

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

DODGE YMCA
WINTER/SPRING 2020

225 Atlantic Ave
Brooklyn, NY 11201
212-912-2400
ymcanyc.org/dodge



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 100 FREE weekly group exercise classes	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start (FREE 12-week fitness program)	✓	✓
Swimming Pool	✓	✓
Sauna and steam rooms	✓	✓
Basketball Court	✓	✓
FREE WiFi	✓	✓
FREE towel service	✓	✓
Customizable Family & Household Memberships		✓
FREE teen orientation to the fitness center		✓
Convenient family locker rooms		✓
FREE teen programs		✓
FREE Childwatch for family memberships		✓



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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday - Friday: 5:30 AM - 11:00 PM

Saturday - 6:00 AM - 8:00 PM

Sunday - 7:00AM - 8:00 PM

2020 SESSION & REGISTRATION DATES

WINTER REGISTRATION DATES

Member: December 14, 2019

Community: December 21, 2019

WINTER SESSION DATES

January 2, 2020 - February 23, 2020

SPRING I REGISTRATION DATES

Member: February 8, 2020

Community: February 15, 2020

SPRING I SESSION DATES

February 24 - April 26, 2020

SPRING II REGISTRATION DATES

Member: April 11, 2020

Community: April 18, 2020

SPRING II SESSION DATES

April 27 - June 21, 2020

Dear Dodge 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.

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

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

Sharon Greenberger, President & CEO

A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top and has a focused expression. In the background, another person is visible, also working out. The gym environment is dimly lit with warm overhead lights.

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 aged 6 months to 7 years can play in a fun and safe environment under the supervision of responsible YMCA staff members for up to two hours while you work out or take a class.

GROUP EXERCISE CLASSES

We offer over 100 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

STRENGTH CONDITIONING

Barre ♦

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

Cardio Step & Sculpt ♦

An energizing workout that uses high and low impact movements in step aerobics to sculpt your body.

GRIT Strength® ♦

A heart-pumping class focused on both core strength and intense cardio. Get ready for a variety of drills with high and low intensity cardio intervals alternating with core strength challenges.

Kettlebells ♦

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements, and cardiovascular conditioning. Take your body to the next level with Kettlebell training!

Stretch ♦

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 *small group training, ask about pricing

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.

Les Mills BodyPump™ ♦

Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. Instructors will coach you through the proven moves and techniques pumping out encouragement, motivations, and great music - helping you achieve much more than on your own!

Les Mills CXWorx™ ♦

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

CARDIO

Cardio Jazz (AOA Friendly) ♦

A rhythmic choreographed aerobic workout to jazz music.

Cardio Kickboxing Intervals ♦

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

GRIT Cardio® ♦

An intense cardio workout that will keep your heart rate up. Be ready for a variety of drills with high and low intensity cardio intervals.

Indoor Cycling® ♦

An intense cardio workout of simulated road bike riding to energizing music with real-time displays.

Indoor Cycling for Beginners® ♦

Learn all you need to know in this abbreviated intro class and still get a great workout! This one hour class is suited for fitness enthusiasts who are just learning how to use the bikes or want to refresh their cycling skills. An intense cardio workout of simulated road bike riding to energizing music with real-time displays.

Step and Sculpt ♦

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

Trampoline Fitness ♦

A unique workout on individual mini-trampolines, which allow for a low impact aerobic workout.

Zumba® ♦

Zumba takes the work out of out of workout! You'll get a fun fitness dance party for most fitness levels and lively music!

MIND/BODY

Chair Yoga (AOA Friendly) ♦

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

Gentle Yoga ♦

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

Hatha Yoga ♦

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

Led Ashtanga Yoga ♦

Classic yoga for the modern world, Ashtanga yoga will challenge your body with progressive postures.

Power Yoga ♦

An athletic-based yoga class with challenging movements.

Prenatal Yoga ♦

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

Vinyasa Yoga ♦

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

MELT® ♦

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

Core Connection ♦

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

Meditation ♦

Learn and practice meditation to achieve physical, mental, emotional, and spiritual fitness and well-being.

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 *ask about pricing

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

DANCE

Ballet for Adults ♦ (AOA Friendly)

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

Hip Hop ♦

A cardio workout to Hip Hop music. Learn fun choreography, with a step-by-step progression to get your feet moving and heart pumping.

Jazz ♦ (AOA Friendly)

A fun and energetic low-impact Jazz dance workout set to classic greatest hits.

Salsa Dance Party ♦ (AOA Friendly)

Learn Salsa basics to fun music. No partner needed! A low-impact fun dance workout.

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

QiGong ♦ (AOA Friendly)

Qigong is a traditional practice to balance “life energy” built on a foundation of aligning body, breath, and mind.

Tai Chi & Tai Chi Sword ♦

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 Boot Camp ♦

This challenging water workout will put your strength and endurance to the test.

Aqua Aerobics ♦

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

Aqua Dance ♦

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

ACTIVE OLDER ADULTS

AOA Aerobics Conditioning ♦

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

AOA Strength Training ♦

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

AOA Chair Yoga ♦

Get fit while you sit! This fun and unique chair exercise class involves a combination of low-impact aerobic activity, strength building and stretching.

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 our Healthy Lifestyles department to schedule your appointment today!

YMCA Weight Loss Program ♦

Learn how to eat healthier, move more, and lose weight with the YMCA’s Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week.

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 Healthy Lifestyles Department.



“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 Leah Sosa or Oliver Lopez at lsosa@ymcany.org or olopezymcany.org.

**Personal Training
Teen & Adult**

Sessions	1	3	6	12
Member	\$103	\$248	\$417	\$742
Community	\$119	\$322	\$495	\$876

Master Training

Sessions	1	3	6	12
Member	\$113	\$273	\$482	\$876
Community	\$187	\$356	\$634	\$1030

Private Pilates Reformer

Pilates aims to create a longer and leaner physique with low impact strength and stretching exercises. When done routinely, Pilates can increase overall flexibility, balance and coordination for all people of all fitness levels. Please inquire about pricing.

Personal Training Cancellations

A client may cancel directly with the trainer without penalty with 24 hour notice. If 24 hour notice is not given, the client will be charged for the session. All sessions are valid for six months from date of purchase unless otherwise indicated. Only YMCA training staff are permitted to conduct personal training sessions within the facility. Sessions are non-refundable and must be used at the Dodge YMCA.

SPORTS

Adult Basketball (Ages 18+)

Open court basketball is available at select times for men and women.

Adult Soccer (Ages 18+)

Open soccer nights are available at select times for men and women.

Adult Volleyball (Ages 18+)

Open volleyball nights are available at select times for men and women.

PROGRAM CANCELLATIONS & CREDITS

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

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

MISSED CLASSES Credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. Please note there will be no credits or makeups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

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. 14)

Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 14)

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. 14)

Water Fitness Classes ♦

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



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 aged 6 months to 7 years can play in a fun and safe environment under the supervision of responsible YMCA staff members for up to two hours while you work out or take a class.

FAMILY

Rumble and Tumble

This class develops motor skills and movement awareness through stretching, tumbling, wiggling through our obstacle course, ball play, and songs in a structured but exciting gym environment. Requires active parental or caregiver support.

Rumble and Tumble Extreme

A more extreme version of its older sibling, this class offers younger children a safe space to walk, tumble, climb, jump, explore movement and song. Requires active parental or caregiver support.

Rumble and Tumble Jr.

A simpler version of its older sibling, this class offers younger children a safe space to walk, tumble, climb, jump, and explore movement and song. Requires active parental or caregiver support.

Member \$168

Community \$235

Toddler Time ♦

This is an open play time where you and your child can enjoy the Rumble & Tumble obstacle course, play with others, and build strong bodies. Free for members; \$15 per child for community members.

PRE-SCHOOL & SUMMER CAMP

Kinder Camp (Ages 4-5)

Kinder Camp is designed for children entering kindergarten in September 2020. Structured Day Camp activities support the transition to or from kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Campers participate in instructional swimming, indoor and outdoor physical fitness, interactive science and literacy activities.

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. Available for parents and children with family memberships only.

Swim Starters (Age 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. 14)

Swim Basics (Age 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. 14)

SPORTS

Kindersports Jr.

An opportunity for your child to explore the world of sports and early fitness through fun exercises, games, songs, and stretching.

Little Feet Wise Heart Yoga

Encourage growth and learning through innovative play and calming techniques. Geared towards toddlers and up, this class uses a combination of songs, stories and movement for children and caregivers to develop little bodies and minds. Inspiring confidence, strength and fun! Ages 18m-3.5yrs.

Member \$168

Community \$235

ARTS

Drumming 4 KidZ

The classes will be facilitated using a variety of different approaches including: music instruction, interactive engagement, hands on practice, drumming and rhythm, storytelling, symbolic imagery, music, singing, dance, and group work.

Member \$178

Community \$245

SCIENCE

Mad Science Little Scientists

Each class is an intensive integrative, age-appropriate exploration of a specific science topic. Every theme-program is designed to captivate the curious nature of young children. Some of the topics we'll explore are Listen Closely, Adventures in Air and Space Frontiers, Taste and Smell.

Member \$178

Community \$245

BALLET

Ballet for Boys and Girls

Introduction to classical ballet. This class can improve posture, flexibility, balance, motor skills and rhythm for your little ones. Ballet is also the foundation for other types of dance, such as hip hop, jazz and modern dance.

Member \$168

Community \$235





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 aged 6 months to 7 years can play in a fun and safe environment under the supervision of responsible YMCA staff members for up to two hours while you work out or take a class.

SUMMER CAMP

Day Camp (Ages 6–11)

Our Summer Camp is open to current kindergarteners through 6th grade students who are ready to participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports and creative arts, explore science and nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility. See all of our camp offerings on page 22.

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. 14)

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. 14)

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. 14)

FITNESS & SPORTS

Fit Kids Class (CATCH) ♦

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

Soccer Spikes

An energetic program that emphasizes teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age-appropriate teaching tools and drills.

Basketball

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

Ballet for Boys and Girls

Introduction to classical ballet. This class can improve, posture, flexibility, balance, motor skills and rhythm for your little ones. Ballet is also the foundation for other types of dance, such as hip hop, jazz and modern dance.

Tennis

Kids learn or review basic skills such as forehand, backhand, volleys, serves as well as court awareness, etiquette and rules of the game. All skills and techniques are taught in the form of games and physical activities.

Kinder Sports

Introduce your child to the world of sports and early fitness. Skills are broken down and modified into fun games for our young athletes. Children work on hand-eye and foot-eye coordination, directional skills and will build competence and basic sports skills.

Member \$168

Community \$235

Youth Basketball League

The Dodge Y's Youth Basketball League emphasizes the importance of having fun and playing basketball, while also developing athletic and social skills, improving educational performance, and learning about healthy lifestyles.

Private Sport Lessons One-On-One

Participants are coached according to their age and skill level. Classes are one hour in length. Sports offered: Basketball, Soccer, Tennis, and T-Ball. Please note that lessons are subject to instructor availability. To learn more, contact Anthony Cockerhan-Williams at acwilliams@ymcanyc.org.

Birthday Parties!

Celebrate your child's next birthday at the Y!

Deluxe: Includes space rental (gym or pool 1hr + 2hrs private room) gift for birthday child, cotton candy, 30min. character visit and three dedicated party staff.

Premium: Includes space rental (gym or pool 1hr + 2hrs private room) gift for birthday child, cotton candy, 30min. character visit, goody bags, bounce house and two dedicated party staff.

Ultra: Includes space rental (gym 1hr + 2hr private room or pool 1hr + 2hrs private room) gift for birthday child, cotton candy, 30min. character visit, goody bags, bounce house, decorations, personalized invite and three dedicated party staff.

To book your party contact Anthony Cockerhan-Williams at acwilliams@ymcanyc.org.

"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



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.

FITNESS & SPORTS

Teen Fitness Orientation (Ages 12-17) ♦

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

Teen Center (Ages 12 - 17) ♦

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors. **For more information about our teen programs, contact Omari Haughton ohaughton@ymcanyc.org.**

SUMMER CAMP

Teen Camp (Ages 12-16)

Teen Camp is for young people who are currently enrolled in middle school and high school is designed to immerse campers in a variety of fun activities that will 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. During each session, campers will participate in community projects and citywide trips designed to engage teens in developing educational and career goals.

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. 14)

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. 14)

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. 14)



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

Endurance
any stroke or combination
of strokes, 25 yd.

Front crawl
rotary breathing, 15 yd.

Back crawl
15 yd.

Dive
sitting

Resting stroke
elementary backstroke,
15 yd.

Tread water
scissor & whip kick,
1 min.

Breaststroke
kick, 15 yd.

Butterfly
kick, 15 yd.

Endurance
any stroke or combination
of strokes, 50 yd.

Front crawl
bent-arm recovery, 25 yd.

Back crawl
pull, 25 yd.

Dive
kneeling

Resting stroke
sidestroke, 25 yd.

Tread water
scissor & whip kick,
2 mins.

Breaststroke
25 yd.

Butterfly
simultaneous arm action
& kick, 15 yd.

Endurance
any stroke or combination
of strokes, 150 yd.

Front crawl
flip turn, 50 yd.

Back crawl
pull & flip turn,
50 yd.

Dive
standing

Resting stroke
elementary backstroke
or sidestroke, 50 yd.

Tread water
retrieve object
off bottom. tread 1 min.

Breaststroke
open turn, 50 yd.

Butterfly
25 yd.



COMPETITION



LEADERSHIP



RECREATION

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

ADULT & FAMILY SWIM

Drop into our pool for lap swim, family swim, or recreational swim. Check our pool schedule online to find a time that works for you and your family.

SWIM LESSONS

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

SWIM 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.

Water Discovery Parent/Child 6-18 months

Member: \$150
community: \$234

Water Discovery Parent/Child 18-36 months

Member: \$150
community: \$234

Water Exploration Parent/Child 6-18 months

Member: \$150
community: \$234

Water Exploration Parent/Child 18-36 months

Member: \$150
community: \$234

SWIM BASICS

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

Stage 1 Water Acclimation Parent/Child (2.5-5 yrs)

Member: \$150
community: \$234

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

Member: \$150
community: \$234

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

Member: \$160
community: \$244

Stage 1 Water Acclimation Adult/Teen 13yr+

Member: \$170
community: \$255

Stage 2
Water Movement
Preschool Child (3-5 years)
Member: \$150
community: \$234

Stage 2
Water Movement
School Age Child (5-12 years)
Member: \$160
community: \$244

Stage 2
Water Movement
Adult/Teen (13yrs+)
Member: \$150
community: \$234

Stage 3
Water Stamina
Preschool Child (3-5 years)
Member: \$150
community: \$234

Stage 3
Water Stamina
School Age Child (5-12 years)
Member: \$160
community: \$244

Stage 3
Water Stamina
Adult/Teen (13yrs+)
Member: \$170
community: \$255

◆ Included in Membership | Members get priority registration



SWIM STROKES

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

**Stage 4
Stroke Introduction
Preschool Child (3-5 years)**

Member: \$150
community: \$234

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

Member: \$160
community: \$244

**Stage 4
Stroke Introduction
Adult/Teen (13yrs+)**

Member: \$170
community: \$255

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

Member: \$160
community: \$244

**Stroke Development
Adult/Teen (13yrs+)**

Member: \$170
community: \$255

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

Member: \$160
community: \$244

**Stroke Mechanics
Adult/Teen 13yrs+**

Member: \$170
community: \$255

PATHWAYS

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

**Stroke Mechanics
Aquatics Conditioning**

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle
Recommended ages: school-age youth (5-12 yrs.), teens and adults (12+ yrs.), depending on swim ability.

Member: \$170
community: \$255

PRIVATE LESSONS

We also offer one-on-one swim lessons and training. Please inquire with our Aquatics Director for more information about signing up!
Aytaissa Kirkpatrick
akirkpatrick@ymcany.org
212-912-2421

YMCA SWIM TEAMS

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

- Bedford-Stuyvesant YMCA Piranhas**
- Cross Island YMCA Barracudas**
- Flushing YMCA Flyers**
- McBurney YMCA Manta Rays**
- West Side YMCA Piranhas**

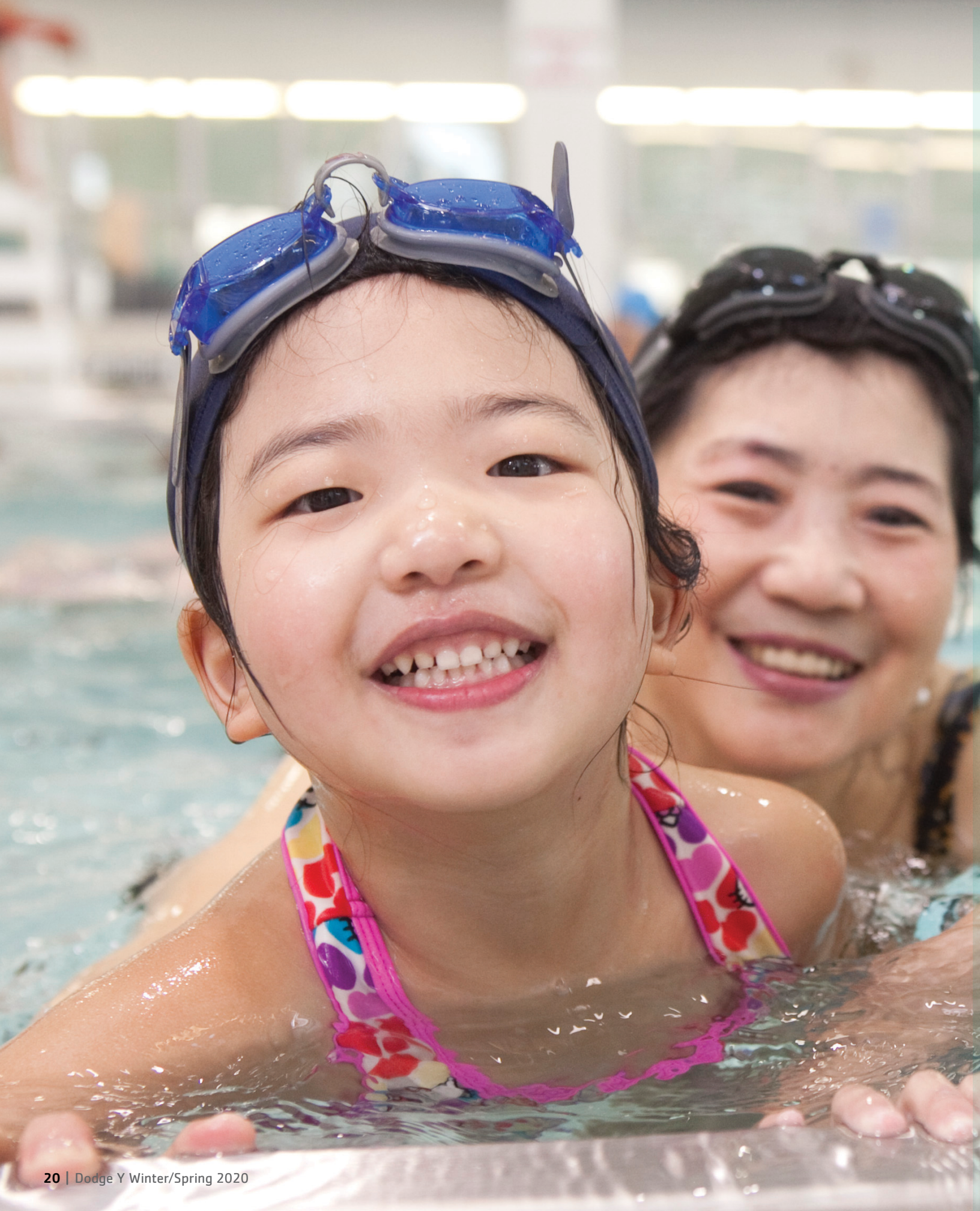
Program Cancellation and Credit Policy:

CANCELLATION 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.

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

MISSED CLASSES Credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. Please note there will be no credits or makeups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.





SAFE POOLS HAVE RULES

GENERAL YMCA POOL RULES

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

YMCA FAMILY AND YOUTH SWIM RULES

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

NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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



NYC YMCA
SUMMER CAMP

SUMMER CAMP

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

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

*Offers cannot be combined

DAY CAMP

Camp Season

June 29 – August 21 (Closed July 3) Two-week sessions available

Camp Hours – 8:00 am – 4:30 pm

Extended hours available, inquire about pricing.

For more information, visit ymcanyc.org/dodgecamp

Kinder Camp (Ages 4-5)

Have a fun summer be 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 or from 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, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as an on-site magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

Cost Per 2 Week Session

Member \$665

Community \$765

Science Camp (Ages 8-10)

In collaboration with Mad Science, grab your lab coat and your curiosity as we engage in scientific explorations. A creative learning environment that encourages teamwork and problem solving.

- Red Hot Robots: Take a journey through circuitry and sensors. Explore several different types of robots.
- NASA: Journey into Outer Space!: Comets, planets, stars, and more are all waiting to be discovered. Learn about the four forces of flight and the challenges of space travel as you construct your own rockets and participate in a launch.
- Secret Agent Lab: Suspects! Schematics! and Sleuths! Connect the dots using science to help solve a crime in this hands-on investigation of the science of sleuthing.
- Bugs, Bird, Beasts & Beyond!: Explore the natural world and its adaptations. Make casts of animal tracks, build a bird feeder, and mix your own seed blend to attract specific bird species.
- Crazy Chemworks: Come and spark imaginative learning with a week of Mad Chemistry. Watch as we combine elements and make them fizz, crackle, and change color!
- Red Hot Robots: Take a journey through circuitry and sensors. Explore several different types of robots.

Cost Per 2 Week Session

Member \$655

Community \$755

Day Camp (Ages 6-11)

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

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

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

Cost Per 2 Week Session

Member \$560

Community \$665



Teen Camp (Ages 12-16)

Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school, and is designed to immerse campers in a variety of fun activities — tailored specifically to their age and interests — that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips (2-3 per week) designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals — all while making friends and having fun. Included are workshops that explore resume building and interview dynamics, helping teens prepare for the years ahead of them. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime!

Cost Per 2 Week Session

Member \$560

Community \$665

Swim Camp (Ages 7-11)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 4 times a week. When they are not swimming, they participate in Day Camp activities including sports, weekly field trips, art, and literacy activities.

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.

- Red (non-swimmer) is our beginner stage where the children learn basic swimming skills.

- Yellow (intermediate) will need to swim 10 feet (3 yards) on their front and back, tread water for 20 seconds, submerge under surface water (face in), and swim- float - swim.

- Green (swimmer) will need to swim 45 feet (15 yards) on their front and back, tread water for at least 60 seconds, submerge & retrieve object, swim - float- swim for 75 feet (25 yards).

Swim campers participate in core traditional camp activities. Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member \$625

Community \$725

Dance Camp (Ages 8-10)

Can you feel the rhythm? Dance Camp is for all youth who have a passion for the art of dance. 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. Each class includes across-the-floor drills, technique, and a routine, and also emphasizes key values to the dance community such as class etiquette and performance readiness. Makeup and costuming are taught, and each session ends with a performance showcase for family and friends.

Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability. When campers are not dancing, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (three times per week). Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member \$625

Community \$725

Sports Camp (Ages 7-10)

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

When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (three times per week). Additionally, once a week for two hours, campers can opt to learn Mandarin or Spanish and experience another language and culture. Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member \$625

Community \$725

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 SLEPAWAY CAMPS

Camp Greenkill (Ages 7–13)

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

Camp Talcott (Ages 9–14)

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

TEEN SLEPAWAY CAMPS

Leaders-In-Training (Age 15)

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

Counselor-In-Training Program (Age 16)

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



SPECIALTY SLEPAWAY CAMPS

World Volleyball Training Center (Girls, Ages 10–17)

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

International Judo Camp (Starting at Age 7)

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

World Teen Camp (Ages 12–16)

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

CODE OF CONDUCT

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

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

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

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

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





EXERCISING COURTESY

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

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

JOIN THE Y

MEMBERSHIP INFORMATION

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

MEMBERSHIP RATES

Membership Types	Dodge YMCA	City-wide	Joiner's Fee
Adult (18 - 64)	\$80/mo.	\$109/mo.	\$100
Senior/Sen. Couple (65+)	\$60/\$120mo.	\$89/\$178mo.	\$100
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$96/mo.	Starting at \$129/mo.	\$100
Teen (12 - 17)	\$320/yr.	n/a	
Youth (up to 11)	\$285/yr.	n/a	
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$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.*

Dodge YMCA Family & Household Base Price – \$96/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$44/mo. Third Adult: \$64/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

- Josh Stabenfeldt – Executive Director
212-912-2410, jstabenfeldt@ymcanyc.org
- Sara Reyes – Membership Director
212-912-2427, sreyes@ymcanyc.org
- Leah Sosa – Healthy Lifestyles Director
212-912-2420, lsosa@ymcanyc.org
- Aytaissa Kirkpatrick – Aquatics Director
212-912-2421, akirkpatrick@ymcanyc.org
- Shana Bredwood – Youth & Family Director
212-912-2414, sbredwood@ymcanyc.org
- Anthony Cockerhan-Williams – Youth & Family
212-912-2415, acwilliams@ymcanyc.org
- Diane Jean-Jacques – Business Manager
212-912-2412, djeanjacques@ymcanyc.org
- Kilvio Vargas-Property Manager
212-912-2422, kvargas@ymcanyc.org
- Omari Haughton – Teen Coordinator
212-912-2417, ohaughton@ymcanyc.org

HOLIDAY HOURS

- Christmas Eve**
Tuesday, December 24 7:00 AM - 3:00 PM
- Christmas Day**
Wednesday, December 25 CLOSED
- New Year's Eve**
Tuesday, December 31 7:00 AM - 3:00 PM
- New Year's Day**
Wednesday, January 1 8:00 AM - 8:00 PM
- Memorial Day**
Monday, May 25 7:00 AM - 8:00 PM
- Independence Day**
Saturday July 4 7:00 AM - 8:00 PM
- Labor Day**
Monday, September 7 7:00 AM - 8:00 PM
- Thanksgiving**
Thursday, November 26 7:00 AM - 3:00 PM



POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Non member free passes are available on the YMCA web site. Maximum three free guest passes per calendar year. After you have used your free passes, additional 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 rooms 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. Kit lockers are available for monthly rental. Please bring your own lock and secure your belongings when using the facility.

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

All fee-based classes are prorated for holidays or other branch closings. In the event of a closure, we will notify members via website, social media and the YMCA app.

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. To volunteer as a board member or fundraiser, contact volunteer@ymcany.org for more information.

JOB OPPORTUNITIES

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

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

Visit ymcanyc.org/bloodpressure for more information or call 212-912-2524.



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





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.

Dodge YMCA
225 Atlantic, Ave
Brooklyn, NY 11201
212-912-2400
ymcanyc.org/dodge

 @dodgeymca

 facebook.com/dodgeymca

 @dodgeymca