 981-4933 or rstaton@ymcanyc.org.

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



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

STAGES OF LEARNING

↑ 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 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)

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

Parent & Child Fall 1 & 2 Lesson Fees (6 months - 5 Years)		
Member	\$118-1x a week	\$172-2x a week
Community	\$223-1x a week	\$298-2x a week

School Age Fall 1 & 2 Lesson Fees (5 years - 11 years)		
Member	\$123-1x a week	\$183-2x a week
Community	\$230-1x a week	\$306-2x a week

Teen Fall 1 & 2 Lesson Fees (12 years-17 years)	
Member	\$133-1x a week
Community	\$247-1x a week

Adult Fall 1 & 2 Lesson Fees (18 years +)		
Member	\$142-1x a week	\$214-2x a week
Community	\$264-1x a week	\$364-2x a week

SWIM STARTERS

Water Discovery
Parent/Child 6-18 months
Friday OR Saturday 10:00 am - 10:30 am
Sunday 11:30 am - 12:00 pm

Water Discovery
Parent/Child 19-36 months
Friday OR Saturday 10:30 am - 11:00 am
Sunday 11:30 am - 12:00 pm

Water Exploration
Parent/Child 6-18 months
Friday OR Saturday 10:00 am - 10:30 am
Sunday 11:30 am - 12:00 pm

Water Exploration
Parent/Child 19-36 months
Friday OR Saturday 10:30 am - 11:00 am
Sunday 12:00 pm - 12:30 pm

SWIM BASICS

Stage 1: Water Acclimation
Pre-school Child (3-5 years)
Monday, Tuesday OR Wednesday 3:30 pm - 4:00 pm
Saturday 9:30 am - 10:00 am OR
10:30 am - 11:00 am OR
11:30 am - 12:00 pm
Sunday 12:00 pm - 12:30 pm

Stage 1: Water Acclimation
School Age Child (5-12 years)
Monday, Tuesday, Wednesday, OR
Thursday 4:00 pm - 4:45 pm
Friday 3:30 pm - 4:15 pm
Saturday 1:00 pm - 1:45 pm
Sunday 9:30 am - 10:15 am

Stage 1 & 2: Water Stamina & Water Movement
Teen (12-17 years)
Wednesday 4:45 pm - 5:30 pm

Stage 1 & 2: Water Stamina & Water Movement
Adult
Monday 7:00 pm - 7:45 pm
Sunday 3:30 pm - 4:15 pm

Stage 2: Water Movement
Pre-school Child (3-5 years)
Monday, Tuesday OR Wednesday 3:30 pm - 4:00 pm
Saturday 9:30 am - 10:00 am OR
10:30 am - 11:00 am OR
11:30 am - 12:00 pm
Sunday 12:00 pm - 12:30 pm

Stage 2: Water Movement
School Age Child (5-12 years)
Monday, Tuesday, Wednesday,
OR Thursday 4:00 pm - 4:45 pm
Wednesday 4:45 pm - 5:30 pm
Friday 4:15 pm - 5:00 pm
Saturday 1:00 pm - 1:45 pm
Sunday 10:15 am - 11:00 am

Stage 3: Water Stamina
Pre-school (3-5 years)
Thursday 3:30 pm - 4:00 pm
Saturday 10:00am - 10:30 am OR
11:00 am - 11:30 am
Sunday 11:00 am - 11:30 am

Stage 3: Water Stamina
School Age Child (5-12 years)
Monday, Wednesday,
OR Thursday 4:00 pm - 4:45 pm
Tuesday 4:45 pm - 5:30 pm
Friday 4:15 pm - 5:00 pm
Saturday 1:45 pm - 2:30 pm OR
2:30 pm - 3:15 pm

Stage 3 & 4: Water Stamina & Stroke
Introduction
Pre-school Child (3-5 years)
Thursday 3:30 pm - 4:00 pm
Saturday 10:00am - 10:30am
Sunday 11:00 am - 11:30 am

SWIM STROKES

Stage 4: Stroke Introduction
School Age Child (5-12 years)
Monday 4:45 pm - 5:30 pm
Tuesday 4:00 pm - 4:45 pm
Thursday 4:45 pm - 5:30 pm
Friday 3:30 pm - 4:15 pm
Saturday 1:45 pm - 2:30 pm

Stage 3 & 4: Water Stamina & Stroke
Introduction
Teen (12-17 years)
Friday 5:00 pm - 5:45 pm

Stage 3 & 4: Water Stamina & Stroke
Introduction
Adult
Sunday 4:15 pm - 5:00 pm

Stage 5: Stroke Development
School Age Child (6-12 years)
Tuesday OR Wednesday 4:45 pm - 5:30 pm
Saturday 1:00 pm - 1:45 pm

Stage 6: Stroke Mechanics
School Age Child (6-12 years)
Monday 4:45 pm - 5:30 pm
Saturday 1:45 pm - 2:30 pm

PATHWAYS

Lifeguard Development
Teen (14-17)
Thursday 4:45 pm - 5:30 pm

Endurance, Sports & Games (Ages 7 - 15 years)
Participants refine their swimming abilities, build their endurance, and develop skills in different aquatics activities while having fun and learning how to work together.
Saturday 2:30pm - 3:15pm

YMCA Lifeguard Course (Ages 16+ years)
Become a YMCA certified lifeguard. This extensive training includes Basic Life Support, Basic First Aid and Administering Emergency Oxygen certifications, along with the course books.
* Pretest Wednesdays, August 21st & October 23rd.
Requires a \$25 non-refundable test fee. A passing grade will result in credit of test fee toward course cost.
Member: \$350 Community Member: \$350

PARTY TIME! Pool Party



Make your next party a Big Splash at the YMCA! You provide the food, cake, paper goods and party room fun. We make the pool a blast! Parties are held Sundays for a fee of \$275 for up to 15 children - an additional \$8 is charged for each additional child. A \$25 non-refundable deposit is required to reserve the date. Please note anyone using the pool must wear a swim cap. For additional information, contact Romulus Staton at (718) 981-4933 or rstaton@ymcanyc.org.

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.

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.



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.

CODE OF CONDUCT

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

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

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



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

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

EXERCISING COURTESY

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



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

TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



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

YMCA NEW AMERICANS WELCOME CENTERS

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

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

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

For more information, visit ymcanyc.org/newamericans



JOIN THE Y

MEMBERSHIP INFORMATION

STAFF LISTING

Joseph Verhey – Executive Director
jverhey@ymcanyc.org

John Semerad – Senior Property Director
jsemerad@ymcanyc.org

Heather Scapp – Director of Membership & Communications
hscapp@ymcanyc.org

Allison Sicuranza – Early Childhood Director
asicuranza@ymcanyc.org

Liza Horner – Healthy Lifestyles Director
lhorner@ymcanyc.org

Loyd Respicio – Youth & Family Coordinator
lrespicio@ymcanyc.org

Romulus Staton – Aquatics Director
rstaton@ymcanyc.org

Generalyn Whalen – Y Scholars Site Director
gwhalen@ymcanyc.org

Emily Aversa – Business Manager
eaversa@ymcanyc.org

Tracy Bilotto – Executive Assistant
tbilotto@ymcanyc.org

HOLIDAY HOURS

Labor Day Monday, September 2	6:00 AM – 8:00 PM
Thanksgiving Thursday, November 28	6:00 AM – 3:00 PM
Christmas Eve Tuesday, December 24	6:00 AM – 3:00 PM
Christmas Day Wednesday, December 25	CLOSED
New Year's Eve Tuesday, December 31	6:00 AM – 3:00 PM
New Year's Day Wednesday, January 1	8:00 AM – 8:00 PM

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

MEMBERSHIP RATES

RATES

Membership Types	Broadway YMCA Fee	Borough-wide Fee	Joiner's Fee
Youth (up to 11)	\$38/mo	\$41/mo	\$50
Teen (12 - 17)	\$38/mo	\$45/mo	\$50
Student*	\$51/mo	N/A	\$75
Adult (18 - 64)	\$63/mo	\$86/mo	\$75
Family I**	\$94/mo	\$125/mo	\$75
Family II***	\$104/mo	\$131/mo	\$75
Senior	\$51/mo	\$73/mo	\$75

*Any age, full time, 12+ credits, must bring copy of transcript
**1 Adult and kids under 18 years, living in the same household
***2 Adults and kids under 18 years, living in the same household

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

MISSION

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

POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP 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.

LOCKER ROOMS

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

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.

PROGRAM CREDIT

Program fees are not refundable. Upon withdrawal from a program, prior to the starting date, a credit will be issued less a \$10 service fee. During the first and second week of the program session, a credit may be requested in writing and is subject to the appropriate department head's approval before being granted. No credit will be granted after the second week. In addition, credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. There will be no make-ups for scheduled holidays, snow days or other weather conditions that are beyond our control.

“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



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



Broadway YMCA
651 Broadway, Staten Island, NY 10310
718-981-4933
ymcanyc.org/broadway

 @SIBroadwayY

 facebook.com/SIBroadwayYMCA

 @sibroadwayymca

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