

**NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details**

WE ARE Y  
**PROGRAM  
& CLASS  
GUIDE**

**BROADWAY YMCA  
WINTER/SPRING 2020**

651 Broadway  
Staten Island, NY 10310  
718-981-4933  
[ymcanyc.org/broadway](http://ymcanyc.org/broadway)



**YMCA OF GREATER  
NEW YORK**  
Where there's a Y,  
there's a way.

# WHY THE Y

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	●	●
State-of-the-art fitness center	●	●
Over 90 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Swimming Pool	●	●
Saunas and Steam Room	●	●
Basketball court	●	●
FREE Child Watch	●	●
FREE Kid Zone	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
FREE Family Days & Nights		●



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**Dear Broadway YMCA Member,**

**Welcome to another exciting year at the YMCA of Greater New York! We look forward to serving you and your family with a variety of wonderful programs in 2020!**

The New Year is my favorite time of year. It’s an opportunity to reflect, refresh, and reset. If you want to try something new in 2020, we have a world of options. If you need to get back into a fitness routine, or don’t know where to start, try a personal trainer or the free YMCA Weight Loss Program.

I first came to the Y 20 years ago and now it’s the centerpiece of my life. My daughters, now in college, both learned to swim in Y pools. Now, you’ll find me trying out new classes at different branches across the city.

The YMCA of Greater New York is here for all New Yorkers — to empower youth, improve health, and strengthen community. You’ll find our mission reflected in every program in this guide, all of which are designed to help you learn, grow, and reach your full potential.

Plus, new this year is a customizable Family & Household Membership, our latest initiative to improve membership at the Y. You can add a partner, young adult child, grandparent, roommate, or a caregiver to your membership at a reduced rate. Talk to our membership staff for details.

Thank you for choosing the YMCA of Greater New York — and have a fantastic year!

**Sharon Greenberger, President & CEO**

## HOURS OF OPERATION

**OPEN 364 DAYS A YEAR**

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

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

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

### WINTER SESSION DATES

January 2, 2020 – February 23, 2020

### SPRING I REGISTRATION DATES

Member: February 8, 2020  
 Community: February 15, 2020

### SPRING I SESSION DATES

February 24 – April 26, 2020

### SPRING II REGISTRATION DATES

Member: April 11, 2020  
 Community: April 18, 2020

### SPRING II SESSION DATES

April 27 – June 21, 2020

A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top and has a focused expression. The background is slightly blurred, showing other gym equipment and a person in the distance.

# 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.

## FREE CHILD WATCH

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

Monday-Thursday 8:30am-1:00pm and 5:00pm-9:00pm

Friday-Sunday 8:30am-1:00pm

## GROUP EXERCISE CLASSES

We offer over 90 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

### CONDITIONING

#### Absolute Abs ♦

Abdominal workout aimed at developing core muscles, helping to improve strength, posture, and tone.

#### Alpha-Training\* ♦

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

#### Barre Fusion ♦

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

#### Boot Camp ♦

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

#### Cardio Sculpt ♦

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

#### Insanity® ♦

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

#### Kettlebells\* ♦

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

#### Total Body Conditioning ♦

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

#### Triple Threat\* ♦

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

#### TRX\* ♦

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

#### TRX Circuit\* ♦

TRX Suspension Training with a combination of body weight exercise to strengthen and tone the upper and lower body.

### CARDIO

#### Cardio Circuit ♦

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

#### Cardio Sculpt ♦

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

#### Cardio Kickboxing ♦

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

#### Drums Alive® ♦

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

#### EXPRESS H.I.I.T. ♦

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

#### EXPRESS V.I.I.T. ♦

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

#### H.I.I.T. ♦

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

#### Intro to Indoor Cycling ♦

Perfect for new riders, recovery days, and post injury riders. Learn the fundamentals of indoor cycling while training in the cardio zone.

#### Indoor Cycling ♦

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

#### Low Impact Cardio ♦

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

#### Step Interval ♦

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

#### Tabata ♦

Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

### MIND/BODY

#### Chair Yoga ♦

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

#### Gentle Yoga ♦

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

#### Power Yoga ♦

An athletic-based yoga class with challenging movements.

#### Vinyasa Yoga ♦

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

\*Due to limited equipment, must register for class.

**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.

**MVe® Chair Pilates**

A new equipment-based class uniting Pilates and group exercise. This workout combines strength, balance, endurance, and core stability while working on the Pilates MVe (Maximum Versatility exercise) chair. These workouts are fun, energetic, and produce great results. It's a total body workout set to upbeat music!

Cost Per 8-Week Session	1x week	2x week	4x week
Member	\$66	\$99	\$154
Community	\$99	\$149	\$199

**QiGong** ♦

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

**Zhineng QiGong – Level 2 Body Mind Form** ♦

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

**Tai Chi** ♦

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

**DANCE**

**Soca** ♦

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

**Zumba®** ♦

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

**WATER FITNESS**

**Aqua Dance** ♦

A fun, low-impact choreographed aerobic workout to music in the water.

**Water Exercise** ♦

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

**ACTIVE OLDER ADULTS**

**AOA Cardio Conditioning** ♦

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

**AOA Cardio Dance** ♦

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

**Chair Zumba** ♦

Workout your arms and legs right from your chair while dancing and singing to all your favorite songs.

**Drums Alive®** ♦

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

**AOA Strength Training** ♦

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

**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.

**Group Exercise Classes are FREE with Membership.**

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

Cost Per 8-Week Session	1x week	2x week	4x week
Member	Included in Membership		
Community	\$104	\$117	\$152

**ADULT MEMBER GROUPS**

**Pickleball** ♦

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

Monday	9:00am – 1:00pm
Tuesday	9:00am – 1:00pm
Wednesday	10:00am – 1:00pm
	6:00pm – 8:00pm
Thursday	9:00am – 1:00pm
Friday	10:00am – 1:00pm
Saturday	1:00pm – 3:00pm

**Cost Per 8-Week Session**

Member	Included in Membership
Community	\$80

Private & Group Lessons available.



“I’m trying new things — like water aerobics, total body conditioning, and cardio kickboxing. Taking on something new is so exciting. The YMCA helped me find my way.”

– Rene, YMCA of Greater New York Member

### **Pinochle Club** ♦

Learn the game of pinochle while making new friends.

Monday, Wednesday & Friday 1:00pm

### **Mahjong Club** ♦

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

Thursday 1:00pm

### **Book Club** ♦

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

Second Friday of the month 1:30pm

### **Backgammon** ♦

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

Monday 4:30pm

### **Active Older Adult Movies** ♦

Check the bulletin board for the monthly schedule.

### **Knitting & Crocheting Club** ♦

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

Wednesday 1:00pm

### **Broadway YMCA Senior Glee Club** ♦

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

Interested in starting a new club? Contact Liza Horner at 718-981-4933 or [lhorer@ymcany.org](mailto:lhorer@ymcany.org) with your ideas.

## **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.

### **ActiveLinxx Consultations**

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

Consultations are FREE to members.

### **New Member Orientation** ♦

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. No appointments necessary. Please visit the Fitness Center Office at one of the following times:

Mondays	10:15am or 7:30pm
Tuesdays	7:15pm
Wednesdays	10:15am or 8:00pm
Thursdays	7:00pm
Fridays	10:00am
Saturdays	9:15am
Sundays	11:15am

### **Nutrition Classes (Ages 18+)**

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

#### **Cost Per 4-Week Session**

Member	\$64
Community	\$120

See flyer for program dates and times.

### **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 Liza Horner at 718-981-4933 to sign up today!

### **Y Fit Start Program** ♦

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



**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 Liza Horner at 718-981-4933 or lhorner@ymcanyc.org.

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

- \* 8 45-minute sessions: \$320
- \* 8 30-minute sessions: \$280
- \* 16 30-minute sessions: \$544

Save money by working out with a friend and purchasing semi-private sessions for two or more people. \*For members only.

**Active Isolated Stretching**

15 minute personalized stretching can increase mobility and speed and improve overall athletic performance.

**Cost Per 8-Week Session**

Member	\$120
Community	\$160

**One-to-One Pilates Reformer**

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

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

**One-to-One Nutritional Counseling**

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

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

**Private Tennis & Pickleball Lessons**

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

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

**Personal Training Policies**

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







## SWIM

### Adult Swim ♦

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

### YMCA Swim Lessons

#### Swim Basics

Teaches personal water safety and the fundamentals of swimming. See Swim section p. 22.

#### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. See Swim section p. 22.

### Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online. See Swim section p. 6.

### YMCA Lifeguard Course

#### (Ages 16+)

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

\*Pretest Wednesdays December 18th, February 19th, or April 22nd. Requires a \$25 non-refundable test fee. A passing grade will result in credit of test fee toward course cost.

#### Cost

Member	\$300
Community	\$350

## SPORTS

### Pickleball Lessons

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

### Skills & Drills for Intermediate Players

Wednesday 8:30am - 10:00am

#### Beginners

Friday 8:30am - 10:00am

#### Cost Per 4-Week Session

Member	\$66
Community	\$112

### Adult Fencing

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

Sunday 8:50am

#### Cost Per 4-Week Session

Member	\$85
Community	\$100

## ARTS

### Guitar

Guitar for both kids and adults with professional instructor. Learn the 6 strings, along with the fundamental chords, of some of your favorite simple songs.

#### Cost Per 8-Week Session

Member	\$160
Community	\$200

### Broadway YMCA Indoor Triathlon

#### March 22, 2020

Challenge yourself to see what you can achieve! Each leg - swim, bike and run - will have a set time limit, and your distance covered during that time determines your score. The further you go, the higher you'll place. Waves of 8 will begin every 25 minutes starting at 8 a.m. All participants will receive a Y Tri swim cap and other gear. Space is limited so sign up soon at the front desk. The cost is \$50 per competitor. All levels of fitness welcome.



AGES 0-4

# KIDS & FAMILY

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

## FREE CHILD WATCH

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

Monday-Thursday 8:30am-1:00pm and 5:00pm-9:00pm

Friday-Sunday 8:30am-1:00pm

**FAMILY**

**Family Scrapbooking** ♦

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

Sundays 12:00 pm - 12:50 pm

**Family Fit Zumba** ♦

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

Thursdays 5:00 pm -5:45 pm

**Family Days and Nights** ♦

Family Days & Nights are free with Family Membership. See flyers at Branch for details.

**Family Swim** ♦

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

**PRE-SCHOOL & SUMMER CAMP**

**3-K For All & Pre-K For All (Ages 3 & 4)**

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

**Before & After Care**

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

# Days	2x week	3x week	5x week
AM: 7:30 – 8:20	\$113	\$142	\$220
PM: 3:00 – 6:00	\$156	\$238	\$327
AM & PM:	\$240	\$300	\$400

**Let's Get Ready (Ages 15 – 24 months)**

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

Friday 11:00am-12:00pm Room 1

**Cost Per 8-Week Session**

Member	\$162
Community	\$227

**On Our Way (Ages 2 - 3)**

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

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

**Cost Per 8-Week Session**

Member	\$272
Community	\$334

**Pre-School Prep (Ages 2 - 3)**

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

Tuesday, Thursday & Friday 9:00am-10:30am

**Cost Per 8-Week Session**

Member	\$287
Community	\$400

**Ready, Set, Read! (Ages 4 - 5)**

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

Tuesday & Thursday 3:00pm-3:50pm Room E

**Cost Per 8-Week Session**

Member	\$270
Community	\$303



**Early Childhood Camp (Ages 3 - 5)**

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is for children age 3 up to 5 years old (entering Kindergarten in September 2020). Campers have the same fun as the big kids, but they stay closer to home and keep shorter hours. Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development, preparing them for upcoming PreK For All (or other full-day) programming. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities, with each week having its own theme. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. Each child receives a swimming lesson once a week. Children must be toilet trained prior to their start of camp, as per our DOH licensing.

Camp Hours: 8:20 am - 2:45 pm

Cost Per 2-Week Session	2x week	3x week	5x week
Member	\$336	\$459	\$612
Community	\$386	\$658	\$688

**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 (Ages 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. 22.

**Swim Basics (Ages 3 – 5)**

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. 22.

**SCIENCE**

**STEM (Ages 3 - 5)**

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

Monday	3:00pm-4:00pm	Room D
OR		
Friday	12:30pm-1:15pm	Room 1

**Cost Per 8-Week Session**

Member	\$168
Community	\$168



# 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 more information, go to [ymcanyc.org/nai](http://ymcanyc.org/nai) or visit the member services desk at your Y.



## Healthy Kids Day<sup>®</sup>

**AWAKEN  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**

## CELEBRATE WITH THE BROADWAY YMCA

### BIRTHDAY PACKAGES

Includes	Basic	Premium
Table and Chairs	✓	✓
Room Setup	✓	✓
A Birthday Specialist	✓	✓
Clean Up	✓	✓
Coffee and Tea for Adults	✓	✓
Birthday Music		✓
Two Birthday Specialists		✓
Plates and Cups		✓
Tablecloth		✓
Utensils		✓
Pizza and Drinks		✓
Balloons		✓
	<b>\$350</b>	<b>\$500</b>

#### Goody Bags

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

**15 Bags: \$40**

**Addtl. Bags: \$4 each**

#### Ice Cream Sundae Station

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

**Up to 40 people: \$49.95**

**41 people and up: \$59.95**

#### Bouncy House

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

**Standard Bouncy House: \$250**

**Inflatable Obstacle Course: \$275**

### PARTY ACTIVITIES

#### Slime Party

Wake up your inner scientist and make your very own slime creations.

#### Games Galore

Variety of fun filled group games to get your party moving.

#### Art

Pick a theme and our art specialist will help your children create a masterpiece.

#### Basketball / Soccer

Pick your sport and we will provide the supplies and a specialist to lead your kids through some games.

## FREQUENTLY ASKED QUESTIONS:

### When do I pay for my party?

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

### What is the last day that I can make changes to my party?

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

### If I get the premium package can I also get pizza for adults? What kind of drinks are provided?

Pizza is provided for all guests at 1 slice per person. Additional pizza can be requested for \$9 per pie. Drinks provided for the children are typically juice boxes. If requested we can substitute the juice boxes for soda or water. Adults are NOT provided any beverages other than coffee and tea.

### How does a party run?

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

### What other food options are available? Can I bring my own?

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

### What if I need more time for my party?

More time may be available at the time of booking. Once your deposit is paid you cannot request additional time. Each half an hour is charged at \$75 dollars.

### What is the maximum amount of guests I can have? For the activities?

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

	Max Capacity	YMCA Staff	Member Price	Non-Member Price
<b>Full East Gym</b>	150 People	2-3 Staff	\$150/hr	\$200/hr
<b>Full North Gym</b>	100 People	2-3 Staff	\$125/hr	\$175/hr
<b>1/2 Gym (North or East Gym)</b>	North Gym: 50 People East Gym: 75 People	1-2 Staff	\$75/hr	\$125/hr
<b>MPR</b>	30 People	1 Staff	\$50/hr	\$75/hr





AGES 5-12

# YOUTH

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

## KID ZONE

Do you need someone to look after your child (ages 7 to 12 years) while you work out? We're here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Kid Zone Program. This is a **FREE** service available to adult and family members only. Monday-Thursday 6:00pm-9:00pm (Times are subject to change.)



## FAMILY

### Family Scrapbooking ♦

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

Sundays 12:00 pm - 12:50 pm

### Family Fit Zumba ♦

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

Thursdays 5:00 pm -5:45 pm

### Family Days & Nights ♦

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

### Family Swim ♦

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

## AFTERSCHOOL & SUMMER CAMP

### Y Afterschool at PS 19 & PS 22

The best of Broadway Y is available afterschool at PS19 and at PS22. Y Afterschool provides students with the opportunity to choose from specialized classes designed to nurture the student's spirit, mind, and body.

For information about the program at PS19, contact Mirjana Scarselli at 718-720-4300 or mscarselli@ymcanyc.org.

For information about the program at PS22, contact Helen Larino at 917-830-2598 or hlarino@ymcanyc.org.

### Summer Fun Camp (Ages 6-12)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer Fun Camp is open to current kindergarteners through 6th grade students who are ready to participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports and creative arts, explore science and nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility.

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as "Superhero Day." Each week features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons once a week. There are also weekly field trips, one field trip per session where campers get a chance to learn about their communities. Every two weeks, campers showcase something they have learned or created in our Family Share.

Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss,

the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. Activities such as journaling and age-appropriate science experiments expand their literacy, math and science skills, and promote their ability to think critically.

All activities are geared to be fun and build lifetime memories!

### Cost Per 2-Week Session

Member	\$649	Community	\$758
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## SWIM

### Family Swim ♦

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

### Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. See Swim section p. 22.

### 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. 22.

### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. See Swim section p. 22.

### Holiday Program

#### School's Out – the Y is In!

Grades: Pre K to 6th grade

Hours: 9am-4pm

AM Extended day: 7:30am-9:00am PM Extended Day: 4:00pm-5:30pm

January 1st, Wednesday

January 20th, Monday

February 17-21st, Monday-Friday

April 9 & 10th, Thursday & Friday

April 13-17th, Monday-Friday

May 25th, Monday

June 4th, Thursday

June 20th, Tuesday

Cost	Per Visit	AM Extended Care	PM Extended Care
Member	\$55	\$15	\$15
Community	\$55	\$15	\$15

**SPORTS**

**Mighty Milers ♦**

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

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

**Youth Basketball Clinic**

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

**Ages 5 - 7** Friday 4:00pm-4:55pm East Gym B  
 Saturday 9:00am-9:55am East Gym B  
**Ages 8 - 12** Friday 5:00pm-5:55pm East Gym B  
 Saturday 10:00am-10:55am East Gym B

**Cost Per 8-Week Session**

Member	\$92
Community	\$174

**Youth Soccer Clinic**

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

**Ages 5 - 7** Friday 5:00pm-5:55pm East Gym A  
 Saturday 10:00am-10:55am East Gym  
**Ages 8 - 12** Friday 4:00pm-4:55pm East Gym A  
 Saturday 9:00am-9:55am East Gym A

**Cost Per 8-Week Session**

Member	\$92
Community	\$174

**Youth Tennis**

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

**Ages 5-7** Wednesday 4:00pm-4:55pm East Gym A  
**Ages 8-14** Wednesday 5:00pm-5:55pm East Gym A

**Cost Per 8-Week Session**

Member	\$92
Community	\$174

**Tae Kwon Do**

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

**Ages 5 - 12** Saturday 11:00am-11:55am East Gym B

**Ages 4 - 5** Sunday 10:00am-10:55am East Gym A  
**Ages 5 - 8** Sunday 11:00am-11:55am East Gym A  
**Ages 9 - 16** Sunday 12:00pm-12:55pm East Gym A

Cost Per 8-Week Session	1x week	2x week
Member	\$92	\$143
Community	\$174	\$226

**Fencing**

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

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

\* Equipment is available for purchase for an additional fee

Cost	4-Week Session	8-Week Session
Member	\$92	\$153
Community	\$133	\$236

**DANCE**

**Tiny Toes Ballet (Ages 3 - 4)**

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

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

**Cost Per 8-Week Session**

Member	\$92
Community	\$174

**Tap & Ballet (Ages 5 - 12)**

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

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

**Cost Per 8-Week Session**

Member	\$92
Community	\$174

**Hip Hop (Ages 5 - 12)**

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

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

**Cost Per 8-Week Session**

Member	\$92
Community	\$174

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

## GYMNASTICS

### Tumbling (Ages 5 – 12)

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

Saturdays 11:00am - 11:55am East Gym A

#### Cost Per 8-Week Session

Member	\$92
Community	\$174

## ARTS

### Masters in Art (Ages 6 – 12)

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

Sundays 1:00pm - 2:00pm MPR

#### Cost Per 8-Week Session

Member	\$92
Community	\$174

## COOKING

### Youth/Teen Cooking (Ages 6 – 17)

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

Saturday 10:30am - 12:30pm Room B

#### Cost Per 8-Week Session

Member	\$123
Community	\$174

### Food Art & Etiquette (Ages 5 – 12) ♦

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

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

### Chess & Checkers (Ages 5 – 12) ♦

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

Thursday 4:00pm-4:45pm MPR

## SCIENCE

#### Cost Per 8-Week Session

Member	\$92
Community	\$174

### Mad Science (Ages 5 – 12)

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

Saturdays 9:00am - 9:55am Kid Zone

### Y-Botics (Ages 7 – 14)

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

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

### Y-Biddy Builders (Ages 4 – 6)

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

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

### Tutoring (Kindergarten – 5th Grade)

#### Cost Per 8-Week Session

Member	\$287
Community	\$359

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

### Reading

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

### Math

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

### Writing

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



AGES 12-17

# TEENS

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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.

## LEADERSHIP & CIVIC ENGAGEMENT

### Leaders Club ♦

Tomorrow's leaders can get started in our leadership incubation program. These clubs give teens the opportunity to improve their leadership and social skills, while giving back to the community.

### Teens Take the City ♦

This dynamic civic engagement program, focusing specifically on NYC government, offers teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community.

### Youth & Government ♦

Does your teen want to know how our democratic process works from the inside out? Starting with issues that stir their passions, Youth & Government teens learn to debate public policy, write legislation, and (simulate) taking over the State Legislature in Albany.

### Global Teens ♦

Explore the world with the YMCA! Our leadership development and service learning program engages teens in a year-long empowering international experience culminating with a summer service abroad experience.

## COLLEGE ACCESS & CAREER READINESS

### Rowe Scholars ♦

Rowe Scholars helps students and their parents realize that college is a real and attainable option. Through homework help, test prep, application support, college tours, and more the Y supports Rowe Scholars through college and beyond. The program serves students enrolled in grades 6-12. Rowe Scholars is currently offered at Port Richmond High School. For more information on the program, contact Geralyn Whalen at 718-420-2100 ext. 1149 or e-mail [gwhalen@ymcanyc.org](mailto:gwhalen@ymcanyc.org).

## FITNESS & SPORTS

### Teen Fitness Orientation (Ages 12-17) ♦

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

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

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

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

### Teen Center (Ages 12 - 17) ♦

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors. Teen Center is FREE and typically runs three Fridays each month, September to June. Pre-registration required. Check the Member Service Desk for upcoming dates.

Program runs September-June

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

## SUMMER CAMP

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

Our C.I.T. program is for building tomorrow's leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning, concurrently enjoying all the camper activities of swimming, dancing, sports, and so much more! All participants receive training in program safety and participate in service-learning projects. This camp is great for teens looking for work experience and/or community service opportunities.

#### Cost Per 2-Week Session

Member	\$545	Community	\$655
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## SWIM

### Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. See Swim section p. 22.

### 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. 22.

### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. See Swim section p. 22.



A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful floral swimsuit. She is leaning on the grey metal grates of a swimming pool deck. The background shows the blue water of the pool with other swimmers and purple pool toys. The overall scene is bright and lively, capturing a moment of fun and activity.




# 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.

# YMCA SWIM LESSONS

With more than 100 years of experience teaching New Yorkers how to swim, the Y has lessons for every age and ability.

## SWIM STAGE DESCRIPTIONS

<p><b>SWIM STARTERS</b></p> <p>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.</p> 	<p><b>A</b> <b>WATER DISCOVERY</b></p> <p>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.</p>	<p><b>B</b> <b>WATER EXPLORATION</b></p> <p>In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.</p>	
<p><b>SWIM BASICS</b></p> <p>Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:</p> <ul style="list-style-type: none"> <li>• Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit</li> <li>• Jump, push, turn, grab</li> </ul> 	<p><b>1</b> <b>WATER ACCLIMATION</b></p> <p>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.</p>	<p><b>2</b> <b>WATER MOVEMENT</b></p> <p>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.</p>	<p><b>3</b> <b>WATER STAMINA</b></p> <p>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.</p>
<p><b>SWIM STROKES</b></p> <p>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.</p> 	<p><b>4</b> <b>STROKE INTRODUCTION</b></p> <p>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.</p>	<p><b>5</b> <b>STROKE DEVELOPMENT</b></p> <p>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.</p>	<p><b>6</b> <b>STROKE MECHANICS</b></p> <p>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.</p>

“Our daughter has said that at the Y she likes to think about her swimming goals and her school goals, all while knowing it’s a safe place for her to play.”

– Lindsay, YMCA of Greater New York Member

# STAGES OF LEARNING

SWIM STARTERS Parent & Child Lessons		SWIM BASICS Recommended skills for all to have around water		
A WATER DISCOVERY I	B WATER EXPLORATION I	1 WATER ACCLIMATION P S A	2 WATER MOVEMENT P S A	3 WATER STAMINA P S A
<b>Blow bubbles</b> on surface, assisted	<b>Blow bubbles</b> mouth & nose submerged, assisted	<b>Submerge</b> bob independently	<b>Submerge</b> look at object on bottom	<b>Submerge</b> retrieve object in chest-deep water
<b>Front tow</b> chin in water, assisted	<b>Front tow</b> blow bubbles, assisted	<b>Front glide</b> assisted, to wall, 5 ft.	<b>Front glide</b> 10 ft. (5 ft. preschool)	<b>Swim on front</b> 15 yd. (10 yd. preschool)
<b>Water exit</b> parent & child together	<b>Water exit</b> assisted	<b>Water exit</b> independently	<b>Water exit</b> independently	<b>Water exit</b> independently
<b>Water entry</b> parent & child together	<b>Water entry</b> assisted	<b>Jump, push, turn, grab</b> assisted	<b>Jump, push, turn, grab</b>	<b>Jump, swim, turn, swim, grab</b> 10 yd.
<b>Back float</b> assisted, head on shoulder	<b>Back float</b> assisted, head on chest	<b>Back float</b> assisted, 10 secs., recover independently	<b>Back float</b> 20 secs. (10 secs. preschool)	<b>Swim on back</b> 15 yd. (10 yd. preschool)
<b>Roll</b> assisted	<b>Roll</b> assisted	<b>Roll</b> assisted	<b>Roll</b>	<b>Roll</b>
<b>Front float</b> chin in water, assisted	<b>Front float</b> blow bubbles, assisted	<b>Front float</b> assisted, 10 secs., recover independently	<b>Front float</b> 20 secs. (10 secs. preschool)	<b>Front float</b> 1 min. & exit (30 secs. preschool)
<b>Back tow</b> assisted, head on shoulder	<b>Back tow</b> assisted, head on chest	<b>Back glide</b> assisted, at wall, 5 ft.	<b>Back glide</b> 10 ft. (5ft. preschool)	<b>Swim, float, swim</b> 25 yd. (15 yd. preschool)
<b>Wall grab</b> assisted	<b>Monkey crawl</b> assisted, on edge, 5 ft.	<b>Swim, float, swim</b> assisted, 10 ft.	<b>Swim, float, swim</b> 5 yd.	



**I** Infant & Toddler  
6 mos.—3 yrs.

**P** Preschool  
3—5 yrs.

**S** School Age  
5—12 yrs.

**A** Teen & Adult  
12+ yrs.

**SWIM STROKES**  
Skills to support a healthy lifestyle

**PATHWAYS**  
Specialized tracks

**4**  
**STROKE INTRODUCTION**  
**P S A**

**5**  
**STROKE DEVELOPMENT**  
**S A**

**6**  
**STROKE MECHANICS**  
**S A**

**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.

**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.

**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.



**COMPETITION**



**LEADERSHIP**



**RECREATION**

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

## 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 LESSONS

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

### Swim Testing

Progressive-level learn-to-swim classes are divided by skill. Note, you may not register your child for any of the following classes unless he/she has been swim tested or promoted within our program prior to registration. Swim Testing is held Tuesday – Thursday at 5:30 pm and Saturday at 3:15 pm. Please have your child on the pool deck ready to swim within 15 minutes of the beginning of testing. Please contact the Member Services Desk to verify available times each day or email Romulus Staton, Aquatics Director, at [rstaton@ymcanyc.org](mailto:rstaton@ymcanyc.org).

#### Parent & Child Lesson Fees (6 months - 5 Years)

Member	\$124-1x a week	\$181-2x a week
Community	\$234-1x a week	\$313-2x a week

#### School Age Lesson Fees (5 years - 11 years)

Member	\$129-1x a week	\$192-2x a week
Community	\$242-1x a week	\$321-2x a week

#### Teen Lesson Fees (12 years-17 years)

Member	\$140-1x a week
Community	\$259-1x a week

#### Adult Lesson Fees (18 years +)

Member	\$149-1x a week	\$225-2x a week
Community	\$277-1x a week	\$382-2x a week

## SWIM STARTERS

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children.

### Water Discovery

Parent/Child 6-18 months

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

### Water Discovery

Parent/Child 19-36 months

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

### Water Exploration

Parent/Child 6-18 months

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

### Water Exploration

Parent/Child 19-36 months

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

## SWIM BASICS

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

### Stage 1

#### Water Acclimation

Preschool Child (Ages 3-5)

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

### Stage 1

#### Water Acclimation

School Age Child (Ages 5-12)

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

### Stage 1 & 2

#### Water Acclimation & Water Movement

Teen (Ages 12-17)

Wednesday	4:45 pm - 5:30 pm
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### Stage 1 & 2

#### Water Acclimation & Water Movement

Adult

Monday	7:00 pm - 7:45 pm
Sunday	3:30 pm - 4:15 pm

### Stage 2

#### Water Movement

Preschool Child (Ages 3-5)

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

### Stage 2

#### Water Movement

School Age Child (Ages 5-12)

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

### Stage 3

#### Water Stamina

Preschool Child (Ages 3-5)

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

### Stage 3

#### Water Stamina

School Age Child (Ages 5-12)

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

### Stage 3 & 4

#### Water Stamina & Stroke

##### Introduction

Teen (Ages 12-17)

Friday	5:00 pm - 5:45 pm
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**Stage 3 & 4**

**Water Stamina & Stroke Introduction**  
Adult

Sunday 4:15 pm - 5:00 pm

**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.

**Stage 4**

**Stroke Introduction**  
Preschool Child (Ages 3-5)

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

**Stage 4**

**Stroke Introduction**  
School Age Child (Ages 5-12)

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

**Stage 5**

**Stroke Development**  
School Age Child (Ages 5-12)

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

**Stage 6**

**Stroke Mechanics**  
School Age Child (Ages 5-12)

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

**PATHWAYS**

Advanced swimmers will love our Pathways classes, which help you continue to build endurance after completing Stage 5 or 6.

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

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

Saturday 2:30pm - 3:15pm

**Lifeguard Development**  
Youth/Teen (Ages 11-16)

Encourages leadership development in the area of aquatic safety with a goal to prepare and motivate participants to become lifeguards through a separate certification course.

Thursday 4:45 pm - 5:30 pm

**YMCA Lifeguard Course**  
(Ages 16+)

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

\*Pretest Wednesdays December 18th, February 19th, or April 22nd. Requires a \$25 non-refundable test fee. A passing grade will result in credit of test fee toward course cost.

**Cost**

Member	\$300
Community	\$350

**Masters Swim Team (Ages 16+) ♦**

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

Sunday 9:00am - 10:00am



**Tri Swim Training Class (Ages 17+)**

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

Tuesday 7:00pm – 7:45pm

**Cost Per 8-Week Session**

Member	\$88
Community	\$99

**Water 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 1:00pm – 1:45pm  
 Tuesday OR Friday 2:00pm – 2:45pm  
 Thursday 9:00am – 9:45am  
 Sunday 8:00am – 8:45am

**Cost Per 8-Week Session**

Member	Included in Membership
Community	\$91 1x week \$130 2x week \$169 3x week \$208 4x week

**Aqua Dance Workout (Ages 18+) ♦**

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

Tuesday 9:00am – 9:45am  
 OR Thursday 8:00pm – 8:45pm

**Cost Per 8-Week Session**

Member	Included in Membership
Community	\$91 1x week \$130 2x week

**Pool Party**

Make your next party a Big Splash at the YMCA! You provide the food, cake, paper goods and party room fun. We make the pool a blast! Parties are held Sundays for a fee of \$275 for up to 15 children – an additional \$8 is charged for each additional child. A \$50 non-refundable deposit is required to reserve the date. Please note anyone using the pool must wear a swim cap. For additional information, contact Romulus Staton at (718) 981-4933 or rstaton@ymcany.org.

**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.

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

**Cost Per 8-Week Session**

Member	\$44 1x week \$66 2x week \$88 3x week
Community	\$91 1x week \$130 2x week \$169 3x week

**Semi-Private Swim Lessons**

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

**Lesson Fees (45-minutes)**

Member	\$63 1 lesson \$168 3 lessons \$240 5 lessons \$330 8 lessons
Community	\$95 1 lesson \$252 3 lessons \$360 5 lessons \$445 8 lessons

**Private Swim Lessons**

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

**Lesson Fees (30-minutes)**

Member	\$42 1 lesson \$115 3 lessons \$170 5 lessons \$248 8 lessons
Community	\$63 1 lesson \$168 3 lessons \$240 5 lessons \$330 8 lessons



♦ Included in Membership | Members get priority registration

# 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. Parents and children must accompany each other in the water for Family Swim.
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.





NYC YMCA  
SUMMER CAMP

# SUMMER CAMP

At YMCA summer camps, children learn leadership skills and develop self-confidence in a safe, accepting, and stimulating environment. They also build robots, go on field trips, shoot hoops, learn to swim, make new friends, and laugh all summer long!

**10% Early Bird and Sibling Discounts\* available. Ask YMCA staff for details. Online registration available for most camps.**

\*Offers cannot be combined

# DAY CAMP

## Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

## Camp Hours

9:00 am – 4:00 pm

Extended hours available.

For more information, visit [ymcanyc.org/broadway](http://ymcanyc.org/broadway)

## Early Childhood Camp (Ages 3-5)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is for children age 3 up to 5 years old (entering Kindergarten in September 2020). Campers have the same fun as the big kids, but they stay closer to home and keep shorter hours. Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development, preparing them for upcoming PreK For All (or other full-day) programming. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities, with each week having its own theme. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. Each child receives a swimming lesson once a week. Children must be toilet trained prior to their start of camp, as per our DOH licensing.

Camp Hours: 8:20 am - 2:45 pm

### Cost Per 2-Week Session

Member	\$612 5x week
	\$459 3x week
	\$336 2x week
Community	\$688 5x week
	\$658 3x week
	\$386 2x week

## Summer Fun Camp (Ages 6-12)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer Fun Camp is open to current kindergarteners through 6th grade students who are ready to participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports and creative arts, explore science and nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility.

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Each week features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons once a week. There are also weekly field trips, one field trip per session where campers get a chance to learn about their communities. Every two weeks, campers showcase something they have learned or created in our Family Share.

Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. Activities such as journaling and age-appropriate science experiments expand their literacy, math and science skills, and promote their ability to think critically.

All activities are geared to be fun and build lifetime memories!

### Cost Per 2-Week Session

Member	\$649
Community	\$758

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

Our C.I.T. program is for building tomorrow’s leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning, concurrently enjoying all the camper activities of swimming, dancing, sports, and so much more! All participants receive training in program safety and participate in service-learning projects. This camp is great for teens looking for work experience and/or community service opportunities.

### Cost Per 2-Week Session

Member	\$545
Community	\$655



## Summer Swim Adventures

### 2-Week Summer Swim Program at the Broadway YMCA

- Building Values
- Instructional Swim Time
- Rescue Skills
- Hands-on Safety Lessons
- Boating Safety Using Inflatable Boats
- Snorkeling Lessons
- Synchro Skills
- New Wetball Skills and Games
- Structured Games
- Take Home Activities

### Monday, June 29 – Friday, July 10

Ages 5-8                      12:15 pm – 2:15 pm  
 Ages 9-13                    1:15 pm – 3:15 pm

Register today at [ymcanyc.org/broadway](http://ymcanyc.org/broadway) or at the Member Services Desk.

#### Cost

Member	\$345	Community	\$395
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## SLEEPAWAY CAMP

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

### Camp Season

June 28 – August 29

One- and two-week sessions available

For more information, visit [ycamps.ymcanyc.org](http://ycamps.ymcanyc.org)

## TRADITIONAL SLEEPAWAY CAMPS

### Camp Greenkill (Ages 7-13)

Designed specifically for campers who may be new to sleepaway camp, or prefer an experience that includes more of the comforts of home, Camp Greenkill offers more modern facilities and a wide range of program options. Our 18,000 sq. ft. field house, along with acres of grassy playing fields, a lake for swimming and boating, and a new Ninja Warrior-style obstacle course, makes Camp Greenkill a particularly good fit for kids who can't get enough sports. Campers who prefer STEAM-oriented programs will love the Rockefeller Environmental Educational Center which offers cool indoor spaces, including an Arts & Crafts studio, a maker space, a wildlife exploration room, and more. So many options, so little time! Two-week sessions.

### Camp Talcott (Ages 9-14)

Just up the hill from Camp Greenkill, Camp Talcott's beautifully rustic cabins, nestled into the woods alongside a pristine lake, provide a more traditional, iconic sleepaway experience. Campers who love the water find Talcott's lake to be an awesome aquatic playground—swimming, kayaking, stand-up paddleboarding, tubing, and sailing—we've got it all! Traditional camp activities like archery, hiking, high ropes, woodworking, ceramics, outdoor cooking, arts & crafts, and field games keep even our most active kids happily engaged all summer long. And as campers get older, they have more freedom to choose their own schedule, ensuring they get plenty of time in the activities they love most. Two-week sessions.

## TEEN SLEEPAWAY CAMPS

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

Our Leaders-In-Training (LIT) Program includes a range of leadership and skill building opportunities on-site at Camp Talcott. Participating in a blend of formal leadership training, service-learning opportunities, and traditional camp activities, LIT campers get the best of both worlds, an opportunity to enjoy camp with their peers while learning what it takes to be a future leader, both at camp and beyond! Our LIT program runs in two-week sessions only.





### **Counselor-In-Training Program (Age 16)**

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

## **SPECIALTY SLEEPAWAY CAMPS**

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

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

### **International Judo Camp (Starting at Age 7)**

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

### **World Teen Camp (Ages 12-16)**

A truly international experience, our World Teen Camp offers a one-of-a-kind language and cultural exchange opportunity for older children and young teens. In a traditional summer camp setting, this dual language immersion program brings together campers from all over the world to live, learn, have fun, and create lasting friendships. This program, designed and overseen by certified bilingual teachers, utilizes tandem learning in which peers guide and encourage each other's learning (e.g., an American child learning German is paired with a German child learning English). Through a combination of academic and recreational activities, each child becomes more proficient in their "target" language while serving as an expert in their native tongue. Blending the fun of traditional sleepaway camp with the skills needed to navigate a diverse, multilingual world, campers develop friendships and have shared experiences that inspire language learning and cultural fluency both during and long after camp has ended. Campers specify in which language village they would like to live and learn, selecting one of the following languages: Spanish, French, German, or Mandarin.

# CODE OF CONDUCT

At the YMCA of Greater New York, creating a safe and welcoming environment is a team effort.

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

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

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

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





# EXERCISING COURTESY

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

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

# JOIN THE Y

## MEMBERSHIP INFORMATION

At the YMCA, you're not just a member of a gym, you're part of a community that is here for all New Yorkers. The Y's flexible memberships are designed to meet your needs, including new customizable options for your family or household. Become a member and start achieving your goals today!

### MEMBERSHIP RATES

Membership Types	Broadway YMCA	Borough-wide	Joiner's Fee
Adult (18 - 64)	\$65/mo.	\$89/mo.	\$75
Senior (65+)	\$53/mo.	\$75/mo.	\$75
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$97/mo.	Starting at \$129/mo.	\$75
Teen (12 - 17)	\$39/mo.	\$47/mo.	\$50
Youth (up to 11)	\$39/mo.	\$46/mo.	\$50
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$53/mo.	n/a	\$75

\*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE

### CUSTOMIZE YOUR MEMBERSHIP!

Start with the Family & Household membership, which includes one adult. Then add a partner, child, young adult, grandparent, roommate, or a caregiver — all at reduced rates.\*

#### Broadway YMCA Family & Household Base Price – \$97/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$10/mo. Third Adult: \$53/mo.

\*SOME LIMITS APPLY. A MAXIMUM OF THREE INDIVIDUALS 18-26 CAN BE ADDED TO A MEMBERSHIP. A MAXIMUM OF TWO ADDITIONAL ADULTS 27+ CAN BE ADDED. THE FAMILY & HOUSEHOLD MEMBERSHIP IS NOT AVAILABLE ONLINE DUE TO THE CUSTOMIZABLE OPTION. FINANCIAL ASSISTANCE IS AVAILABLE.

Visit [ymcanyc.org/family](http://ymcanyc.org/family) for more information and examples of how to use this membership to save.

### STAFF LISTING

Joseph Verhey – Executive Director  
[jverhey@ymcanyc.org](mailto:jverhey@ymcanyc.org)

John Semerad – Senior Property Director  
[jsemerad@ymcanyc.org](mailto:jsemerad@ymcanyc.org)

Heather Scapp – Director of Membership & Communications  
[hscapp@ymcanyc.org](mailto:hscapp@ymcanyc.org)

Allison Sicuranza – Early Childhood Director  
[asicuranza@ymcanyc.org](mailto:asicuranza@ymcanyc.org)

Liza Horner – Healthy Living Director  
[lhorner@ymcanyc.org](mailto:lhorner@ymcanyc.org)

Loyd Respicio – Youth & Family Coordinator  
[lrespicio@ymcanyc.org](mailto:lrespicio@ymcanyc.org)

Romulus Staton – Aquatics Director  
[rstaton@ymcanyc.org](mailto:rstaton@ymcanyc.org)

Geralyn Whalen – Y Scholars Site Director  
[gwhalen@ymcanyc.org](mailto:gwhalen@ymcanyc.org)

Emily Aversa – Business Manager  
[eaversa@ymcanyc.org](mailto:eaversa@ymcanyc.org)

Tracy Bilotto – Executive Assistant  
[tbilotto@ymcanyc.org](mailto:tbilotto@ymcanyc.org)

### HOLIDAY HOURS

#### Christmas Eve

Tuesday, December 24 5:00am - 3:00pm

#### Christmas Day

Wednesday, December 25 CLOSED

#### New Year's Eve

Tuesday, December 31 5:00pm - 3:00pm

#### New Year's Day

Wednesday, January 1 8:00am - 8:00pm

#### Easter Day

April 12, 2020 6:00am - 8:00pm

#### Memorial Day

Monday, May 25, 2020 6:00am - 8:00pm

#### Independence Day

Saturday, July 4, 2020 6:00am - 8:00pm

#### Labor Day

Monday, September 7, 2020 6:00am - 8:00pm

#### Thanksgiving

Thursday, November 26, 2020 6:00am - 3:00pm



## 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

Please let us know if you have any concerns with your membership and give us a chance to address any issues. If you are still not completely satisfied, we will refund any unused portion of your pre-paid membership.

## MEMBERSHIP CARD

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

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

### LOST CARDS

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

## MEMBERSHIP HOLDS

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

## PAYMENT OPTIONS & INFORMATION

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

## GUEST AND DAY PASSES

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

## CAMERA POLICY

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

## LOCKER ROOMS

- Individuals have the right to use the restroom or locker room that matches their gender identity or expression.
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.

## PROGRAM CANCELLATIONS, WITHDRAWALS, & MISSED CLASSES

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 cancelled for low enrollment.

If a participant withdraws prior to the start date a full credit or refund will be granted. During the first and second week of the program session, a 50% cancellation charge will be issued for all refunds or credits. Refunds will not be granted after the second week of the session. Refund requests for medical will be granted at the discretion of the department director.

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 makeups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

Visit [ymcanyc.org/careers](http://ymcanyc.org/careers) for open positions in our staff family at the YMCA.

# 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](https://ymcanyc.org/livestrong)**

**LIVESTRONG**  
FOUNDATION



## 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](https://ymcanyc.org/bloodpressure) for more information or call 212-912-2524.



# BRANCH 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

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 (SLEEPAWAY CAMP)

### 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



**YMCA OF GREATER  
NEW YORK**

Where there's a Y,  
there's a way.

651 Broadway  
Staten Island, NY 10310  
718-981-4933  
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