

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y
**PROGRAM
& CLASS
GUIDE**

**CROSS ISLAND YMCA
WINTER/SPRING 2020**



238-10 Hillside Avenue
Bellerose, NY 11426
718-551-9300
ymcanyc.org/crossisland

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

WHY THE Y

NO HIDDEN FEES • NO ANNUAL FEES • NO PROCESSING FEES • NO CONTRACTS

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration	●	●
State-of-the-art fitness center	●	●
Over 90 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Two Swimming Pools	●	●
Sauna rooms	●	●
Basketball and racquetball courts	●	●
Outdoor running track and tennis courts	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●

718-551-9300 crossisland@ymcanyc.org ymcanyc.org/crossisland

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TABLE OF CONTENTS

- ADULTS 4
- KIDS & FAMILY (AGES 0-4) 10
- YOUTH (AGES 5-12) 14
- TEENS (AGES 12-17) 20
- SPECIAL NEEDS..... 22
- SWIM 24
- SUMMER CAMP 34
- JOIN THE Y 40
- LOCATIONS47

Dear Cross 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: 5:00am–10:30pm
Saturday – Sunday: 7:00am–8:00pm

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 top. The background is slightly blurred, showing other gym equipment and a person in the distance. The lighting is warm and focused on the woman.

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

CONDITIONING

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.

Deep Definitions ♦

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

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!

Kettlebell Circuit ♦

Learn and perfect different Kettlebell movements in a series of stations.

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.

Total Body Conditioning ♦

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

TRX ♦

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

Ultimate Abs ♦

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

Zumba® Strong ♦

STRONG by Zumba® combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.

Zumba® Toning ♦

The challenge of adding resistance by using light weights helps you focus on specific muscle groups so you stay engaged!

CARDIO

Cardio Kickboxing ♦

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

EXPRESS Spin ♦

A 30 minute cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

EXPRESS Total Body ♦

A 30 minute full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Hi-Lo Cardio ♦

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

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.

Step and Conditioning ♦

For all fitness levels, combining step with cardiovascular, muscular strength and muscular endurance activities. Exercises use variety of conditioning equipment.

Zumba® Step ♦

Combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor.

MIND/BODY

Gentle Yoga ♦

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

Hatha Yoga ♦

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

Restorative Yoga ♦

A yoga class focused on your inner energy and well-being.

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.

Pilates Reformer ♦

This class is designed to restore muscular balance, improve posture, help prevent injury, and build strength and flexibility using the Pilates Reformer.

DANCE

Dance Party ♦

A fun choreographed aerobic workout to music.

Family Zumba™ ♦

ONLY FOR FAMILY I AND FAMILY II MEMBERSHIPS. This class is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, fitness program effective enough for parents but fun enough for kids.

Line Dancing ♦

Learn the basics of new and classic line dances in this fun class that feels more like a party than a workout.

Zumba Sentao™ ♦

Zumba Sentao™ combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

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 Zumba® ♦

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

Water Aerobics ♦

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

Water Walking ♦

This gravity-defying exercise is a therapeutic aid for cardiovascular endurance and relief of stress. Highly recommended for people with arthritis, joint pain and other physical ailments. No instruction.

YMCA Arthritis Aquatic Program ♦

Based on a program developed by the Arthritis Foundation, this low-impact workout will help you build strength and endurance.

ACTIVE OLDER ADULTS

AOA Water Aerobics ♦

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

AOA Cardio Conditioning ♦

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

AOA Sit Fit ♦

Get fit while you sit in this chair exercise class that involves a combination of aerobic activity, strength building, and stretching.

AOA Strength Training ♦

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

AOA Restorative Yoga ♦

A yoga class focused on your inner energy and well-being.

Zumba® Gold ♦

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

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 the Member Services Desk at 718-551-9300 for more information.

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 Member Services Desk at 718-551-9300 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 call 718-551-9300.



“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

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 our Member Services Desk at 718-551-9300.

Sessions	Members	Community
Bronze Package (1 session)	\$69	\$94
Introductory package of 3 sessions*	\$195	n/a
Silver Package (5 sessions)	\$325	\$441
Gold Package (10 sessions)	\$635	\$861
Platinum Package (20 sessions)	\$1,158	\$1,570

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

Small Group Personal Training

Save money by working out with a friend and purchasing semi-private sessions for two or more people. Participants find their own training partners and register at the same time. The Y does not coordinate training partners. Price is per person.

Sessions	Members	Community
Bronze Package (1 session)	\$31	\$44
Silver Package (5 sessions)	\$150	\$206
Gold Package (10 sessions)	\$285	\$377
Platinum Package (20 sessions)	\$545	\$743

Partner Personal Training

You and a friend can share the cost and reap the benefits of semi-private personal training! Enjoy the motivation and camaraderie of working out with someone else while achieving the massive results possible with individualized attention from a personal trainer.

Sessions	Members
Package of 5 sessions	\$400 per pair
Package of 10 sessions	\$760 per pair
Package of 20 sessions	\$1,440 per pair

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. 24)

Swim Strokes

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

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. 24)

Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 6)

Aquatic Exercise For Arthritis ♦

Nationally certified by the YMCA of the USA. This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well-being. Class is performed in shallow water. For more information, please contact Jean Dattner 718-551-9325 or jdattner@ymcanyc.org.

Monday 10:45-11:30am
Friday 10:45-11:30am

Fees	1 x week	2x week
Member	Included in Membership	
Community	\$85	\$130

Water Exercise for Adults with Disabilities (and others seeking a gentle workout) ♦

Exercises and locomotor movements designed to enhance overall physical fitness, maintain/improve muscle tone and strength, and improve flexibility, balance and coordination. Minimum class size is 6 people.

Wednesday 10:40-11:30am JK Pool
 Friday 2:00-3:00pm JK Pool

Fees	1 x week	2x week
Member	FREE	FREE
Community	\$85	\$130

SPORTS

Adult Basketball (Ages 18+ Years)

Basketball season consists of eight weeks of regular season games plus a single elimination playoff series. We provide divisions for beginner, recreational, and competitive players. For more information about our basketball leagues, please contact Paul Wallace at 718-551-9337 or pwallace@ymcanyc.org. Runs July 1–September 30 and October 1–December 31.

Adult Martial Arts (Ages 18+ Years)

The object is to develop techniques, as well as instill positive characteristics such as self-respect, self-discipline, honor and righteousness, based on the code of morality known as Bushido. For more information please contact Paul Wallace at 718-551-9337 or pwallace@ymcanyc.org.

Friday 8:00-9:15pm Studio B

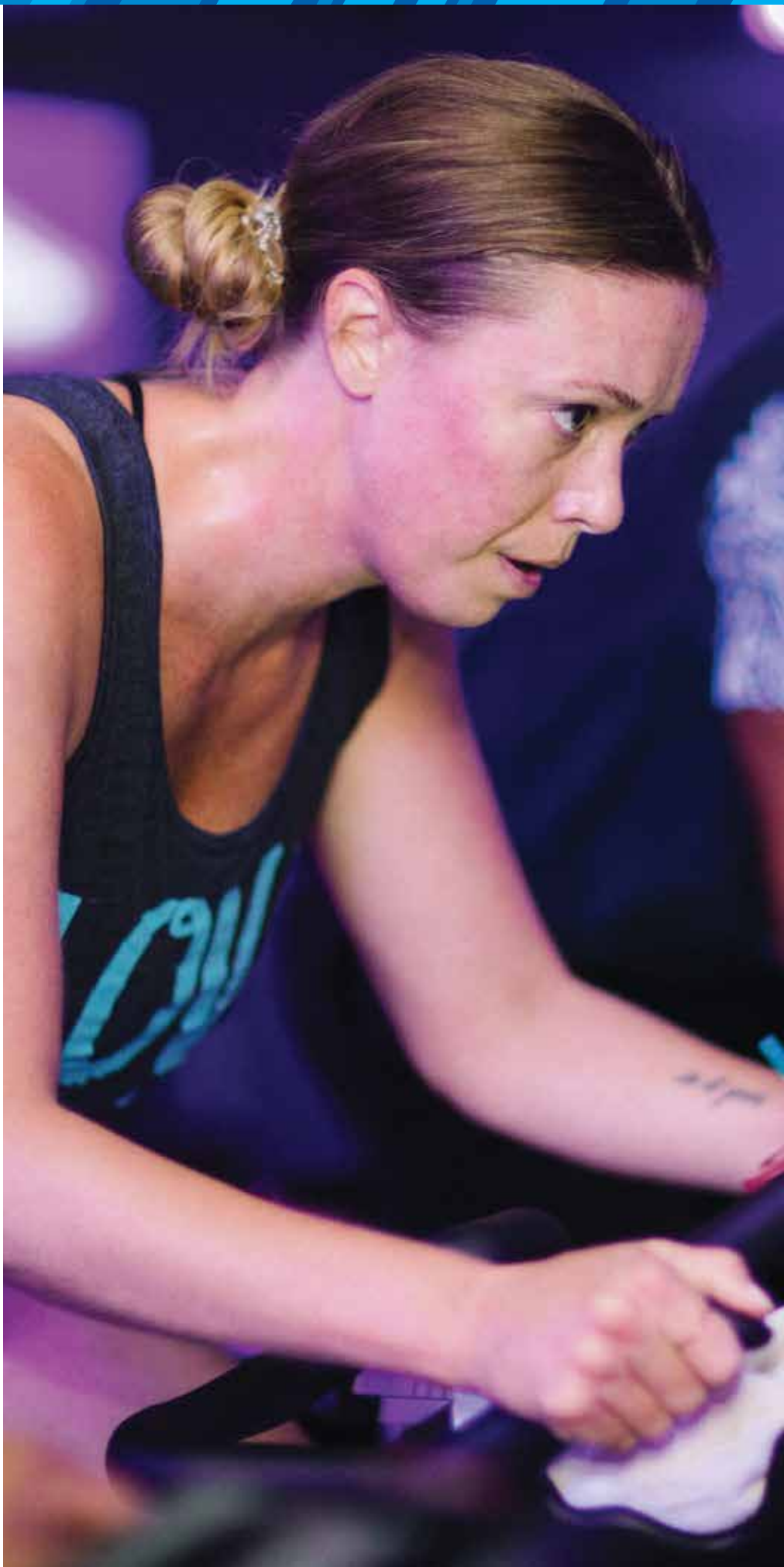
Fees	1 x week
Member	\$145
Community	\$235

Recreational

Volleyball (Ages 18+ Years) ♦

Play 15-point volleyball games or twenty-minute time limit per game. Members only.

Monday 8:30-10:00pm Gym



Adult Tennis (Ages 18+ Years)

Tennis provides great health benefits, improves bone strength and density, and aerobic fitness. Classes may be canceled due to inclement weather and will be made up at the end of the session. Students registered for incorrect level will be removed from class. For more information contact Ron John, Tennis Coordinator at rjohn@ymcany.org.

SPRING II | OUTDOOR

Classic Tennis Tournament

Please contact Ron John for more information at rjohn@ymcany.org.

Adult Development

Monday	7:00-8:30pm	Beginner
Wednesday	7:00-8:30pm	Advanced Beginner
Sunday	9:00-10:30am	Hit & Play

Fees	1 x week (6 week session)
Member	\$270
Community	\$310

Private Tennis Lessons

By appointment only. Please contact Ron John at rjohn@ymcany.org.

Sessions	Members	Community
30 Minutes Single Session	\$50	\$55
30 Minutes Series of 6 Sessions	\$250	\$275
60 Minutes Single Session	\$80	\$90
60 Minutes Series of 6 Sessions	\$400	\$450

Semi Private Tennis Lessons

Two (2) students, price per person. By appointment only. Please contact Ron John at rjohn@ymcany.org.

60 Minutes Fees	Series of 6 Sessions
Member	\$250/per person
Community	\$270/per person

Racquetball / Tennis Court

Reservations for open court times are FREE with Membership. Reservations may be made up to seven (7) days in advance for Racquetball, three (3) days in advance for tennis, for a one-hour period by YMCA members only in person at the Member Services Desk, or by calling 718-551-9300.

Monday - Friday	5:00am-9:00pm
Saturday	7:00am-7:00pm
Sunday	7:00am-7:00pm

Open Gym

The Gym is available for open recreation. No guest pass use.

Monday	5:00-9:00am 11:30-3:30pm 8:30-10:00pm	Adults Family Recreational Volleyball
Tuesday	5:00-9:00am 11:30-3:30pm 9:15-10:15pm	Adults Family Adults
Wednesday	5:00-9:00am 11:45-2:00pm 2:00-3:15pm 3:15-5:45pm 7:30-10:15pm	Adults Special Populations Family Teens Teens/Adults
Thursday	5:00-9:00am 12:00-3:30pm 8:15-10:15pm	Adults Family Adults
Friday	5:00-9:45am 12:30-3:45pm 7:00-9:30pm 9:30-10:15pm	Adults Family Teens Adults
Saturday	7:00-9:00am 6:00-8:00pm	Adults Teens
Sunday	7:00-9:45am 10:00-11:00am 4:00-8:00pm	Family Adults League Play Youth





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.

Monday – Friday
9:00am-12:00pm
6:00pm-9:00pm

Saturdays
9:00am-2:00pm

Sundays
11:00am-2:00pm

BIRTHDAY PARTIES

Sunday-afternoon party includes 45-minutes of swimming followed by a one (1) hour room rental for up to 20 participants. YMCA invitations and free guest passes will be provided for participants. \$50 non-refundable deposit required to hold date. To schedule your birthday party or for more information please contact the Member Services Desk at 718-551-9300.

Sunday 2:30–5:00pm

Fees	Per Party
Member	\$250
Community	\$275

FREQUENT Y'ER PROGRAM

Register for 12 paid programs and get the 13th program at a reduction of the average of your 12 paid programs. EXAMPLE: 6 paid programs at \$50 each and 6 paid programs at \$100. Average = \$75. 13th program fee is less \$75.

Program log will begin the day you register your family to be Frequent Y'ers. Certain programs not eligible. Registration required.

PRE-SCHOOL & SUMMER CAMP

Pre-School Program (Ages 3 - 5.8 Years)

Fees per month	Members	Community
5 Days Monday–Friday 9:00am–12:00pm	\$520	\$550
9:00am–4:00pm	\$995	\$1,025
3 Days Monday, Wednesday & Friday 9:00am–4:00pm	\$780	\$800

Early Childhood Camp (Ages 2 - 4 Years)

Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. Cost Per 2 Week session - see pricing in our camp guide.

Kinder Camp (Ages 4 - 5.8 Years)

Kinder Camp is designed for children entering kindergarten in September 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. Cost Per 2 Week session - see pricing in our camp guide.

EARLY CHILDHOOD CENTER

Build the foundation at our Early Childhood Center. Our teachers will welcome your child in a warm and safe, licensed environment. With a wide range of activities to stimulate your child's creativity, self-esteem, and independence, our YMCA values-based program will help your young child learn the essential social, physical, and intellectual building blocks.

Registration is on-going for 2019–2020 school year. To register, a \$50 Registration Fee and a \$100 Deposit are required. Both are non-refundable. Tuition for each month is due one month ahead on the first of the month. We offer automatic bank or credit card draft for monthly payments. For more information on the current school year or to arrange a tour, call Michelle Mallay at 718-551-9313 or email mmallay@ymcany.org.

Toddler Program (Ages 2.0 - 3.4 Years)

Fees per month	Members	Community
5 Days Monday–Friday 9:00am–12:00pm	\$555	\$575
9:00am–4:00pm	\$1,085	\$1,165
3 Days Monday, Wednesday & Friday 9:00am–4:00pm	\$840	\$875

YMCA Extended Care

The Cross Island YMCA Early Childhood Center offers extended day options to provide families with flexible early morning, afternoon and evening childcare, as often as needed.

Fees per month	Members	Community
5 Days Monday–Friday 7:30–9:00am	\$120	\$135
4:00–6:00pm	\$210	\$240
3 Days Monday, Wednesday & Friday 7:30–9:00am	\$100	\$115
4:00–6:00pm	\$135	\$155

Full Day Pre-K For All

The Early Childhood Center hosts a free full day PRE-K FOR ALL program. Registration for New York City residents born in 2015 began May 2019. Space is limited.

Pre-K For All - AM Extended & After Care

Fees per month	Members	Community
5 Days Monday–Friday 7:30–8:30am	\$105	\$115
3:00–6:00pm	\$400	\$425



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.

Parent/Child Swim (Ages 6 Months – 6.5 Years)

YMCA members and Gym/Swim Participants are invited to participate in a FREE parent/child swim on Fridays. Flotation devices will be supplied during this free swim. A lifeguard will be on deck. A parent MUST be in the water with the child. There will be no instruction.

Friday 12:30-1:30pm JK Pool

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. 24)

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. 24)

SPORTS

Family Gym Time

Bring your own basketball during the open gym time. No Guest passes. The Gym is available for open recreation. Family Membership only.

Monday	11:30-3:30pm	Gym
Tuesday	11:30-3:30pm	Gym
Wednesday	2:00-3:15pm	Gym
Thursday	12:00-3:30pm	Gym
Friday	12:30-3:45pm	Gym
Sunday	7:00-9:45am	Gym

Fees	1 x week
Family Membership only	FREE

Tiny Tumblers (Ages 3 - 5 Years)

This is an introduction to gymnastics class. Children will learn basic skills on floor exercise, uneven bars, balance beam, and vault. The class will increase confidence, coordination and will develop listening skill, taking turns, and following coaching instructions.

Tuesday	6:00-6:45pm	Gym
Thursday	6:00-6:45pm	Gym

Fees	1 x week
Member	\$120
Community	\$210

Start Smart (Ages 3 – 5 Years)

This program focuses on familiarizing youngsters with various sports and fitness activities and operates as orientation to sports. Age appropriate activities include soccer, kickball, tee- ball, and basketball. All children should wear proper gym attire.

Saturday	9:15-10:00am	Gym
Sunday	11:15-12:00pm	Gym

Fees	1 x week
Member	\$120
Community	\$210

Start Smart Basketball (Ages 3 – 5 Years)

This class will introduce the sport of basketball to our youngest participants. Class will involve dribbling, shooting, passing and defense.

Sunday	12:15-1:00pm	Gym
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Fees	1 x week
Member	\$120
Community	\$210

Start Smart Soccer (Ages 3 - 5 Years)

This class will introduce the sport of soccer to our youngest participants. Class will involve passing and defense.

Saturday 10:15-11:00am Gym

Fees	1 x week
Member	\$120
Community	\$210

EARLY CHILDHOOD ART & DANCE

For more information contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

Baby Ballet (Ages 3 - 5 Years)

This class gives young children a basic introduction to classical ballet. It includes preparatory exercises to develop coordination. It will also allow participants to experience classical music, increase their sense of balance, and improve their reflexes. Children must come prepared with ballet slippers. Recitals are held at the end of the session and will count as one lesson.

Saturday 12:15-1:00pm Studio A

Fees	1 x week
Member	\$120
Community	\$215

Baby Picasso (Ages 3 - 5 Years)

Parents & participants will explore colors and shapes using different formats such as finger painting and other creative projects together. Students will explore different ways of bringing their ideas to life.

Saturday 12:00-12:45pm Room C

Fees	1 x week
Member	\$120
Community	\$215

CROSS ISLAND FAMILY EVENTS

Movie Night (All Ages) ♦

Our Movie Nights are held monthly on Fridays. Register at the Member Services Desk. For more information check our flyers or contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

Parents Night Out (Ages 4 - 12 Years)

Parents, enjoy some adult time and be assured your children will have a blast in a safe, caring, fun environment. Best of all - dinner is on the house! Registration will be accepted until 3pm on the day of. Held in Room B. Register at Member Services Desk. For more information contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

Fees	Per Child / Per Evening
Family Membership	\$5 / per child
Member	\$15 / per child
Community	\$15 / per child

Family Night (All Ages)

Special time for families to have fun and create memories that last a lifetime at our Y is set aside for families only. Enjoy family participation in swimming, sports, games, crafts, and much more. All children must be accompanied by an adult during all Family Night activities including swimming. Registration will be accepted until 3:00pm on the day of the event. Held in Room B. Register at Member Services Desk. For more information contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

Fees	Per Child / Per Evening
Family Membership	\$5 / per child
Member	\$15 / per child
Community	\$15 / per child





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.

Monday – Friday
9:00am-12:00pm
6:00pm-9:00pm

Saturdays
9:00am-2:00pm

Sundays
11:00am-2:00pm

FAMILY

Family Gym Time

Bring your own basketball during the open gym time. No Guest passes. The Gym is available for open recreation. Family Membership only.

Monday	11:30-3:30pm	Gym
Tuesday	11:30-3:30pm	Gym
Wednesday	2:00-3:15pm	Gym
Thursday	12:00-3:30pm	Gym
Friday	12:30-3:45pm	Gym
Sunday	7:00-9:45am	Gym

Fees	1 x week
Family Membership only	FREE

AFTERSCHOOL & SUMMER CAMP

The YMCA Afterschool Program and off-sites are registered with the Office of Children & Family Services. Afterschool session dates: September 2019 – June 2020.

Y Afterschool at PS 33Q

Kids spend 2:30-5:30pm of every school day with our caring, supportive staff to students of the schools listed. Contact Byresha Waite for more information at 718-551-9336 or bwaite@ymcany.org.

Registration Fee

Member	FREE
Community	\$50

Y Afterschool at PS 134Q

PS 134Q in Hollis runs at no cost for children who attend this school. This Afterschool Program is funded by DYCD through the City of New York. New York City's COMPASS provides services to support young people and their families at no cost during non-school hours, after school, on holidays and during the summer. This initiative is open to residents of the community. For more information contact Atikay Henry at 718-736-1000, 917-531-7353 or ahenry@ymcany.org.

Day Camp (Ages 5.9 - 12 Years)

Day campers will engage in activities that will enhance their social and emotional skills, participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports, creative arts, explore science, 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. For more information contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

See all of our Summer Camp options on p. 34.

HOLIDAY CAMP

Winter Recess (Ages 5 - 12 Years)

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Holiday Camp is geared to engaging kids in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Children are required to bring their own lunch, bathing suit, swim cap and towel. Holiday Camps run December 23-31, Monday-Friday. No camp on December 25. Hours are 9:00am-5:00pm, with extended hours available from 8:00-9:00am, and 5:00-6:00pm. Pre-registration is required. Current Afterschool Participants receive 50% off daily rates. For more information contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

Fees	8 Hours	9 Hours	10 Hours
Member	\$70/day	\$75/day	\$80/day
Community	\$70/day	\$75/day	\$80/day

Spring Recess (Ages 5 - 12 Years)

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Holiday Camp is geared to engaging kids in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Children are required to bring their own lunch, bathing suit, swim cap and towel. Hours are 9am - 5pm, with extended hours available from 8am until 7pm. Pre-registration is required. Current Afterschool Participants receive 50% off daily rates. For more information contact our Senior Program Director, Alexander Bezek, at abezek@ymcany.org or 718-551-9320.

Fees	8 Hours	9 Hours	10 Hours
Member	\$80/day	\$85/day	\$90/day
Community	\$80/day	\$85/day	\$90/day

FITNESS & SPORTS | Gymnastics

Gymnastics (Ages 5 - 13 Years)

The Cross Island YMCA follows a strict and straight forward progressive Gymnastics program. Each level is geared to advance gymnasts in safe, consistent and productive progressions. The program teaches safety awareness, body awareness, values education and skills instruction with safety as our #1 concern. Gymnastics events are under the jurisdiction of USA Gymnastics. All classes are held in the gym. For more information Contact Erin McGrath at 718-551-9309 or emcgrath@ymcany.org.

See all of our Gymnastics options on p. 16.

Tumblers (Ages 5 - 13 Years)

Beginner Tumblers (Boys)

Ages 5-13	Thursday	3:30-4:30pm
	Saturday	1:00-2:00pm

Intermediate Tumblers (Boys)

Ages 5-13	Thursday	4:30-5:30pm
	Saturday	2:00-3:00pm

Beginner Tumblettes (Girls)

Ages 5-7	Tuesday	3:30-4:30pm	4:30-5:30pm
	Thursday	3:30-4:30pm	4:30-5:30pm
	Saturday	12:00-1:00pm	1:00-2:00pm
		2:00-3:00pm	

Intermediate Twisters (Girls)

Ages 5-7	Tuesday	3:30-4:30pm	
	Thursday	3:30-4:30pm	
	Saturday	1:00-2:00pm	2:00-3:00pm

Beginner Tumblettes (Girls)

Ages 8-13	Tuesday	3:30-4:30pm	
	Thursday	3:30-4:30pm	
	Saturday	12:00-1:00pm	1:00-2:00pm
		2:00-3:00pm	

Intermediate Twisters (Girls)

Ages 8-13	Tuesday	3:30-4:30pm	
	Thursday	3:30-4:30pm	
	Saturday	12:00-1:00pm	1:00-2:00pm
		2:00-3:00pm	

Fees	1x week	2x week	3x week
Member	\$175	\$280	\$375
Community	\$230	\$370	\$490

Gymnastics Teams (Ages 5 - 13 Years)

Youth advancing through the Cross Island Y's Progressive Gymnastics Program are encouraged to become a member of our teams. Team members train with certified gymnastics coaches two-three days per week. The team fee does not include local meets. Gymnasts who qualify for State, Regional or National Gymnastics meets must pay a separate fee. Team members have the opportunity to try out for the YMCA National Gymnastics Competition. Full payment must be made at registration. Late registration or non-payment will result in your child not participating in program and meets. Please contact Erin McGrath at 718-551-9309 or emcgrath@ymcanyc.org before registering.

All teams meet at the hours below and must schedule with the coach: Tuesday & Thursday 3:30-6:30pm & Saturday 12:00-6:00pm

Teams	Girls Shining Stars Girls Rising Stars	Girls Shining Stars Girls Shooting Stars
# of classes/week	2x/week	3x/week
Member	\$340	\$410
Community	\$440	\$530

FITNESS & SPORTS | Instructional Sports

For more information contact Paul Wallace at 718-551-9337 or email pwallace@ymcanyc.org.

Instructional Basketball (Ages 6-15 Years)

Kids will learn the game of basketball through age-appropriate drills, exercises, and controlled games while developing teamwork and sportsmanship. Total skill developmental program that involves all aspects of the game: dribbling, running, shooting and defense.

Ages 6-9	Sunday	2:00-3:00pm
Ages 10-15	Sunday	3:00-4:00pm

Fees	1x week
Member	\$120
Community	\$210

Instructional Baseball (Ages 6-15 Years)

Experienced and trained coaches will teach all aspects of the game including hitting, pitching, base running, fielding and various other skills. RUNS SPRING 2 ONLY.

Ages 6-9	Saturday	3:00-4:00pm	Backyard
Ages 10-15	Saturday	4:00-5:00pm	Backyard

Fees	1x week
Member	\$120
Community	\$210

Instructional Track & Field (Ages 6 - 15 Years)

Participants will learn the proper tactics and techniques of track and field, proper running form while improving runner's performance, developing a race strategy and learning to prepare for meets. RUNS SPRING 2 ONLY.

Ages 6-9	Saturday	1:00-2:00pm	Backyard/Track
Ages 10-15	Saturday	2:00-3:00pm	Backyard/Track

Fees	1x week
Member	\$120
Community	\$210

Indoor Youth Soccer (Ages 6 - 15 Years)

Soccer provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all the fundamental techniques such as passing, dribbling, shooting, trapping and goal keeping skills. RUNS WINTER & SPRING 1.

Ages 6-9	Friday	3:45-4:45pm	Gym
Ages 10-15	Friday	4:45-5:45pm	Gym

Fees	1x week
Member	\$120
Community	\$210

“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

Instructional Soccer (Ages 6 - 15 Years)

Soccer provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all the fundamental techniques such as passing, dribbling, shooting, trapping and goal keeping skills. RUNS SPRING 2 ONLY.

Ages 6-9	Saturday	9:00-10:00am	Backyard
Ages 10-15	Saturday	10:00-11:00am	Backyard

Fees	1x week
Member	\$120
Community	\$210

Instructional Flag Football (Ages 6 - 15 Years)

Participants will learn the fundamentals of football, the rules of the game, good sportsmanship, as well as healthy lifestyle habits. No tackling will be permitted in the class. RUNS SPRING 2 ONLY.

Ages 6-9	Saturday	1:00-2:00pm	Backyard
Ages 10-15	Saturday	2:00-3:00pm	Backyard

Fees	1x week
Member	\$120
Community	\$210

Instructional Volleyball (Ages 6 - 15 Years)

Participants will learn the basics of volleyball which include the fundamentals of serving, passing, spiking and blocking. Rules and court strategy will also be part of the course. Course will include foundations of Strength Training. RUNS ALL YEAR.

Ages 10-15	Friday	2:00-3:00pm
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Fees	1x week
Member	\$120
Community	\$210

FITNESS & SPORTS | Leagues

Spring Basketball League (Ages 9 - 17 Years)

This basketball league brings youth the opportunity to participate in league play. Space is limited and registration is on a first come first serve basis. Volunteer coaches needed! For more information contact Paul Wallace at 718-551-9337 or email pwallace@ymcanyc.org.

Ages 9-11	TBA	Gym
Ages 12-14	TBA	Gym
Ages 15-17	TBA	Gym

Meets 1x/week from February - May	10 Week Session
Member	\$125
Community	\$230

FITNESS & SPORTS | Martial Arts

Youth & Teen Martial Arts (Ages 9 - 17 Years)

YMCA martial arts are studied for various reasons including combat skills, fitness, self-defense, sport, self-cultivation (meditation), mental discipline, character development and building self-confidence. Learn how to utilize every part of your body as a weapon of self-defense. Chief instructor Guy Blackman holds a 6th degree black belt with the American Bushido Federation. For more information contact Paul Wallace at 718-551-9337 or email pwallace@ymcanyc.org.

Youth Beginner

Ages 6-15	Wednesday	6:30-7:45pm
	Saturday	10:15-11:30am

Youth Intermediate

Ages 6-15	Wednesday	6:30-7:45pm
	Saturday	11:30-12:45pm

Youth Advanced

Ages 6-15	Monday	6:30-7:45pm
	Friday	6:30-7:45pm
	Saturday	1:00-2:15pm

Senior

Ages 16-17	Friday	8:00-9:15pm
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Fees	1x week	2x week	3x week
Member	\$145	\$240	\$325
Community	\$240	\$395	\$525

FITNESS & SPORTS | Tennis

Private Lessons | Spring Only (All Ages)

Lessons	Members	Community
30 Minutes Single Lesson	\$50	\$55
30 Minutes Series of 6 Sessions	\$250	\$275
60 Minutes Single Session	\$80	\$90
60 Minutes Series of 6 Sessions	\$400	\$450

Semi Private Tennis Lessons

Two (2) students, price per person. By appointment only. Please contact Ron John at rjohn@ymcanyc.org.

60 Minutes Fees	Series of 6 Sessions
Member	\$250/per person
Community	\$300/per person

QuickStart Tennis (Ages 5.5 - 8 Years)

QuickStart allows a child to engage fully in tennis and have success much more quickly than traditional lessons on a full court. This format will more likely help to foster a lifelong love for the game of tennis, learning with smaller racquets and softer tennis balls and playing on half courts. During the 6 week session, participants will learn the basics of forehand, backhand, serve and volley while having fun.

WINTER AND SPRING I | INDOOR

Quickstart Novice
5.5-8 years Thursday 6:15-7:15pm

Quickstart Advanced
5.5-8 years Monday 6:15-7:15pm

SPRING II | OUTDOOR

Quickstart Novice
5.5-8 years Monday 6:15-7:15pm
 Saturday 9:00-10:15am

Quickstart Advanced
5.5-8 years Thursday 6:15-7:15pm

Fees	1x week
Member	\$180
Community	\$210

Tennis (Ages 9 - 17 Years)

Tennis provides great health benefits, improves bone strength and density, and aerobic fitness. Classes may be canceled due to inclement weather and will be made up at the end of the session. Students registered for incorrect level will be removed from class. For more information contact Ron John, Tennis Coordinator at rjohn@ymcanyc.org.

SPRING II | OUTDOOR

Tennis Level 1
9-12 years Monday 6:00-7:00pm
9-12 years Saturday 10:00-11:00am
13-17 years Saturday 10:00-11:00am

Tennis Level 2
9-12 years Wednesday 6:00-7:00pm
9-12 years Saturday 11:00-12:00pm
13-17 years Saturday 11:00-12:00pm

Tennis Level 3
9-12 years Mon/Wed 4:30-6:00pm (both days only)
9-12 years Saturday 12:00-1:30pm
13-17 years Saturday 12:00-1:30pm

Tournament Training
Open age Tues/Thu 4:30-6:00pm (both days only)

Tennis Tournament
Level 3+ For more information see flyers or contact Ron John at rjohn@ymcanyc.org for more information. Match up at this tournament at the end of each session for players Level 3 and up.

Fees	1x week
Member	\$180
Community	\$210



DANCE

Beginner Ballet (Ages 6 - 8 Years)

This complete classical ballet class will include barre exercises, center technique, adagio, and basic turns. Children will be introduced to classical music as they learn about controlling their movements and improving posture and flexibility. Children must come prepared with appropriate ballet slippers.

Saturday 1:15-2:00pm Studio A

Fees	1 x week
Member	\$120
Community	\$215

Modern Dance (Ages 6-11 Years)

This class is a combination of Jazz, Classical Ballet and Contemporary styles. Modern dance can be upbeat and funky or lyrical and expansive.

Saturday 2:00-3:00pm Studio A

Fees	1 x week
Member	\$120
Community	\$215

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. 24)

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. 24)

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. 24)

ART & SCIENCE

Discovery Lab (Ages 6 - 12 Years)

Learn, explore and grow. Discover your inner scientist as we explore science in activities and experiments. Ask questions, make predictions, seek answers, use your senses and have fun! Please note: class needs a minimum of 5 participants to operate.

Saturday 12:30-1:30pm Classroom D

Fees	1 x week
Member	\$120
Community	\$215

Picassos (Ages 7 - 12 Years)

Participants explore diverse cultures using various art forms, including: collage, paint, sculpture and more. Students will explore different ways of bringing their ideas to life.

Saturday 3:00-4:00pm Classroom C

Fees	1 x week
Member	\$120
Community	\$215

Cartooning (Ages 7 - 12 Years)

Participants will learn how to tell a story through a combination of words and pictures, practice drawing skills, and examine a variety of techniques used by famous cartoonists. Learn how to create cartoons and comic strips like the pros.

Saturday 2:00-3:00pm Classroom C

Fees	1 x week
Member	\$120
Community	\$215

Recipe For Fun (Ages 6 - 12 Years) ♦

A delicious class where participants learn to peel, chop, mash, grind, beat, measure, and season then taste the results of their efforts. Families will create a cookbook full of healthy recipes and snacks to take home at the end of the session.

Friday 6:30-7:30pm Classroom B

Fees	1 x week
Member	FREE
Community	\$115



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.

COLLEGE ACCESS & CAREER READINESS

Rowe Scholars (Grades 6-12) ♦

Rowe Scholars helps students and their parents realize that college is a real and attainable option. Through homework help, test prep, application support, college tours, and more the Y supports Rowe Scholars through college and beyond. The program serves students enrolled in grades 6-12.

FITNESS & SPORTS

For more fitness and sports programs for ages 12+ please see Youth section page 15.

Teen Fitness Orientation (Ages 12 - 17 Years) ♦

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 Years) ♦

Teen Center is a safe place where teens have the opportunity to engage in meaningful activities that allow them to develop socially, physically and academically. Teens are welcome to enjoy the facility and participate in activities that include swim, basketball, arts and crafts, and board games. The Fitness Center and Weight Room are also open to participants. Teen Center is FREE to all in the community.

Friday	6:30-9:30pm
Saturday	6:00-8:00pm

SUMMER CAMP

Teen Camp (Ages 13 - 15 Years)

Being a teenager is a magical time in life, where children develop unique personalities, opinions, and peer relationships. Summer is the time they can explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and high school. It is designed to immerse campers in a variety of fun activities that keep them active, learning, and engaged during the summer months. 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 weekly citywide trips designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals—all while making friends and having fun. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime! (See Camp section p. 34)

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. 24)

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. 24)

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. 24)





ALL AGES

INDIVIDUALS WITH SPECIAL NEEDS

The Y gives everyone a safe space to socialize and be themselves. Our goal is to support and enrich lives through inclusion or adaptive programming.

SPECIAL NEEDS

If you have a child with a disability who might benefit from integration in our Gym/Swim or Aquatics programs contact Jean Dattner, Special Populations, at 718-551-9325 or email jdattner@ymcanyc.org.

HELPING OTHERS

Our goal is to support and enrich lives through inclusion or adaptive programming as needed. Our facility is primarily barrier free. Locker rooms are adjacent to the pool. Chair lift is available in both pools for entrance and exit. The environment is warm for maximum comfort and relaxation in and out of the water. For more information contact Jean Dattner, Special Populations, at 718-551-9325 or email jdattner@ymcanyc.org.

Special Events for those with Special Needs

Valentine Social

Wednesday, February 12 | 6:00-7:30pm | Cost: \$1

Gym Spring Greenkill Trip

TBD | Greenkill

Spring Barbeque

TBD | 6:00-8:00pm | FREE | Ramada Picnic Area

Special Olympics Training

Tryout Required.

Wednesday 6:00-7:00pm | Land Sports
 Wednesday 6:30-7:30pm | Swimming (begins 3/10/20)

Fees	1 x week
Member	FREE
Community	FREE

Respite for Teens & Adults

with Developmental Disabilities (Ages 16 - 45 Years)

A maximum effort is made to provide 3 hours of fun, fitness and skill enhancing activities; calisthenics, games, swimming and water games, etc.

Saturday 1:00-4:00pm Room B

Fees	1 x week
Member	\$121
Community	\$133

Swim Lessons for Youth

with Disabilities (Ages 5 - 15 Years)

Private ½ Hour swimming taught by specially trained aquatic staff and personalized to suit the needs of each individual. Scheduled at the child's convenience. Note: There is a wait list for this program.

Fees	1 x week
Member	\$95
Community	\$114

Zumba® for Teens & Adults with Developmental Disabilities

ZUMBA® is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class is modified especially for individuals with disabilities.

Monday 6:30-7:30pm Room A

Fees	1 x week
Member	\$45
Community	\$65

Arthritis Water Exercise ♦

Gentle movements performed in warm water to increase or maintain range of motion, strengthen muscles and enhance overall fitness. Each exercise is designed to help a specific joint and its surrounding muscles. Exercise in water minimizes stress on joints and often helps decrease pain and stiffness. Minimum class size is 6 people.

Monday 10:45-11:30am JK Pool
 Friday 10:45-11:30am JK Pool

Fees	1 x week	2x week
Member	FREE	FREE
Community	\$85	\$130

Instructional Water Exercise for Adults with Disabilities (and others seeking a gentle workout) ♦

Exercise, walking and swimming skills individualized to suit personal needs. Instruction is provided as well as time to practice. Enhance physical fitness, maintain/improve muscle tone and improve flexibility. Minimum class size to run is 6 people.

Wednesday 10:40-11:30am JK Pool
 Friday 2:00-3:00pm JK Pool

Fees	1 x week	2x week
Member	FREE	FREE
Community	\$85	\$130

A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful floral swimsuit. She is leaning on the grey metal grates of a swimming pool deck. The background shows the blue water of the pool with some purple pool toys and another person's head in the distance.




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

<p>SWIM STARTERS</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>A 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 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>SWIM BASICS</p> <p>Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:</p> <ul style="list-style-type: none"> Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit Jump, push, turn, grab 	<p>1 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>2 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>3 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>SWIM STROKES</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>4 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>5 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>6 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
Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water
Front tow chin in water, assisted	Front tow blow bubbles, assisted	Front glide assisted, to wall, 5 ft.	Front glide 10 ft. (5 ft. preschool)	Swim on front 15 yd. (10 yd. preschool)
Water exit parent & child together	Water exit assisted	Water exit independently	Water exit independently	Water exit independently
Water entry parent & child together	Water entry assisted	Jump, push, turn, grab assisted	Jump, push, turn, grab	Jump, swim, turn, swim, grab 10 yd.
Back float assisted, head on shoulder	Back float assisted, head on chest	Back float assisted, 10 secs., recover independently	Back float 20 secs. (10 secs. preschool)	Swim on back 15 yd. (10 yd. preschool)
Roll assisted	Roll assisted	Roll assisted	Roll	Roll
Front float chin in water, assisted	Front float blow bubbles, assisted	Front float assisted, 10 secs., recover independently	Front float 20 secs. (10 secs. preschool)	Front float 1 min. & exit (30 secs. preschool)
Back tow assisted, head on shoulder	Back tow assisted, head on chest	Back glide assisted, at wall, 5 ft.	Back glide 10 ft. (5ft. preschool)	Swim, float, swim 25 yd. (15 yd. preschool)
Wall grab assisted	Monkey crawl assisted, on edge, 5 ft.	Swim, float, swim assisted, 10 ft.	Swim, float, swim 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	 COMPETITION  LEADERSHIP  RECREATION
Endurance any stroke or combination of strokes, 25 yd.	Endurance any stroke or combination of strokes, 50 yd.	Endurance any stroke or combination of strokes, 150 yd.	
Front crawl rotary breathing, 15 yd.	Front crawl bent-arm recovery, 25 yd.	Front crawl flip turn, 50 yd.	
Back crawl 15 yd.	Back crawl pull, 25 yd.	Back crawl pull & flip turn, 50 yd.	
Dive sitting	Dive kneeling	Dive standing	
Resting stroke elementary backstroke, 15 yd.	Resting stroke sidestroke, 25 yd.	Resting stroke elementary backstroke or sidestroke, 50 yd.	
Tread water scissor & whip kick, 1 min.	Tread water scissor & whip kick, 2 mins.	Tread water retrieve object off bottom. tread 1 min.	
Breaststroke kick, 15 yd.	Breaststroke 25 yd.	Breaststroke open turn, 50 yd.	
Butterfly kick, 15 yd.	Butterfly simultaneous arm action & kick, 15 yd.	Butterfly 25 yd.	

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.

Water Discovery – Swim Only Parent/Child (Ages 6-12 months)

JK Pool

Monday	11:30am-12:00pm
Wednesday	6:00-6:30pm
Saturday	9:00-9:30am

Fee per 8 week session		1x
Member		\$79
Community		\$123

Water Discovery/Exploration with Gym

Parent/Child (Ages 12-36 months)

Class consists of a ½ hour gym followed by a ½ hour swim with parent participation in both.

Gym & JK Pool

Monday	11:00-12:00pm
Wednesday	5:30-6:30pm
Saturday	8:30-9:30am
	9:00-10:00am

Fee per 8 week session		1x
Member		\$123
Community		\$195



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.

Water Acclimation/Movement – Swim Only

Pre-School Child (Ages 3-5.5 Years)

JK Pool

Monday	1:00-1:30pm 3:30-4:00pm
Wednesday	3:30-4:00pm
Saturday	12:00-12:30pm
Sunday	11:30-12:00pm 2:00-2:30pm

Fee per 8 week session	1x
Member	\$79
Community	\$123

Water Movement with Gym

Pre-School Child (Ages 3-5.5 Years)

Class consists of a ½ hour gym followed by a ½ hour swim with parent participation in both.

Gym & JK Pool

Monday	10:30-11:30am 12:00-1:00pm 4:00-5:00pm 4:30-5:30pm
Wednesday	3:30-4:30pm 4:30-5:30pm 5:00-6:00pm 6:00-7:00pm
Saturday	9:30-10:30am 10:30-11:30am 11:00am-12:00pm
Sunday	11:30-12:30pm 12:00-1:00pm 1:00-2:00pm

Fee per 8 week session	1x
Member	\$123
Community	\$195

Water Acclimation/Movement – Swim Only

School Age Child (Ages 5-6.5 Years)

JK Pool

Tuesday	6:15-7:00pm 7:00-7:45pm
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Fee per 8 week session	1x
Member	\$99
Community	\$162

Water Acclimation/Movement with Gym

School Age Child (Ages 5-6.5 Years)

Class consists of a ½ hour gym followed by a ½ hour swim with parent participation in both.

Gym & JK Pool

Monday	3:30-4:30pm 5:00-6:00pm
Wednesday	4:00-5:00pm
Saturday	10:00-11:00am
Sunday	12:30-1:30pm

Fee per 8 week session	1x
Member	\$123
Community	\$195

Stage 1 Water Acclimation

School Age Child (Ages 6 -11 Years)

JK Pool

Monday	3:15-4:00pm
Tuesday	4:45-5:30pm
Wednesday	3:15-4:00pm
Thursday	4:00-4:45pm 4:45-5:30pm 5:30-6:15pm 6:15-7:00pm
Friday	3:15-4:00pm
Saturday	8:15-9:00am 9:00-9:45am 9:45-10:30am 10:30-11:15am 11:15am-12:00pm 12:00-12:45pm 12:45-1:30pm 9:30-10:15am
Sunday	10:15-11:00am

Fee per 8 week session	1x
Member	\$106
Community	\$170

Stage 1 Water Acclimation

Teen (Ages 11 -17 Years)

JK Pool

Tuesday	7:00-8:00pm
Thursday	7:15-8:15pm
Saturday	1:30-2:30pm 6:00-7:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 1 Water Acclimation

Adult

JK Pool

Monday	8:30-9:30pm
Tuesday	9:00-10:00am 7:45-8:45pm
Wednesday	9:30-10:30am 7:30-8:30pm
Thursday	8:30-9:30pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 2 Water Movement

School Age Child (Ages 6 -11 Years)

JK Pool

Monday	4:00-4:45pm 4:45-5:30pm
Tuesday	3:15-4:00pm 4:00-4:45pm
Wednesday	4:00-4:45pm 4:45-5:30pm
Thursday	4:00-4:45pm 4:45-5:30pm 5:30-6:15pm 6:15-7:00pm
Friday	4:00-4:45pm 4:45-5:30pm
Saturday	9:00-9:45am 9:45-10:30am 10:30-11:15am 11:15-12:00pm 12:00-12:45pm 12:45-1:30pm
Sunday	10:15-11:00am

Fee per 8 week session	1x
Member	\$106
Community	\$170

Stage 2
Water Movement
 Teen (Ages 11 -17 Years)

JK Pool

Tuesday	7:00-8:00pm
Thursday	7:15-8:15pm
Saturday	1:30-2:30pm
	6:00-7:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 2
Water Movement
 Adult

JK Pool

Monday	8:30-9:30pm
Tuesday	9:00-10:00am
	7:45-8:45pm
Wednesday	9:30-10:30am
	7:30-8:30pm
Thursday	8:30-9:30pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 3
Water Stamina
 School Age Child (Ages 6 -11 Years)

JK Pool

Monday	3:15-4:00pm
	4:00-4:45pm
	4:45-5:30pm
Tuesday	4:00-4:45pm
	4:45-5:30pm
	5:30-6:15pm
Wednesday	3:15-4:00pm
	4:00-4:45pm
	4:45-5:30pm
Thursday	4:00-4:45pm
	4:45-5:30pm
	5:30-6:15pm
Friday	3:15-4:00pm
	4:00-4:45pm
	4:45-5:30pm
Saturday	8:15-9:00am
	9:00-9:45am
	9:45-10:30am
	10:30-11:15am
	11:15am-12:00pm
	12:00-12:45pm
	12:45-1:30pm
	1:30-2:15pm
Sunday	11:00-11:45am
	11:45-12:30pm
	12:30-1:15pm

Fee per 8 week session	1x
Member	\$106
Community	\$170

Stage 3
Water Stamina
 Teen (Ages 11 -17 Years)

JK Pool

Thursday	7:15-8:15pm
Friday	5:30-6:30pm
Saturday	5:00-6:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 3
Water Stamina
 Adult

JK Pool

Tuesday	8:45-9:45pm
Thursday	9:00-10:00am
Thursday	7:30-8:30pm

Fee per 8 week session	1x
Member	\$128
Community	\$214



SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle.

Stage 4

**Stroke Introduction
School Age Child (Ages 6 - 11 Years)**

Small Pool

Monday	3:30-4:30pm 4:30-5:30pm
Tuesday	4:30-5:30pm
Wednesday	3:30-4:30pm 4:30-5:30pm
Thursday	3:30-4:30pm 4:30-5:30pm
Friday	3:30-4:30pm 4:30-5:30pm
Saturday	9:00-10:00am 11:00am-12:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm
Sunday	2:00-3:00pm 3:00-4:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 4

**Stroke Introduction
Teen (Ages 11-17 Years)**

JK Pool

Thursday	7:15-8:15pm
Friday	5:30-6:30pm
Sat	5:00-6:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 4

**Stroke Introduction
Adult**

Small Pool

Tuesday	8:45-9:45pm
Thursday	9:00-10:00am 7:30-8:30pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 5

**Stroke Development
School Age Child (Ages 6-11 Years)**

Small Pool

Monday	3:30-4:30pm
Wednesday	3:30-4:30pm 4:30-5:30pm
Thursday	3:30-4:30pm 4:30-5:30pm
Friday	4:30-5:30pm
Saturday	10:00-11:00am 11:00-12:00pm 1:00-2:00pm 2:00-3:00pm 4:00-5:00pm 3:00-4:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 5

**Stroke Development
Teen (Ages 11-17 Years)**

Small Pool

Thursday	7:30-8:30pm
Saturday	5:00-6:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 5

**Stroke Development
Adult**

Small Pool

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

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 6

**Stroke Mechanics
School Age Child (Ages 6-11 Years)**

Small Pool

Monday	4:30-5:30pm
Wednesday	3:30-4:30pm
Thursday	4:30-5:30pm
Friday	3:30-4:30pm
Saturday	10:00-11:00am 1:00-2:00pm 2:00-3:00pm 5:00-6:00pm
Sunday	3:00-4:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 6

**Stroke Mechanics
Teen (Ages 11-17 Years)**

Small Pool

Thursday	7:30-8:30pm
Saturday	6:00-7:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

Stage 6

**Stroke Mechanics
Adult**

Small Pool

Wednesday	7:30-8:30pm
Thursday	10:00-11:00am

Fee per 8 week session	1x
Member	\$128
Community	\$214

PATHWAYS

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

**Aquatics Conditioning
School Age Child (Ages 8-14 Years)**

Prerequisite-Successfully completed Stage 6. Members will have the opportunities to suggest activities in addition to participating in water sports and games, endurance swimming, basic rescue and teaching skills. Tryouts required.

Small Pool

Monday	4:30-5:30pm
Wednesday	4:30-5:30pm
Saturday	12:00-1:00pm
	3:00-4:00pm
Sunday	2:00-3:00pm

Fee per 8 week session	1x
Member	\$128
Community	\$214

**Aquatics Conditioning
School Age Teen (Ages 11-17 Years)**

Small Pool

Saturday	6:00-7:00pm
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Fee per 8 week session	1x
Member	\$128
Community	\$214

Kids Triathlon Club (Ages 7-12 Years)

The Kids Triathlon Club runs from March-May 2020 and is a great way to promote a lifelong passion for physical activity. Triathlon is one of the fastest growing sports in America and is a great way to stay healthy and fit. Three fun sports: Swimming, Biking, and Running! Triathlon Training offers kids the chance to learn a variety of exercise skills while gearing up for the big event! Young athletes will learn about the basic skills needed to complete their first triathlon. They will learn from instruction, drills, games and workouts in all three sports.

Swim Stages: 4, 5, and 6 and Aquatic Conditioning

Option 1: Bike and Run Training (recommended if registered in swim lessons)

Option 2: Swim, Bike, Run Training

Saturday	3:00-4:30pm	Swim
Tuesdays	4:00-5:30pm	Run/Bike

PRIVATE SWIM LESSONS

Group lessons aren't for everyone. Work one-on-one with a YMCA certified instructor to meet your swimming goals.

A YMCA certified swim instructor could be just what you or your child needs to get comfortable in the water or achieve your swimming goals. Your lessons are designed to meet your specific needs. Contact us for more information or to schedule your lesson today! For more information contact Dianne DiPeri 718-551-9319 or ddiperi@ymcanyc.org.

Ages 3+ Years

Class length: 30 minutes

Qualifications: None needed

Skills Practiced: Based on needs/wants of swimmer

Private Swim Lessons

30 Minutes Fees	4 Pack
Member	\$180
Community	\$234

Semi-Private Swim Lessons

30 Minutes Fees	4 Pack
Member	\$280
Community	\$364

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. YMCA Membership is required. There is a down payment and monthly draft. Fee includes meet entry fees, USS Membership, team bathing suit and awards. Drills for free and backstroke improvement, as well as fly and breaststroke development. Team practice is in the Small Pool.

Cross Island YMCA Barracudas

TEAM RUNS SEPTEMBER-JUNE

SWIM TEAM WEBSITE:
crossislandybarracudas.com

Tryouts are held in September, all spots are filled for the current season. Tryouts for Summer Team will be held in June 2020.

Developmental (Ages 6-8 Years)

Sunday	7:00-9:00am
Additional day	TBA

Fees	Season
Member	\$455
Community	\$455

Mini Cudas (Ages 8-10 Years)

Tuesday	3:30-4:30pm
Friday	3:30-4:30pm
Saturday	6:30-9:15am

Fees	Season
Member	\$765
Community	\$765

Cudas (Ages 11-12 Years)

Tuesday	4:30-5:30pm
Friday	4:30-5:30pm
Saturday	6:30-9:15am

Fees	Season
Member	\$765
Community	\$765

Blue Team (Ages 12-18 Years)

Monday	5:30-7:30pm
Wednesday	4:30-7:30pm
Friday	4:30-7:30pm
Saturday	6:30-9:15am
Sunday	7:00-9:00am

Fees	Season
Member	\$1,260
Community	\$1,260

Green Team (Ages 13-18 Years)

Tuesday	5:30-7:30pm
Wednesday	4:30-7:30pm
Thursday	5:30-7:00pm
Friday	4:30-7:30pm
Saturday	6:30-9:15am
Sunday	7:00-9:00am

Fees	Season
Member	\$1,380
Community	\$1,380

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

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

NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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



NYC YMCA
SUMMER CAMP

SUMMER CAMP

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

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

*Offers cannot be combined

DAY CAMP

Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

Camp Hours

9:00 am – 4:00 pm

Extended hours available.

For more information, visit ymcanyc.org/crossislandcamp

Early Childhood Camp (Ages 2 – 4 Years)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers will enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Each child age three and older will receive a swim lesson once a week.

Cost Per 2 Week Session | Half-Day

Member	\$360	Community	\$370
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Cost Per 2 Week Session | Full Day

Member	\$672	Community	\$690
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Kinder Camp (Ages 4 – 5.8 Years)

A fun summer is a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten in September 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 once a week, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To prepare our young campers for their transition into kindergarten and develop their skill set and comfort levels with city travel, campers participate in at least one field trip by bus each session.

Cost Per 2 Week Session

Member	\$660	Community	\$690
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Day Camp (Ages 5.9 – 12 Years)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Day campers will engage in activities that will enhance their social and emotional skills, participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports, creative arts, explore science, nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility.

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Each week features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers will have swim lessons once a week. There are also weekly field trips, one field trip per session done by bus where campers get a chance to learn about their communities. Field trips to museums and science centers will link to the camp-based activities and maximize educational enrichment.

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 the activities are geared to be fun and build lifetime memories! Unit campers are divided into age groups within one to two years of their age.

Cost Per 2 Week Session

Member	\$587	Community	\$638
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Teen Adventure Camp (Ages 13 – 15 Years)

Being a teenager is a magical time in life, where children develop unique personalities, opinions, and peer relationships. Summer is the time they can explore, have fun, and continue to grow and mature!

Teen Camp is for young people who are currently enrolled in middle school and high school. It is designed to immerse campers in a variety of fun activities that keep them active, learning, and engaged during the summer months. 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 weekly citywide trips designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals --- all while making friends and having fun. Teen Camp creates memories, relationships, and experiences that they’ll carry with them for a lifetime!

Cost Per 2 Week Session

Member	\$587	Community	\$638
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Swim Camp (Ages 5 - 12 Years)

Freestyle! Butterfly! Backstroke! Cannonball! Cross Island 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 once a day, four times a week.

The key components of Swim Camp are:

- Swimmers are given an opportunity to build swimming skills.
- Stroke development and training are tailored by age and skill level.

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	\$633	Community	\$684
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Super Sports Camp (Ages 6 - 12 Years)

Super Sports Junior Camp (Ages 6 - 8 Years)

Super Sports Senior Camp (Ages 9 - 12 Years)

Summer is amazing time for campers to be active, make new friends as coaches cheering them on! Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups, utilizing the coaching and support of camp staff who have backgrounds and education in sports. 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. Each day of the week, staff will focus on one of these four sports, providing a wide knowledge-base to campers. Campers explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic.

When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming one time per week. Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member	\$633	Community	\$684
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Gymnastics Camp (Ages 5.9 - 12 Years)

Ever wonder how the kids you see on YouTube can jump so high or do such amazing moves? They probably had gymnastics training! With the right training, a child gains the self-confidence to move in ways they didn't know they could. Our Gymnastics Camp emphasizes individual skill development in a safe, fun, and supportive environment. Dance, conditioning, stretching, and performance tips focus on fun for gymnasts of every level. At the end of each session, gymnasts have an opportunity to showcase their new skills in an exhibition for family and friends.

When campers are not doing gymnastics, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming one time per week.

Cost Per 2 Week Session

Member	\$633	Community	\$684
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Basketball Camp (Ages 5.9 - 12 Years)

The non-stop action and high-scoring games make basketball one of the most exciting sports out there! Did you know the game of basketball was created in 1891 at a YMCA by Dr. James Naismith? Our Basketball Camp is designed help players implement team concepts, while perfecting their dribbling, passing, shooting, defense, and offense skills. All ability levels are welcome, and instruction is customized to age and level of expertise. Campers learn the history and rules, all while 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. The skills and habits emphasized in our basketball camp are designed to help campers become the most complete player possible. When campers are not playing basketball, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming one time per week. Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member	\$633	Community	\$684
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Performing Arts Camp (Ages 5.9 - 12 Years)

Does your child love to sing, dance, or perform? Performance Arts Camp is for every child with a passion for the art of dance, theatre, and visual arts, drama and music. Our skilled instructors work with all different levels of dancers, from beginner to advanced, and start each session with warm-ups to get the body ready for the technical skills being taught. Starting with voice and physical warm ups, our skilled instructors work with all different levels of dancers, singers, and actors from beginner to advanced. Campers learn acting skills, character study, scriptwriting fundamentals, costume and set design, choreography (from lyrical to hip-hop), and vocal skills. Campers showcase their new skills at a culminating performance at the end of each session for family and friends. Campers also engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming one time per week. Clothing appropriate for dance and movement is required.

Cost Per 2 Week Session

Member	\$638	Community	\$689
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STEAM Camp (Science, Technology, Engineering, Arts, Math) (Ages 5.9 - 12 Years)

Grab your lab coat, goggles and your curiosity as we engage in scientific explorations! The STEAM Camp (Science, Technology, Engineering, Arts and Math) is an interactive, project-based, creative learning experience that includes science, arts, and technology combined with traditional Day Camp activities that children associate with summer fun. STEAM Camp's curriculum emphasizes creativity and hands-on learning in an environment that encourages teamwork, problem solving, and responsibility. Campers will experience art, math and science activities. STEAM Campers also participate in Day Camp activities, including weekly field trips, sports, team-building activities, and swimming one time per week.

Cost Per 2 Week Session

Member	\$643	Community	\$694
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Lisa Beth Gerstman Camp

For Children With Special Needs (Ages 6 - 12 Years)

The Cross Island YMCA is proud to offer a 3-Week Camp (2 sessions available) serving children with special needs, giving them the opportunity to participate in a safe, caring, and fun learning environment in an inclusive setting. This camp is a fully integrated program for children of different abilities, giving them the opportunity to participate in enriching activities specifically designed to foster each child's success. Campers experience a variety of summer camp activities, including trips with wheelchair accessible transportation, swimming once a week, and adaptive physical activities, and arts and crafts. Our small camper to staff ratio (ranging from 1:1 to 1:3) ensures that each camper receives individualized attention each day.

Camp Contacts: Dianne DiPeri 718-551-9319, ddiperi@ymcany.org

Cost Per 3 Week Session

Member	\$1,200	Community	\$1,225
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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

TRADITIONAL SLEEPAWAY CAMPS

Camp Greenkill (Ages 7-13 Years)

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 Years)

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 Years)

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 Years)

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 Years)

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 Years)

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 Years)

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	Cross Island Y	Queens-wide	City-wide	Joiner's Fee
Adult (18 - 64)	\$68/mo.	\$78/mo.	\$109/mo.	\$100
Senior (65+)	\$54/mo.	\$64/mo.	\$89/mo.	\$100
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$97/mo.	Starting at \$97/mo.	Starting at \$129/mo.	\$100
Teen (12 - 17)	\$400/yr.	n/a	n/a	\$55
Youth (up to 11)	\$338/yr.	n/a	n/a	\$55
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$54/mo.	\$64/mo.	\$89/mo.	\$100

*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.*

Cross Island YMCA Family & Household Base Price – \$97/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$22/mo. Third Adult: \$54/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 for more information and examples of how to use this membership to save.

STAFF LISTING

La-Vena Francis – Executive Director
718-551-9306, lhlewis@ymcanyc.org

Alexander Bezek – Senior Program Director
718-551-9320, abezek@ymcanyc.org

Michael Jimenez – Property Director
718-551-9311, mjimenez@ymcanyc.org

Rosalind Yhip-Savory
Membership Sales & Engagement Director
718-551-9333, ryhip@ymcanyc.org

Early Childhood Director, 718-551-9313

Healthy Lifestyles Director, 718-551-9326

Paul Wallace – Sports Coordinator
718-551-9337, pwallace@ymcanyc.org

Lisa Losh – Aquatics Director
718-551-9308, llosh@ymcanyc.org

Dianne DiPeri – Assistant Aquatics Director
718-551-9319, ddiperi@ymcanyc.org

Jean Dattner – Special Populations
718- 551-9325, jdattner@ymcanyc.org

Mahadai Somaroo – Business Manager
718-551-9307, msomaroo@ymcanyc.org

HOLIDAY HOURS

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

Christmas Day
Wednesday, December 25 CLOSED

New Year's Eve
Tuesday, December 31 5:00am-3:00pm

New Year's Day
Wednesday, January 1 8:00am-8:00pm

Memorial Day
Monday, May 25 8:00am-8:00pm

Independence Day
Saturday July 4 8:00am-8:00pm

Labor Day
Monday, September 7 8:00am-8:00pm



POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

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

CAMERA POLICY

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

LOCKER ROOMS

- Individuals have the right to use the restroom or locker room that matches their gender identity or expression.
- 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

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

PROGRAM WITHDRAWALS

Refunds will be processed only when a class is cancelled in writing 48 hours before the first day of class. No refunds will be processed after that time. Upon withdrawal from a program prior to the starting date, a refund will be issued less a \$5.00 service charge.

MISSED CLASSES

Credits may be issued for extended medical reasons only. A doctor's note must accompany the credit request. Please note that there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA. All fee-based classes are prorated at time of registration to reflect holidays with in the session.

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

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.



LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll. The free LIVESTRONG at the YMCA program is here to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve goals related to strength, flexibility, and endurance, while building confidence. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind, and body.

SIGN UP AT ymcanyc.org/livestrong

LIVESTRONG
FOUNDATION



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 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

Call our Healthy Lifestyles Director at 718-551-9300 or visit ymcanyc.org/bloodpressure.





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 or email census@ymcanyc.org.



“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



FLOOR DIRECTORY

2nd Floor

- Functional Training Studio
 - Handball / Racquetball Courts
 - Cardio Center
 - Healthy Lifestyles Office
-

Main Level

- Member Service Desk
 - Member Check-in
 - JK Pool Family Entrance
 - Gym
 - Child Watch
 - Men's and Women's Locker Rooms
 - Aquatic Program Offices
 - Early Childhood Center
 - Classrooms A, B, C, D, E
 - Health & Wellness Room
 - Accessible Restroom
 - Entrance to JK Pool
-

Lower Level

- Strength Training Center
 - Multipurpose Studio
 - Youth, Family & Teen Offices
 - Men's and Women's Locker Rooms & Saunas
- Walk through Locker Rooms for access to:
- Small Pool Entrance
 - Tennis Courts / Track
 - Backyard
-

Backyard

- Tennis Courts
- Handball Wall
- Track
- Two Playgrounds
- Ramada Picnic Area



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.

238-10 Hillside Avenue
Bellerose, NY 11426
718-551-9300
ymcanyc.org/branch

 @ymcanyc

 facebook.com/crossisland

 @crossisland