

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

WE ARE Y

# PROGRAM & CLASS GUIDE

**CONEY ISLAND YMCA  
WINTER/SPRING 2020**



2980 West 29th Street  
Brooklyn, NY 11224  
718-215-6900  
[ymcanyc.org/coneyisland](http://ymcanyc.org/coneyisland)

**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)	●	●
Two Swimming Pools	●	●
Sauna rooms	●	●
Basketball court	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE Child Watch		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●

718-215-6900 [ymcanyc.org/coneyisland](http://ymcanyc.org/coneyisland)

 @ConeyYMCA  [facebook.com/ConeyYMCA](https://facebook.com/ConeyYMCA)  @ConeyYMCA



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**Dear Coney Island 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 – Friday: 6:00 AM – 10:30 PM  
Saturday – Sunday: 8:00 AM – 8:00 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



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 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

#### Bikes and Bells ♦

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

#### Boot Camp ♦

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

#### Circuit Training ♦

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

#### Deep Definitions ♦

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

#### Rope-Aerobics ♦

This fat burning class is an intense jump rope experience that will improve your conditioning.

#### Strength & Stability Training ♦

This class features functional training exercises that focus on your abdominals, back, and core muscles. Combining strength training and isometric training has been shown to improve and enhance your body's natural movement and general mobility.

#### Total Body Conditioning ♦

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

#### Ultimate Abs ♦

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

### CARDIO

#### Cardio Boxing ♦

This high energy class blends athletic drills with boxing to create an intense cardiovascular 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.

#### Indoor Cycling ♦

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

#### Step and Sculpt ♦

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

### MIND/BODY

#### Hatha Yoga ♦

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

#### 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.

### DANCE

#### Dance Party ♦

A fun choreographed aerobic workout to music.

#### Wukkout! ♦

A Caribbean based dance fitness class that will make you sweat & have fun just like you would if you were at Carnival! Find your groove while increasing your fitness level with body sculpting "wining" techniques that give you an intense, total body, aerobic workout to soca, calypso, and chutney 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.

### WATER FITNESS

#### Aqua Dance ♦

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

#### Water Aerobics ♦

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

### ACTIVE OLDER ADULTS

#### SilverSneakers® Circuit ♦

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

#### 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.

#### SilverSneakers® Yoga ♦

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

"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 Kevin Foster, Healthy Lifestyles Coordinator at 718-215-6915 or via email [kfoster@ymcanyc.org](mailto:kfoster@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 the Healthy Lifestyles Coordinator for more information!

### Y Fit Start Program ♦

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

### Y Fit Start Coaching

Get personal attention by working with a certified personal coach to build a stronger, healthier you! Ages 18 years and older.

Fees	1 session	5 sessions
Member	\$26	\$105

### 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 Kevin Foster at 718-215-6915 or [kfoster@ymcanyc.org](mailto:kfoster@ymcanyc.org)

Bronze Package (1 session)	\$59
Silver Package (5 sessions)	\$286
Gold Package (10 sessions)	\$530

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

# 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.





### Small Group Training

Small group training class for adults who want to get in shape in a safe environment. This is a strength training workout designed to teach use of proper form and technique in the weight room. All classes will include use of select weight training machines, free weights, a cardio conditioning segment, and stretching exercises.

Fees	1 session	5 sessions
Member	\$36	\$93
Community	\$60	\$123

### Personal Training Session Cancellation & Policies

A client may cancel directly with the trainer without penalty by giving 24-hour notice. If notice is not given within a 24-hour period, the client will be charged for the session. All sessions are valid for 6 months from date of purchase. Only YMCA training staff are permitted to conduct personal training sessions within the facility.

### Boxing Training

Boxing training lessons are one-on-one training sessions that teach the fundamentals of boxing. From the proper stance to how to throw a jab, you learn the "sweet science" of boxing in this personal session.

Fees	1 session	5 sessions
Member	\$59	\$286
Community	\$74	\$360

### Nutrition Workshops

In this interactive FREE workshop, you will learn the ins and outs of healthy eating. We will debunk nutrition myths, learn how to read labels, create healthy meal plans, and more! For more information, contact the Welcome Center for class schedule and registration.

## 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. 18)

#### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 18)

### 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. 18)

# GROUP EXERCISE CLASS ETIQUETTE

All adult exercise classes are FREE for YMCA member's ages 12 years and up! Schedules are available online and at the Welcome Center. Teens can attend any classes that are within teen hours, which are weekdays from 3pm-7pm and weekends from 12-5pm.

- 1. Group exercise classes begin promptly.** Please arrive on time, or 10 minutes early, for your first Cycling class. This is so the instructor can assist you with adjusting your bike.
- 2. Space is first-come, first served.** If you are late, take a spot in the back of the class so that you do not disturb your fellow participants.
- 3. Everyone who attends class must participate.**
- 4. Alert your instructor** if you have any injuries, medical problems, or are pregnant.
- 5. Wear sneakers** for all cardio and strength training classes. Bare feet are appropriate for Yoga only.
- 6. Personal belongings are not permitted in the exercise studios.** For your safety and the security of your items, store them in a locker prior to class. We offer lock boxes by the Welcome Center for your wallets, keys, etc.
- 7. Cell phone use is not permitted in the studios.**
- 8. Wipe down** and neatly put away mats after use.
- 9. Always stay hydrated.** We have water fountains located outside of the locker rooms and in the Fitness Center. There are also vending machines located in the Prime Time Lounge where water can be purchased.
- 10. The YMCA is a shared space,** so please exercise proper hygiene and avoid excessive use of fragrance.
- 11. Please respect other's personal space** in the locker rooms, the pools, and while working out.

**All members, guest, and staff are expected to adhere to the Code of Conduct.**





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 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

### Cost Per 8-Week Session

Member	\$97	Community	\$118
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### Toddler Time ♦

This is an open play time where you and your child can enjoy the Rumble & Tumble obstacle course, play with others, and build strong bodies. Free for members; \$5.00 per child for community members.

### Story Time

Engages children in stories and books as well as activities that develop creativity, explore identities, and solidify learning concepts. Children participate in guided projects and explore different art mediums.

### Young Picassos

Kids will get a chance to work with colored pencils, markers, crayons, and paint in a variety of ways. This introductory class will teach your child the foundations of art in a fun and engaging way.

### Family Events ♦

Here at the Coney Island YMCA we understand the important role that a family plays in a child's development. Each month we host a family event to reinforce that message with fun-filled activities. Join us and have your family meet our family! For more information, contact Justin Martinez, Youth and Family Director at 718-215-6940 or [jmartinez@ymcany.org](mailto:jmartinez@ymcany.org). Free with Family membership.

## SWIM

### Family Swim ♦

Supervised recreational swim for families promises to be a terrific time. An adult member on a Family membership must accompany children to swim time. Swimsuit and swim caps are required at all times. Children 8 years old and younger must be within arm's length of an adult (18 years and older) in the water. Only two children can be paired per adult. Children between the ages of 9 and 11 must have a parent/guardian in the viewing area at all times. Any child that cannot swim, regardless of age, must be within arm's length of an adult (18 years and older) in the water. Free with Family membership. **\*Tickets for Family free swim are required and may be obtained 30 minutes prior to the start of the program at the Welcome Center. Each person must be present to obtain their ticket.**

### 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. 18)

### Swim Basics (Ages 3 – 5 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 18)

## SPORTS

### Youth Martial Arts

Participants will develop balance, coordination, self-confidence, and discipline through this martial arts form. Classes focus on the development of the youth's positive attitude, behavior, and character through self-esteem and self-discipline while instilling respect for themselves and others.



the **YMCA**

**Healthy Kids Day**

**AWAKEN SUMMER IMAGINATION!**  
Saturday April 18

**Free & open to the public!**

# 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).



## 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.



## BIRTHDAY PARTY RENTALS

### MAKE YOUR MEMORIES AT THE CONEY ISLAND YMCA

Come and celebrate your special day at the Coney Island YMCA! Pool, room, and/or gym rentals are available for your party needs.

#### POOL AND ROOM RENTAL

Pool and room rental packages include one hour in the family pool and two hours in the Janet & Bruce Ellig Room. Please note that set up and cleanup are included in the time available in the room. Prices are based on a maximum capacity of 25 people in the pool. There must also be an adult (18 years and older) in the water within arm's length for any child 8 years old and younger, and an adult in the water within arm's length for any child that cannot swim, regardless of age. Only two children can be paired per adult. This will count toward your total participants. Everyone is required to wear swimsuits and swim caps. Noodles, life jackets, and backpacks are the only equipment allowed in the pool during the party. Please contact our Aquatics Director, Oytun Tangu, at [otangu@ymcanyc.org](mailto:otangu@ymcanyc.org) or at 718-215-6933 to schedule your rental.

##### POOL + ROOM RENTAL

**Members: \$476**  
**Community: \$589**

\*An additional payment of \$100 can be made for up to 20 additional participants in the pool.

\*\*An additional payment of \$150 can be made for access to the frog slide.

##### POOL RENTAL

**Members: \$253**  
**Community: \$309**

\*An additional payment of \$100 can be made for up to 20 additional participants in the pool.

\*\*An additional payment of \$150 can be made for access to the frog slide.

##### ROOM RENTAL ONLY

**Members: \$142/hour**  
**Community: \$198/hour**

#### GYMNASIUM AND ROOM RENTAL

Gym rental packages are available and include one hour in the gymnasium and two hours in the Janet & Bruce Ellig Room. Please note that set up and clean up are included in the time available in the room. Prices are based on a maximum capacity of 20 people in the gymnasium. There must also be at least one adult (18 years and older) for every 3 children under the age of 12 years old while utilizing the gym. Please contact our Youth and Family Director, Justin Martinez, at [jmartinez@ymcanyc.org](mailto:jmartinez@ymcanyc.org) or at 718-215-6940 to schedule your rental.

##### GYM + ROOM RENTAL

**Members: \$450**  
**Community: \$550**

\*An additional payment of \$5 can be made per child to additional children.

\*\*Arts and crafts and party games can be conducted by YMCA staff for an additional fee of \$125.

##### ROOM RENTAL ONLY

**Members: \$142/hour**  
**Community: \$198/hour**

\*An additional payment of \$5 can be made per child to additional children.

\*\*Arts and crafts and party games can be conducted by YMCA staff for an additional fee of \$125.

Tables and chairs will be provided in the room, however, the renter is responsible for all decorations, paper goods, food, cake, and beverages. A \$50 deposit can be placed to guarantee the date of your party. All fees must be paid in full and a guest list must be submitted for your party one week prior to the event. All fees are non-refundable.



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.



**FAMILY**

**Family Events ♦**

Here at the Coney Island YMCA we understand the important role that a family plays in a child’s development. Each month we host a family event to reinforce that message with fun-filled activities. Join us and have your family meet our family! For more information, contact Justin Martinez, Youth and Family Director, at 718-215-6940 or [jmartinez@ymcanyc.org](mailto:jmartinez@ymcanyc.org). Free with Family membership.

**AFTERSCHOOL & SUMMER CAMP**

**Y Afterschool at PS 212**

The best of Coney Island Y is available afterschool at PS 212. Y Afterschool at PS212 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 PS 212, contact Kyran John at [kjohn@ymcanyc.org](mailto:kjohn@ymcanyc.org).

**Kinder Camp (Ages 5-6)**

Have a fun summer be a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten in 2020. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers participate in instructional swimming (twice a week), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as on-site a magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

**Cost Per 2-Week Session**

Member	\$435	Community	\$500
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**Little Explorers Camp (Ages 5-6)**

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Little Explorers Camp is open to current first graders 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 Little Explorers 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 twice a week at our on-premise pool. There are also weekly field trips via bus 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. Little Explorers 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	\$405	Community	\$480
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**Explorers Camp (Ages 7-9)**

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Explorers Camp is open to children ages 7-9 years old 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 Explorers 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 twice a week at our on-premise pool. There are also weekly field trips via bus 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. Explorer’s 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	\$402	Community	\$476
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**“I’ve been a YMCA member for 25 years. It’s been our family’s go-to place since my daughter was old enough to bounce a ball. She’s done basketball, dance, karate, summer camp, the list goes on. The Y is truly a staple in our community.”**

**- AI, YMCA of Greater New York Member**

**Adventure Camp (Ages 10-12)**

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Adventure Camp is open to children 10-12 years old 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 adventure 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 twice a week at our on-premise pool. There are also weekly field trips via bus 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. Explorer's 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	\$402	Community	\$476
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**Swim Camp (Ages 7-10)**

(instruction tailored according to individual skill set) Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

- » Red (non-swimmer) is our beginner stage where the children learn basic swimming skills.
- » Yellow (intermediate) will need to swim 10 feet (3 yards) on their front and back, tread water for 20 seconds, submerge under surface water (face in), and swim-float-swim.
- » Green (swimmer) will need to swim 45 feet (15 yards) on their front and back, tread water for at least 60 seconds, submerge & retrieve object, swim-float-swim for 75 feet (25 yards).

When they are not swimming, campers participate in Day Camp activities including sports, weekly field trips, art, and literacy activities. All activities and interactions emphasize building self-esteem and self-confidence.

**Cost Per 2-Week Session**

Member	\$435	Community	\$500
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**Sports Camp (Ages 9-12)**

Summer is amazing when you are active and have friends and coaches cheering you on! Our Sports 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, track and field 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. When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (twice per week). All activities and interactions emphasize building self-esteem and self-confidence.

**Cost Per 2-Week Session**

Member	\$435	Community	\$500
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**SWIM**

**Family Swim ♦**

Supervised recreational swim for families promises to be a terrific time. An adult member on a Family membership must accompany children to swim time. Swimsuit and swim caps are required at all times. Children 8 years old and younger must be within arm's length of an adult (18 years and older) in the water. Only two children can be paired per adult. Children between the ages of 9 and 11 must have a parent/guardian in the viewing area at all times. Any child that cannot swim, regardless of age, must be within arm's length of an adult (18 years and older) in the water. Free with Family membership. **\*Tickets for Family free swim are required and may be obtained 30 minutes prior to the start of the program at the Welcome Center. Each person must be present to obtain their ticket.**

**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. 18)

**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. 18)

**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. 18)



**FITNESS & SPORTS**

**Youth Martial Arts**

Participants will develop balance, coordination, self-confidence, and discipline through this martial arts form. Classes focus on the development of the youth’s positive attitude, behavior, and character through self-esteem and self-discipline while instilling respect for themselves and others.

**Cost Per 8-Week Session**

Member	\$97	Community	\$118
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**Youth Basketball**

Learn and master the basics of passing, dribbling, and shooting. Practice your offense and defense in fun scrimmages. Through programs like youth basketball, we nurture kids’ sense of self-confidence and introduce them to the concept of teamwork in a supportive non-competitive environment.

**Cost Per 8-Week Session**

Member	\$97	Community	\$118
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**Intermediate Basketball**

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

**Cost Per 8-Week Session**

Member	\$105	Community	\$133
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**Private Sport Lessons One-On-One**

Participants are coached according to their age and skill level. Classes are one hour in length. Sports offered: basketball, martial arts, and soccer. Please note that lessons are subject to instructor availability. For more information, please contact Justin Martinez, Youth and Family Director, at 718-215-6940 or [jmartinez@ymcanyc.org](mailto:jmartinez@ymcanyc.org).

<b>Private Sport Lessons</b>	<b>5</b>	<b>10</b>
Member	\$275	\$450
Community	\$375	\$550
<b>Semi Private Lessons</b>	<b>5</b>	<b>10</b>
Member	\$275	\$450
Community	\$375	\$550

**Fit Kids Class (CATCH) ♦**

Looking for a fun class that gets kids moving? Try CATCH! Building strong and healthy kids is the Y’s top priority. CATCH offers kids the opportunity to get silly, get sweaty, and develop lifelong healthy habits. CATCH classes consist of group games and activities using balls, parachutes, hoops, and more! CATCH is taught by a trained YMCA CATCH Coach who will ensure class offerings fit all participating children’s skill levels.







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 ♦

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.

## 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.

## SWIM

### 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. 18)

### 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. 18)







# SWIM

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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

<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> WATER DISCOVERY</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> WATER EXPLORATION</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> WATER ACCLIMATION</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> WATER MOVEMENT</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> WATER STAMINA</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> STROKE INTRODUCTION</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> STROKE DEVELOPMENT</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> STROKE MECHANICS</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.

# SWIM GUIDELINES

For all new participants at our branch wishing to register for any classes other than Stage 1, swim tests are required. For participants that take a break and skip more than 1 session of classes during the year, swim tests are also required. For an appointment please email Oytun Tangul, Aquatics Director at otangul@ymcany.org.

Classes not meeting the minimum number of participants will be cancelled or combined with another class similar in skills (SCHEDULES ARE SUBJECT TO CHANGE).

## 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	\$105
Community	\$165

**Water Discovery**  
Parent/Child 6-18 months

**Water Discovery**  
Parent/Child 18-36 months

**Water Exploration**  
Parent/Child 6-18 months

**Water Exploration**  
Parent/Child 18-36 months

### 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)	3-5 years	5-12 years
Member	\$105	\$95
Community	\$165	\$155

**Stage 1**  
**Water Acclimation**  
Preschool Child (3-5 years)

**Stage 1**  
**Water Acclimation**  
School Age Child (5-12 years)

**Stage 2**  
**Water Movement**  
Preschool Child (3-5 years)

**Stage 2**  
**Water Movement**  
School Age Child (5-12 years)

**Stage 3**  
**Water Stamina**  
Preschool Child (3-5 years)

**Stage 3**  
**Water Stamina**  
School Age Child (5-12 years)

◆ Included in Membership | Members get priority registration





**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)	5-12 years
Member	\$95
Community	\$155

**Stage 4**  
**Stroke Introduction**  
 School Age Child (5-12 years)

**Stage 5**  
**Stroke Development**  
 School Age Child (5-12 years)

**Stage 6**  
**Stroke Mechanics**  
 School Age Child (5-12 years)

**TEEN & ADULT SWIM LESSONS**

Whether you are just learning to swim or are an accomplished swimmer, we have a class for you.

Lesson Fees (8 weeks)	12-17 years	18+ years
Member	\$99	\$118
Community	\$159	\$178

**Stage 1**  
**Water Acclimation**  
 Teen (12-17 years)

**Stage 1**  
**Water Acclimation**  
 Adult

**Stage 2**  
**Water Movement**  
 Teen (12-17 years)

**Stage 2**  
**Water Movement**  
 Adult

**Stage 3**  
**Water Stamina**  
 Teen (12-17 years)

**Stage 3**  
**Water Stamina**  
 Adult

**Stage 4**  
**Stroke Introduction**  
 Teen (12-17 years)

**Stage 4**  
**Stroke Introduction**  
 Adult

**Stage 5**  
**Stroke Development**  
 Teen (12-17 years)

**Stage 5**  
**Stroke Development**  
 Adult

**Stage 6**  
**Stroke Mechanics**  
 Teen (12-17 years)

**Stage 6**  
**Stroke Mechanics**  
 Adult

**PATHWAYS**

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

Lesson Fees (8 weeks)	
Member	\$99
Community	\$159

**Aquatics Conditioning**  
 Aquatic Conditioning is one offering from the competitive pathway students can pursue following YMCA Swim Lessons. The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

**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**



**PRIVATE/SEMI-PRIVATE SWIM LESSONS**

**(3 years & older)**

By appointment only. Contact Oytun Tangu, Aquatics Director, at 718-215-6933 or otangu@ymcanyc.org

**PRIVATE/SEMI-PRIVATE SWIM LESSON POLICY**

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private lessons are one-on-one lessons for people of all ages who are interested in developing their water skills and safety on all levels. Semi-private lessons are limited to two participants only. Participants in semi-private lessons must be close in age and skill level (at the discretion of the Aquatic Director). All lessons are 30 minutes long and can be purchased as a 1 pack, 6 pack, or 12 pack of sessions.

**Fees** All fees must be paid in full prior to the lessons start date.

**Makeups** There are no makeups if you purchase a single private/semi-private lesson. There is only (1) makeup per session for 6 packs and (2) makeups per session for 12 packs.

**Cancellations** Once you have scheduled your private/semi-private lessons, you must provide at least 24 hours' notice to cancel a lesson. If you provide less than 24 hours' notice, that lesson will be considered completed. Private/semi-private lesson sessions are valid for 6 months from the date of purchase. Any unused sessions will be considered complete at that time.

Private/semi-private lessons are non-refundable. Please contact the Aquatics Director, Oytun Tangu, to schedule a private lesson.

**PRIVATE LESSON PRICING**

Lesson Fees	1	6	12
Member	\$52	\$253	\$448
Community	\$75	\$326	\$588

**SEMI-PRIVATE PRICING**

Lesson Fees	1	6	12
Member	\$85	\$421	\$757
Community	\$129	\$661	\$1,063





# SAFE POOLS HAVE RULES

## GENERAL YMCA POOL RULES

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

## YMCA FAMILY AND YOUTH SWIM RULES

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

## NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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







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 – 5:00 pm

Extended hours available.

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

### Kinder Camp (Ages 5-6)

Have a fun summer be a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten in 2020. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers participate in instructional swimming (twice a week), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as on-site a magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

#### Cost Per 2-Week Session

Member	\$435	Community	\$500
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### Little Explorers Camp (Ages 5-6)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Little Explorers Camp is open to current first graders 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 Little Explorers 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 twice a week at our on-premise pool. There are also weekly field trips via bus 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. Little Explorers 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	\$405	Community	\$480
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### Explorers Camp (Ages 7-9)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Explorers Camp is open to children ages 7-9 years old 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 Explorers 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 twice a week at our on-premise pool. There are also weekly field trips via bus 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. Explorer's 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	\$402	Community	\$476
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**Adventure Camp (Ages 10-12)**

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Adventure Camp is open to children 10-12 years old 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 adventure 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 twice a week at our on-premise pool. There are also weekly field trips via bus 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. Explorer's 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	\$402	Community	\$476
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**Swim Camp (Ages 7-10)**

(instruction tailored according to individual skill set) Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

- » Red (non-swimmer) is our beginner stage where the children learn basic swimming skills.
- » Yellow (intermediate) will need to swim 10 feet (3 yards) on their front and back, tread water for 20 seconds, submerge under surface water (face in), and swim-float-swim.
- » Green (swimmer) will need to swim 45 feet (15 yards) on their front and back, tread water for at least 60 seconds, submerge & retrieve object, swim-float-swim for 75 feet (25 yards).

When they are not swimming, campers participate in Day Camp activities including sports, weekly field trips, art, and literacy activities. All activities and interactions emphasize building self-esteem and self-confidence.

**Cost Per 2-Week Session**

Member	\$435	Community	\$500
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**Sports Camp (Ages 9-12)**

Summer is amazing when you are active and have friends and coaches cheering you on! Our Sports 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, track and field 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. When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (twice per week). All activities and interactions emphasize building self-esteem and self-confidence.

**Cost Per 2-Week Session**

Member	\$435	Community	\$500
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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 SLEPAWAY 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 SLEPAWAY 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 SLEPAWAY 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	Coney Island YMCA	Joiner's Fee	City-wide	Joiner's Fee
Adult (18 - 64)	\$55/mo.	\$38	\$109/mo.	\$125
Senior (65+)	\$45/mo.	\$38	\$89/mo.	\$125
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$67/mo.	\$38	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$180/yr.	n/a	n/a	n/a
Youth (up to 11)	\$165/yr.	n/a	n/a	n/a
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$45/mo.	\$38	\$89/mo.	n/a

\*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.\*

#### Coney Island YMCA Family & Household Base Price – \$67/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$16/mo. Third Adult: \$45/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

Samuel Moore, Executive Director  
x3910, [smoore@ymcanyc.org](mailto:smoore@ymcanyc.org)

Oytun Tangu, Aquatics Director  
x3933, [otangul@ymcanyc.org](mailto:otangul@ymcanyc.org)

Angie Rivera, Aquatic Supervisor  
x3934, [arivera@ymcanyc.org](mailto:arivera@ymcanyc.org)

Yolanda Cox, Business Manager  
x3920, [ycox@ymcanyc.org](mailto:ycox@ymcanyc.org)

Kevin Foster, Healthy Lifestyles Coordinator  
x3915, [kfoster@ymcanyc.org](mailto:kfoster@ymcanyc.org)

Aerial Mathis, Membership & Healthy Lifestyles Director  
x3921, [amathis@ymcanyc.org](mailto:amathis@ymcanyc.org)

Justin Martinez, Youth & Family Director  
x3940, [jmartinez@ymcanyc.org](mailto:jmartinez@ymcanyc.org)

### HOLIDAY HOURS

#### Christmas Eve

Tuesday, December 24 7:00 AM - 3:00 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 7:00 AM - 8:00 PM

#### Labor Day

Monday, September 7 7:00 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.

## CLASS CANCELLATION & INCLEMENT WEATHER POLICY

- The YMCA reserves the right to cancel any class(es) due to lack of minimum enrollment. Under these circumstances, a refund or credit will be issued upon request for any unused classes. Credit is only good for one year and must be mentioned when applying to any service at the Coney Island YMCA.
- There will be no make-up classes unless the YMCA cancels or postpones a class.
- There will be no make-ups for scheduled holidays, snow days, or other weather conditions beyond our control.

## 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@ymcany.org](mailto:volunteer@ymcany.org) for more information.

## JOB OPPORTUNITIES

Visit [ymcany.org/careers](http://ymcany.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.

## YMCA "AWAY" POLICY

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

## PROGRAM CREDIT REFUND POLICY

- Programs are non-refundable.
- All credit/refund requests must be submitted during the session that the credit/refund is being requested for.
- Credits or refunds will not be given for classes not attended.
- If a participant requests a credit or refund for an ongoing medical reason, he or she must speak to the Director of that department and provide necessary documentation in a timely manner. It is at the discretion of the department director to approve or reject any application for credit or refund.

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

## PLEASE GIVE TODAY.

[ymcanyc.org/give](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.

2980 West 29th Street  
Brooklyn, NY 11224  
718-215-6900

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