

DISCOVER YOUR Y

Vanderbilt Y FALL 2019 PROGRAM & CLASS GUIDE

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ymcanyc.org/vanderbilt

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



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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

VANDERBILT Y HOURS

Monday - Friday: 5:00 AM - 11:00 PM

Saturday - Sunday: 7:00 AM - 8:00 PM

CHILD WATCH HOURS

Weekdays & Weekends: 9:00 AM - 2:00 PM

Monday - Thursday: 5:00 PM - 9:00 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



WHY THE Y

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

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration on all fee-based programs, such as swim, sports, camp and more	✓	✓
State-of-the-art fitness center – includes more than 150 pieces of cardio and strength equipment	✓	✓
Over 130 FREE weekly group exercise classes – includes yoga, spin, aqua fitness and more	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start – FREE 12-week program where Y coaches help develop personalized fitness plans	✓	✓
Two Swimming Pools with 110 weekly hours of lap swim	✓	✓
Sauna and Steam Rooms	✓	✓
Basketball court	✓	✓
Indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE towel service	✓	✓
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.



REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

GROUP EXERCISE CLASSES

We offer over 130 FREE group fitness classes for people of all ages and abilities. See our full schedule online at ymcanyc.org/vanderbilt.

CONDITIONING

◆ Bikes and Bells

A one hour high intensity interval training combination of spin, with a blast of Kettlebells at the end.

◆ Boot Camp

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

◆ Cardio Sculpt

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

◆ Core Training

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

◆ Deep Definitions

Sculpt and define every inch of your body in this strength training class.

◆ Insanity®

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

◆ Kettlebells

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

◆ Stretching

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

◆ Total Body Conditioning

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

CARDIO

◆ Ultimate Abs

Our most challenging ab workout - this intense class is all about your core.

◆ Cardio Combo

CardioCombo brings together the fun of cardio dance, the power of kickboxing and the strength of full body challenges. This nonstop cardio class works out your body and your brain, gives you a safe place to play, and challenges you to change your "I can't" to "I can."

◆ 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.

◆ 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!

◆ Cycling

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

◆ "Ab"solute Spin

One full spin class followed by core/abdominal work.

◆ Spin Intervals

This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

◆ Spin in the Zone

This class focuses on heart rate training while spinning. Personal heart rate monitors are used, but are not required for class.

◆ Advance Step

Using an aerobic step, participants follow choreography and step up and down to the music. Prior step experience is advised.

MIND/BODY

◆ Gentle Yoga

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

◆ Hatha Yoga

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

◆ Power Yoga

An athletic-based yoga class with challenging movements.

◆ Core Connection

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

◆ Vinyasa Yoga

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

◆ Prenatal Yoga

Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth.

Member	Free	
Community	\$217/8 week session (2x/week)	
Tuesday	12:30 PM - 1:30 PM	Studio C
Thursday	12:15 PM - 1:15 PM	Studio C

◆ Postnatal Yoga

Postnatal Yoga focuses on strengthening the pelvic floor muscles, engaging your core, and creating a sense of community among the women who participate. It's an ideal activity for the weeks and months following your delivery.

Member	Free	
Community	\$209/8 week session	
Thursday	11:00 AM - 12:00 PM	Studio A

◆ MELT®

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

Member	Free	
Community	\$192/8 week session	
Monday	7:00 PM - 7:45 PM	Studio C
Tuesday	11:15 AM - 12:00 PM	MP Room
Wednesday	7:00 PM - 7:45 PM	Studio C
Friday	1:30 PM - 2:15 PM	Studio A

◆ Meditation

Discover inner silence and calm through this intro to meditation. A variety of techniques will be experienced during classes designed to relax and re-calibrate the mind.

◆ Pilates Mat

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

DANCE

◆ Open Adult Ballet

A technique class that places emphasis and attention on alignment and placement of the body.

◆ Groove™

A dance/movement class that is designed for EVERYBODY. This unique dance experience uses simple steps and authentic body movement to an amazing variety of music.

◆ Soul Line Dancing

Join us to dance in lines performed in unison with a repeating series of steps to choreographed dances to R&B and Hip-Hop. Come join the fun.

◆ Zumba®

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

MARTIAL ARTS

◆ 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.

◆ Kenshikai-Kan Karate

This class offers a comprehensive program of movement, self-defense and meditation. Regular participation develops strength, agility, flexibility, and coordination along with focus and a peace of mind.

Classes take place in Studio C and are an eight-week session

Member	\$104/unlimited classes
Community	\$279/unlimited classes
Tuesday	6:10 PM - 7:10 PM (Beginner) 7:10 PM - 8:10 PM (Intermediate/Advanced) 8:10 PM - 9:40 PM (Intermediate/Advanced)
Thursday	6:10 PM - 7:10 PM (Beginner) 7:10 PM - 8:40 PM (Intermediate/Advanced)

WATER FITNESS

◆ Aqua Cycling

State-of-the-art stationary cycling takes the plunge in our Aqua Cycling class. Our pool promotes superior toning and slimming for the lower body's muscle groups and our certified Aqua Cycling instructors lead the 45-minute class that burns calories and builds cardiovascular endurance. The therapeutic properties of the water make it gentle on the joints. Renowned for reducing the appearance of cellulite, this invigorating class delivers results and rejuvenation.

Member	Free
Community	\$120/unlimited classes

New! Monday	12:00 PM - 12:45 PM
New! Tuesday	6:15 PM - 7:00 PM
New! Wednesday	12:00 PM - 12:45 PM

◆ Adult Water Exercise Classes

The following water exercise classes are fun for adults of all ages and physical fitness levels. Equipment is provided.

Member	FREE
Community	1 Day/wk \$170/8 week session 2 Days/wk \$320/8 week session

Monday - Friday	7:00 AM - 7:50 AM
Monday & Tuesday	12:00 PM - 12:45 PM
Thursday & Friday	12:00 PM - 12:45 PM
New! Monday & Tuesday	6:00 PM - 6:45 PM

◆ Adult Arthritis Exercise Classes

Meeting five mornings a week, this class takes joints and muscles through a full range of motion workout.

Member	FREE
Community	1 Day/wk \$170/8 week session 2 Days/wk \$320/8 week session

Monday - Friday	11:00 AM - 11:45 AM
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◆ Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Member	FREE
Community	1 Day/wk \$170/8 week session 2 Days/wk \$320/8 week session

Monday	6:45 PM - 7:30 PM
New! Tuesday	6:45 PM - 7:30 PM
Wednesday	7:00 PM - 7:45 PM

◆ Deep Water Running - NEW!

A unique exercise class that takes place in the water, utilizing floatation devices to allow "jogging" in deep water.

Thursday	6:00 PM - 6:45 PM
Friday	6:00 PM - 6:45 PM

◆ Aqua Kickboxing - NEW!

Take your kickboxing workout to a new level with water resistance in this Aqua Kickboxing class.

Wednesday	12:00 PM - 12:45 PM
Thursday	6:45 PM - 7:30 PM
Friday	6:45 PM - 7:30 PM

ACTIVE OLDER ADULTS

◆ AOA Cardio Conditioning

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

◆ AOA Strength Training

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

◆ AOA Stretching

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

◆ AOA Total Body Conditioning

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

◆ AOA 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.

◆ Zumba® Gold

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

AOA Group Exercise Fees

Member	Free
Community	\$67 1x/week (8 week session)
	\$91 2x/week (8 week session)
	\$122 3x/week (8 week session)
	\$146 4x/week (8 week session)
	\$160 5x/week (8 week session)

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE



WELLNESS PROGRAMS

Whatever your goals, the Y helps you find your way toward better health and wellness. Talk to our staff to find what's right for you.

◆ New Member Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff to all new members as an introduction to our cardiovascular and strength training equipment. To schedule an orientation, please contact Adam Gruberger at 212-912-2523 or agruberger@ymcanyc.org.

◆ Health & Wellness Screenings

The Vanderbilt YMCA offers FREE Body Composition and Blood Pressure screenings every first Monday of the month from 12:00 - 2:00 PM and 5:00 - 7:00 PM. Screenings will be held in the first floor lobby area. No appointment is necessary.

◆ YMCA Weight Loss Program – NEW!

This FREE weight loss program is designed to empower people seeking a healthier weight. Rather than focusing on short-term solutions, the program helps participants make small lifestyle changes and form sustainable, healthy habits. For 12 consecutive weeks, participants meet in a group for 1-hour per week, discussing topics including creating a supportive environment, goal setting, balanced eating, physical activity, positive psychology, and sustainability. To schedule your first session, please contact Adam Gruberger at agruberger@ymcanyc.org or 212-912-2523.

◆ Y Fit Start Program

“Our goal is to help you reach yours!” If you’ve been thinking about exercising but don’t know where to begin, the Y Fit Start Program is for you. It’s designed for those new to exercising or those who haven’t exercised for some time and want instruction, support, and motivation. The Y Fit Start PROGRAM will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12 week program includes four sessions with a Y Fit Start coach. To schedule an appointment, please contact Adam Gruberger at 212-912-2523 or agruberger@ymcanyc.org.



Nutritional Consultation

Are you tired of diets that don't work? Are you concerned with high cholesterol levels? Is your diet helping you to meet your sport-specific goals?

Susan Karp, our registered dietician, will meet with you to give you the information and support you need to develop and maintain your specific nutritional goals. For more information, contact Adam Gruberger at 212-912-2523 or agruberger@ymcanyc.org.

	Initial Consultation	Follow-up Appointments
Member	\$125	\$80
Community	\$174	\$116

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. For more information, contact Adam Gruberger at agruberger@ymcanyc.org or 212-912-2523.

Package	Member	Community
1 Session (Valid 1 month)	\$97	\$130
5 Sessions (Valid 2 months)	\$412	\$565
10 Sessions (Valid 3 months)	\$728	\$944

Save money by working out with a friend and purchasing semi-private sessions for two or more people

Massage Therapy

Far beyond simply feeling good, massage has an impressive range of documented effects and benefits. With a variety of hands-on methods, a skilled massage practitioner not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow to the heart. Sensory receptors in the skin and muscles wake up, bringing new awareness to areas that have felt cut off by chronic tension patterns. The release of muscular tension also helps to unblock and balance the overall flow of life energy throughout the body. Treat yourself to the benefits of massage today.

Session Length	Member	Community
30 Minutes (Valid 1 month)	\$64	\$99
60 Minutes (Valid 1 month)	\$93	\$130
90 Minutes (Valid 1 month)	\$122	\$163
(5) 1 hr sessions (Valid 2 months)	\$378	\$520
(10) 1 hr sessions (Valid 3 months)	\$728	\$944

Pre/Postnatal Pilates Reformer Training

Work one-on-one with a certified trainer to condition yourself before and after pregnancy with safe and effective routines. Emphasis is on the supporting the pelvic floor and abdominal walls, the muscles most affected by pregnancy. Strengthen the spine to prevent pregnancy-related lower back pain. Maintain muscle mass during and after pregnancy to reduce weight gain.

# of Session	Member	Community
1 (Valid 1 month)	\$97	\$130
5 (Valid 2 months)	\$412	\$565
10 (Valid 3 months)	\$728	\$944

All personal training sessions are one hour in length

Pilates Personal Commitment

Pilates Personal Commitment utilizes the reformer machine that combines muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and abdominal core.

Two participants meet with a trainer for a total of eight one-hour sessions and design a workout routine based on their fitness goals. Valid for three months from date of purchase

Member	\$326 Each
Community	\$525 Each

PT Personal Commitment

PT Personal Commitment is a cardiovascular strength and flexibility training program for all fitness levels. Use the Personal Commitment program for weight loss or gain, to increase strength and endurance, reduce stress and improve overall well-being.

Two participants meet with a trainer for a total of eight one-hour sessions and design a workout routine based on their fitness goals. Valid for three months from date of purchase

PT Personal Commitment Fees	
Member	\$326 Each
Community	\$525 Each

Boxing Training

Boxing training is a great way for individuals of all ages to get in shape and feel great about themselves! Focusing on flexibility, cardiovascular conditioning, muscular endurance and total body coordination. Looking to "Go the Distance" with your workout, sign up for one-on-one boxing training.

# of Sessions	Member	Community
1 (Valid 1 month)	\$97	\$130
5 (Valid 2 months)	\$412	\$565
10 (Valid 3 months)	\$728	\$944

All personal training sessions are one hour in length

Pilates Reformer Workshops

An elite fitness formula that combines muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the core using the reformer.

Classes meet once a week and class size is limited to seven participants. Classes take place in Studio A

Level 1: Beginner	1 Day/wk	2 Day/wk
Member	\$177	\$319
Community	\$240	\$432
Level 2: Intermediate	1 Day/wk	2 Day/wk
Member	\$201	\$361
Community	\$272	\$489

Monday	6:30 AM - 7:15 AM	Level 1
Wednesday	7:00 AM - 7:45 AM	Level 1
	12:15 PM - 1:00 PM	Level 1
Friday	7:00 AM - 7:45 AM	Level 2
Saturday	11:30 AM - 12:15 PM	Level 2
	12:20 PM - 1:05 PM	Level 1

Pilates Reformer Training

Please register at the Membership Services Desk in advance.

# of Sessions	Member	Community
1 (Valid 1 month)	\$97	\$130
5 (Valid 2 months)	\$412	\$565
10 (Valid 3 months)	\$728	\$944

All personal training sessions are one hour in length

Functional Movement Screening

Functional Training Screening is an innovative system used to evaluate movement pattern quality for an individual. It is not intended to diagnose orthopedic problems but rather to demonstrate limitations or asymmetries in individuals. Once the FMS has revealed a dysfunction, if there is one, an appropriate exercise program will be implemented to correct the problem. This is the magic of FMS and corrective exercise system.

The screening consist of these seven simple tests conducted by our very own certified FMS trainer, Robinson Frias:

- Deep Squat
- Hurdle Step
- In-Line Lunge
- Shoulder Mobility
- Active Straight-Leg Raise
- Trunk Stability Push-up
- Rotary Stability

	Length of Session	Member	Community
Initial Consultation	One Hour Session	\$95	\$115
Follow-Up Session		\$50	\$70

SWIM

Adult Lesson	1 Day/wk	2 Day/wk
Member	\$160	\$270
Community	\$295	\$515

Stage 1: Water Acclimation (Ages 18+)

New! **Wednesday** 1:00 PM - 2:00 PM
6:00 PM - 7:00 PM

Stage 2: Water Movement (Ages 18+)

Tuesday 7:30 PM - 8:30 PM
Thursday 7:30 PM - 8:30 PM
Saturday 2:00 PM - 3:00 PM

Stage 3: Water Stamina (Ages 18+)

Monday 7:30 PM - 8:30 PM
Sunday 11:00 AM - 12:00 PM

Stage 4: Stroke Introduction (Ages 18+)

New! **Wednesday** 6:00 PM - 7:00 PM
Sunday 12:00 PM - 1:00 PM

Stage 5: Stroke Development (Ages 18+)

New! **Monday** 6:30 PM - 7:30 PM
New! **Tuesday** 1:00 PM - 2:00 PM
Sunday 1:00 PM - 2:00 PM

Stage 6: Stroke Mechanics (Ages 18+)

Thursday 6:30 PM - 7:30 PM

Adult Masters Swim Club

Calling all lap, competitive and recreational swimmers! Looking for supervised workouts under the direction of a swim coach? Masters Swim Club is for you! The program is taught by certified YMCA Instructors and coaching members of USA Swimming. Classes are an eight-week session.

Member	\$130/unlimited classes
Community	\$350/unlimited classes

New! **Monday** 7:30 PM - 9:00 PM
Wednesday & Friday 7:00 PM - 8:30 PM

Private Swim

Private Swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will challenge participants to complete the goals set at the beginning of the first lesson.

# of Session	Member	Community
1 (Valid 1 month)	\$96	\$133
5 (Valid 2 months)	\$380	\$560
12 (Valid 3 months)	\$775	\$935

Save money by working out with a friend and purchasing semi-private sessions for two or more people

SPORTS

◆ Open Court Basketball

What better place to play basketball than at the YMCA. We invented the sport! Play half-court or full-court. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. Please see mobile app for Basketball times.

◆ Pickleball

The racket sport that combines elements of badminton, tennis and table tennis created for all ages and skill levels. Two, three or four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball over a net. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Please see mobile app for Pickleball times.

◆ Coed Volleyball

Volleyball, a sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. Learn the basics or play competitively. Evaluations will be held on Tuesday to determine division level of new players. Please see mobile app for Volleyball times.



“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



KIDS & FAMILY

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

AGES 0-4

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



FAMILY

Full Day Child Care

Vanderbilt YMCA provides full day childcare for children six months through five years of age. Our schedule is Monday through Friday from 8:30 AM to 6:00 PM. Our class offering include infant and toddler care, preschool and Pre-K for All. Staff include New York State Certified Teachers.

Admission

Annual tuition is payable in 10 monthly installments. For more information, contact Wendy Lee at wlee@ymcany.org or Veronica Baburam at vbaburam@ymcany.org.

September 2019 - June 2020

Monday through Friday

8:30 AM - 6:00 PM \$2,242/monthly installment

Monday, Wednesday & Friday

8:30 AM - 6:00 PM \$1,511/monthly installment

Tuesday & Thursday

8:30 AM - 6:00 PM \$1,082/monthly installment

For Prospective Families

The Vanderbilt YMCA offers informational sessions and tours of the EC program every second Thursday of the month. Tours start at 9:00 AM in the lobby.

Pre-K for All

The Vanderbilt YMCA offers Pre-K for All for 4-year-olds. Pre-K for All classrooms are regulated by the Department of Education and led by a NYS certified teacher. Please look for enrollment announcements on the Department of Education website. When applying please indicate Vanderbilt as your first preference if you are interested in a spot. All Vanderbilt three-year olds receive priority enrollment.

Pre-K for All	8:30 AM - 3:00 PM	Free
After Session	3:00 PM - 6:00 PM	\$475/month

AM Extended Care

The Vanderbilt YMCA Early Childhood Program now offers an extended day option to allow parents the flexibility they need to juggle early morning drop-off, as often as needed. Select the plan that works best for your schedule – five, three, or two days per week – or pay just \$32 per day as needed.

Pre-registration is required

Weekly	
7:30 AM - 8:30 AM	\$139/month
3 days/week	
7:30 AM - 8:30 AM	\$99/month
2 days/week	
7:30 AM - 8:30 AM	\$86/month
Daily Drop-Off Rate	
Morning	\$32/day

LET'S GET READY!

A pre-nursery school class for two and three-year-olds with hands-on activities and gradual separation from parent or caregiver. This is a fundamental program designed to prepare your child in a nurturing and safe environment for an easier transition to preschool. Activities include art, story time, singing, literacy development, free play, snack and gym time in the studio for the last half hour of class. Caregiver participation is required in the fall, with gradual phase out based on each child's readiness level.

Two-Year-Old Session

September 2019 - June 2020

Mondays & Wednesdays or Tuesdays & Thursdays

9:00 AM - 11:00 AM \$4,000

Three-Year-Old Session

September 2019 - June 2020

Mondays & Wednesdays

9:00 AM - 11:00 AM \$4,000

Sports Parties

Sports parties are a fun and active way to celebrate! We provide sports instruction and games in the gym for up to 25 kids. Choose basketball, soccer, volleyball, group games, or a combination of games and sports. Set up and clean up are included in the time.

Member \$425

Community \$525

Sunday 1:00 PM - 4:00 PM

Party Room Rental

Our spacious party room is available for rental:

Member \$325

Community \$375

A \$125 non-refundable deposit is required to book a birthday party

Saturday after 3:00 PM

SWIM

Water Discovery (Parent/Child 6-18 mo.)

New! Tuesday 10:20 AM - 11:50 AM

Saturday 11:30 AM - 12:00 PM

Water Discovery (Parent/Child Ages 18-36 mo.)

New! Tuesday 10:20 AM - 11:50 AM

Saturday 12:00 PM - 12:30 PM

Water Exploration (Parent/Child Ages 6-18 mo.)

New! Wednesday 10:20 AM - 11:50 AM

Sunday 11:30 AM - 12:00 PM

Water Exploration (Parent/Child Ages 18-36 mo.)

New! Wednesday 10:20 AM - 11:50 AM

Sunday 12:00 PM - 12:30 PM

Stage 1: Water Acclimation (Parent/Child Ages 3-5)

Sunday 11:00 AM - 11:30 AM

Stage 1: Water Acclimation (Ages 3-5)

Thursday 4:00 PM - 4:30 PM

Saturday 9:30 AM - 10:00 AM

Sunday 9:30 AM - 10:00 AM

New! 10:30 AM - 11:00 AM

Stage 2: Water Movement (Ages 3-5)

Wednesday 4:00 PM - 4:30 PM

Saturday 10:00 AM - 10:30 AM

Sunday 10:00 AM - 10:30 AM

Stage 3: Water Stamina (Ages 3-5)

Wednesday 4:30 PM - 5:00 PM

Saturday 11:00 AM - 11:30 AM

Sunday 10:30 AM - 11:00 AM

Stage 4: Stroke Introduction (Ages 3-5)

New! Thursday 4:30 PM - 5:00 PM

◆ Family Swim

Families can bond together during our family swim time. Free for Family Members.

Monday - Thursday 5:00 PM - 5:55 PM

Saturday 1:00 PM - 6:00 PM

Sunday 2:30 PM - 6:00 PM

ARTS

Singing Stories (Ages 6 mo. - 3 Years)

Get ready to shake your sillies out! Enhance your child's development through song, dance, movement and instruments! Lou Gallo helps children move to music and use their imagination to act out songs and stories. Using a variety of techniques and instruments children are able to explore the feeling of rhythm and array of melodies while building social relationships with neighborhood friends.

Member \$215/8 week session

Community \$279/8 week session

Thursday 10:00 AM - 10:45 AM 6 - 18 mo.

Thursday 11:00 AM - 11:45 AM 19 mo. - 3 years

Science Discovery (Ages 3 - 5) - **NEW!**

This class is designed for children to discover the world through the five senses. It is a hands-on approach that supports open ended inquiries and discussions. We will invite students to explore various materials in an age appropriate way. This class does require adult supervision and collaboration with the teacher.

Member	\$215/8 week session
Community	\$279/8 week session
Wednesday	11:45 AM - 12:45 PM

◆ Family Preschool Gym (Ages 6 mo. - 4 Years)

Family members are invited to utilize Studio C for play and recreation time with their preschoolers six months - four years old. Hoops, toys, mats and other age-appropriate equipment is available during this open gym time.

Saturday	7:00 AM - 8:30 AM
Sunday	9:30 AM - 10:30 AM

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

▶ ONLINE REGISTRATION AVAILABLE

Mandarin Tots (Ages 9 mo. - 4 Years)

A movement class for young learners that emphasizes tactile learning. Mandarin Tots combines dance with developmentally appropriate exercise set to Mandarin Chinese songs and rhymes to promote high engagement. The class also implements elements of arts and crafts to encourage creativity.

Member	\$215/8 week session	
Community	\$279/8 week session	
Friday	10:15 AM - 11:00 AM	6 - 18 mo.
	New! 11:30 AM - 12:15 PM	19 mo. - 3 Years

Sense of Wonder (Ages 18 mo. - 5 years)

An introductory class that sparks imaginations toward color investigation and the fundamentals of 2-D and 3-D design. Starting with an exploration of color and its limitless possibility, we harness the power of design to paint and draw, work with collage and print making and use a range of tactile materials to build sculptures bringing to life whatever is imaginable.

Member	\$215/8 week session	
Community	\$279/8 week session	
Tuesday	10:45 AM - 11:45 AM	18 mo. - 2 years
Thursday	10:45 AM - 11:45 AM	2.5 - 5 years

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



FAMILY NIGHTS, EVENTS AND OUTINGS

Come join us as we celebrate the wonders of each month. Family Nights allow us the opportunity to meet our amazing family members and build on the core values of the Y while getting to know those in our community. Family Nights consist of games, family activities and swimming. All members are invited to bring their families to participate.

Details on each month's Family Night event will be posted throughout the Vanderbilt YMCA. To join the Family e-mail list, please contact Paul Crawford at 212-912-2521 or pcrawford@ymcanyc.org. Each month, you will receive more information on what's happening for Family Night. We hope to see you there!

Family Event Schedule

◆ Sunday, August 3rd

Family Game Day 1:00 PM – 3:00 PM

Escape the heat for a couple of hours and join us for some classic board games, bingo and other fun activities!

◆ Friday, September 20th

Back to School Family Night 6:00 PM – 8:00 PM

Come spend a night with old friends and new! Share tales of your summer adventures as we celebrate the start of a new school year!

Sunday, October 20th

Family Field Trip – Pumpkin Picking & Cornfield Maze

Join us for our annual outing to Queens Farm for pumpkins, farm animals and taking on the challenge of a cornfield maze!

◆ Thursday, October 31st

Halloween Carnival 5:00 PM – 7:00 PM

Join us for our annual Halloween carnival, lots of fun for all our friends.

◆ Friday, November 22nd

Giving Thanks Craft Night 6:00 PM – 8:00 PM

Come create a masterpiece for your holiday table!

◆ Friday, December 20th

Holiday Celebration 6:00 PM – 8:00 PM

A celebration of all the joy and traditions the season has to offer, we'll gather with family and friends to share the spirit of the Holidays.

KIDS & FAMILY
(ages 0-4)

KIDS' NIGHT OUT (PARENTS' NIGHT OFF)

Parents, do you need to do some shopping? Planning a special dinner for two? Just need some quiet time? The Vanderbilt YMCA is here for you! Kids' Night Out is an evening of fun and activities for children ages 2-11.

Kids' Night Out Fees	Additional Sibling	
Member	\$25	\$15
Community	\$40	\$20

Participants must have a valid medical form on file. Pre-registration is required. Children must be registered no later than 8:00 PM on Thursday to attend Kids' Night Out on Friday night. For more information and for families with children belonging in different age groups, please contact Paul Crawford at 212-912-2521 or pcrawford@ymcanyc.org.

Kids' Night Out Schedule (6:00 – 9:00 PM)

Preschool Kids Night Out (Ages 2-4)

Friday – August 9 Friday – September 6 Friday – October 4 Friday – November 1
Friday – December 6

School Age Kids Night Out (Ages 5-11)

Friday – August 9 Friday – September 13 Friday – October 11 Friday – November 8
Friday – December 13

YOUTH

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



AGES 5-12

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

AFTERSCHOOL & HOLIDAY CAMP

Y After School Academy (ages 4-11)

Pre-K and School aged children spend 3:00 - 6:00 PM with our caring, supportive staff. Y After School is geared to further enrich kids' academic development, engaging them in healthy physical activity, like swim and karate and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. For more information, please contact Veronica Baburam at 212-912-2507 or vbaburam@ymcany.org.

# of days/week	M-F	M W F	T & TH
Member	\$446/month	\$280/month	\$242/month
Community	\$500/month	\$389/month	\$334/month

Transportation

Transportation is available from school to the Y for Y After school participants age 5 and older. Pick up is done via public transportation (bus) from PS 116 and PS 59.

Transportation Cost per Site

# of days/week	5 days	3 days	2 days
Member	\$135/month	\$110/month	\$85/month
Community	\$160/month	\$123/month	\$96/month

Holiday Camp

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Please note that swimming is not offered during Holiday Camp and participants must be registered on the 15th of the month prior to the camp date.

Hours: 8:00 AM - 6:00 PM

Y After School Academy Participants	\$55/day
Member	\$85/day
Community	\$105/day

2019-2020 School Year Holiday Camp Dates

Rosh Hashanah	September 30 - October 1
Yom Kippur	October 9
Columbus Day	October 14
Election Day	November 5
Midwinter Recess	December 26, 27, 30, 31
Midwinter Recess	February 17-21
Spring Recess	April 9-17
Anniversary Day	June 4
Clerical Day	June 9

SPORTS

Jr. Swish Basketball League (Ages 4-14) RETURNING WINTER SESSION 2020

Swish is defined as sinking a shot without the ball touching the rim or backboard. The Jr. Swish League is an exciting instructional league developed by the Vanderbilt Y Instructional Basketball Program, which resumes at the end of the Jr. Swish season (January 5, 2020 - April 6, 2020). Teams and game schedules will be developed by the coaches. The season concludes with an awards ceremony and tournament.

Seido Karate (Ages 5-17)

A fun class with all the "kicks"! Seido teaches self-defense, concentration and focus.

Member	\$133/8 week session	
Community	\$203/8 week session	
Tuesday	4:00 PM - 5:00 PM	Ages 10-17
	5:00 PM - 6:00 PM	Ages 5-12
Saturday	9:30 AM - 10:30 AM	Ages 5-12

Instructional Basketball (Ages 4-14)

This class teaches the game of basketball while stressing sportsmanship, team work, enthusiasm and a positive attitude. This class will consist of contests, game play and instruction of the fundamentals of the game.

Member	\$122/8 week session	
Community	\$162/8 week session	
Tuesday	3:30 PM - 4:30 PM	Ages 4-6
	4:30 PM - 5:30 PM	Ages 7-8
	5:30 PM - 6:30 PM	Ages 9-11
Saturday	10:00 AM - 11:00 AM	Ages 4-6
	11:00 AM - 12:00 PM	Ages 7-8
	12:00 PM - 1:00 PM	Ages 9-11
	1:00 PM - 2:00 PM	Ages 12-14

Private Basketball Training (Ages 11-Adult)

We are offering Private Basketball Instruction for people of all skill levels from beginner to advanced. In these one-on-one sessions, the participant will work on dribbling, shooting, defense and the fundamentals of the game through the use of progressive skills.

Sessions	1 HR Session	10 Session special
Member	\$59	\$522
Community	\$87	\$655

Quickstart Tennis Program (Ages 4-8)

This program teaches participants progressive tennis skills. Emphasis is placed on skill development, participation and enjoying the game. Participants will learn the basics of forehand, backhand, serve and volley while having fun.

Member	\$122/8 week session	
Community	\$162/8 week session	
Sunday	12:30 PM - 1:30 PM	

Lil' Strikers Instructional Soccer (Ages 4-8)

This program teaches participants the basics and rules of the game in a healthy atmosphere. Emphasis is placed on skill development, participation and enjoying the game.

Classes must have a minimum of six participants to run

Member	\$122/8 week session	
Community	\$162/8 week session	
Thursday	4:30 PM - 5:30 PM	Ages 4-6
	5:30 PM - 6:30 PM	Ages 7-8
Sunday	10:30 AM - 11:30 AM	Ages 4-6
	11:30 AM - 12:30 PM	Ages 7-8

ARTS

Tiny Dancers (Ages 2-3)

This class is a great introduction to basic dance techniques. Following the lead of our dance instructor, your child will open their imagination through dance and movement. Your little one will improve coordination, strength and balance, and practice listening skills that will prepare them for the next level. This is a great first classroom experience for any child who loves to move!

Member	\$145/8 week session	
Community	\$208/8 week session	
Wednesday	11:00 AM - 11:30 AM	
	3:00 PM - 3:30 PM	

Hip Hop (Ages 5-8)

This is a high energy class where your child will learn the fundamentals of hip hop. Dancing to upbeat music, the class will focus on rhythm, coordination, and learning choreography.

Member	\$114/8 week session	
Community	\$180/8 week session	
Saturday	9:00 AM - 9:45 AM	

Gymnastics (Ages 3-9)

Gymnastics class introduces movement education to children based on their basic concepts of floor skills. Children enhance eye/body coordination and broaden their sense of spatial awareness by performing various techniques such as somersaults, cartwheels, round-offs and back walkover.

Member	\$114/8 week session
Community	\$180/8 week session

Gymnastics I (Ages 3-5)

Tuesday	4:30 PM - 5:15 PM
Thursday	4:30 PM - 5:15 PM
Sunday	10:00 AM - 10:45 AM

Gymnastics II (Ages 5-7)

Thursday	5:15 PM - 6:00 PM
Sunday	10:45 AM - 11:30 AM

Gymnastics III (Ages 7-9)

Tuesday	5:15 PM - 6:00 PM
Sunday	11:30 AM - 12:15 PM

Artistic Gymnastics (Ages 5-11)

Artistic Gymnastics creatively blends together elements of tumbling and dance to further develop strength, flexibility and spatial awareness. This program will focus on moving floor skills onto elevated surfaces with apparatuses while emphasizing skill development, coordination and balance.

Member	\$133/8 week session
Community	\$203/8 week session

Artistic Gymnastics I

Wednesday	3:45 PM - 4:30 PM
Sunday	1:30 PM - 2:15 PM

Artistic Gymnastics II

Wednesday	4:30 PM - 5:20 PM
Sunday	2:30 PM - 3:15 PM



Ballet (Ages 3-9)

Classes teach the basics of classic ballet movement through various fundamental techniques. Children will develop flexibility, balance, coordination and musicality through the expressive art, while refining elegance and grace.

Member	\$114/8 week session
Community	\$180/8 week session

Ballet I (Ages 3-5)

Monday	3:30 PM - 4:15 PM
Saturday	10:45 AM - 11:30 AM

Ballet II (Ages 4-6)

Monday	4:15 PM - 5:00 PM
Saturday	11:30 AM - 12:15 PM

Ballet III (Ages 5-9)

Monday	5:00 PM - 5:45 PM
Saturday	12:15 PM - 1:00 PM

Combo (Ages 3-8)

Students will learn the fundamental steps of varying styles of dance in this fun, exciting class. This dance class will combine the styles of ballet, jazz and tap. The style will vary from week to week (with a focus on ballet in the first week of the session), with instructors providing a schedule on the first day of class for the session.

Member	\$114/8 week session
Community	\$180/8 week session

Combo I (Ages 3-8)

Wednesday	3:30 PM - 4:15 PM
Saturday	1:00 PM - 1:45 PM

Combo II (Ages 4-6)

Wednesday	4:15 PM - 5:00 PM
Saturday	1:45 PM - 2:30 PM

Combo III (Ages 5-8)

Wednesday	5:00 PM - 5:45 PM
Saturday	2:45 PM - 3:30 PM

FAMILY

◆ Family Swim

Families can bond together during our family swim time. Free for Family Members.

Monday - Thursday	5:00 PM - 5:55 PM
Saturday	1:00 PM - 6:00 PM
Sunday	2:30 PM - 6:00 PM

Pool Parties

We provide certified lifeguards to supervise up to 20 little dippers exploring the underwater fun in our sparkling pool! The party includes the use of our pool equipment and a party room for refreshments after the water fun is done. Parents must supply food, beverages and decorations. Set up and clean up are included in the time. Swim caps are required. A guest list including address and date of birth of all party guests is required.

Member	\$525
Community	\$625
Sunday	1:00 PM - 4:00 PM

Party Room Rental

Our spacious party room is available for rental:

Member	\$325
Community	\$375

A \$125 non-refundable deposit is required to book a birthday party
Saturday after 3:00 PM

Sports Parties

Sports parties are a fun and active way to celebrate! We provide sports instruction and games in the gym for up to 25 kids. Choose basketball, soccer, volleyball, group games, or a combination of games and sports. Set up and clean up are included in the time.

Member	\$425
Community	\$525
Sunday	1:00 PM - 4:00 PM

SWIM

School Age Lesson Fees

Member	\$248
Community	\$364

Stage 1: Water Acclimation (5-12 years)

New! Friday	4:15 PM - 5:00 PM
Saturday	10:00 AM - 10:45 AM

Stage 2: Water Movement (5-12 years)

Sunday	11:00 AM - 11:45 AM
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Stage 3: Water Stamina (5-12 years)

New! Thursday	4:15 PM - 5:00 PM
Saturday	11:00 AM - 11:45 AM

Stage 4: Stroke Introduction (5-12 years)

Wednesday	4:15 PM - 5:00 PM
New! Friday	4:15 PM - 5:00 PM
Saturday	12:00 PM - 12:45 PM
Sunday	10:00 AM - 10:45 AM

Stage 5: Stroke Development (5-12 years)

Wednesday	4:15 PM - 5:00 PM
Thursday	4:15 PM - 5:00 PM
Saturday	1:00 PM - 1:45 PM
New! Sunday	11:00 AM - 11:45 AM

Stage 6: Stroke Mechanics (5-12 years)

Tuesday	4:15 PM - 5:00 PM
New! Thursday	4:15 PM - 5:00 PM
Saturday	12:00 PM - 12:45 PM



YOUTH
(ages 5-12)

TEENS

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

AGES 12-18

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ▶ ONLINE REGISTRATION AVAILABLE

LEADERSHIP & CIVIC ENGAGEMENT

◆ Leaders Club

This nationally recognized core YMCA teen program 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 adult advisor on skill and character building activities, planning and organizing projects with an emphasis on educational success, community service and goal-setting.

◆ Teen Center

Teen Center is a safe place where teens have the opportunity to engage in meaningful activities that allow them to develop socially, physically and academically. Teen Center offers a variety of programming, free to New York City high school students.

◆ Teens Take the City

Teens Take the City is a dynamic leadership development program that offers New York City teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teens engage in community mapping to figure out how to better their community, work in small groups to identify a law to address the issue, develop a policy proposal that is debated for other teens at City Hall, learn the history and function of NYC government and meet and interview a New York City official. Once students have developed a policy proposal, they will implement their initiatives in their community through youth-lead service learning activities. Talk about social responsibility at its best!



COLLEGE ACCESS & CAREER READINESS

◆ Rowe Scholars

Rowe Scholars program at Julia Richman Education Complex, formerly Y Scholars, is a comprehensive college and career access program offered throughout New York City's five boroughs. The Rowe Scholars Program serves more than 1,200 public and charter school students enrolled in grades 6-12, offering continued support throughout college and beyond.

FITNESS & SPORTS

◆ Teen Fitness Orientation (Ages 12-17)

Start your teen's fitness experience off on the right foot! Teen Fitness Orientation teaches teens gym etiquette, the proper use of equipment, and safe work out practices.

◆ Teen Basketball (Ages 12-18)

The game of basketball was invented in 1891 by YMCA staff member, Dr. James Naismith. Over 120 years later, the Y is not only still offering the game, but taking it to the next level.

When it comes to basketball in NYC, the Vanderbilt Y is the epicenter of specialized training. Our unparalleled basketball staff has years of experience, providing young people with the training necessary to hone their skills. Not to mention, players will have access to our state-of-the-art facilities, which are often utilized by NBA and college players. This year, our Teen Basketball league will also form teams and compete. Consider joining us to continue to build our reputation as the top Teen Basketball program in NYC.

◆ Art of Sparring

This program introduces teens to the basics of sparring in a safe no contact environment. Our experienced instructor focuses on high intensity cardio training while teaching teens basic defensive techniques. Teens are also taught the proper way to hit both heavy and speed punching bags. A huge portion of the program is built around bag punching.

TAKE CONTROL

Visit www.nyc.ydiabetes.com today!
Reduce Your Diabetes Risk And Gain Tools For Healthy Living Through The YMCA's Diabetes Prevention Program.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a healthcare provider.

The national price for the program is \$429.00 per person. Check with your health insurance provider to see if the cost is covered. Financial assistance is also available.

*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

For more information contact Elena Garcia at 212-912-2524 or email egarcia@ymcanyc.org.



TEEN
(ages 12-18)

SWIM

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

REMINDER:

MEMBERS GET PRIORITY REGISTRATION

- ◆ INCLUDED IN MEMBERSHIP
- ONLINE REGISTRATION AVAILABLE

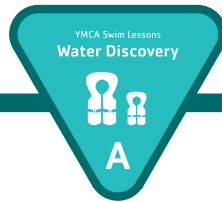


SWIM STAGE DESCRIPTIONS



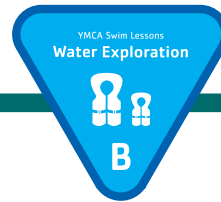
SWIM STARTERS

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



A / WATER DISCOVERY

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



B / WATER EXPLORATION

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

SWIM BASICS

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

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



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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

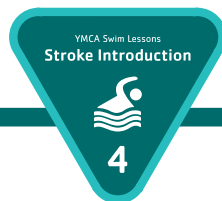


3 / WATER STAMINA

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

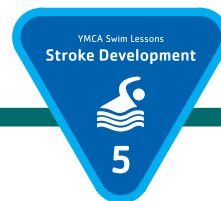
SWIM STROKES

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



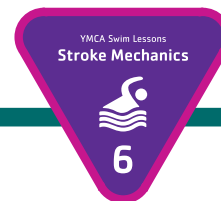
4 / STROKE INTRODUCTION

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



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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



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

STAGES OF LEARNING

SWIM STARTERS

Parent & child lessons

A Water Discovery

Blow bubbles
on surface,
assisted

Front tow
chin in water,
assisted

Water exit
parent & child
together

Water entry
parent & child
together

Back float
assisted, head on
shoulder

Roll
assisted

Front float
chin in water,
assisted

Back tow
assisted, head on
shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
blow bubbles,
assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head
on chest

Roll
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head
on chest

Monkey crawl
assisted, on edge,
5 ft.

SWIM BASICS

Recommended skills for all to have around water

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall,
5 ft.

Water exit
independently

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

Back float
assisted,
10 secs., recover
independently

Roll
assisted

Front float
assisted,
10 secs., recover
independently

Back glide
assisted, at wall,
5 ft.

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

2 Water Movement

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**

Back float
20 secs. (10 secs.
preschool)

Roll

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Tread water
10 secs., near
wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in
chest-deep water

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

Water exit
independently


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


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


Roll


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

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

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

 Preschool
3–5 yrs.
Stages 1–4

 School Age
5–12 yrs.
Stages 1–6

 Teen & Adult
12+ yrs.
Stages 1–6

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction

Endurance

any stroke or combination of strokes, 25 yd.

Front crawl

rotary breathing, 15 yd.

Back crawl

15 yd.

Dive

sitting

Resting stroke

elementary backstroke, 15 yd.

Tread water

scissor & whip kick, 1 min.

Breaststroke

kick, 15 yd.

Butterfly

kick, 15 yd.

5 Stroke Development

Endurance

any stroke or combination of strokes, 50 yd.

Front crawl

bent-arm recovery, 25 yd.

Back crawl

pull, 25 yd.

Dive

kneeling

Resting stroke

sidestroke, 25 yd.

Tread water

scissor & whip kick, 2 mins.

Breaststroke

25 yd.

Butterfly

simultaneous arm action & kick, 15 yd.

6 Stroke Mechanics

Endurance

any stroke or combination of strokes, 150 yd.

Front crawl

flip turn, 50 yd.

Back crawl

pull & flip turn, 50 yd.

Dive

standing

Resting stroke

elementary backstroke or sidestroke, 50 yd.

Tread water

retrieve object off bottom, tread 1 min.

Breaststroke

open turn, 50 yd.

Butterfly

25 yd.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



SWIM STARTERS

Water Discovery

Parent/Child 6-18 months

New! Tuesday 10:20 AM - 11:50 AM
Saturday 11:30 AM - 12:00 PM

Water Discovery

Parent/Child 18-36 months

New! Tuesday 10:20 AM - 11:50 AM
Saturday 12:00 PM - 12:30 PM

Water Exploration

Parent/Child 6-18 months

New! Wednesday 10:20 AM - 11:50 AM
Sunday 11:30 AM - 12:00 PM

Water Exploration

Parent/Child 18-36 months

New! Wednesday 10:20 AM - 11:50 AM
Sunday 12:00 PM - 12:30 PM

SWIM BASICS

Stage 1: Water Acclimation

Parent/Preschool Child (3-5 years)

Sunday 11:00 AM - 11:30 AM

Stage 1: Water Acclimation

Preschool Child (3-5 years)

Thursday 4:00 PM - 4:30 PM
Saturday 9:30 AM - 10:00 AM
Sunday 9:30 AM - 10:00 AM
New! 10:30 AM - 11:00 AM

Stage 1: Water Acclimation

School Age Child (5-12 years)

Friday **New!** 4:15 PM - 5:00 PM
Saturday 10:00 AM - 10:45 AM

Stage 1: Water Acclimation

Adult

Wednesday **New!** 1:00 PM - 2:00 PM
6:00 PM - 7:00 PM

Stage 2: Water Movement

Preschool Child (3-5 years)

Wednesday 4:00 PM - 4:30 PM
Saturday 10:00 AM - 10:30 AM
Sunday 10:00 AM - 10:30 AM

Stage 2: Water Movement

School Age Child (5-12 years)

Sunday 11:00 AM - 11:45 AM

Stage 2: Water Movement

Adult

Tuesday 7:30 PM - 8:30 PM

Thursday 7:30 PM - 8:30 PM
Saturday 2:00 PM - 3:00 PM

Stage 3: Water Stamina

Preschool (3-5 years)

Wednesday 4:30 PM - 5:00 PM
Saturday 11:00 AM - 11:30 AM
Sunday 10:30 AM - 11:00 AM

Stage 3: Water Stamina

School Age Child (5-12 years)

New! Thursday 4:15 PM - 5:00 PM
Saturday 11:00 AM - 11:45 AM

Stage 3: Water Stamina

Adult

Monday 7:30 PM - 8:30 PM
Wednesday 7:30 PM - 8:30 PM
Sunday 11:00 AM - 12:00 PM

Stage 4: Stroke Introduction

Preschool Child (3-5 years)

New! Thursday 4:30 PM - 5:00 PM

Stage 4: Stroke Introduction

School Age Child (5-12 years)

Wednesday 4:15 PM - 5:00 PM
New! Friday 4:15 PM - 5:00 PM
Saturday 12:00 PM - 12:45 PM
Sunday 10:00 AM - 10:45 AM

Stage 4: Stroke Introduction

Adult

New! Wednesday 6:00 PM - 7:00 PM
Sunday 12:00 PM - 1:00 PM

Stage 5: Stroke Development

School Age Child (5-12 years)

Wednesday 4:15 PM - 5:00 PM
Thursday 4:15 PM - 5:00 PM
Saturday 1:00 PM - 1:45 PM
New! Sunday 11:00 AM - 11:45 AM

Stage 5: Stroke Development

Adult

New! Monday 6:30 PM - 7:30 PM
New! Tuesday 1:00 PM - 2:00 PM
Sunday 1:00 PM - 2:00 PM

SWIM STROKES

Stage 6: Stroke Mechanics

School Age Child (5-12 years)

Tuesday 4:15 PM - 5:00 PM
New! Thursday 4:15 PM - 5:00 PM
Saturday 12:00 PM - 12:45 PM

Stage 6: Stroke Mechanics

Adult

Thursday 6:30 PM - 7:30 PM

LESSON FEES

Parent & Child Lesson Fees

Member	\$230
Community	\$340

Preschool Lesson Fees

Member	\$230
Community	\$340

School Age/Teen Lesson Fees

Member	\$248
Community	\$364

Adult Lesson Fees

Member	\$160	1 Day/wk
Community	\$295	1 Day/wk
Member	\$270	2 Day/wk
Community	\$515	2 Day/wk

PATHWAYS

Aquatics Conditioning

This program is for swimmers who are interested in becoming life-long swim teamers. This program offers a swim team experience within a non-competitive environment. While in the program, swimmers will be coached in stroke development, fitness, endurance and speed. Students will also learn how to use a pace clock which will aid in their development to becoming a future swim team participant.

Participants must be able to tread water for two minutes plus swim 100 yards front crawl, backstroke, breaststroke and butterfly.

	Per week	1 Day	2 Day	3 Day
Member	\$110	\$217	\$325	
Community	\$150	\$300	\$450	

Mon., Wed. & Fri. 4:30 PM - 5:30 PM

REMINDER:
MEMBERS GET PRIORITY REGISTRATION

◆ INCLUDED IN MEMBERSHIP

SAFE POOLS HAVE RULES

General YMCA Pool Rules

1. Bathing caps and appropriate swimming attire are required in the pool.
2. Swim diapers are required for individuals who wear diapers.
3. Water in plastic containers is allowed on the pool deck. No other food or drink is allowed to ensure the cleanliness of our pool area.
4. Walking on the pool deck ensures safety. Running, skipping, pushing, or any kind of horseplay is not allowed.
5. The YMCA lifeguard must be on duty to enter the pool area. Members are able to access the pool area according to the pool schedule.
6. For cleanliness purposes, street shoes cannot be worn in the pool area.
7. Non-swimmers are required to remain in the shallow area.

YMCA Family and Youth Swim Rules

1. Children age 8 and under must be accompanied by an adult in the water within arm's reach during swim time.
2. Children ages 9-11 must have an adult on the pool deck or in the viewing area during swim time.
3. Bubbles/backpacks, noodles and lifejackets (PFD's) are provided for use. Inflatable swim aids are not allowed.
4. Anyone wearing flotation equipment must remain in the shallow area.



New York City Department of Health Code Rules

1. No diving is allowed.
2. Members must shower before entering the pool and wear appropriate bathing attire.
3. Persons with infections, open sores, cuts, and/or ear or nose discharges will not be allowed to enter.
4. Urinating, expectorating or blowing of nose, or allowing human waste in the pool is prohibited.
5. Prolonged or repetitive breath holding can be deadly. Intentional hyperventilation or underwater competitive breath holding is not allowed.
6. Conduct that is dangerous or compromises the safety of others is not allowed.
7. Use of lotions or oils is not allowed.

Be sure to follow the Lifeguard's directions to ensure everyone's safety.

All questions regarding aquatics policies or procedures should be directed to the Aquatics Director or the Executive Director.



CODE OF CONDUCT

At the 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. Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
2. Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
3. Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
4. Respecting the property of others; never engaging in theft or destruction.
5. Creating a safe, caring environment; never carrying illegal firearms or devices.
6. Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
7. Adherence to the YMCA Code of Conduct and regulations is essential.

Cooperation among staff, members and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.

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

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth.

EXERCISING COURTESY

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



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

JOIN THE Y

MEMBERSHIP INFORMATION

STAFF LISTING

Anita Harvey – Senior Executive Director
212-912-2510, aharvey@ymcanyc.org

Janet LoCurto – Reservations Sales Center Regional Director
212-912-2509, jlocurto@ymcanyc.org

Enrique Colon – Residence Director
212-912-2506, ecolon@ymcanyc.org

Adam Gruberger – Senior Healthy Living Director
212-912-2523, agruberger@ymcanyc.org

Ivy Guerra – Aquatics Director
212-912-2536, iguerra@ymcanyc.org

Pablo Hernandez – Senior Property Director
212-912-2514, phernandez@ymcanyc.org

Balan Iyer – Senior Finance Director
212-912-2511, biyer@ymcanyc.org

Wendy Lee – Director of Early Childhood & Youth Programs
212-912-2517, wlee@ymcanyc.org

Ana Medina – Teen Director
212-912-2557, amedina@ymcanyc.org

Robin Nathaniel – Youth and Family Director
212-912-2559, rnathaniel@ymcanyc.org

Angel Osorio – Membership Sales & Engagement Director
212-912-2508, aosorio@ymcanyc.org

Teil Samuels – Youth & Sport Director
212-912-2520, tsamuels@ymcanyc.org

Johnny Santana – Fund Development & Communications Director
212-912-2526, jsantana@ymcanyc.org

HOLIDAY HOURS

THANKSGIVING HOLIDAY

Thursday, November 28 5:00 AM – 3:00 PM*
Friday, November 29 5:00 AM – 8:00 PM*

CHRISTMAS HOLIDAY

Tuesday, December 24 5:00 AM – 3:00 PM*
Wednesday, December 25 CLOSED

NEW YEAR'S HOLIDAY

Tuesday, December 31 5:00 AM – 3:00 PM*
Wednesday, January 1 5:00 AM – 8:00 PM*

Note: All fee-based classes will be prorated in the event of holidays or other closings. On the above holiday, all fitness, aquatics, preschool, dance youth and adult classes are canceled. Only the East pool will be open. Family swim will take place in lane 1. West pool will be closed.

MEMBERSHIP RATES

Membership Types Vanderbilt Y

Youth (up to 11)	\$210/yr.
Teen (12 - 17)	\$35/mos.

Membership Types Vanderbilt Y/ Citywide Joiner's Fee

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

*Membership rates & offers subject to change

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 pcrawford@ymcanyc.org for more information.

JOB OPPORTUNITIES

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

MISSION

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

POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

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

MEMBERSHIP HOLDS

Members may put their membership on hold for 1–3 months during any calendar year. Holds require a 15 day written notice prior to the monthly draft date. A monthly hold fee of \$10 will be charged and all membership privileges will be suspended while your membership is on hold.

PAYMENT OPTIONS & INFORMATION

- Membership dues must be up-to-date in order to use the 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.
- If an electronic fund transfer (EFT) is returned for funds, a service fee of \$15 will be added to the payment amount.
- If a check is returned for insufficient funds, a service fee of \$30 will be added to the payment amount.

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. Valid government-issued photo ID is required.

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.

PROGRAM POLICIES

PROGRAM CANCELLATIONS

In order to ensure quality programming, the YMCA may cancel any program that does not meet enrollment requirements. Refunds will be issued for any classes canceled for low enrollment.

PROGRAM WITHDRAWALS

Program fees are not refundable. Upon withdrawal from a program prior to the starting date, a credit will be issued less a \$15 service fee. During the first and second week of the program session, a credit may be requested in writing to the appropriate department head. No credit will be granted after the second week. All given credits are valid for one year from the date of issue.

MISSED CLASSES

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. Please note there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

PRIVATE LESSONS

A client may cancel directly with the trainer/swim instructor/massage therapy 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 packages are valid from the date of purchase. Personal training, massage and private swim fees are non-refundable. Only YMCA training staff are permitted to conduct personal training/swim lesson/massage therapy sessions within the facility.

YOUTH SPORTS, DANCE AND KARATE CLASSES

In order to insure a safe and productive environment for participants, parents/guardians/caregivers are required to stay within the designated waiting area.

STROLLER STORAGE

For safety reasons, strollers are not permitted in the pool area or SC hallways. Stroller storage is provided for your convenience by the elevator on the first floor and on weekends in the Game Room located on the SC level.

BRANCH LEADERSHIP

2019 BOARD OF MANAGERS



The Vanderbilt Board of Managers is composed of volunteers who are representatives of our membership: community leaders, residents and business owners from Manhattan's East Side neighborhoods and concerned, civic-minded people. This committed group of individuals sets policies, advises and assists the Vanderbilt YMCA management.

Chairman
Andrew Curtis

Vice Chairman
Richard Wasserman

Members

Mike Beck

Allison Downey

Ari Kramer

Juan Rodriguez

Kyle Benedetti

Jacqueline Edwards

Joseph McGowan

Jessa Thomas

Vickie Burns

Anne Fulford

Marlene Regalado

Douglas Tough

Emily Daniels

Margaret Hirce

John Rennie

Roseland Davis

Charles King

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.

For more information, please contact Adam Gruberger at 212-912-2523 or agruberger@ymcanyc.org



SIGN UP AT
ymcanyc.org/livestrong



HOME AWAY FROM HOME GUEST ROOMS AT THE VANDERBILT YMCA

The Vanderbilt YMCA provides great value for visitors who want to experience one of NYC's most-visited neighborhoods. Our YMCA offers clean, comfortable and tranquil hostel accommodations in the heart of Midtown East, all for an affordable price. We are conveniently located within walking distance to the United Nations, Grand Central Terminal, Rockefeller Center and the exciting Fifth Avenue shopping district.

Members of the YMCA
Come stay with us and receive a 10% discount!

Get more and pay less, when you stay with us at the Vanderbilt YMCA. Enjoy our full-service fitness center which includes two swimming pools, steam room, sauna, cardiovascular and strength training areas.

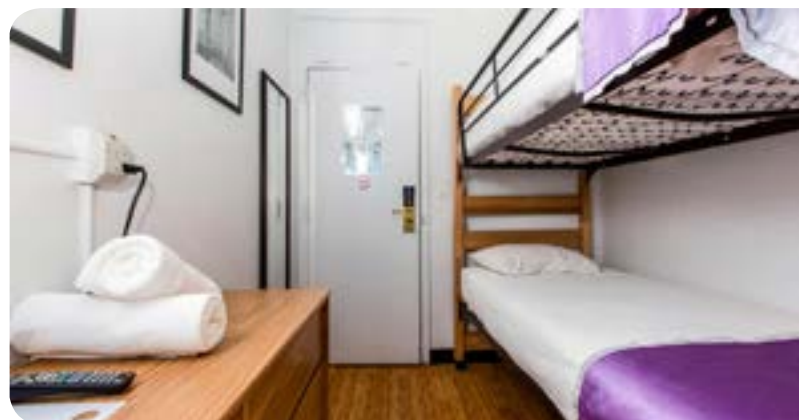
Take advantage of free Wi-Fi service in the lobby and common areas, television in our common rooms, kitchen usage, daily housekeeping services and 24-hour security.

We have private single rooms as well as private double rooms (bunk beds). Guests share common bathrooms, which are conveniently located on each floor.

WE OFFER:

- Linens & Towels
- Kitchen Usage
- 24-hour security
- Common Rooms
- Laundry Room
- Full Fitness Facility
- No Curfew or Lockout

Please visit our **NEW** guest rooms website ymcanyc.org/vanderbiltguestrooms or call us at 212-912-2504.



FINDING YOUR WAY

VANDERBILT YMCA FACILITY DIRECTORY

5 FLOOR

- Executive & Business Offices
- Board Room
- Sundeck
- Restrooms

4 FLOOR

- Life Fitness Circuit
- Life Fitness Treadmills
- Life Fitness Upright Bikes
- Life Fitness Ellipticals
- Life Fitness Recumbent Bikes
- Concept 2 Rowers
- Heavy Boxing Bag
- UBE Machine
- Indoor Running Track (30 laps = 1 mile)
- Televisions
- Versaclimber

3 FLOOR

- Studios A & B
- Restrooms
- Computer Station

2 FLOOR

- Gymnasium
- Cybex Weight Room
- Multipurpose Room
- Program Room
- Free Weight Room
- Program Offices
- Restrooms

1 FLOOR

- Member Service Desk
- Studio C
- Hotel Entrance
- Security Desk
- Early Childhood Center
- Restrooms
- Cardio Center
- Life Fitness Treadmills
- Life Fitness Upright Bikes
- Life Fitness Ellipticals
- Life Fitness Recumbent Bikes
- Life Fitness Powermills
- UBE Machine
- Precor AMTs
- Concept 2 Rowers
- Life Fitness Spin Bikes
- Versaclimber
- Televisions

C LEVEL

- Child Watch Center
- Family Locker Room
- Healthy Snack Vending Area
- Massage Room
- Member Lounge
- Locker Rooms (Steam Rooms and Saunas)
- Lending Library
- Restrooms

SC LEVEL

- East Pool
- Game Room
- Restrooms
- West Pool



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



VANDERBILT YMCA
224 East 47th Street
New York, NY 10017
212-912-2500
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NEW YORK CITY'S YMCA