

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

WE ARE Y

# PROGRAM & CLASS GUIDE

**CHINATOWN YMCA  
WINTER/SPRING 2020**



273 Bowery  
New York, NY 10002  
212-912-2460  
[ymcanyc.org/chinatown](http://ymcanyc.org/chinatown)

**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 50 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Swimming Pool	●	●
Sauna room	●	●
Basketball court	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
FREE towel service	●	●
Customizable Family & Household Memberships		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●



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## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday – Friday:	6:00 AM – 11:00PM
Saturday:	7:00 AM – 9:00PM
Sunday:	7:00 AM – 8:00 PM

### POOL HOURS

Mon./Tues./Fri.:	6:00 AM – 10:45 PM
Wednesday	6:00 AM – 10:00 PM
Thursday	5:45 AM – 10:45 PM
Saturday:	7:00 AM – 8:45 PM
Sunday:	7:00 AM – 7:00 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

**Dear Chinatown 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**



A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top. In the background, another person is visible, also working out. The gym has various pieces of equipment and warm lighting.

# 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 7 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.



## GROUP EXERCISE CLASSES

We offer over 50 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

### CONDITIONING

#### Barre ♦

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

#### Boot Camp ♦

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

#### Core Training ♦

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

#### Insanity® ♦

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

#### Kettlebells ♦

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

#### Stability Ball Training ♦

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

### CARDIO

#### Spin® ♦

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

#### Step ♦

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

#### Step and Sculpt ♦

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

#### Cardio Sculpt ♦

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

#### Ultimate Cardio ♦

An intense cardio workout that will keep your heart rate up. Be ready for a variety of cardio drills and routines.

### MIND/BODY

#### Hatha Yoga ♦

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

#### Power Yoga ♦

An athletic-based yoga class with challenging movements.

#### Vinyasa Yoga ♦

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

#### 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.

#### Stretching ♦

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

#### Meditation ♦

Learn the basic elements of mindful meditation.

### DANCE

#### Belly Dance ♦

Dance to Middle Eastern rhythms while focusing on the core and emphasizing muscle isolations.

#### Bollywood ♦

A fun dance class to Indian rhythms and music.

#### Cardio Dance ♦

A rhythmic choreographed aerobic workout to dance music.

#### Dance Party ♦

A fun choreographed aerobic workout to music.

#### Zumba® ♦

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

### MARTIAL ARTS

#### Tai Chi ♦

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

#### Tai Chi Fan ♦

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

### WATER FITNESS

#### Water Aerobics ♦

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

### ACTIVE OLDER ADULTS

#### 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.

**"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**

WELLNESS  
PROGRAMS

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

New Member Orientation ♦

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact Tony Kung at 212-912-2462 or email Tony at [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org) to schedule your appointment today!

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 Tony Kung at 212-912-2462 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 our Membership Desk or set up an appointment with Tony Kung at [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org).

LIVESTRONG at the YMCA ♦

Health & Well-Being for Cancer Survivors. The YMCA and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a free 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research based program offers people affected by cancer a safe, supportive environment to participate in physical and

social activities focused on strengthening the whole person. For more information please contact Tony Kung at [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org).

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 Tony Kung at 212-912-2462 or [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org).

# of sessions	Member	Community
Bronze Package (1 session)	\$80	\$96
Silver Package (5 sessions)	\$384	\$426
Gold Package (10 sessions)	\$687	\$826
Platinum Package (24 sessions)	\$1,306	\$1,546

Core Training

(for members only) – A personal trainer will work with you in half-hour sessions to build, sculpt, tone, and strengthen your mid-section. If you want to get rid of those extra inches around your waist line, this is the workout for you. Note: All core sessions are 30 minutes long. Session are non-transferable. \*Once you begin, your package must be completed within 6 months.

Single Half-Hour Session	\$48
Package of 6 Sessions	\$203
Package of 12 Sessions	\$384

Partner Training

(for members only) – Enjoy the benefits of personal training and save a few dollars while you’re at it by sharing your experience with a friend. Sign up for personal training with a partner and our trainers will help you both to reach your fitness goals. \*Once you begin, your package must be completed within 6 months.

Single Half-Hour Session	\$134
Package of 6 Sessions	\$690
Package of 12 Sessions	\$1082

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.

Member	\$208
Community	\$282

## 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. 16)

#### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 16)

### Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 5)



# 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** [ymcany.org/livestrong](http://ymcany.org/livestrong)

**LIVESTRONG**  
FOUNDATION







AGES 0-4

# KIDS & FAMILY

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 7 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.



## FAMILY

**Child Watch (Ages 6 months–7 years) ♦**

Do you need someone to watch your child while you work out? You may leave your child for a maximum of two hours per visit. Your child will enjoy creative play, coloring, story time, music, and other fun activities in a safe environment with a responsible Chinatown YMCA staff member. Please register your child in person at the Member Service Desk no later than 24 hours in advance.

Monday–Friday 9:00am – 12:00pm

**Cost Per Visit**

Member	FREE	Community	N/A
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**Indoor Playground (Ages 1–7) ♦**

A motor development and movement awareness class where children will spend their time exploring the equipment, climbing, balancing, building, playing with balls, hoops, and obstacle courses, while socializing with their peers.

Monday–Friday 9:00am – 12:00pm

# of classes/week	1 Visit	10 Visits
Family Member	FREE	FREE
Youth Member	\$15	\$120
Community	\$20	\$140

**Family Night (Ages 6 months–11 years)**

Family Nights are a special time for families to have fun and create memories that last a lifetime. We want your family to have fun together, so please make sure all children are accompanied by an adult during all Family Night activities. \*\* Minimum enrollment of 15 required.

Last Friday of every month from 6:15pm – 8:00pm

**Cost Per Visit**

Member	FREE	Community	\$25 per family
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## SUMMER CAMP

**Kinder Camp at Hester Street (Ages 4–5)**

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Kinder Camp is for children from age 4 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. Kinder 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 dance, interactive science, language (including 2 hours per week of Mandarin and Spanish language activities), 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. Kinder 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/free nut-sensitive facility. Hester Street campers swim 1 time per week. Camp location: Hester Street: MS 131, 100 Hester Street, NY, NY 10002

**Cost Per 2-Week Session**

Member	\$463	Community	\$516
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## ARTS

**Tiny Toes Ballet (Ages 3–4)**

Children ages 3–4 will learn the fundamentals of ballet through awareness of body movement and creativity. While participating in exercise and dance sequences, participants will learn coordination while exploring various levels of movement that develop strength.

Monday 3:30pm – 4:30 pm

**Cost Per 8-Week Session**

Member	\$119	Community	\$177
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## CELEBRATE WITH US

## PARTY RENTALS

Chinatown YMCA youth and family staff host birthday parties for your children and friends! Parties are held on Sundays from 11:30 am – 3:00 pm. Choose from the Basic or Plus Party packages listed below. All party packages include fun games, music, and activities to your choosing, as well as swim caps for the swim parties! For more information please contact Narcisa Loza 212-912-2466 or nloza@ymcany.org.

## GYMNASIUM SPACE PARTY RENTALS

**Gym Party I**

Party rate based on 15 children. Three (3) hours in 1/2 of the gym.

Member	\$599	Community	\$715
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**Gym Party II**

Party rate based on 20–25 children. Three (3) hours in the full gym.

Member	\$899	Community	\$985
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## SWIMMING POOL PARTY RENTALS

**Swim Party I**

Party rate based on 12 children ages 1–7 or 20 children 8 and older. 60 minutes in the pool & three (3) hours in 1/2 of the gym.

Member	\$765	Community	\$915
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**Swim Party II**

Party rate based on 12 children ages 1–7 or 20 children 8 and older. 60 minutes in the pool & three (3) hours in the full gym.

Member	\$1,075	Community	\$1,200
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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.

## 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 7 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.



## SUMMER CAMP

### Day Camp at Hester Street (Ages 6–11)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer 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. Read the full camp description on p. 25. Camp location: Hester Street: MS 131, 100 Hester Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$418	Community	\$470
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### Sports & Adventure Camp (Ages 6–12)

Sports and Adventure Camp offers campers the perfect combination of active play and educational enrichment. The “sports” side of camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of baseball, basketball, soccer, and flag football, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Read the full camp description on p. 26. Camp location: Houston Center: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$790	Community	\$820
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### Lisa Beth Gerstman Camp for Children with Special Needs (Ages 5; 9–12)

A special summer awaits those enrolled in Inclusion Camp! This camp brings a fun and inclusive recreational experience to children with different abilities. These children and their peers are developing together to participate in recreational activities such as swimming, arts and crafts, educational activities, reading, physical fitness, and more! They play actively and are enriched educationally. Campers with special needs receive the support of staff specifically trained to meet their needs in an inclusive camp setting. This camp includes one staff for every three campers.

Lisa Beth Gerstman Camp is offered in our two locations:

- Hester site campers have all 5 days a week centralized at the Hester site location, swimming once a week, going on field trips, and participating in exciting day camp activities.
- Houston site campers always come to, and leave from, the Houston site. Three days a week they stay centralized at the Houston site where they swim and play sports, and two days a week they walk over to the Hester Site to participate in more exciting day camp activities!

Camp location: Hester Street: MS 131, 100 Hester Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$1,086	Community	\$1,228
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Camp location: Houston Street: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$1,128	Community	\$1,265
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## AFTERSCHOOL

### Y Afterschool at PS 126

Y Schools is a new program model that establishes a full-time Y presence in partner schools. Y Afterschool takes a holistic approach to youth development by offering enhanced programs and services that extend from the opening school bell to day's end. Currently, we offer afterschool/holiday/summer programming, parent engagement activities, writing workshop for 1st graders, and recess programming.

NYC DYCD COMPASS Y School Program at PS 126

Location: 80 Catherine St. NY, NY 10038 | 917-275-4172

Contact: Eva Vukicevic, [evukicevic@ymcanyc.org](mailto:evukicevic@ymcanyc.org)

### Beacon at MS 131

The Chinatown YMCA Beacon at MS 131, funded by NYC DYCD, is a totally FREE community center. We provide community access to a wide variety of school-based educational, recreational, and counseling services. The Beacon creates a safe haven and nurturing environment for neighborhood youth and adults in Lower Manhattan with an emphasis on the Chinatown/Lower East Side communities. This program is a collaborative effort between the New York City Department of Youth and Community Development and the Chinatown YMCA. The Beacon has been serving the communities in Lower Manhattan with quality programming and services since 1994.

Afterschool Program (grades 5–8): Participants engage in a curriculum specifically designed to cover all six core areas (academic enhancement, career awareness/school to work transition, life skills, community building, recreation, and culture/arts) over the course of the school year. Activities include: homework help, tutoring, specialized study groups, sports, arts and crafts, computers, drama, basketball, teen discussion groups, and dance.

Location: 100 Hester St. NY, NY 10002 | 212-219-8383

Contact: Michelle Wang, [mwang@ymcanyc.org](mailto:mwang@ymcanyc.org)

### Cornerstone Program Community Center

The Cornerstone Community Centers, funded by NYC DYCD, provides engaging activities year-round for adults and young people. Programs are free of charge and located at New York City Housing Authority (NYCHA) Community Centers throughout the five boroughs. Cornerstone adult programs are designed to enhance skills and promote social interaction, community engagement, and physical activity.

The Chinatown Y operates the Two Bridges Community Center. The center offers afterschool, holiday and summer camp programming for children ages 5 to 12, as well as learning, recreational, and community activities for teens, adults, and families.

Location: 286 South St. NY, NY 10002 212-385-9352

Contact: Tim Hui, [thui@ymcanyc.org](mailto:thui@ymcanyc.org)

## FITNESS & SPORTS

### B-Ball Jr.

Kids will learn the game of basketball through age-appropriate drills, exercises, and controlled games while developing teamwork and sportsmanship.

Sunday 9:30am - 10:30 am (Ages 7- 9)

Sunday 10:30am - 11:30 am (Ages 10- 12)

#### Cost Per 8-Week Session

Member	\$119	Community	\$177
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### Chinatown Basketball League (Ages 11-14)

The Chinatown Y's Basketball League emphasizes the importance of having fun and playing basketball, while also developing athletic and social skills, improving educational performance, and learning about healthy lifestyles. For more information, contact Tony Kung, [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org). Expected to be offered during the Spring time.

Team	\$600	Per Person	\$85
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### Steady Buckets (Ages 5-17)

A progressive training program that improves speed, strength, and basic basketball skills. Our experienced, skilled Steady Buckets coach individualizes instruction so that every child gets what he or she needs to build skills and confidence while having fun. Steady Buckets is a co-ed program, but we know that girls sometimes like to play basketball with other girls. To accommodate this, our coach offers a session for girls only.

Monday 4:00pm - 6:30 pm

# of Classes/Week	1 Session	Drop-In
Family Member	\$208	\$28
Community	\$256	\$36

### QuickStart Tennis (Ages 3-10)

Our partner, Tennis Innovators, utilizes the QuickStart Tennis Format, which maximizes skill learning with colorful balls, smaller-sized racquets, and nets. All levels welcome.

Wednesday 3:30pm - 4:30pm | 4:30pm - 5:30pm

Saturday 9:00am - 10:00am | 10:00am - 11:00am

#### Cost Per 8-Week Session

Member	\$309	Community	\$362
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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. 16)

### 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. 16)

## ARTS

### Advance Ballet (Ages 5-11)

This class focuses on classical ballet with barre and center work that develops strength, body alignment, flexibility, and musicality. Children learn to develop coordination and body awareness through more advanced ballet movements.

Monday 4:30pm - 5:30 pm

#### Cost Per 8-Week Session

Member	\$119	Community	\$177
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### Hip-Hop (Ages 5-11)

This class is designed to introduce students to the exhilarating world of hip-hop dancing. It provides a structured method of learning various hip-hop dance movements with focus on offering a new set of combinations and mini routines in every class.

Monday 5:30pm - 6:30 pm

#### Cost Per 8-Week Session

Member	\$119	Community	\$177
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# Healthy Kids Day®

**AWAKEN !  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**





AGES 12-17

# TEENS

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



## LEADERSHIP & CIVIC ENGAGEMENT

### Leaders Club ♦

A leadership program that gives teens the opportunity to learn to become more effective in their interactions with others. Teens improve their individual leadership and social skills while also experiencing new ways to give back and grow as human beings. Teens meet on a weekly basis in small groups to develop and implement projects aimed at providing valuable service to their local 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 ♦

Youth & Government lets young people experience how our nation's democratic process works from the inside out. Starting with issues that stir their passions, teens learn to debate public policy, write legislation and (simulate) taking over the State Legislature in Albany. Proposed legislation originating with Youth & Government participants has gone on to be presented by actual legislators and signed into New York State law.

## COLLEGE ACCESS & CAREER READINESS

### Rowe Scholars ♦

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

Contact the Teen Coordinator, Priscilla Liu at 212-219- 8393 or [pliu@ymcanyc.org](mailto:pliu@ymcanyc.org) for more information.

## FITNESS & SPORTS

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

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

### 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.

## SUMMER CAMP

### Teen Camp at Houston Street (Ages 12-16)

Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school and is designed to immerse campers in a variety of fun activities – tailored specifically to their age and interests – that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips (1

trip per week) designed to engage teens in developing their leadership skills and sportsmanship skills all while making friends and having fun. Campers will spend their days involved in a variety of activities including group games and sports. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime! Camp location: Houston Street: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$790	Community	\$820
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### Counselor In Training (C.I.T.) Camp at Houston Street (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. Camp location: Houston Street: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$790	Community	\$820
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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. 16)

### 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. 16)





A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful floral swimsuit. She is perched on the grey plastic ladder of a swimming pool, her arms crossed. The background is filled with the vibrant blue water of the pool, where other swimmers and purple pool toys are visible, though slightly out of focus.

# 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 are 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

<h2>SWIM STARTERS</h2> <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> 	<h3>A</h3> <h4>WATER DISCOVERY</h4> <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>	<h3>B</h3> <h4>WATER EXPLORATION</h4> <p>In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.</p>	
<h2>SWIM BASICS</h2> <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> 	<h3>1</h3> <h4>WATER ACCLIMATION</h4> <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>	<h3>2</h3> <h4>WATER MOVEMENT</h4> <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>	<h3>3</h3> <h4>WATER STAMINA</h4> <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>
<h2>SWIM STROKES</h2> <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> 	<h3>4</h3> <h4>STROKE INTRODUCTION</h4> <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>	<h3>5</h3> <h4>STROKE DEVELOPMENT</h4> <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>	<h3>6</h3> <h4>STROKE MECHANICS</h4> <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**

#### Endurance

any stroke or combination  
of strokes, 25 yd.

#### Front crawl

rotary breathing, 15 yd.

#### Back crawl

15 yd.

#### Dive

sitting

#### Resting stroke

elementary backstroke,  
15 yd.

#### Tread water

scissor & whip kick,  
1 min.

#### Breaststroke

kick, 15 yd.

#### Butterfly

kick, 15 yd.

### 5 STROKE DEVELOPMENT

**S A**

#### Endurance

any stroke or combination  
of strokes, 50 yd.

#### Front crawl

bent-arm recovery, 25 yd.

#### Back crawl

pull, 25 yd.

#### Dive

kneeling

#### Resting stroke

sidestroke, 25 yd.

#### Tread water

scissor & whip kick,  
2 mins.

#### Breaststroke

25 yd.

#### Butterfly

simultaneous arm action  
& kick, 15 yd.

### 6 STROKE MECHANICS

**S A**

#### 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 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.

#### Lesson Fees (8 weeks)

Member	\$175
Community	\$235

### Water Discovery

Parent/Child 6-36 months

Saturday	11:00 am - 11:30 am
Friday	11:00 am - 11:30 am

### 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.

#### Lesson Fees (8 weeks)

Member	\$175
Community	\$235

#### Stage 1

### Water Acclimation

Preschool Child (3-5 years)

Wednesday	3:40 pm - 4:10 pm
Friday	3:40 pm - 4:10 pm
Saturday	11:40 am - 12:10 pm
Sunday	11:40 am - 12:10 pm

#### Stage 1

### Water Acclimation

School Age Child (5-12 years)

Wednesday	4:15 pm - 5:00 pm
Friday	4:15 pm - 5:00 pm
Saturday	10:00am - 10:45 am
Sunday	10:00am - 10:45 am

#### Stage 1

### Water Acclimation

Ages (13+)

Wednesday	7:00 pm - 7:45 pm
Friday	7:00 pm - 7:45 pm
Saturday	9:00 am - 9:45 am
Sunday	9:00 am - 9:45 am

#### Stage 2

### Water Movement

Preschool Child (Ages 3-5)

Wednesday	3:40 pm - 4:10 pm
Friday	3:40 pm - 4:10 pm
Saturday	11:40am - 12:10 pm
Sunday	11:40am - 12:10 pm

#### Stage 2

### Water Movement

School Age Child (Ages 6-12)

Wednesday	4:15 pm - 5:00 pm
Friday	4:15 pm - 5:00 pm
Saturday	10:00am - 10:45 am
Sunday	10:00am - 10:45 am

◆ Included in Membership | Members get priority registration





**Stage 2**

**Water Movement**

**Ages (13+)**

Wednesday 7:00 pm - 7:45 pm  
Friday 7:00 pm - 7:45 pm  
Saturday 9:00 am - 9:45 am  
Sunday 9:00 am - 9:45 am

**Stage 3**

**Water Stamina**

**Preschool Child (3-5 years)**

Wednesday 3:40 pm - 4:10 pm  
Friday 3:40 pm - 4:10 pm  
Saturday 11:40am - 12:10 pm  
Sunday 11:40 am - 12:10 pm

**Stage 3**

**Water Stamina**

**School Age Child (6-12 years)**

Wednesday 4:15 pm - 5:00 pm  
Friday 4:15 pm - 5:00 pm  
Saturday 10:00am - 10:45 am  
Sunday 10:00am - 10:45 am

**Stage 3**

**Water Stamina**

**Ages (13+)**

Wednesday 7:00 pm - 7:45 pm  
Friday 7:00 pm - 7:45 pm  
Saturday 9:00am - 9:45 am  
Sunday 9:00am - 9:45 am

**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.

**Lesson Fees (8 weeks)**

Member	\$175
Community	\$235

**Stage 4**

**Stroke Introduction**

**Preschool Child (3-5 years)**

Wednesday 3:40 pm - 4:10 pm  
Friday 3:40 pm - 4:10 pm  
Saturday 11:40am - 12:10 pm  
Sunday 11:40 am - 12:10 pm

**Stage 4**

**Stroke Introduction**

**School Age Child (6-12 years)**

Wednesday 5:15 pm - 6:00 pm  
Friday 5:15 pm - 6:00 pm  
Saturday 12:15pm - 1:00 pm  
Sunday 12:15 pm - 1:00 pm

**Stage 4**

**Stroke Introduction**

**Ages (13+)**

Wednesday 7:00 pm - 7:45 pm  
Friday 7:00 pm - 7:45 pm  
Saturday 9:00 am - 9:45 am  
Sunday 9:00 am - 9:45 am

**Stage 6**

**Stroke Mechanics**

**School Age Child (6-12 years)**

Wednesday 5:15 pm - 6:00 pm  
Friday 5:15 pm - 6:00 pm  
Saturday 12:15pm - 1:00 pm  
Sunday 12:15 pm - 1:00 pm

**YMCA SWIM TEAMS**

A number of our branches field Swim Teams that compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

**Bedford-Stuyvesant YMCA Piranhas**

**Cross Island YMCA Barracudas**

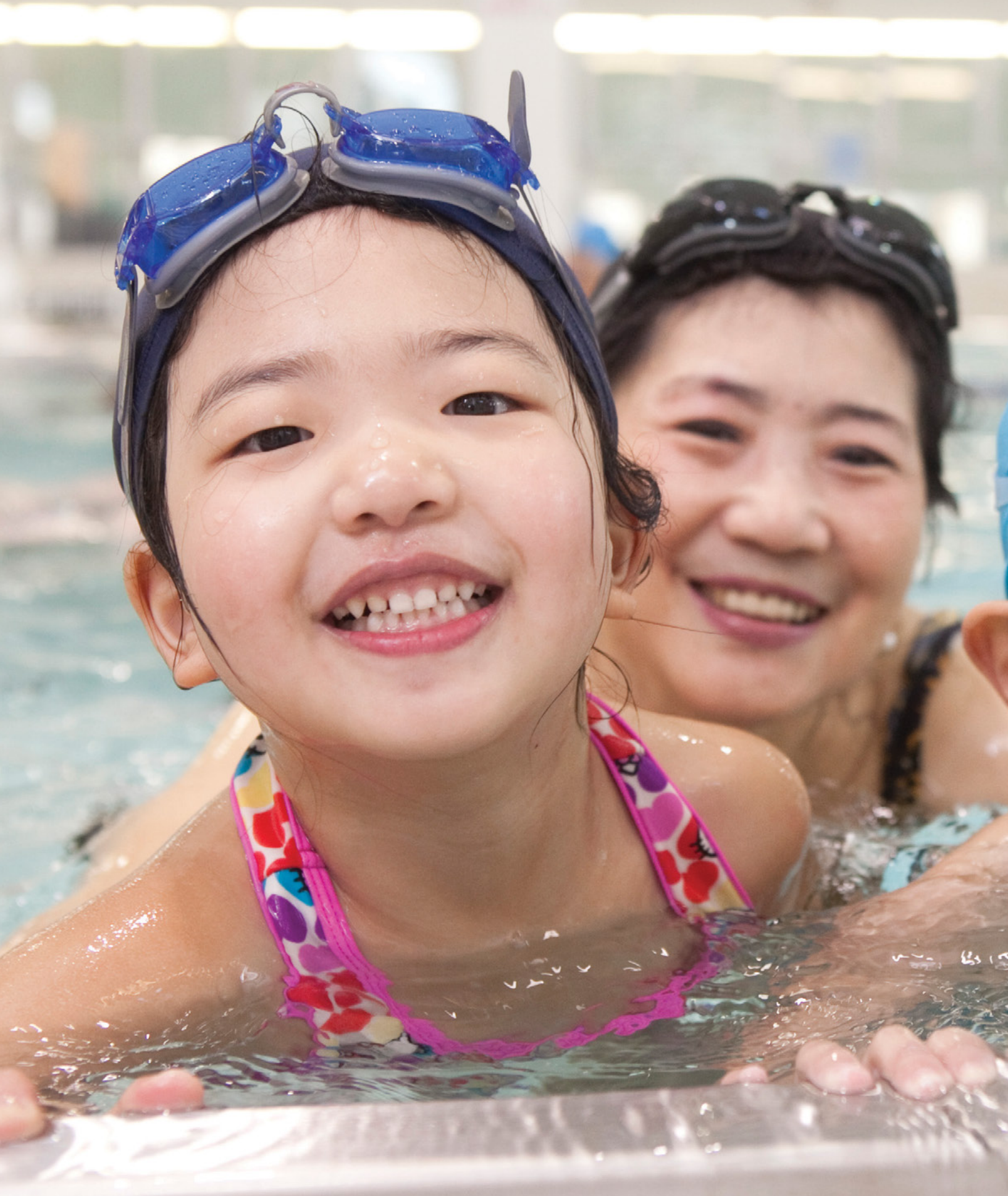
**Flushing YMCA Flyers**

**McBurney YMCA Manta Rays**

**West Side YMCA Piranhas**









# SAFE POOLS HAVE RULES

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## GENERAL YMCA POOL RULES

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

## YMCA FAMILY AND YOUTH SWIM RULES

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

## NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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



# SUMMER CAMP

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

**10% 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 – 5:00 pm  
 Extended hours available.

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

**Kinder Camp at Hester Street (Ages 4–5)**  
 Summer is the time to play, grow, and celebrate all the joys only summer can bring! Kinder Camp is for children from age 4 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. Kinder 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 dance, and interactive science, language including 2 hours per week of Mandarin and Spanish language activities, 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. Kinder 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/free nut-sensitive facility. Hester Street campers swim 1 time per week. Camp location: Hester Street: MS 131, 100 Hester Street, NY, NY 10002

Cost Per 2-Week Session			
Member	\$463	Community	\$516

**Day Camp at Hester Street (Ages 6–11)**  
 (campers divided into age groups with children within one to two years of their age) There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer 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. Hester Street campers swim 1 time per week. There are also weekly field trips, often done by train 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 of the activities are geared to be fun and build lifetime memories! Camp location: Hester Street: MS 131, 100 Hester Street, NY, NY 10002

Cost Per 2-Week Session			
Member	\$418	Community	\$470

**Teen Camp at Houston Center (Ages 12–16)**  
 Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school and is designed to immerse campers in a variety of fun activities – tailored specifically to their age and interests – that keep them active, learning, and engaged during. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips (1 trip per week) designed to engage teens in developing their leadership skills and sportsmanship skills all while making friends and having fun. Campers will spend their days involved in a variety of activities including group games and sports. Teen Camp creates memories, relationships, and experiences that they’ll carry with them for a lifetime! Camp location: Houston Center: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

Cost Per 2-Week Session			
Member	\$790	Community	\$820



### Counselor In Training (C.I.T.) Camp at Houston Center (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. Camp location: Houston Center: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$790	Community	\$820
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### Sports & Adventure Camp

(Ages 6–12) (6–7 and 8–9 and 10–11 age groups)

Summer is amazing when you are active and have friends and coaches cheering you on! Sports and Adventure Camp offers campers the perfect combination of active play and educational enrichment. The "sports" side of camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of baseball, basketball, soccer, and flag football, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports. The "adventure" side of camp



is participating in Day Camp activities designed to create lasting memories! 3 days a week (Mon, Wed, Fri), campers are at our Houston Site with sports and instructional swimming, and additionally can opt to learn Mandarin and Spanish once a week for two hours. The other 2 days a week (Tue, Thu), campers still come to, and leave from, our Houston Site, but during the day they walk to our Hester site, packing in adventures that include field trips, arts and crafts, science projects, and more! Camp location: Houston Center: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$790	Community	\$820
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### Lisa Beth Gerstman Camp for Children with Special Needs (Ages 5; 9–12)

A special summer awaits those enrolled in Inclusion Camp! This camp brings a fun and inclusive recreational experience to children with different abilities. These children and their peers are developing together to participate in recreational activities such as swimming, arts and crafts, educational activities, reading, physical fitness, and more! They play actively and are enriched educationally. Campers with special needs receive the support of staff specifically trained to meet their needs in an inclusive camp setting. This camp includes one staff for every three campers.

Lisa Beth Gerstman Camp is offered in our two locations:

- Hester site campers have all 5 days a week centralized at the Hester site location, swimming once a week, going on field trips, and participating in exciting day camp activities.
- Houston site campers always come to, and leave from, the Houston site. Three days a week they stay centralized at the Houston site where they swim and play sports, and two days a week they walk over to the Hester Site to participate in more exciting day camp activities!

Camp location: Hester Street: MS 131, 100 Hester Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$1,086	Community	\$1,228
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Camp location: Houston Street: Chinatown YMCA, 273 Bowery Street, NY, NY 10002

#### Cost Per 2-Week Session

Member	\$1,128	Community	\$1,265
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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.ymcany.org](http://ycamps.ymcany.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	Chinatown	City-wide	Joiner's Fee
Adult (18 - 64)	\$96/mo.	\$109/mo.	\$125
Senior (65+)	\$77/mo.	\$89/mo.	\$125
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$115/mo.	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$47/mo.	n/a	\$75
Youth (up to 11)	\$200/yr.	n/a	n/a
<b>Student</b> <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$77/mo.	\$89/mo.	\$125

\*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.\*

#### Chinatown YMCA Family & Household Base Price – \$115/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$56/mo. Third Adult: \$77/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

Michael Keller – Executive Director  
212-912-2465, [mkeller@ymcanyc.org](mailto:mkeller@ymcanyc.org)

Samantha Baichoo – Membership Sales & Engagement Director, 212-912-2464, [sbaichoo@ymcanyc.org](mailto:sbaichoo@ymcanyc.org)

Narcisa Loza – Senior Youth & Family Director  
212-912-2466, [nloza@ymcanyc.org](mailto:nloza@ymcanyc.org)

Tony Kung – Healthy Living Director  
212-912-2462, [tkung@ymcanyc.org](mailto:tkung@ymcanyc.org)

Miguel Garcia – Aquatics Director  
212-912-2480, [migarcia@ymcanyc.org](mailto:migarcia@ymcanyc.org)

Tetyana Napara – Aquatics Coordinator  
212-912-2484, [napara@ymcanyc.org](mailto:napara@ymcanyc.org)

Chi Yung – Director of Fund Development & Communications, 212-912-2463, [cyung@ymcanyc.org](mailto:cyung@ymcanyc.org)

Gillian Hill – Business Manager  
212-912-2469, [ghill@ymcanyc.org](mailto:ghill@ymcanyc.org)

Feng Ping (Judy) Guan – Business Office & HR Coordinator, 212-912-2488, [fguan@ymcanyc.org](mailto:fguan@ymcanyc.org)

### HOLIDAY HOURS

**Christmas Eve**  
Tuesday, December 24 7:00 AM - 7:00 PM

**Christmas Day**  
Wednesday, December 25 CLOSED

**New Year's Eve**  
Tuesday, December 31 7:00 AM - 3:00 PM

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

**Memorial Day**  
Monday, May 25 7:00 AM - 8:00 PM

**Independence Day**  
Saturday July 4 8:00 AM - 8:00 PM

**Labor Day**  
Monday, September 7 8:00 AM - 8:00 PM

**Thanksgiving**  
Thursday, November 26 7:00 AM - 3:00 PM





## 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.

- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of a different gender.
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Locker are available for rental at monthly rental fee of \$20, \$25, or \$35 based upon size and availability. Please see one of our membership agents at the front desk if interested.

## CLASS CANCELLATION & INCLEMENT WEATHER POLICY

The health and safety of our members, staff, and guests are our highest priority. Classes may be cancelled due to inclement weather. Please check the YMCA's Mobile App and/or website for the latest information. In such cases, every effort will be made to reschedule classes as time and space permit.

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

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

# THE 2020 CENSUS IS COMING!

Every 10 years all people living in the U.S. get counted — be part of the count for your community!

## WHY IS IT IMPORTANT?

- An accurate Census means more money for local schools, hospitals, roads, and more
- The Census also determines how many people represent NYC in Congress

In April 2020, you can complete the Census online, by phone, or on paper. Everything is private — your personal information is protected by law.

For more information, visit [ymcanyc.org/census](http://ymcanyc.org/census) or email [census@ymcanyc.org](mailto:census@ymcanyc.org).



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

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





# 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.



## HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

Visit [ymcanyc.org/bloodpressure](http://ymcanyc.org/bloodpressure) for more information or call 212-912-2524.





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

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



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

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

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

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

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

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

**PLEASE GIVE TODAY.**  
[ymcanyc.org/give](https://ymcanyc.org/give)







# 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.

273 Bowery  
New York, NY 10002  
212-912-2460  
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 @ymcanyc

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

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