

DISCOVER YOUR Y

**South Shore YMCA
Fall I & II 2019
PROGRAM & CLASS GUIDE**

**3939 Richmond Avenue
Staten Island, NY 10312
718-227-3200
ymcanyc.org/southshore**

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 - Thursday: 5:00 AM - 11:00 PM
Friday: 5:00 AM - 10:00 PM
Saturday - Sunday: 6:00 AM - 9:30 PM

2019 SESSION & REGISTRATION DATES

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

SESSION BREAK:

December 23- January 1, 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 164 pieces of cardio and strength equipment	✓	✓
Unlimited 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 117 hours of lap swim	✓	✓
Sauna and Men's Steam rooms	✓	✓
Basketball court	✓	✓
Indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE Y Kid Zone	✓	✓
FREE WiFi	✓	✓
Many 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		✓
Convenient family locker room		✓

ADULTS

Train with friends, play a sport, try a new class, and take care of the whole you. The YMCA is here to help you get healthier, achieve your goals, and have fun while doing it. Contact Valerie Krause, Healthy Lifestyles Director at vkrause@ymcany.org for more information.

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

The following group exercise classes are for **FREE** and **UNLIMITED** for YMCA members! We are family friendly. Teens over the age of 12 are welcome with parental consent or parental participation.

CONDITIONING

◆ AOA (ACTIVE OLDER ADULT) 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.

◆ Boot Camp

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

◆ Muscle Conditioning

This class features high intensity strength building exercises to maximize muscle strength and definition, while increasing muscular endurance using a variety of equipment. This will include multiple core movements and abdominal work.

◆ Pilates Mat

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

◆ SilverSneakers® Classic

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

◆ Stability Ball Training

Learn how to use your core more effectively and focus on strength training using stability balls.

◆ Total Body Conditioning

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

MARTIAL ARTS

◆ Qigong

Qigong combines slow, deliberate movements, meditation and breathing exercises. It involves posture, breathing techniques and mental focus. The gentle rhythmic movements of Qigong reduce stress, build stamina, increase vitality and enhance the immune system.

◆ Tai Chi

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

MIND/BODY

◆ Gentle Yoga

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

◆ Vinyasa Yoga

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

◆ Yogalates

This is a combination of both Yoga and Pilates movements. Exercises are performed both seated and standing. All levels welcome. Classes may work with light weights.

CARDIO

◆ Cardio Kickboxing

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

◆ Hi-Lo Cardio

An energizing workout that uses high and low impact movements. Participants can choose their own levels of intensity and impact.

◆ HIIT

A timed workout alternating cardio conditioning and strength training.

◆ Step

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

◆ Step & Sculpt

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



◆ Indoor Cycling

Coach By Color®

An intense cardio workout of simulated road bike riding to energizing music. Classes are **FREE** with membership, but you can reserve a seat in any of our classes with the below pricing. **Pricing based on 8-week session.**

OPTIONS	1x per week	2x per week	3x per week	4x per week	5x per week
Member	\$49	\$69	\$85	\$100	\$111
Community Member	\$104	\$117	\$135	\$152	\$178

◆ 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!

◆ 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.

Program participants 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**

◆ Strong by Zumba®

Achieve your fitness goals with our NEW Strong by Zumba® group exercise class. This class combines body weight, muscle conditioning, cardio, and plyometric training moves synced to music designed to match every move. Burn calories while toning arms, legs, abs, and glutes.

**Member: FREE
Program Member: \$104 per person 8-week session**



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DANCE

Dancing with the Y Stars

Learn the basics of cha-cha, hustle, rumba and tango. Please wear leather-soled shoes. A partner is not necessary to participate in this 4-week program. **Contact Valerie Krause for start dates. Class will be held Friday from 7:30pm – 9:00pm based on registration.**

Private Lessons available by appointment \$60.00 per hour.

Member: \$67 per person | \$100 per couple
Program Member: \$99 per person | \$130 per couple

Salsa On2

Salsa On2 is a popular New York City style dance that originated in Cuba. It involves basic steps, partner work, dance styling and more. As the class progresses, participants will work on creative turn patterns, leading and following, and the roles for men and women. **Contact Valerie Krause for start dates at 718-227-3200 or vkrause@ymcany.org.**

Sunday 7:30pm – 8:30pm Studio

Member: \$40 | per 4-week session
Program Member: \$60 | per 4-week session

Private Dance Lessons

Private Dance Lessons with Instructor, Eva Paradise by appointment only. **Please contact Valerie Krause at 718-227-3200 or vkrause@ymcany.org.**

Member: \$60 | per hour
Program Member: \$80 | per hour
NEW! Package of 5 for \$275.00

Adult Basketball League

New League – New teams welcome! Contact Valerie Krause for additional information and fees at 718-227-3200, or vkrause@ymcany.org.

Wednesday 7:00pm – 11:00pm

ADULT SPORTS

Adult Pickleball

Practice your new favorite sport! Spend an extra hour each week developing your Pickleball skills and fine-tuning your game.

Member: **FREE**

Program Member: Flat rate of \$150 per 8-week session
Times are subject to change due to court availability. All levels will have equal play time and the court is divided by levels.

Sunday	5:30pm – 9:30pm	Gym
Monday	12:30am–3:30pm	Gym
Tuesday	11:30am–3:30pm	Gym
Wednesday	11:30am–3:30pm	Gym
Thursday	11:30am–3:30pm	Gym
Thursday evening	6:30pm–8:30pm	Gym
Friday	11:30am–3:30pm	Gym

ADULT MARTIAL ARTS

Tae Kwon Do (Ages 16 to Adult)

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking and blocking as applied to the art of self-defense. This traditional training style teaches self-defense, physical fitness, reduces stress and helps participants gain increased confidence, mental focus and heightened self-awareness.

Tuesday OR
Thursday 8:30pm – 9:30pm Teen Center

Member: \$75-1X a week per 8-week session
\$115-2X a week per 8-week session
Program Member: \$120-1X a week per 8-week session
\$185-2X a week per 8-week session



ADULT SPECIALTY PROGRAM



First Aid & CPR/AED

Calling all Parents! American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Matthew Greenfield at 718-227-3200 ext. 1320, or mgreenfield@ymcanyc.org to learn more.

ADULT RECREATION

◆ Table Tennis

Come join the fun and learn to play an exciting Olympic sport! Table tennis is a wonderful sport for all ages and it improves reflexes and hand-eye coordination while raising self-esteem and self-confidence in a friendly environment. Space is limited to a maximum of four participants.

Daily Teen Fitness Center **FREE**

◆ Lunch-A-Month Club

Join your Y friends for a 2-hour lunch at a local restaurant. It's a different restaurant each month. Please contact Valerie Krause for more details.

WELLNESS PROGRAMS

Nutrition Counseling Special

The nutrition intro pack includes two one-hour counseling sessions. One purchase only. First-time clients only.

Member: \$65 Program Member: \$80



21-Day Food Revolution

Take the journey to feeling better and having more energy with the 21-Day Food Revolution. The program will focus on strengthening your plant-based eating habits. The more you incorporate plant-based eating into your life, the more you will experience its benefits, including weight-loss, clear skin, a sharper mind and healthy digestion. Form a new eating habit that will transform the way you eat and live. **Contact Theresa Solimeo for start dates at 718-227-3200 or tsolimeo@ymcanyc.org.**

**Member: \$40 per 4-week session
Program Member: \$65 per 4-week session**

NUTRITION



One-to-One Nutritional Counseling Packages

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 you increase your energy, lower your blood pressure and cholesterol and help with weight management and weight loss to ensure that you meet your individual health and wellness goals.

5 Sessions for \$275

CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages [6 months to 5 years] can play in a fun, safe environment under the supervision of responsible YMCA staff members while you work out or take a class.

**Monday-Thursday and 8:00am – 1:00pm
5:00pm – 9:00pm**

**Friday 8:00am – 1:00pm
Saturday 8:30am – 1:00pm
Sunday 8:45am – 1:00pm**

Holiday Schedule Hours:
Child Watch is open from 8:00am-12:00pm.

NEW ♦ New Member Orientation

New to the Y? We offer a **FREE** fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Orientations are scheduled by visiting the Fitness Center. Please stop by to make an appointment.

NEW ♦ YMCA Weight Loss Program

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 Theresa Solimeo at tsolimeo@ymcanyc.org to sign up today!**

PERSONAL TRAINING



Personal Training Special

The personal training intro-pack includes two one-hour sessions. One purchase only. First-time clients only.

Member: \$65
Program Member: \$80

Express Training

Each personal training session is 30 minutes.
Cost is \$35.00 per session.

Sign up for a package of 9 sessions and get one bonus nutritional consultation:

Member: \$280 Program Member: \$320
One purchase only. First-time clients only. Members Only.

Looking for a new challenge or need some additional motivation? A 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.

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

All personal training sessions are one (1) hour in length. Small Group Training Sessions are available upon request. **For more information, contact Lorraine Nygard at Inygard@ymcanyc.org.**

NEW Tag Team Training

Join with a partner and share a one hour Personal Training session with a certified personal trainer. You will get 30 minutes instructed cardio, plus 30 minutes guided weight training that will not only increase your resting metabolic rate, but will leave you with a feeling of time well spent.

7 sessions for \$299.00. Contact Lorraine Nygard at Inygard@ymcanyc.org.

TRX Training

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. For days and times, **contact Lorraine Nygard at Inygard@ymcanyc.org.**

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NEW! Civil Service Training

Are you preparing for a career with the NYPD or FDNY? Our Personal Trainers can get you ready for the vigors of the academy. Special packages are available upon request. **Contact Lorraine Nygard at Inyard@ymcanyc.org.**

Package Options	# of Sessions
1 Month Package (Valid 31 days from initial start date)	\$280 for 8 Sessions
2 Month Package (Valid 65 days from initial start date)	\$500 for 16 Sessions
3 Month Package (Valid 100 days from initial start date)	\$1005 for 32 Sessions

NEW! Sport-Specific Training

Looking to decrease run time? Looking to increase agility? Our nationally certified trainers can help you improve your workout on the track or field. **Contact Lorraine Nygard at Inyard@ymcanyc.org.**

Package Options	# of Sessions
1 Month Package (Valid 31 days from initial start date)	\$280 for 8 Sessions
2 Month Package (Valid 65 days from initial start date)	\$500 for 16 Sessions
3 Month Package (Valid 100 days from initial start date)	\$1005 for 32 Sessions

Small Group Teen Training

Calling all Teens! Have you been thinking about trying personal training, but don't want to do it alone? Now is your chance to redefine yourself with a friend during one of our NEW Small Group Teen Training sessions. Workouts will be circuit style, incorporating weights, cardio, agility, and more to get you in the best shape you've ever been in! Spots are limited to 6 people and are given on a first come, first serve basis. Minimum 3 participants to run the class and maximum 6. No refunds or credits issued for this specific program.

Thursdays 4:00pm-5:00pm

For more information, contact Lorraine Nygard at Inyard@ymcanyc.org.

# of Sessions	
8-week	1
Member	\$60
Community	\$80





Mobility at its Core

Are you 65+ and trying to improve your overall health and fitness? Our Personal Trainers will motivate you to become the best version of yourself with our NEW Mobility Adult Personal Training package! Workouts can be tailored to each individual's needs to ensure the best possible results.

3 Personal Training sessions for \$90.00.
Contact Lorraine Nygard at Inygard@ymcanyc.org.



Fit Survivor Personal Training Program

Calling all survivors! Take the next step toward achieving your health goals with our NEW Fit Survivor Personal Training program. Participants who have completed the Y LIVESTRONG program will work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance.

3 Personal Training sessions for \$90.00. Contact Lorraine Nygard at Inygard@ymcanyc.org.

Personal Training Policies

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

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SWIM

YMCA Swim Lessons

Swim Basics

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 24)

Swim Strokes

Builds strokes technique and endurance, to foster swimming as part of a healthy lifestyle. (See Swim section p. 24)

Pathways

Students who have achieved Stage 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports, and Games. This continues to build swimming as a lifelong skill and part of a healthy Lifestyle. (See Swim section p. 24)

◆ Water Fitness Classes

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 30)



First Aid & CPR/AED

American Safety & Health Institute (ASHI) certification is available at the South Shore YMCA. (See Swim section p. 31)

HAVE SWIM QUESTIONS?

Contact Interim Aquatics Director Matthew Greenfield at 718-227-3200 ext. 1320, or mgreenfield@ymcanyc.org.
 See page 24 for swim class descriptions.

KIDS & FAMILY

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

AGES 0-4

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FAMILY

◆ Family Night

Our **FREE** Family Nights are a special time for families to create memories that last a lifetime. Enjoy our theme nights that include sports, games, crafts, and more. Children must be accompanied by an adult during all Family Night activities including swimming. Registration opens the first of every month at the Member Service Desk.

Spooktacular:
October 25 7:00 p.m.-9:00 p.m.

Around the World:
November 22 7:00 p.m. -9:00 p.m.

Breakfast with Santa:
December 15 11:30 a.m.-1:30 p.m.

Member: **FREE** with Family Membership
Program Member: \$30 per family of four,
or \$8 per person

For more information, contact Heather Lananna at 718-227-3200 or hlananna@ymcanyc.org.

PARENT & CHILD

Let's Get Ready (Ages 18 – 30 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.

Tuesday AND/OR
Thursday 10:45am – 12:00pm Room 8

Member: \$120 – 1X a week per 8-week session
 \$165 – 2X a week per 8-week session
Program Member: \$182 – 1X a week per 8-week session
 \$230 – 2X a week per 8-week session

For more information, contact Bonnie Schiuma at 718-227-3200 or bschiuma@ymcanyc.org.

Registration required for the classes listed below.

◆ **Y Musical Jamboree (Ages 1 – 5 years)**

Our Y Musical Jamboree play and music class is designed for your child to build creativity, confidence and lifelong friendships. This program is specifically designed to help young children learn and develop as they play. Our Musical Jamboree also will help parents learn how to encourage their child’s development while enjoying the simple pleasure of playing together.

Saturday 9:00am – 9:45am Room 4

**Member: FREE with family membership
Program Member: \$103 per 8-week session**

◆ **Born to Move (Ages 1 – 5 years)**

Toddlers with parent/caregiver will have fun while introducing little ones to popular nursery rhymes through songs, stories and theme-related activities.

Sunday 10:00am – 10:45am Room 4

**Member: FREE with family membership
Program Member: \$103 per 8-week session**

◆ **Mother Goose Rhyme Time (Ages 1.5 – 3 years)**

Toddlers with parent/caregiver will have fun while introducing little ones to popular nursery rhymes through songs, stories and theme-related activities.

Saturday 10:00am – 10:45am Room 4

**Member: FREE with family membership
Program Member: \$103 per 8-week session**

◆ **Giggle & Groove (Ages 2 – 4 years)**

Toddlers - and their caregivers - will shake, rattle and roll to the beat of music in this fun class!

Tuesday 10:00am – 10:45am Stage Room

**Member: FREE with family membership
Program Member: \$103 per 8-week session**

◆ **Building Buddies (Ages 2 – 4 years)**

Come build soaring towers using blocks. All mini-architects welcome!

Thursday 10:00am – 10:45am Stage Room

**Member: FREE with family membership
Program Member: \$103 per 8-week session**

CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages [6 months to 5 years] can play in a fun, safe environment under the supervision of responsible YMCA staff members while you work out or take a class.

**Monday-Thursday and 8:00am – 1:00pm
5:00pm – 9:00pm**

**Friday 8:00am – 1:00pm
Saturday 8:30am – 1:00pm
Sunday 8:45am – 1:00pm**

**Holiday Schedule Hours:
Child Watch is open from 8:00am-12:00pm.**



Zumbini (Ages 0 – 5 years)

This fun program combines music, dance and educational tools that will keep your kids grooving. Children will love this can’t stop, won’t stop bonding, learning and fun experience!

Sunday 11:00am – 11:45am Room 4

Or

Monday 10:00am – 10:45am Stage Room

**Member: \$110 per 8-week session
Program Member: \$220 per 8-week session**

For more information contact Tylar Simon at 718-227-3200, or tsimon@ymcanyc.org.



Pediatric and Adult First Aid & CPR/AED

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA.

Contact Matthew Greenfield at 718-227-3200 ext. 1320, or mgreenfield@ymcanyc.org to learn more.



PRESCHOOL

Now We Are Ready (Ages 2 – 3 years)

This class is designed to encourage your child's curiosity, develop intellectual, emotional and social skills. The goal is to develop and ease first time separation.

Monday, Wednesday AND/OR

Friday 11:00am-12:15pm Room 8

Member: \$120- 1X a week per 8-week session
\$165- 2X a week per 8-week session
\$205- 3X a week per 8-week session
Program Member: \$182- 1X a week per 8-week session
\$230- 2X a week per 8-week session
\$304- 3X a week per 8-week session

Art & Play (Ages 2 – 3 years)

Children will have independent playtime, art activities and fun with friends. This class is designed to enhance and explore your child's curiosity, as well as develop intellectual, emotional and social skills. The goal of this class is to develop independence and ease first time separation.

Tuesday AND/OR

Thursday 9:00am-10:30am Room 8

Member: \$135- 1X a week per 8-week session
\$205- 2X a week per 8-week session
Program Member: \$203- 1X a week per 8-week session
\$246- 2X a week per 8-week session

Preschool Prep (Ages 2 – 3 years)

Preschool Prep gives us the opportunity to set the stage for a child's success in school and in life. Preschool Prep is a content-rich program that supports active learning and promotes children's progress in developmental areas. Preschool Prep believes that children learn best when they are actively involved in learning projects.

2X a week

Tuesday & Thursday 12:45pm – 2:45pm Room 8

Member: \$237 per 8-week session
Program Member: \$287 per 8-week session

Playgroup (Ages 2.5 – 3.5 years)

An independent program in a classroom setting which will facilitate language development and social skills through play. This class includes self-expression through art, structured group activities, games, circle time and snack time. The objective of Playgroup is for us to help your child learn the skills to succeed in a school environment.

Monday, Wednesday AND/OR

Friday 12:45pm-2:30pm Room 8

Member: \$143- 1X a week per 8-week session
\$187- 2X a week per 8-week session
\$247- 3X a week per 8-week session
Program Member: \$208- 1X a week per 8-week session
\$259- 2X a week per 8-week session
\$318- 3X a week per 8-week session

My Little Academy (Age 3 years)

For children who have achieved independence in our socialization program, we offer this creative curriculum. This class will build upon the social skills for children with an academic component. Children need not be potty-trained to be in this program. This class will have enriched activities with hands-on learning.

3X a week Monday, Wednesday & Friday

9:00am-10:45am Room 8

Member: \$247 per 8-week session
Program Member: \$318 per 8-week session

For more information, contact Bonnie Schiuma at 718-227-3200 or bschiuma@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. 28)

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. 28)

YOUTH

Youth sports. Art programs. The Y's fun and stimulating programs help kids build a healthy mind, body, and spirit. Contact Tylar Simon at tsimon@ymcanyc.org for more information.

AGES 5-12

REMINDER:
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Parents are invited to observe their child's first and last class of each session! Please join them as they explore and learn. During all other classes, we ask that you please wait outside until the class is over. We appreciate the cooperation.

ARTS

◆ Mommy and Me Fun Time (Ages 1 – 5)

Open your child's world with creativity! Interacting with other children and expressing their own identity. Moms will have a blast and feel so very proud of how quickly their children adapt to a new and amazing environment.

Wednesday 10:00am-10:45am Stage Room

Member: **FREE** with family membership
Program Member: \$103 per 8-week session

Young Chefs School-age children (Ages 6 – 12)

Explore the kitchen! Learn to make healthy treats in an exciting way. All supplies included.

Thursday 5:00pm- 6:00pm Room 4

Member: \$73 per 8-week session
Program Member: \$146 per 8-week session

Passport to Art School-age children (Ages 5 – 12)

What you'll learn in this kid's craft class: This creative class combines art with geography and imagination and is one of our most popular classes. Each student receives a passport and we travel throughout the world filling the pages with illustrations from our trips.

Friday 5:00pm – 6:00pm Stage Room

Member: \$86 per 8-week session
Program Member: \$172 per 8-week session

Let's Go Paint School-age children (Ages 6 – 12)

Introducing a fun and artistic class where parents and kids can have fun together. Budding artists will develop their individual artistic expressions through a variety of media including clay, collage, watercolors, pastels and more. No prior experience is necessary.

Wednesday 5:15pm- 6:00pm Room 4

Member: \$86 per 8-week session
Program Member: \$172 per 8-week session

◆ **Jewelry Making**
School-age children (Ages 6 – 11)

Kids will enjoy making necklaces, bracelets and more in this class. New activities each week and all supplies are included.

Tuesday 4:30pm – 5:15pm Stage Room

Member: FREE with family membership
Program Member: \$86 per 8-week session



Stitch in Time
School-age children (Ages 7 – 14)

In this new class, children will foster their creativity while learning how to crochet their own masterpieces. Surprise crafts will be added throughout the session.

Tuesday 5:15pm – 6:00pm Stage Room

Member: \$53 per 8-week session
Program Member: \$106 per 8-week session

Sing It
School-age children (Ages 6 – 12)

Voice study is the secret to success for many contemporary vocal artists. This class is an introductory course designed to teach you how to make your voice sound more powerful, how to use vocal technique to expand your range and expression, and how to become more confident in vocal performances. This course is a fantastic starting point for anyone wanting to make the most of their voice.

Wednesday 5:15pm – 6:00pm Stage Room

Member: \$71 per 8-week session
Program Member: \$142 per 8-week session

Private Guitar Lessons
School-age children (Ages 5 – 14)

Students will demonstrate mastery of musical skills and concepts at levels of increasing difficulty. Students will participate in all aspects of music production and demonstrate appropriate use of related materials, methods, and technologies. **Participants must have their own guitar.**

Contact Tylar Simon at 718-227-3200, or tsimon@ymcany.org to schedule class times.

Member: \$123
Program Member: \$246

SCIENCE

Mad Scientist
School-age children (Ages 6 – 12)

This class bring hands-on fun and wonder of all things science.

Monday 4:00pm – 4:45pm Stage Room

Member: FREE with family membership
Program Member: \$86 per 8-week session

◆ **Y-Botics**
School-age children (Ages 6 – 12)

Our instructors will have your kids putting together all types of cool and educational robotics projects. Robotics is a great way to introduce kids at a very young age to the concept of STEM. Your kids will be learning all about engineering and technology in the best environment possible, in a setting that feels like play.

Monday 5:00pm – 6:00pm Stage Room

Member: FREE with family membership
Program Member: \$86 per 8-week session

DANCE

Led by our dance specialists, the YMCA offers fun-filled dance classes in a variety of styles. Appropriate dance attire must be worn with ballet slippers. Tap shoes are not needed.

Tiny Toes (Ages 3 – 5)

Children will learn the fundamentals of ballet and tap.

Saturday 1:30pm – 2:15pm Studio
OR Sunday 1:15pm – 2:00pm Studio
OR Monday 3:30pm – 4:15pm Studio

Member: \$71 per 8-week session
Program Member: \$142 per 8-week session

Ballet/Tap/Hip Hop
School-age children (Ages 6 – 12)

Children will continue with what they learned in Tiny Toes and add hip hop to the routine.

Saturday 2:15pm-3:15pm Studio
OR Sunday 2:00pm-3:00pm Studio
OR Monday 4:15pm – 5:15pm Studio

Member: \$86 per 8-week session
Program Member: \$172 per 8-week session

Dance Recital

Join us for our Dance Recital at the end of every 8-week session. Students who sign up for the program will be eligible to participate. Proper dance attire for class includes a leotard, tights and ballet slippers. See you at the show!

YOUTH
(ages 5-12)

FITNESS

◆ Kids Yoga Fit School-age children (Ages 6 – 12)

A playful, creative and functional movement class which combines mind and body work. We use mindful movements, games, share circles, breath work and visualization to move energy through the body as we calm the mind. Kids Yoga Fit allows all children to participate at their own level.

Tuesday OR Wednesday 5:00pm-5:45pm Teen Center

Member: **FREE** with family membership
Program Member: \$103 per 8-week session



◆ CATCH for Grades 1-5



CATCH is a physical activity and nutrition education program designed for school-aged children (grades 1-5) in an after-school, recreational setting. Contact Tylar Simon at 718-227-3200 or tsimon@ymcanyc.org.

Wednesday (Grades 1-5) 4:00pm – 5:00pm Studio

Member: **FREE** with family membership
Program Member: \$86 per 8-week session

For more information on Youth Sports contact Tylar Simon at tsimon@ymcanyc.org. Program fees are non-refundable and class make-ups are only available if the YMCA cancels.

GYMNASTICS

The YMCA is the place for your child to develop gymnastics skills while building character and learning teamwork.

Tumbling Tots (Ages 3 – 5)

This class is designed to introduce children to basic tumbling, rolling and jumping movements.

Friday 3:30pm-4:15pm Gymnasium -Side A

Member: \$105 per 8-week session
Program Member: \$210 per 8-week session



◆ Tumbling Stars School-age children (Ages 6 – 10)

This class is designed to introduce children to intermediate tumbling, rolling and jumping movements.

Friday 4:15pm-5:00pm Gymnasium -Side A

Member: \$105 per 8-week session
Program Member: \$210 per 8-week session

◆ Upper Cutters School-age children (Ages 7 – 14)

This class will teach a variety of bag work, shadow boxing, and footwork. Students will also go through a variety of core cardio and strength exercises. Each class will be designed to teach professional boxing and self-defense skills.

Sunday 12:15pm – 1:15pm Teen Center

Member: \$73 per 8-week session
Program Member: \$ 146 per 8-week session

◆ Ninja Warrior School-age children (Ages 6 – 12)

Want your kids moving? In this class they will learn mobility and gain endurance and strength.

Thursday 3:30pm – 4:30pm Gymnasium Side B

Member: \$61 per 8-week session
Program Member: \$123 per 8-week session

◆ Kids Zumba® School-age children (Ages 7 – 12)

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

Tuesday OR 5:45pm-6:30pm Teen Center
Saturday 10:45am-11:15am Teen Fitness Center

Member: **FREE** with family membership
Program Member: \$103 per 8-week session

◆ Kidzercise School-age children (Ages 5 – 12)

This fun fitness class will change the way your child thinks about exercise.

Tuesday 3:30pm – 4:15pm Gymnasium Side B

Member: \$61 per 8-week session
Program Member: \$123 per 8-week session

MARTIAL ARTS

The YMCA's Martial Arts program combines fitness, self-defense, sport, meditation, discipline, character development and self-confidence. Join us for these progressive programs, make new friends and have fun! Tae Kwon Do participants are required to wear a uniform during class.

Tae Kwon Do School-age children (Ages 4 – 14)

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking and blocking as applied to the art of self-defense. This traditional training style teaches self-defense, physical fitness, reduces stress, and helps participants gain increased confidence, mental focus, and heightened self-awareness.

LEVEL	DAY	TIME
Pre-K	Sunday	12:15pm-1:15pm
Ages 5-7	Tuesday	4:00pm-5:00pm
	Friday	4:00pm-5:00pm
	Saturday	10:00am-11:00am
Ages 7-14	Tuesday	5:00pm-6:00pm
	Friday	5:00pm-6:00pm
	Saturday	11:00am-1:00pm
Tournament Training Advanced	Saturday	1:00pm-2:15pm
	Saturday	2:15pm-4:15pm

(Black and Brown belts)

Member:	\$98 – 1X a week per 8-week session
	\$144 – 2X a week per 8-week session
	\$162 – 3X a week per 8-week session
Program Member:	\$196 – 1X a week per 8-week session
	\$288 – 2X a week per 8-week session
	\$324 – 3X a week per 8-week session

*Please note: Saturday 2-hour classes pay 2X a week price.

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

SPORTS



Junior Golf School-age children (Ages 6 – 12)

This class is designed to introduce children to the fundamentals of golf and includes swing, proper grip, body alignment, and correct posture.

Friday 4:30pm-5:30pm Gymnasium -Side B

Member: \$86 per 8-week session
Program Member: \$172 per 8-week session

YOUTH LEAGUES

◆ FLAG FOOTBALL School-age children (Ages 4 – 12)

Learn the basics of throwing, catching, punting and kicking. Work into positions and game set-up. No equipment necessary.

◆ Beginner Flag Football (Ages 4 – 7)

Tuesday 5:00pm-6:00pm Gymnasium

Member: **FREE** with family membership
Program Member: \$92 per 8-week session

◆ Semi-Pro Flag Football (Ages 8 – 12)

Tuesday 6:00pm-7:00pm Gymnasium

Member: **FREE** with family membership
Program Member: \$92 per 8-week session



YOUTH
(ages 5-12)

TABLE TENNIS Ping-Pong Clinic (Ages 6 – 12)

Table tennis, or ping-pong is an easy to play, fun, low impact sport that has multiple benefits for its participants. Table tennis improves hand-eye coordination and aids in the strengthening of bones and muscle development. The repetitive and multidirectional movements promote your child's agility and flexibility.

Ages 6-8 Thursday 3:30pm-4:30pm Teen Fitness Center
Ages 9-12 Thursday 4:30pm-5:30pm Teen Fitness Center

Member: FREE with family membership
Program Member: \$86 per 8-week session

◆ TRACK New York Road Runners Mighty Milers School-age children (Ages 5 – 12)

A marathon program where children run or walk regularly and learn how to integrate healthy habits into their lifestyle. Mighty Milers gives kids the opportunity and encouragement to get moving, release energy, improve fitness and health, and strive for individual goals through an incentive program. Children receive rewards for reaching mileage milestones. Program runs from October through June.

Ages 5-8 Monday 6:00pm – 7:00pm
Ages 9-12 Monday 7:00pm – 8:00pm

Member: FREE with family membership
Program Member: \$95 per 8-week session

Sports Sampler School-age children (Ages 4 – 6)

The South Shore YMCA is proud to offer the Sports Sampler Program, in which children will experience different sports such as flag football, baseball, basketball, soccer, volleyball and more!

Friday 3:30pm-4:30pm **Gymnasium-Side B**

Member: \$53 per 8-week session
Program Member: \$107 per 8-week session

Junior Pickleball Clinic (Ages 6 – 12)

Pickleball is a fun sport that combines the elements of tennis, badminton and ping-pong. Children will learn everything they need to know about the fastest growing sport in America!

Tuesday 3:30pm-4:30pm **Gymnasium**

Member: \$86 per 8-week session
Program Member: \$172 per 8-week session

T-Ball Clinic School-age children (Ages 4 – 6)

Children will have fun while learning basic baseball skills and rules of the game in this new Tee Ball Clinic. Offered in the Fall I session only.

Tuesday 3:30pm-4:15pm **Field**

Member: \$97 per 8-week session
Program Member: \$194 per 8-week session

Baseball Clinic School-age children (Ages 7– 10)

Let's play ball! This clinic is designed to teach the basics of fielding, throwing, hitting and teamwork in a fun and instructional class setting. Offered in the Fall I session only.

Tuesday 4:15pm-5:00pm **Field**

Member: \$97 per 8-week session
Program Member: \$194 per 8-week session

BASKETBALL

Youth Basketball is designed to holistically develop your child's performance and character on and off the court. More importantly, the Y helps players learn values and build self-confidence. Using the Junior NBA curriculum, classes are tailored for both boys and girls to learn the fundamentals of basketball in both league and clinic play, sharpen skills, make new friends and have some fun!

SSY Ballers League School-age children (Ages 5 – 18)

Shoot hoops and make friends by becoming a part of our NEW South Shore Y Ballers League for boys and girls ages 5-18. Starting in 2020!

Rookie Basketball School-age children (Ages 4 – 6)

Introduce your child to the game of basketball. Smaller basketballs and lower baskets are used to build confidence and proper skills, but most importantly to have fun!

Monday OR 3:30pm-4:00pm **Gymnasium**
Wednesday

Member: \$61 1X a week per 8-week session
\$84 2X a week per 8-week session

Program Member: \$123 1X a week per 8-week session
\$168 2X a week per 8-week session



MVP Basketball Clinic School-age children (Ages 13 – 15)

Monday OR 6:00pm-7:00pm Gymnasium
Wednesday 6:00pm – 7:00pm

Member: \$99 – 1X a week per 8-week session
\$123 – 2X a week per 8-week session

Program Member: \$198 – 1X a week per 8-week session
\$246 – 2X a week per 8-week session

SOCCER

From indoor clinics to skills camps, our soccer programs offer something for everyone. Come learn new skills and meet other players just like you!

Lil' Kicks Soccer School-age children (Ages 4 – 6)

Our Lil' Kicks program will introduce your youngster to the sport of soccer with this instructional, beginner level class!

Thursday 4:00pm – 4:30pm Gymnasium

Member: \$61 per 8-week session
Program Member: \$123 per 8-week session

Instructional Soccer Ages School-age children (Ages 7 – 9)

Thursday 4:30pm – 5:30pm Gymnasium

Member: \$99 per 8-week session
Program Member: \$198 per 8-week session

Intermediate/Advanced Level Soccer School-age children (Ages 10 – 12)

This class will allow the intermediate to advanced players to hone their dribbling, passing, shooting and juggling skills.

Thursday 5:30pm – 6:30pm Gymnasium

Member: \$99 per 8-week session
Program Member: \$198 per 8-week session



Starter Basketball Clinic School-age children (Ages 7 – 9)

Monday OR 4:00pm-5:00pm Gymnasium
Wednesday OR 4:00pm-5:00pm
Saturday 9:30am-10:30am

Member: \$99 – 1X a week per 8-week session
\$123 – 2X a week per 8-week session
\$162 – 3X a week per 8-week session

Program Member: \$198 – 1X a week per 8-week session
\$246 – 2X a week per 8-week session
\$324 – 3X a week per 8-week session

All Star Basketball Clinic School-age children (Ages 9 – 12)

Monday OR 5:00pm-6:00pm Gymnasium
Wednesday OR 5:00pm-6:00pm
Saturday 10:30am-11:30am

Member: \$99 – 1X a week per 8-week session
\$123 – 2X a week per 8-week session
\$162 – 3X a week per 8-week session

Program Member: \$198 – 1X a week per 8-week session
\$246 – 2X a week per 8-week session
\$324 – 3X a week per 8-week session



YOUTH TENNIS

School-age children (Ages 6 – 12)

Make a racquet with our certified tennis instructor, Dymtro Marchenko! The program brings children into the game of tennis by utilizing special equipment such as shorter courts and racquets. Tennis builds endurance and hand-eye coordination and will leave kids feeling challenged and invigorated. Through programs like youth tennis, we nurture kids' sense of self-confidence and introduce them to the concept of teamwork in a supportive, non-competitive environment.

Ages 6-8 Friday 5:00pm – 6:00pm Gymnasium
 Ages 9-12 Friday 6:00pm – 7:00pm

Member: \$99 per 8-week session
 Program Member: \$198 per 8-week session

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.

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

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. 29)

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. 29)

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. 29)



JUST BRING YOUR FRIENDS AND LEAVE THE PARTY TO US

Make your next party a **BIG SPLASH** at the YMCA with a **POOL PARTY!**

Themes: Pool Party • Ooey Goey • Karate • Sports • Party • Canvas Art • Dance

All Y parties include one hour of activities and one hour of party time for food and drinks in the party room. Our "no mess, no stress" approach to parties allows you to choose from three different packages. Parties can be booked for Saturdays or Sundays. We offer reasonable prices and a variety of rooms, equipment and themes to choose from.

Basic Party Package: Member, \$283 / Program, \$334

- Private party room • Birthday child is **FREE!** • up to 20 guests • Set-up upon arrival and clean-up
- Activities run by enthusiastic staff (pool parties are recreational swim)

Deluxe Package: Member, \$360/ Program Member, \$437. Upgrade to include: invitations, paper products, birthday candles, juice boxes and a personalized birthday cake for up to 20 guests.

Ultimate Package: Member, \$437/Program Member, \$515. Leave everything to us! All the above plus pizza for 20 guests and party favors. The Ultimate package must be booked two weeks in advance.

There is an additional \$5 fee per person over the amount of 20.

For more information, contact Heather Lananna at 718-227-3200 or hlananna@ymcany.org.

YOUTH
(ages 5-12)



WHEN SCHOOL'S OUT, THE Y IS IN WITH SCHOOL'S OUT ACTIVITIES CAMP

d a t e s

Sept 30th | Oct 1st | Oct 9th | Oct 14th

Nov 11th | Nov 29th

Dec 26th, Dec 27th & Dec 30th

Where there's a Y, there's a place where your child can make the most out of their school holidays with School's Out Activities! Our fun and engaging activities for ages 4-12 include swimming, games, and more to help them grow stronger in spirit, mind, and body. Please pack lunch, a swimsuit, and sneakers. An afternoon snack is provided.

- **AGES: 4-12**
- **HOURS: 8AM-5PM**
- **MEMBERS: \$40 PER DAY**
- **COMMUNITY MEMBERS: \$50 PER DAY**

Contact: Arielle Fiorica
afiorica@ymcany.org
718-227-3200

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. Civic Teen Programs run September - June.



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

LEADERSHIP & CIVIC ENGAGEMENT

Leaders Club Teens (Ages 11-16)

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. **This program meets Friday evenings from 6:00pm-7:00pm.**

◆ Teens Take the City Teens (Ages 14-17)

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. **This program meets Fridays from 7:00pm-8:00pm.**

◆ Youth & Government Teens (Ages 13-16)

Youth & Government teaches teens about government at the state level. Teens identify issues that affect New York State residents and learn how proposals become bills and laws. Teens present bills in Albany during the program session. **This program meets Sundays from 1:00pm-2:30pm.**

◆ **Friday Night Teen Center**
Teens Ages (11-15)

The South Shore Y is proud to offer Teen Center, Friday nights dedicated to youth ages 11-15 years old. Teen Center offers kids the opportunity to play basketball, football, table tennis and Wii Fit, swim and learn about STEM, as well as utilize our track and Teen Fitness Center upon receiving a certificate. The best part: It's **FREE**. Parents, all you have to do is visit the Member Service Desk and fill out a form. Sign up today! **Friday Night Teen Center is held the first three Fridays of September through June from 7:30pm-9:45pm.**

To learn more about the YMCA's Civic Teen Programs, please contact Tylar Simon at 718-227-3200 or tsimon@ymcanyc.org.



FITNESS & SPORTS



Small Group Teen Training

Calling all Teens! Have you been thinking about trying personal training, but don't want to do it alone? Now is your chance to redefine yourself with a friend during one of our NEW Small Group Teen Training sessions. Workouts will be circuit style, incorporating weights, cardio, agility, and more to get you in the best shape you've ever been in! Spots are limited to 6 people and are given on a first come, first serve basis. Minimum 3 participants to run the class and maximum 6. No refunds or credits issued for this specific program.

Thursdays 4:00pm-5:00pm

For more information, contact Lorraine Nygard at Inyard@ymcanyc.org.

# of Sessions	1
8-week	
Member	\$60
Community	\$80

SWIM

TEEN
(ages 12-17)

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. 29)

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. 29)

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. 29)

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

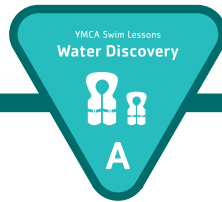


SWIM STAGE DESCRIPTIONS



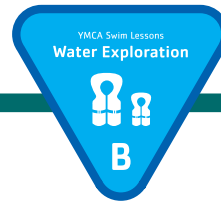
SWIM STARTERS

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.



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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



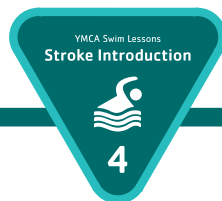
3 / WATER STAMINA

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

SWIM BASICS

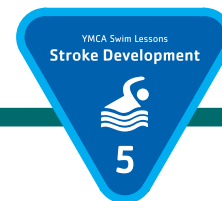
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

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



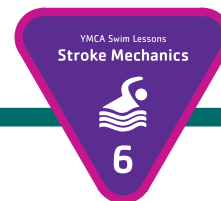
4 / STROKE INTRODUCTION

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



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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

SWIM STROKES

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

SWIM

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

SWIM STARTERS PARENT/CHILD

Swim Starters Lesson Fees

Member	\$123 1X a week	\$180 2X a week
Community	\$233 1X a week	\$312 2X a week

Stage A: Water Discovery Parent/Child 6 – 19 months

Children should be able to hold their head up and sit with support. *Children must wear a swim diaper.

Saturday 9:30am–10:00am
OR Sunday 10:15am–10:45am

Stage B: Water Exploration Parent/Child 6 – 19 months

Children participating in the class should be able to hold their head up and sit with support. *Children must wear a swim diaper.

Saturday 10:05am – 10:35am
OR Sunday 10:50am – 11:20am

Stage A: Water Discovery Parent/Child 19 – 36 months

*Children must wear a swim diaper.

Saturday 10:40am – 11:10am
OR Sunday 11:25am – 11:55am

Stage B: Water Exploration Parent/Child 19 – 36 months

*Children must wear a swim diaper.

Saturday 11:15am – 11:45am
OR Sunday 12:00pm – 12:30pm

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.

SWIM BASICS PRESCHOOL

Swim Basics Preschool Lesson Fees

Member	\$123 1X a week	\$180 2X a week
Community	\$233 1X a week	\$312 2X a week

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

Stage 1: Water Acclimation, with Parent Parent/Preschool child (Ages 3 – 5)

Saturday 11:50am – 12:20pm
OR Sunday 12:35pm – 1:05pm

Stage 1: Water Acclimation Preschool child (Ages 3 – 5)

Monday 3:30pm–4:00pm OR 4:40pm–5:10pm
Tuesday 4:05pm–4:35pm OR 5:15pm–5:45pm
Wednesday 3:30pm–4:00pm OR 4:40pm–5:10pm
Thursday 4:05pm–4:35pm OR 5:15pm–5:45pm
Friday 3:30pm–4:00pm OR 4:40pm–5:10pm
Saturday 8:55am–9:25 am OR 10:05am–10:35am OR 11:15am–11:45am
Sunday 10:10am–10:40am OR 11:20am–11:50am OR 12:30pm–1:00pm

Stage 2: Water Movement Preschool child (Ages 3 – 5)

Monday 5:15pm–5:45pm
Tuesday 4:40pm–5:10pm
Wednesday 5:15pm–5:45pm
Thursday 4:40pm–5:10pm
Friday 5:15pm–5:45pm
Saturday 9:30am–10:00am OR 10:40am–11:10am
Sunday 10:45am–11:15am OR 11:55am–12:25pm

Stage 3: Water Stamina Preschool child (Ages 3 – 5)

Monday 4:05pm–4:35pm
Tuesday 5:50pm–6:20pm
Wednesday 4:05pm–4:35pm
Thursday 5:50pm–6:20pm
Friday 4:05pm–4:35pm
Saturday 11:50am–12:20pm
Sunday 1:05pm–1:35pm

SWIM STROKES PRESCHOOL

Stage 4: Stroke Introduction Preschool child (Ages 3 – 5)

Monday 5:50pm–6:20pm
Tuesday 3:30pm–4:00pm
Wednesday 5:50pm–6:20pm
Thursday 3:30pm–4:00pm
Friday 5:50pm–6:20pm

SWIM BASICS SCHOOL AGE CHILD 5-12

Swim Basics School Age Child Lesson Fees

Member	\$129 1X a week	\$191 2X a week
Community	\$241 1X a week	\$321 2X a week

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

Stage 1: Water Acclimation School-age children (Ages 5 – 12)

Monday, Tuesday OR Friday 3:30pm – 4:15pm
 Wednesday 4:20pm – 5:05pm
 Thursday 5:10pm – 5:55pm
 Saturday 8:45am – 9:30am
 Sunday 10:05am – 10:50am

Stage 2: Water Movement School-age children (Ages 5 – 12)

Monday OR Friday 4:20pm – 5:05pm
 Tuesday 5:10pm – 5:55pm
 Wednesday OR Thursday 3:30pm – 4:15pm
 Saturday 9:35am – 10:20am
 Sunday 10:55am – 11:40am

Stage 3: Water Stamina School-age children (Ages 5 – 12)

Monday, Wednesday OR Friday 5:10pm – 5:55pm
 Tuesday OR Thursday 4:20pm – 5:05pm
 Saturday 10:25am – 11:10am
 Sunday 11:45am – 12:30pm

SWIM STROKES SCHOOL AGE CHILD 5-12

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

Stage 4: Stroke Introduction School-age children (Ages 5 – 12)

Monday, Wednesday
 OR Friday 6:00pm – 6:45pm
 Saturday 11:15am – 12:00pm
 Sunday 12:35pm – 1:20pm

Stage 5: Stroke Development School-age children (Ages 5 – 12)

Monday, Wednesday
 OR Friday 6:45pm – 7:30pm
 Saturday 12:05pm – 12:50pm
 Sunday 1:25pm – 2:10pm

Stage 6: Stroke Mechanics School-age children (Ages 5 – 12)

Monday, Wednesday
 OR Friday 6:25pm – 7:25pm
 Saturday 1:00pm – 2:00pm
 Sunday 2:15pm – 3:15pm

SWIM BASICS TEEN 12-17

Swim Basics Teen Lesson Fees

Member	\$127 1X a week
Community	\$251 1X a week

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

Stages 1: Water Acclimation Teens (Ages 12 – 17)

Friday 7:30pm – 8:30pm

Stages 2: Water Movement Teens (Ages 12 – 17)

Friday 7:30pm – 8:30pm

Stages 3: Water Stamina Teens (Ages 12 – 17)

Thursday 7:30pm-8:30pm

SWIM STROKES TEENS 12-17

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.

Stages 4: Stroke Introduction Teens (Ages 12 – 17)

Thursday 7:30pm-8:30pm

Stages 5: Stroke Development Teens (Ages 12 – 17)

Friday 8:30pm-9:30pm

Stages 6: Stroke Mechanics Teens (Ages 12 – 17)

Friday 8:30pm-9:30pm

PATHWAYS

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

Lifeguard Preparation Teens (Ages 12 – 17)

Interested in eventually becoming a lifeguard but not sure you're ready? 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 Matthew Greenfield, at 718-227-3200 ext. 1320, or mgreenfield@ymcanyc.org, for an appointment.

Friday 8:30pm-9:30pm

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

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- ▶ ONLINE REGISTRATION AVAILABLE

ADULT SWIM STARTERS

Swim Starters Lesson Fees

Member	\$149 1X a week	\$224 2X a week
Program Member	\$276 1X a week	\$382 2X a week

Stage 1: Water Acclimation Adult

Tuesday 8:30 pm – 9:30 pm
OR Sunday 6:30 pm – 7:30 pm

Stage 2: Water Movement Adult

Tuesday 8:30 pm – 9:30 pm
OR Sunday 6:30 pm – 7:30 pm

Stage 3: Water Stamina Adult

Tuesday 7:30 pm – 8:30 pm

Stage 4: Stroke Introduction Adult

Tuesday 7:30 pm – 8:30 pm

Stage 5: Stroke Development Adult

Sunday 5:30 pm – 6:30 pm

Stage 6: Stroke Mechanics Adult

Sunday 5:30 pm – 6:30 pm

WATER FITNESS

Water Fitness classes are scheduled throughout the day. Please see our pool schedules online.

◆ Aqua Exercise ages 18+

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

Monday
OR Wednesday 11:00am – 12:00pm OR
7:30pm – 8:30pm

Tuesday
OR Thursday 6:30am – 7:30am
Friday 11:00am – 12:00pm
Sunday 8:45am – 9:45am

Price per 8-week session	1X a week	2X a week	3X a week	4X a week
Member	FREE with Membership			
Program Member	\$91	\$130	\$169	\$208

SESSION: FALL I FALL II
DATES: 9/3-10/27 10/28-12/22

Fall I Session Break: Classes skip the week of Monday, August 26th through Labor Day, Monday, September 2nd.

Fall II Session Break: Classes skip Monday, December 23rd through Wednesday, January 1st.



HAVE QUESTIONS?

Contact Interim Aquatics Director
Matthew Greenfield,
at 718-227-3200 ext. 1320,
or mgreenfield@ymcanyc.org.

◆ Aqua Exercise Deep Water Ages 18+

Just like the regular starter water fitness class, only held entirely in the deep-water end for a buoyant, low-impact workout.

Tuesday
OR Thursday 6:30pm – 7:30pm

Price per 8-week session	1X a week	2X a week	3X a week	4X a week
Member	FREE with Membership			
Program Member	\$91	\$130	\$169	\$208

SESSION: FALL I FALL II
DATES: 9/3-10/27 10/28-12/22

Fall I Session Break: Classes skip the week of Monday, August 26th through Labor Day, Monday, September 2nd.

Fall II Session Break: Classes skip Monday, December 23rd through Wednesday, January 1st.

◆ Water Workout Ages 18+

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.

Wednesday 8:30am – 9:30am

Price per 8-week session	1X a week	2X a week	3X a week	4X a week
Member	FREE with Membership			
Program Member	\$91	\$130	\$169	\$208

SESSION: FALL I FALL II
DATES: 9/3-10/27 10/28-12/22

Fall I Session Break: Classes skip the week of Monday, August 26th through Labor Day, Monday, September 2nd.

Fall II Session Break: Classes skip Monday, December 23rd through Wednesday, January 1st.



Semi-Private Swim Lessons

For two people to share, these 45-minute lessons will focus on your needs and abilities. Please fill out a Swim Lesson Inquiry form at the Member Service Desk. For more information, contact Matthew Greenfield at mgreenfield@ymcanyc.org, or 718-227-3200, ext. 1320.

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

Program 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. Please fill out a Swim Lesson Inquiry form at the Member Service Desk. For more information, contact Matthew Greenfield at mgreenfield@ymcanyc.org, or 718-227-3200, ext. 1320.

Member: \$46 – one 30 minute lesson
\$127 – three 30 minute lessons
\$187 – five 30 minute lessons
\$273 – eight 30 minute lessons

Program Member: \$69 – one 30 minute lesson
\$185 – three 30 minute lessons
\$264 – five 30 minute lessons
\$363 – eight 30 minute lessons



First Aid & CPR/AED

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Matthew Greenfield at 718-227-3200 ext. 1320, or mgreenfield@ymcanyc.org to learn more.



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 Interim Aquatics Director or the Executive Director.



the

YMCA

Y AFTERSCHOOL

Over 1,000 kids spend 3:00pm–6:00pm of every school day with our caring, supportive staff at local sites. Y Afterschool is geared to further enriching kids' academic development, engaging them in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. South Shore YMCA Y Afterschool sites are located at:

PS 31, William T. Davis
55 Layton Avenue
St. George

PS 57, Hubert H. Humphrey School
140 Palma Drive
Clifton

PS 32, The Gifford School
232 Barlow Avenue
Great Kills

PS 60, Alice Austen School
55 Merrill Avenue
Bullshead

PS 36, John C. Drumgoole School
255 Ionia Avenue
Annadale

**PS 68, The Port Richmond School
for Visionary Learners**
1625 Forest Avenue
Port Richmond

PS 39, Francis J. Murphy Jr. School
71 Sand Lane
Arrochar

I.S. 49 Berta A. Dreyfus
101 Warren St,
Stapleton

PS 46, Albert V. Maniscalco School
41 Reid Avenue
South Beach

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



Did you know the YMCA has a new FREE Weight Loss Program?

Learn how to eat healthier, move more, and lose weight. No gimmicks — just the tools you need to lead a healthier lifestyle.

See the Membership Desk for details.



REBUILDING LIVES, RESTORING HOPE

YMCA COUNSELING SERVICE

Connie Thanasoulis-Cerrachio – Chair, YMCA Counseling Service Committee of Management
Jacqueline Filis, LCSW, CASAC – Executive Director, YMCA Counseling Service – jfilis@ymcanyc.org

We can help. Contact us today.

PROGRAM OVERVIEW

Little Steps is an expressive art and play therapeutic program for children (ages 5-17) whose lives have been affected by their family's use of drugs or alcohol. The program offers expressive activities through which children learn to identify and change patterns of thinking, feeling and behavior.

Adolescent Programs focus on adolescents and young adults (ages 12-21) who are displaying high-risk behaviors and attitudes as well as those teens who are struggling with alcohol and/or drug use. Through group and individual treatment, we work to empower young people to achieve a positive, productive and drug-free lifestyle.

Youth/Adolescent Anger Management is open to youth (ages 5 – 11) and adolescents (ages 12 – 17). Anger Management is a 12-week program that seeks to reduce anger and improve coping skills in our young people. This program is designed to combat unhealthy core beliefs, promote responsible behavior and enhance quality of life. There is a nominal fee for this program.

Parenting Skills is a 12-week program aimed at enhancing knowledge and understanding of the multi-faceted issues involved in parenting. These classes take an in-depth look at child development, communication, discipline, child/family health, learning/play, stress, nutrition, budget, substance abuse, family violence and teen behavior. There is a nominal fee for this program.

Family Association is open to the community and is a network of parents, spouses, guardians and other family members. This group meets weekly, providing a supportive venue where individuals can learn new skills for dealing with the complex issues associated with living with a family member's addiction.

Adult Programs help chemically-dependent adults work toward recovery from addiction through group and individual treatment. This not only means accepting their struggles with substances, but also facing the relationship problems, economic hardships or personal issues that may be contributing to their use of drugs and/or alcohol. Adult services include programming for individuals struggling with mental health and substance use disorders as well as those utilizing medication to support their recovery efforts.



If you, a family member or someone close to you is struggling with alcoholism or substance abuse, do not wait to call.

YMCA COUNSELING SERVICE LOCATIONS

SOUTH SHORE CENTER

3911 Richmond Avenue • Staten Island, NY 10312
Tel (718) 948-3232 • Fax (718) 966-6605

NORTH SHORE CENTER

285 Vanderbilt Avenue • Staten Island, NY 10304
Tel (718) 981-4382 • Fax (718) 981-2054



FRIDAY, NOVEMBER 15

JOIN US FOR
**A YMCA NIGHT
OF LAUGHTER**

AND ENJOY THE COMEDIC STYLINGS OF SPECIAL GUESTS
Joseph Anthony & Eric Tartaglione
DINNER • DRINKS • COMEDY SHOW • DANCING
7:00 PM at Li Greci's Staaten

Early Bird Tickets \$125 per person before September 15th
Tickets \$150 per person by November 1st

Sponsorships Available • RSVP to Debra Carbone at
dcarbone@ymcanyc.org or 718-227-4000

ALL PROCEEDS BENEFIT THE YMCA ANNUAL CAMPAIGN



Honoring Longtime Community Leader

Terry Tarangelo

Join us as we honor Terry Tarangelo for her work as a community leader on Staten Island. Terry truly exemplifies the YMCA's mission to strengthen community through her passion for helping others. After 40 years as a career banker, she's dedicated her time to serving many community organizations, including Eden II, Meals on Wheels, the Stephen Siller Tunnel to Towers Foundation, and the Staten Island Agency for Alzheimer's and Dementia. She's also served as a committee member with the South Shore Rotary, Cooley's Anemia, ECHO Foundation, and Staten Island University Hospital.

BECOME A BOARD MEMBER OF SOUTH SHORE YMCA!

The South Shore YMCA Board of Managers is a group of volunteers that include members, residents and business owners from our community. This dedicated group of individuals participate in a range of South Shore YMCA events and fundraising activities. They meet six times a year and each member has a role on a subcommittee. Some of our board members have a long history with the YMCA including the opening of its current location, and are instrumental in helping the branch meet its yearly Annual Campaign goals. Other members are new to this organization and bring a wealth of new ideas with a fresh perspective to the mix.

Here are some ways you can contribute when you become part of the South Shore YMCA Board of Managers:

- **Become a campaigner during our Annual Campaign**
- **Help educate your friends and community about our causes**
- **Join a subcommittee**
- **Help plan and attend fundraising events**
- **Share your community expertise while helping us grow**
- **Meet new people & have fun!**





South Shore YMCA Fall Festival

Saturday, October 5th from 11 a.m. – 3 p.m.

FREE event open to the community

Music • Games • Bounce House • Grilled Food

Fitness Demos • and much, much more!

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

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.
Contact Theresa Solimeo for start dates at 718-227-3200,
or tsolimeo@ymcanyc.org.



LOCKER ROOM & SAUNA ETIQUETTE

While in our YMCA, we ask you to please follow the below to keep our facilities safe and comfortable for all members and guests.

LOCKER ROOM ETIQUETTE

1. Full and half lockers are for day use only and are free. They should be emptied after every use. Safe boxes also are available free of charge at the Member Service Desk for valuables, i.e. wallets, watches, phones, etc.
2. Members must bring their own locks. We are not responsible for any lost or stolen items.
3. Items may not be left in lockers overnight, except with the permission of the Executive Director. All other lockers will be clipped nightly.
4. Please be courteous and respectful to all when using the locker rooms. Please refrain from using inappropriate language and please clean up after yourself and help us keep our Y clean.
5. The South Shore YMCA has several locker rooms to meet your needs. These include locker rooms specifically designated for men, women, families and special needs individuals. Please check with the Member Service Desk on the age ranges of our locker rooms and for any other questions.

THE YMCA CAN NOT ASSUME RESPONSIBILITY FOR LOSS OR THEFT OF PERSONAL PROPERTY.



SAUNA ROOM ETIQUETTE

1. No one under the age of 18 is permitted in the sauna.
2. No water or water bottles are permitted.
3. No lotions, creams or oils are allowed.
4. No street clothes or shoes are allowed.
5. Do not dry your wet clothing in the sauna.
6. Do not pour water on the hot coals; doing so may result in sauna shut off.
7. Please follow posted signage with more information.

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.

TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

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



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



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

YMCA NEW AMERICANS WELCOME CENTERS

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

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

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

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



SOUTH SHORE Y

INFORMATION

SOUTH SHORE YMCA BOARD OF MANAGERS

William Abell, Chair
Rami Fox, Vice Chair
Vanessa Bellucci Markos, Esq.
Philese Blacker
Keith Campanella
Linda Carroll
Michael Gervasi

William Marco
Steven McLoughlin
Robert Myers
Matthew Phillips
Frank Scarangelo
Judy Wilson

STAFF LISTING

Tom Swanciger - Executive Director
tswanciger@ymcanyc.org

John Semerad - Senior Property Director
jsemerad@ymcanyc.org

Dina Vicenti - Business Manager
dvicenti@ymcanyc.org

Diane Schirripa - Membership Director
dschirripa@ymcanyc.org

Heather Lananna - Membership Coordinator
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Valerie Krause - Healthy Lifestyles Director
vkrause@ymcanyc.org

Lorraine Nygard - Healthy Lifestyles Coordinator
lnygard@ymcanyc.org

Matthew Greenfield - Interim Aquatics Director
mgreenfield@ymcanyc.org

Debra Carbone - Director of Special Events/Executive Administrative Assistant
dcarbone@ymcanyc.org

Carol Ann Curtis - Director of Communications
ccurtis@ymcanyc.org

Meghan Sinback - Senior Youth & Family Director
msinback@ymcanyc.org

Nicholas Bitetto - Program Director/Y Afterschool P.S. 39
nbitetto@ymcanyc.org

Tylar Simon - Program Director
tsimon@ymcanyc.org

Bonnie Schiuma - Early Childhood Director
bschiuma@ymcanyc.org

Eileen Kratz - Early Childhood Assistant Director
ekratz@ymcanyc.org

Joyce C. Strype - Community School Director/P.S. 57
jstrype@ymcanyc.org

Amanda Garcia - Senior Site Director/ Y Afterschool
agarcia@ymcanyc.org

Arielle Fiorica - Program Director/Y Afterschool P.S. 36
afiorica@ymcanyc.org

Leeann Hernandez - Site Coordinator/Y Afterschool
lhernandez@ymcanyc.org

Kimberly Castano - Site Coordinator/Y Afterschool
kcastano@ymcanyc.org

Shaina Smith - Program Director/Y Afterschool P.S. 32
shsmith@ymcanyc.org

HOLIDAY HOURS

Labor Day

Monday, September 2 5:00 AM - 8:00 PM

Thanksgiving Day

Thursday, November 28 5:00 AM - 3:00 PM

Christmas Eve

Tuesday, December 24 5:00 AM - 3:00 PM

Christmas Day

Wednesday, December 25 CLOSED

New Year's Eve

Tuesday, December 31 5:00 AM - 3:00 PM

New Year's Day

Wednesday, January 1 8:00 AM - 8:00 PM

CONTACT US

Phone: 718-227-3200

E-mail: sisouthshore@ymcanyc.org

Web: ymcanyc.org/southshore

 @SISouthShoreY

 facebook.com/sisouthshorey

 @sisouthshorey

JOIN THE Y

MEMBERSHIP INFORMATION

MEMBERSHIP RATES

Membership Type	South Shore YMCA Fee	Boroughwide Fee	Joiner's Fee
Youth <i>Children under 12 must be accompanied by an adult when using the facility</i>	\$39/mo	\$41/mo	\$75
Teen (12 - 17)	\$39/mo	\$45/mo	\$100
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$51/mo	\$67/mo	\$100
Adult (18 - 64)	\$65/mo	\$86/mo	\$100
Family I <i>1 Adult and kids under 18 years, living in the same household</i>	\$97/mo	\$125/mo	\$100
Family II <i>2 Adult and kids under 18 years, living in the same household</i>	\$106/mo	\$131/mo	\$100
Senior (65+)	\$53/mo	\$75/mo	\$100

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.

FINANCIAL ASSISTANCE

The South Shore YMCA offers financial assistance for our programs and services. Contact Debra Carbone at 718-227-3200 or at dcarbone@ymcanyc.org for more information.

MISSION

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

POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

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 INFORMATION

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. Medical holds are available with written documentation from a physician. With proper documentation, medical holds can be granted up to 1 year. There will be no credits for scheduled holidays, snow days or other weather conditions beyond our control.

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 beyond our control.

PAYMENT OPTIONS & INFORMATION

- Membership fees must be up-to-date in order to use facility.
- Rates and schedules are subject to change.
- 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.

Community members are permitted 1 FREE guest pass per calendar year. Additional guest passes are available for purchase at \$15.00 per day. Guests must be 18 and up and have valid ID.

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.

YMCA "AWAY" POLICY

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

CONVERTING TO A FULL MEMBERSHIP

We encourage all Program Members to convert to a Full Membership. Visit the Member Service Desk for more details on the benefits of a Y Membership and our personalized wellness programs.



“She has the pride
and self-esteem that
comes with feeling
strong as a swimmer.”

Lindsay Ackroyd & Augustinus Tjahaya,
and their daughter Nikko
Chinatown & Park Slope Armory YMCAs / Brooklyn



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

PLEASE GIVE TODAY.

ymcanyc.org/give



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



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



Staten Island South Shore YMCA
3939 Richmond Avenue
Staten Island, NY 10312
718-227-3200
ymcanyc.org/southshore

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