

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

WE ARE Y

# PROGRAM & CLASS GUIDE

**McBURNIE YMCA  
WINTER/SPRING 2020**

125 West 14th Street  
New York, NY 10011  
212-912-2300  
[ymcanyc.org/mcburnie](http://ymcanyc.org/mcburnie)



**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 MEMBERSHIPS	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	•	•
Swimming Pool	•	•
Sauna and Steam rooms	•	•
Basketball court	•	•
Indoor running track	•	•
FREE Child Watch	•	•
FREE WiFi	•	•
FREE towel service	•	•
Customizable Family & Household Memberships		•
FREE family programs		•
FREE teen orientation to the fitness center		•
Convenient family locker room		•

212-912-2300 [McBurneyYMCA@ymcanyc.org](mailto:McBurneyYMCA@ymcanyc.org) [ymcanyc.org/mcburney](http://ymcanyc.org/mcburney)

[@McBurneyYMCA](#) [facebook.com/McBurneyYMCA](https://www.facebook.com/McBurneyYMCA) [@McBurneyYMCA](#)



# TABLE OF CONTENTS

ADULTS ..... 4  
 KIDS & FAMILY (AGES 0-4) 10  
 YOUTH (AGES 5-12)..... 14  
 TEENS (AGES 12-17) ..... 18  
 SWIM ..... 20  
 SUMMER CAMP ..... 28  
 FACILITY INFO..... 36  
 JOIN THE Y ..... 38  
 LOCATIONS ..... 39

## HOURS OF OPERATION

**OPEN 364 DAYS A YEAR!**

### FACILITY HOURS

Monday - Friday: 5:30 am - 11:00 pm  
 Saturday - Sunday: 7:00 am - 8:00 pm

### YOUTH & TEEN HOURS

Monday - Friday: 3:00 pm - 9:00 pm  
 Saturday - Sunday: 7:00 am - 8:00 pm

### REGISTRATION DESK HOURS

Monday - Friday: 8:00 am - 8:00 pm  
 Saturday - Sunday: 8:30 am - 6:00 pm

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION START DATES

Member December 14, 2019  
 Community December 21, 2019

### WINTER PROGRAM SESSION DATES

January 2 - February 23, 2020

### SPRING 1 REGISTRATION START DATES

Member February 8, 2020  
 Community February 15, 2020

### SPRING 1 PROGRAM SESSION DATES

February 24 - April 26, 2020

### SPRING 2 REGISTRATION START DATES

Member April 11, 2020  
 Community April 18, 2020

### SPRING 2 PROGRAM SESSION DATES

April 27 - June 21, 2020

**Dear McBurney 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 our 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 are customizable Family & Household Membership options, our latest initiative to improve membership at the Y. You can add a partner, young adult, grandparent, roommate, or a caregiver to your membership at a reduced rate. Just 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**



# 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 10 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

We offer over 100 FREE group fitness classes for people of all ages and abilities. Pick up a copy of our full class schedule on our website or at the Member Service desk.

### CARDIO

#### Cycling ♦

This customizable workout simulates road cycling to energizing music and is appropriate for all fitness levels. Join our instructors on a ride to improve your overall fitness!

#### H.I.I.T. ♦

Supercharge your fitness with this challenging class of high speed training in an interval format. Short to moderate rest times help maintain higher intensity throughout your workout.

#### Interval Training ♦

High-intensity cardio alternated with recovery periods of low-intensity exercise.

#### Step ♦

An aerobics class performed on a raised platform that gets your heart pumping! Our choreographed step routines will challenge the advanced stepper, frequent exerciser, or most experienced dancer. All levels are welcome and modifications are modeled.

#### Tabata ♦

Experience ultimate conditioning at its best! Tabata is based on repetitive 20-second high-intensity workouts followed by 10-second recovery. Work your glutes, back, and shoulders with strength, and cardio exercises.

### CONDITIONING

#### Active Resistance Training ♦

A unique and intense workout for all levels! The ART method is entirely low-impact and uses two foam yoga blocks, a 'fitness vinyasa,' and targeted, layered exercises to develop lean muscle and tone trouble zones.

#### Barre Conditioning ♦

This ballet-inspired barre class will sculpt, strengthen, and elongate your major muscle groups. All levels welcome and no dance experience is necessary. Light weights, stability balls, and body bars may be used.

#### Boot Camp ♦

A great workout combining traditional callisthenic and body weight exercises with interval and strength training. High-intensity work and active recovery intervals are combined with skipping and jumping rope.

#### Circuit Training ♦

Boost your fitness in our challenging Circuit Training class! Burn calories, build strength, increase power, and improve speed with this efficient and effective workout.

#### Core Training ♦

Challenge yourself and strengthen your abdominal muscles and lower back through strength and balance exercises that utilize a stability ball along with techniques from yoga and Pilates.

#### Deep Definitions SCULPT ♦

Designed to target all of your major muscle groups through strength training, SCULPT utilizes equipment including weights, resistance bands, and body bars.

#### Stretch & Release ♦

A series of gentle full body stretches designed for any fitness level.

#### Total Body Conditioning ♦

A multi-level class combining cardiovascular and strength training exercises. This workout strengthens and tones the whole body using an assortment of fitness equipment.

#### Train Like an Athlete ♦

An interval training class that draws on boxing, basketball, and football drills. Join us for a high-intensity workout designed to take your fitness to the next level!

### MIND/BODY

#### Chair Yoga ♦

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

#### Gentle Yoga ♦

Feel like new with this class designed to teach basic yoga postures and increase flexibility, strength, balance, and relaxation.

#### Hatha Yoga ♦

Yoga designed to revitalize your body with classic Hatha postures, emphasizing fluid movement, deep breathing, and proper body alignment, followed by a period of deep relaxation and meditation.

#### Iyengar Yoga ♦

Yoga postures are linked together by the breath. Iyengar uses various props and reinforces structural alignment and precision.

#### Pilates Mat ♦

This class takes you through a series of Pilates exercises to achieve long, lean muscles, develop strength and flexibility, and promote overall body awareness.

#### Qi-Gong ♦

Pronounced "chee-gung" and literally meaning "energy work," Qi-Gong is an exercise system that combines slow movement with deep breathing exercises. All levels are welcome.

#### Tai Chi ♦

Classes include strengthening and conditioning exercises, which focus on the physical and mental benefits of this ancient Chinese art. All levels are welcome.

#### Vinyasa Yoga ♦

Flowing sequences of poses linked together with an emphasis on breathing.

### WATER FITNESS

#### Aqua Boxing ♦

Integrating boxing techniques and aqua aerobics, Aqua Boxing blends it all together for a cardio-conditioning, muscle-toning, fun workout.

#### Aqua Exercise ♦

A cardiovascular class for all ages. This low-impact program gets you jumping, cross country skiing, running, and sprinting in the water. A refreshing way to improve cardiovascular and muscular function without impacting joints.

#### Aquatic Exercise for Arthritis ♦

A YUSA certified program, this class helps participants decrease pain and stiffness, maintain joint flexibility, increase muscle strength, and improve coordination, endurance, overall wellness.

## ACTIVE OLDER ADULTS

### AOA – Cardio Conditioning ♦

This invigorating aerobics class is specially designed for older adults to create a low-intensity, low-impact workout to strengthen the heart and lungs.

### AOA – Sitting Fit ♦

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

### AOA – Strength Training ♦

Feel strong with this class designed just for older adults who want to introduce a low-intensity, low-impact workout into their routine.

### Arthritis PACE ♦

People with Arthritis Can Exercise (PACE) uses light weights and bands to create the ideal exercise class for those with arthritis.

### Tai-Chi for Arthritis ♦

This class combines agile steps, joint-safe exercises, and mental strength to improve mobility, breathing, and relaxation. This program consists of 12 movements, a warm up, and a cool down. Classes can be taken standing or seated in a chair.

### Senior Circuit

Feel good at any age with our class tailored to help adults 60 and older stay strong. Join us for a strength training workout designed to establish proper technique in the weight room. Price reflects cost for eight weeks.

Monday & Friday	11:00 – 12:30 am	
Fees	1x week	2x week
Member	\$105	\$160
Community	\$140	\$205

## DANCE @ McBURNEY

Whether you're a beginner or an experienced dancer, our FREE dance classes are here to help you improve your technique in a fun and supportive environment.

### BALLET

#### Ballet – Absolute Beginner ♦

Learn basic ballet steps and vocabulary. Students gain strength and muscle control, while improving body alignment and posture.

Wednesday classes include floor-barre, barre, and moving across the floor center exercises. Sunday classes include barre exercises and simple center choreography adapted from classical repertoire.

#### Ballet – Advanced Beginner ♦

Tailored to both beginner and advanced ballet dancers, students expand their ballet vocabulary through more complex barre and center steps. All levels welcome.

#### Ballet – Intermediate (Saturday) ♦

This rigorous, fast-paced class incorporates complex barre and center combinations, in which dancers enhance their artistry and technique. For dancers with basic proficiency in ballet.

#### Ballet – Intermediate (Sunday) ♦

For dancers with basic proficiency in ballet, this class consists of fast-paced barre and complex center choreography adapted from classical ballet repertoire. Students master a complete condensed ballet in each class.

#### Ballet – Pointe Beginner ♦

For students with previous ballet training, this class builds foot and ankle strength through systematic barre exercises for beginner Pointe work.

#### Contemporary Ballet ♦

This unique class integrates modern dance techniques with yoga and floor-barre exercises in the classical ballet style. With an emphasis on dance artistry and musicality, this rigorous class is open to all levels.



“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



## FITNESS DANCE

### Bollywood ♦

A fun cardio workout inspired by the music and dance of Bollywood music. This class will get you moving, sweating, and smiling!

### Cardio Jazz ♦

Combining classical ballet and modern dance techniques with current popular dance, this class emphasizes the importance of energy, rhythmic accuracy, and style.

### GROOVE ♦

A dance and movement class that is for EVERYBODY. This unique dance experience sets simple choreography to amazing music.

### NIA ♦

A free-flowing movement class to stimulating music that combines elements of tai-chi, yoga, and dance. Individual expression is encouraged to achieve physical, mental, emotional, and spiritual fitness.

### Zumba® ♦

A fusion of Latin and International music, that use dance themes to create a dynamic, exciting, and effective fitness program. Routines feature aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body.

## MODERN DANCE

### Isadora Duncan – Beginner ♦

The beauty, grace, and athleticism of the Duncan technique develops strength, musicality, and freedom of movement for dancers of all disciplines. Open to all levels.

### Isadora Duncan Advanced Beginner ♦

Build on fundamentals established in the Beginner class to further develop strength, musicality, and freedom of movement.

### Isadora Duncan – Intermediate ♦

Open to dancers proficient in the Duncan method, this class builds on technique learned in beginner classes. Attended by Isadora Advanced Company dancers.

### Horton Technique ♦

Strengthen and stretch your body through one of the best-known modern methods. The Horton Technique is inspired by several global ethnic dance styles. Class requires bare feet.

## TAP DANCE

### Tap Dance – Absolute Beginner ♦

Dip your heel-toe into the waters of tap dance with this class that introduces you to the basics. Designed for aspiring tap dancers with no previous experience.

### Tap Dance – Beginner ♦

Master basic steps, combinations, and timing while learning tap dance vocabulary in this class that is adaptable to your skill-level.

### Tap Dance – Advanced Beginner ♦

Improve your tap style in this class that challenges you through progressive warm-ups and pattern exercises.

### Tap Dance – Intermediate ♦

Further your command of the form in this workshop-style class that adds tap grooves and improvisation techniques to standard tap exercises for a complete experience.

## 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 free fitness orientation as an introduction to our cardio and strength equipment. Visit the Member Service desk or call 212-912-2300 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. For 12 consecutive weeks, participants meet in small groups for one-hour per week, gaining strategies to incorporate nutrition and physical activity into their lifestyle and keep them motivated. Sign up at the Member Service desk today! Questions? Contact James Dolle at 212-912-2333 or [jdolle@ymcany.org](mailto:jdolle@ymcany.org) for more information.

New sessions begin February & October!

### LIVESTRONG @ McBurney ♦

This free, personalized physical activity and well-being program is designed to help adult cancer survivors achieve their holistic health goals. Build muscle mass and strength, increase flexibility and endurance, and improve confidence and self-esteem! For more information contact John Li at 212-912-2323 or [joli@ymcany.org](mailto:joli@ymcany.org).

New sessions begin January & September!

### Blood Pressure Screenings ♦

High blood pressure develops over many years, and affects nearly everyone eventually. Fortunately, it is easily detected. Have your blood pressure checked by a McBurney Personal Trainer from 12:30 – 2:00 pm on the first Wednesday of each month.



## PRIVATE, PARTNER, & SMALL GROUP OPPORTUNITIES

Custom fitness routines. Private Pilates workouts. Therapeutic massage. Whatever your needs, a McBurney specialist is available to help.

### One-on-One Training for Fitness, Pilates, and Dance

Achieve greater results with one-on-one support from our staff. McBurney fitness staff, Pilates trainers, and dance instructors are available to evaluate your current fitness and skill levels and design personal training sessions that help you meet your goals.

Fees	30 MIN	60 MIN
Single session	\$75	\$95
Intro 3-pack	-	\$275
5 sessions	\$325	\$445
10 sessions	\$565	\$825
20 sessions	\$1015	\$1480
Community Intro 5-pack	-	\$530

### Partner Training for Fitness, Pilates, and Dance

Benefit from the encouragement and motivation of a friend and save! Discounted rates are available for partner training sessions with our fitness staff, Pilates trainers, and dance instructors. Prices reflect cost for two partners.

Fees	60 MIN
Single session	\$150
5 sessions	\$720
10 sessions	\$1265
20 sessions	\$2250

### Massage Therapy

Enjoy a therapeutic massage at McBurney! Our clinically trained and licensed staff can help increase flexibility, release tension, relieve pain, and promote healing. After purchasing your package, massages may be booked online at [ymcany.org/mcburneymassage](http://ymcany.org/mcburneymassage) or by contacting the Member Service desk at 212-912-2300.

Fees	30 MIN	60 MIN	90 MIN
Single session	\$75	\$95	\$130
3 sessions	-	\$275	-
5 sessions	\$325	\$445	\$620
10 sessions	\$565	\$825	\$1130
20 Sessions	\$1015	\$1480	\$2214
Community Intro 5-pack	-	\$530	-

### Mix N Match Combo

Purchase a Mix N Match package and enjoy the freedom of booking one-on-one personal training, Pilates Reformer, dance, or massage therapy sessions as you need them.

Fees	30 MIN	60 MIN
5 sessions	\$325	\$445
10 sessions	\$565	\$825
20 Sessions	\$1015	\$1480

### Pilates Reformer

Sculpt your body with this elite fitness formula that combines muscle toning and lengthening with strength and cardio training. Increase flexibility, endurance, and muscle tone while strengthening the spine and abdominal core.

Classes follow the YMCA's eight-week session schedule and use advanced Allegro machines by Balanced Body. For more information and meeting times contact John Li at 212-912-2323 or [joli@ymcany.org](mailto:joli@ymcany.org).

Fees	1x week	2x week
Member	\$160	\$260
Community	\$205	\$325



## NEW! SPECIAL RATE AND TIME FOR SENIOR SWIM LESSONS!

See swim section beginning on page 20 for details.

### SWIM

#### Adult Swim ♦

Whether you are just learning or are an accomplished swimmer, we can help. Lap lanes and recreational swim are available throughout the day for adults. Please visit us online or at the Member Service desk to get a copy of our pool schedule.

#### YMCA Swim Lessons

Swim lessons follow the eight-week session schedule. Please see our Swim section on page 20 for swim class schedules and pricing.

#### Swim Basics

Teaches personal water safety and the fundamentals of swimming.

#### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle.

#### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and stronger stroke technique through our Pathways program that encourages continued individual improvement.

#### Discover Scuba

##### Brought to you by Rey Diving

The Discover Scuba program introduces you to the world of scuba diving in a safe and fun environment. A professional scuba instructor will personally guide new divers in the McBurney Y pool as they learn basic concepts, become familiar with equipment, and breathe underwater for the first time.

Once the Discover Scuba program has been completed, new divers may earn their scuba certification by enrolling in a PADI Open Water course, also offered by Rey Diving at the McBurney Y pool. Participants must be 10 years of age or older. For more information contact Raul Romero at 347-610-8733 or info@reydiving.com.

**McBurney Y members receive a 15% discount off course prices as listed on reydiving.com**

### ARTS

#### Adult Singing Workshop

Sing the classics in a friendly group setting. No prior experience required – just a desire to share in the community of song.

Tuesday 3:00 – 5:00 pm

Fees	1 x week
Member	\$125
Community	\$180

#### Adult Paint Studio

No drawing skills needed – the hardest part is picking up the brush! This class uses acrylic paint on paper, and encourages participants to finish projects at their individual speed. All supplies are provided.

Saturday 10:00 – 11:30 am

Fees	1 x week
Member	\$165
Community	\$225

### SPORTS

#### Seido Karate

Gain self-confidence, focus, strength, and flexibility with this traditional Japanese art. Each class is tailored to meet your individual abilities, and students are encouraged to progress at their own pace. Ages 14 and up. No prior experience necessary.

Tuesday 7:00 – 8:30 pm

Thursday 6:30 – 8:00 pm

Saturday 11:00 am – 12:30 pm

Fees	1 x week	2 x week	3 x week
Member	\$140	\$165	\$190
Community	\$210	\$290	\$370

#### Boxing

Get a great workout and learn the fundamentals while developing the strength and stamina of a fighter. This safe, intimidation-free class is for all experience levels.

Tuesday or Thursday 8:30 – 9:45 pm

Fees	1 x week	2 x week
Member	\$140	\$165
Community	\$210	\$290

#### Couch to 5K

Run-Walk-Run your way to fitness. Couch to 5K is perfect for adults who are new to running, have not run for a long time, or have a 5K on their “bucket list.” Sign up today to achieve your goals in our safe and injury-free structured program.

Fees	1 x week
Member	\$105
Community	\$145

#### Judo

Judo is comprised of throwing and grappling techniques, and improves physical fitness while honing mental discipline.

Fees	1 x week	2 x week	3 x week
Member	\$140	\$165	\$190
Community	\$210	\$290	\$370

#### Volleyball ♦

Our volleyball program is open to adults 18+. This program consists only of structured game play.

Thursday	7:00 – 8:30 pm	8:30 – 10:45 pm	Beginner Intermediate/ Advanced
----------	----------------	-----------------	---------------------------------------





**AGES 0-4**

# **KIDS & FAMILY**

---

**From early learning to family time to kids swimming lessons, 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 10 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

## FAMILY SUNDAYS @ MCBURNEY

Sunday is Family Day for McBurney members! Our Youth & Family staff have a ton of fun planned for your family, and Family Swim is available from 11:30 am to 4 pm! Check out our pool schedule at the Member Service desk or online to see all available Family Swim times. Please take a moment to review our Family Swim Guidelines on page 27.

### Family Time (Ages 18 months - 8 years) ♦

Playing together, whatever the weather! Join us each week in Gym B as our space transforms into a playground complete with mini-hoops, push toys, and a bouncy house. Y staff will have great crafts and engaging activities for the whole family.

Sunday 3:00 - 4:30 pm

## FAMILY & EARLY LEARNING PROGRAMS

### Child Watch (Ages 6 months - 10 years) ♦

Fun, interactive play for your child while you work out! Members may bring children to our Child Watch room for up to two hours each day. Kids will enjoy creative play with responsible YMCA staff members in a caring and safe environment.

Please contact the Member Service desk (212-912-2300) at least 24 hours in advance to register. Child Watch participants must hold Family Memberships. Only two infants under 18 months will be allowed in the program at a time.

Monday - Sunday 9:00 am - 12:00 pm

## STAY TUNED: EVENING CHILD WATCH HOURS ARE COMING SOON!

### Let's Get Ready (Ages 18 months - 2.5 years)

Give your child a foundation for success in school with our class built to promote independence, develop language, strengthen physical ability and fine motor skills, and inspire discovery and exploration. Please note: caregivers are required to stay in the facility for the duration of the classes.

Tuesday or Thursday 9:00 - 11:00 am

Fees	1x week	2x week
Member	\$405	\$640
Community	\$490	\$740

### Ready, Set, Science (Ages 2.5 - 5 years)

Introduce your child to the wonder of science through nature-based learning projects and hands-on experiments. Ready, Set, Science is an excellent way for your child become familiarized with classroom structure in a nurturing and supportive environment. Please note: caregivers are required to stay in the facility for the duration of the class.

Wednesday 9:00 am - 12:00 pm

Fees	1x week
Member	\$405
Community	\$490

### Ready, Set, Math & Read (Ages 2.5 - 5 years)

Set the stage for academic success with our content-rich program that encourages active learning, promotes progress, and helps your child meet key developmental milestones as they approach pre-k or kindergarten. Please note: caregivers are required to stay in the facility for the duration of the classes.

Monday or Friday 9:00 am - 12:30 pm

Fees	1x week	2x week
Member	\$435	\$675
Community	\$525	\$775

## DANCE

### Isadora Duncan Modern Dance Tiny Tots (Ages 3 - 5 years)

Spark imagination and build confidence in this joyful and spirited class for young members. Our skilled instructors nurture creativity, improvisation, and discipline as they introduce little ones to the modern dance tradition.

Wednesday 3:45 - 4:30 pm

Fees	1x week
Member	\$140
Community	\$190

### Pre-Ballet (Ages 3 - 4 years)

Introduce your little one to the art of ballet! During our Pre-Ballet class, our dance specialist fosters confidence and musicality while teaching elementary ballet vocabulary and technique.

Friday 3:30 - 4:15 pm  
Sunday 10:30 - 11:15 pm

Fees	1x week
Member	\$155
Community	\$210



**SPORTS**

**Karate (Ages 4 - 12 years)**

Help your child gain focus, confidence, and a passion for martial arts! Our skilled instructors have decades of experience and always maintain an encouraging environment as they develop discipline, coordination, and tenacity in each student.

Tuesday or Thursday	4:15 - 5:00 pm	Ages 4 - 6 years
	5:00 - 6:00 pm	Ages 7 - 12 years
Saturday	9:00 - 10:00 am	Ages 4 - 12 years
	10:00 - 11:00 am	Ages 4 - 12 years

Fees	1x week	2x week	3x week
Member	\$150	\$220	\$290
Community	\$200	\$290	\$380

**Youth Tumbling (Ages 3 - 12 years)**

High-energy FUN for kids of all ages! Our experienced instructors will introduce participants to basic floor fundamentals and get your kids moving, jumping, and having a great time in a safe and encouraging environment.

Thursday	3:45 - 4:30 pm	Ages 3.5 - 5 years
	4:30 - 5:15 pm	Ages 6 - 9 years
Saturday	10:00 - 10:45 am	Ages 4 - 6 years
	10:45 - 11:30 am	Ages 7 - 12 years
	11:30 am - 12:15 pm	Ages 3 - 4 years

Fees	1x week
Member	\$160
Community	\$220

**Youth Instructional Basketball (Ages 4 - 12 years)**

Our youth basketball program is a slam-dunk! Ballers of all ages and skill-levels are invited to our classes that establish fundamentals, encourage good sportsmanship, and build friendships through positive team-play.

Monday	3:30 - 4:15 pm	Ages 5 - 7 years
	4:15 - 5:00 pm	Ages 8 - 10 years
	5:00 - 5:45 pm	Ages 11 - 12 years
Saturday	10:30 - 11:15 am	Ages 4 - 6 years
	11:15 am - 12:00 pm	Ages 7 - 9 years

Fees	1x week
Member	\$150
Community	\$210

**SWIM**

**Family Swim ♦**

Swimming is a great way to stay healthy and bond as a family. Check our pool schedules online or at the Member Service desk for all available Family Swim times.

**YMCA Swim Lessons**

Swim lessons follow the eight-week session schedule. Please see our Swim section beginning on page 20 for swim class schedules and pricing.

**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.

**Swim Basics (Ages 3 - 5 years)**

Students learn personal water safety skills and achieve basic swimming competency through two benchmark skills: "swim, float, swim" and "jump, push, turn, grab".



**Healthy Kids Day®**

**AWAKEN  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**





# CELEBRATE WITH US

## BIRTHDAY PARTIES @ McBURNEY

Give your child the BEST. BIRTHDAY. EVER. here at the McBurney YMCA!

**CELEBRATE D-I-Y PARTY PACKAGE** includes a two-hour rental of our spacious community room.

**PLAY & CELEBRATE PARTY PACKAGE** includes one-hour of McBurney Y staff-led programming plus one-hour rental in our community room. Special birthday experiences include Arts & Crafts, Sports, Pool Party, or special Indoor Playground with bouncy castle!

### TWO-HOUR PARTY TIMES AVAILABLE SATURDAY or SUNDAY AT 1 or 4 pm

Rental Rates	Member	Community
Celebrate D-I-Y Package	\$370	\$480
Play & Celebrate Package – Arts & Crafts	\$420	\$530
Play & Celebrate Package – Sports	\$570	\$680
Play & Celebrate Package – Pool Party	\$620	\$730
Play & Celebrate Package – Indoor Playground	\$620	\$730

**For more information or to book your party, contact Shonnell Griffith**  
[sgriffith@ymcanyc.org](mailto:sgriffith@ymcanyc.org) | 212-912-2312

Celebrate D-I-Y Package price include up to 20 attendees. Play & Celebrate Package prices include up to 16 attendees. For any package, additional participants may be added for a fee of \$20 per participant. Please note that the McBurney YMCA does not provide decorations, supplies, or food as a part of your party rental.



AGES 5-12

# YOUTH

Summer camp. Youth sports. Afterschool.  
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 10 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

## FAMILY SUNDAYS @ McBURNEY

Sunday is Family Day for McBurney members! Our Youth & Family staff have a ton of fun planned for your family, and Family Swim is available from 11:30 am to 4 pm! Check out our pool schedule at the Member Service desk or online to see all available Family Swim times. Please take a moment to review our Family Swim Guidelines on page 27.

### Family Time (Ages 18 months - 8 years) ♦

Playing together, whatever the weather! Join us each week in Gym B as our space transforms into a playground complete with mini-hoops, push toys, and a bouncy house. Y staff will have great crafts and engaging activities for the whole family.

Sunday 3:00 - 4:30 pm

### Family Basketball (Ages 9 - 17) ♦

Basketball for all! Shoot around in Gym B with friends and family during our specially designated Family Basketball time.

Sunday 5:00 - 7:00 pm

## FAMILY PROGRAMS

### Child Watch (Ages 6 months - 10 years) ♦

Fun, interactive play for your child while you work out! Members may bring children to our Child Watch room for up to two hours each day. Kids will enjoy creative play with responsible YMCA staff members in a caring and safe environment.

Please contact the Member Service desk (212-912-2300) at least 24 hours in advance to register. Child Watch participants must hold Family Memberships. Only two infants under 18 months will be allowed in the program at a time.

Monday - Sunday 9:00 am - 12:00 pm

**STAY TUNED: EVENING CHILD WATCH HOURS ARE COMING SOON!**

## SPORTS

### Youth Instructional Basketball (Ages 4 - 12 years)

Our youth basketball program is a slam-dunk! Ballers of all ages and skill-levels are invited to our classes that establish fundamentals, encourage good sportsmanship, and build friendships through positive team-play.

Monday 3:30 - 4:15 pm Ages 5 - 7 years  
 4:15 - 5:00 pm Ages 8 - 10 years  
 5:00 - 5:45 pm Ages 11 - 12 years

Saturday 10:30 - 11:15 am Ages 4 - 6 years  
 11:15 am - 12:00 pm Ages 7 - 9 years

Fees	1x week
Member	\$150
Community	\$210

### Private & Semi-Private Basketball Coaching (Ages 7 - 18 years)

Elevate your game with targeted support from an experienced basketball coach. Semi-private coaching can help you and a friend level-up at a discounted rate.

Private Fees	60 MIN Member	60 MIN Community
Single Session	\$70	\$95
5 Sessions	\$280	\$430
10 Sessions	\$515	\$780

Semi-Private Fees	60 MIN Member	60 MIN Community
Single Session	\$105	\$160
5 Sessions	\$440	\$700
10 Sessions	\$840	\$1240

### Basketball Clinic (Ages 5 - 12 years)

Strengthen your game in a fun and supportive environment. Our basketball clinic specialists help kids hone their passing, dribbling, shooting, defense and more through drills and attentive coaching during half-court scrimmages.

Friday 4:00 - 5:00 pm Ages 5 - 7 years  
 5:00 - 6:00 pm Ages 8 - 12 years

Fees	1x week
Member	\$130
Community	\$180

### Karate (Ages 4 - 12 years)

Help your child gain focus, confidence, and a passion for martial arts! Our skilled instructors have decades of experience and always maintain an encouraging environment as they develop discipline, coordination, and tenacity in each student.

Tuesday or Thursday 4:15 - 5:00 pm Ages 4 - 6 years  
 5:00 - 6:00 pm Ages 7 - 13 years  
 Saturday 9:00 - 10:00 am Ages 4 - 12 years  
 10:00 - 11:00 am Ages 4 - 12 years

Fees	1x week	2x week	3x week
Member	\$150	\$220	\$290
Community	\$200	\$290	\$380



**Youth Tumbling (Ages 3 – 12 years)**

High-energy FUN for kids of all ages! Our experienced instructors will introduce participants to basic floor fundamentals and get your kids moving, jumping, and having a great time in a safe and encouraging environment.

Thursday	3:45 – 4:30 pm 4:30 – 5:15 pm	Ages 3.5 – 5 years Ages 6 – 9 years
Saturday	10:00 – 10:45 am 10:45 – 11:30 am 11:30 am – 12:15 pm	Ages 4 – 6 years Ages 7 – 12 years Ages 3 – 4 years

<b>Fees</b>	<b>1x week</b>
Member	\$160
Community	\$220

**DANCE**

**Basic Ballet, Level 1 (Ages 5 – 7 years)**

Help your child gain confidence, artistry, and a love for dance! This class rooted in classical ballet introduces kids to the essentials while building strength, flexibility, and agility.

Friday	4:30 – 5:15 pm
Sunday	11:30 am – 12:15 pm

<b>Fees</b>	<b>1x week</b>
Member	\$155
Community	\$210

**Isadora Duncan Modern Dance Beginner Basic Technique (Ages 6 – 9 years)**

Dance your heart out! Our Duncan classes establish the fundamentals of modern dance and instill confidence, creativity, and discipline in our young dancers. Instructors will have your child skipping, running, and leaping to foster creative self-expression in a supportive environment.

Wednesday	4:30 – 5:30 pm
-----------	----------------

<b>Fees</b>	<b>1x week</b>
Member	\$140
Community	\$190



**SWIM**

**Family Swim ♦**

Swimming is a great way to stay healthy and bond as a family. Check our pool schedules online or at the Member Service desk for all available Family Swim times.

**YMCA Swim Lessons**

Swim lessons follow the eight-week session schedule. Please see our Swim section beginning on page 20 for swim class schedules and pricing.

**Swim Basics**

Students learn personal water safety skills and achieve basic swimming competency through two benchmark skills: “swim, float, swim” and “jump, push, turn, grab”.

**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.

**Pathways**

Students who have achieved Stage 5 or 6 can continue to build endurance and stronger stroke technique through our Pathways program that encourages continued individual improvement.

**Y AFTERSCHOOL**

**Y Afterschool @ PS 33**

Our Y Afterschool program at PS 33 currently operates thanks to funding from the NYC Department of Youth & Community Development. Free of charge to all participants, the program takes place at PS 33 from 3 – 6 pm for children in grades K through 5. The afterschool curriculum is designed to promote academic achievement, confidence, and social-emotional development in all students. For more information, contact Savannah Green at 917-275-4125 or [sagreen@ymcanyc.org](mailto:sagreen@ymcanyc.org).

**Y Afterschool @ McBurney**

Our branch Y Afterschool program is the perfect solution for your family! Your child will explore their inner artist, learn through hands-on science experiments, and move and shake in the McBurney YMCA gym. Offered to all children in Kindergarten through Grade 5. Progressive Swim lessons available Fridays. An afterschool escort is currently arranged for PS 340, WeGrow, and Success Academy Union Square. For more information contact Pam Navarro at 212-912-2309 or [pnavarro@ymcanyc.org](mailto:pnavarro@ymcanyc.org).

<b>Fees</b>	<b>1x week</b>	
Member	\$200	
Community	\$250	
<b>Friday Progressive Swim Fees</b>	<b>Pre-K – 2</b>	<b>Grades 3 – 5</b>
Member	\$360	\$380
Community	\$420	\$440

**Y Afterschool @ PS 41**

The best of the McBurney Y is available afterschool at PS 41, exclusively for PS 41 students. Y Afterschool provides students with the opportunity to choose from specialized classes designed to nurture their spirit, mind, and body. For more information and pricing contact Pam Navarro at 212-912-2309 or [pnavarro@ymcanyc.org](mailto:pnavarro@ymcanyc.org).



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

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



## PLEASE JOIN US! 2020 HARRY BOGDOS 70+ BASKETBALL CLASSIC

You're invite to cheer on our proud  
McBurney athletes as they vie for  
glory at a special event to benefit  
the McBurney Y Annual Campaign!

**SUNDAY, APRIL 5**  
**12 – 2 pm**

For more information, or to purchase your  
tickets, please contact Jennifer Martin  
212-912-2311 | [jmartin@ymcancyc.org](mailto:jmartin@ymcancyc.org)



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.

## TEENS @ McBURNEY

Teens ages 12 and up have full access to our facility until 9 pm on weekdays and until close on weekends. Teens can attend any of our free group exercise classes, and are welcome to use equipment after completing a fitness orientation and submitting a signed parental consent form.

“Because of the Y, I have a better understanding of the world and others. I have a better understanding of how to build relationships and build a community.”

- Timpriss, YMCA of Greater New York Teen

## FITNESS & SPORTS

### Teen Strength and Conditioning (Ages 12-18 years)

Let a certified Y trainer help your teen achieve their physical fitness goals! Using free weights, resistance machines, TRX suspension, and kettlebells, this class helps build strength, increase speed, maximize power, and improve overall athletic performance. For more information contact John Li at 212-912-2323 or joli@ymcanyc.org.

Monday 4:45 - 5:45 pm  
Friday 4:30 - 5:30 pm

Fees	1x week	2x week
Member	\$120	\$175
Community	\$150	\$220

### Teen Center ♦

The McBurney YMCA Teen Center is free and available for all NYC teens regardless of membership. Teens can swim, work out on our fitness equipment, or play group sports and hang out in our gym. Teens must present valid identification showing proof of age. No advance registration required. The Teen Center program operates when school is in session and observes all school holidays.

Friday 6:00 - 9:00 pm

## SWIM

### YMCA Swim Lessons

Swim lessons follow the eight-week session schedule. Please see our Swim section beginning on page 20 for swim class schedules and pricing.

### Swim Basics

Students learn personal water safety skills and achieve basic swimming competency through two benchmark skills: “swim, float, swim” and “jump, push, turn, grab”.

### 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.

### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and stronger stroke technique through our Pathways program that encourages continued individual improvement.



## LEADERSHIP, CIVIC ENGAGEMENT, COLLEGE ACCESS & CAREER READINESS

### Teen Programs @ Washington Irving Campus

The McBurney Y offers several school-based programs for teens with a focus on leadership development, civic responsibility, college readiness, and career exploration. With support from our generous corporate and individual donors, programs are offered free during the school day and afterschool to students who attend Washington Irving campus schools. For more information please email Romana Ryals at rryals@ymcanyc.org.

### Washington Irving Campus Leaders Club

Leaders Club provides young people the opportunity to have a voice and feel empowered in their community and their lives with a focus on skills-building, character development, goal-setting, and service learning.

### Washington Irving Campus Teens Take the City

Teens Take the City is designed to immerse New York City teens in local government processes and politics. The program fosters civic responsibility as young people identify key issues in their community, work together to develop positive solutions, and craft a detailed proposal to be presented at the program’s conclusion.

### Washington Irving Campus Rowe Scholars

The YMCA Rowe Scholars program ensures that young people have the academic support and undergirding to succeed in high school and beyond. Our dedicated teen staff help teens achieve in school and confidently navigate the college admissions process. Rowe Scholars is part career-readiness, part college-prep, and totally fun!

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 pool deck. The background shows the blue water of the pool with other swimmers and purple pool noodles, slightly out of focus.

# SWIM

Swimming is a vital life skill and a challenging sport. Whether you're looking for swim classes for your kids, want to pick up water safety tips, or are looking for a great workout, you'll find what you need at the Y.

# YMCA SWIM LESSONS

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

## SWIM STAGE DESCRIPTIONS

<p><b>SWIM STARTERS</b></p> <p>Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.</p> 	<p><b>A</b> <b>WATER DISCOVERY</b></p> <p>Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.</p>	<p><b>B</b> <b>WATER EXPLORATION</b></p> <p>In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.</p>	
<p><b>SWIM BASICS</b></p> <p>Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:</p> <ul style="list-style-type: none"> <li>• Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit</li> <li>• Jump, push, turn, grab</li> </ul> 	<p><b>1</b> <b>WATER ACCLIMATION</b></p> <p>Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.</p>	<p><b>2</b> <b>WATER MOVEMENT</b></p> <p>In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.</p>	<p><b>3</b> <b>WATER STAMINA</b></p> <p>In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.</p>
<p><b>SWIM STROKES</b></p> <p>Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p> 	<p><b>4</b> <b>STROKE INTRODUCTION</b></p> <p>Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.</p>	<p><b>5</b> <b>STROKE DEVELOPMENT</b></p> <p>Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.</p>	<p><b>6</b> <b>STROKE MECHANICS</b></p> <p>In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.</p>

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

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

# STAGES OF LEARNING

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

**I** Infant & Toddler  
6 months – 3 years

**P** Preschool  
3 – 5 years

**S** School Age  
5 – 12 years

**A** Teen & Adult  
12+ years

**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 Member Service staff is available to answer any questions about the swim lessons program.

**PARENT-CHILD CLASSES**  
6-36 months

**LESSON FEES:**

Member: \$180

Community: \$250

**30 MINUTES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Water Discovery   6-18 months		10:00 am	10:00 am 10:30 am	10:00 am		10:00 am 12:30 pm	
● Water Exploration   6-18 months		10:00 am	10:00 am 10:30 am	10:00 am		10:00 am 10:30 am 12:30 pm	
● Water Discovery   19-36 months		10:00 am	10:00 am 10:30 am	10:00 am		10:00 am 10:30 am 12:30 pm	
● Water Exploration   19-36 months		10:00 am	10:00 am 10:30 am	10:00 am		10:30 am 12:30 pm	

**PRESCHOOL CLASSES | 3-5 years**

**LESSON FEES:**

Member: \$180

Community: \$250

**30 MINUTES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Stage 1 w/ Parent						12:30 pm	
● Stage 1: Water Acclimation	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:35 am 10:10 am 10:45 am	10:00 am 3:30 pm

**40 MINUTES**

● Stage 2: Water Movement	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:50 am 10:40 am	
● Stage 3: Water Stamina	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:50 am 10:40 am	
● Stage 4: Stroke Introduction	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:50 am 10:40 am	

<b>A</b> <b>WATER DISCOVERY</b> <b>I</b>	<b>B</b> <b>WATER EXPLORATION</b> <b>I</b>	<b>1</b> <b>WATER ACCLIMATION</b> <b>P S A</b>	<b>2</b> <b>WATER MOVEMENT</b> <b>P S A</b>	<b>3</b> <b>WATER STAMINA</b> <b>P S A</b>
<b>4</b> <b>STROKE INTRODUCTION</b> <b>P S A</b>	<b>5</b> <b>STROKE DEVELOPMENT</b> <b>S A</b>	<b>6</b> <b>STROKE MECHANICS</b> <b>S A</b>		



**SCHOOL AGE + TEENS**







**LESSON FEES:**

Member: \$180

Community: \$250


**SCHOOL AGE CLASSES | 6-12 years**

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Stage 1	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:50 am	10:30 am
 Stage 2	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:50 am	
 Stage 3	3:45 pm 4:30 pm	4:30 pm	3:45 pm	4:30 pm		9:00 am 9:50 am	
 Stage 4	3:45 pm 4:30 pm		4:30 pm	3:45 pm 4:30 pm		9:00 am 11:30 am	
 Stage 5		4:30 pm	3:45 pm 4:30 pm	4:30 pm		11:30 am	
 Stage 6	4:30 pm	4:30 pm	3:45 pm	3:45 pm		11:30 am	

**TEEN CLASSES | 12-17 years**

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 All Levels						12:30 pm	





**ADULT CLASSES | 18+ years**

**LESSON FEES:**

Member: \$165

Community: \$250

45 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Stage 1/2 (Beginner)	8:00 pm	6:30 pm	8:00 pm	6:30 pm		5:00 pm	
 Stage 3 (Intermediate 1)		7:15 pm	8:45 pm	7:15 pm		5:00 pm	
 Stage 4 (Intermediate 2)		7:15 pm	8:45 pm	7:15 pm			
 Stage 5/6 (Advanced)				8:00 pm			


**NEW! SENIOR CLASSES | 65+ years**

**LESSON FEES:**

Member: \$100

Community: \$125

45 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 All Levels	10:00 am						

**RELUCTANT SWIMMER**


**LESSON FEES:**

Member: \$240

Community: \$360

**ADULT CLASSES | 18+ years**

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Reluctant Swimmer	8:00 pm				8:00 pm		

**PATHWAYS**

**Competitive Skills & Drills  
(Ages 8-16 years)**

Continue to build endurance and hone your technique with our skills & drills pathway, offered to students who have progressed beyond Stages 5 and 6.

Tuesday 3:45 - 5:10 pm  
 Sunday 4:00 - 5:25 pm

Fees	2x week
Member	\$315
Community	\$400

**McBurney YMCA Manta Rays**

Swim teams compete against other YMCAs and swim clubs at area meets. Workouts enhance endurance, speed, and drill technique, and encourage teamwork and sportsmanship. For program information, practice schedule and rates contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org.

**Masters Swim Team  
Adults Ages 18+**

Strengthen technique, prepare for USMS competition, improve fitness, and gain camaraderie among swimmers. Evaluation by coaches in required, and can be completed during practice time. Masters Swim Rate must be paid annually or quarterly.

Monday - Friday 7:00 - 8:30 am

Fees	Annual Rate
Member	\$720
Community	-

**Private & Semi-Private Lessons**

Improve your technique with personal support from our aquatics staff! All private and semi-private swim lessons must be scheduled within one year of purchase date. To schedule your lesson contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org.

Private Fees	30 MIN	30 MIN
	Member	Community
Single Session	\$85	\$110
5 Sessions	\$335	\$500
10 Sessions	\$570	\$870

Semi-Private Fees*	30 MIN	30 MIN
	Member	Community
Single Session	\$75	\$100
5 Sessions	\$300	\$400
10 Sessions	\$500	\$650

\* For semi-private lessons, each participant must purchase their own lesson package.



# 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. To ensure the cleanliness of our pool area, no other food or drink is allowed.
4. Walking on the pool deck ensures safety. Running, skipping, pushing, or other kinds 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 may not 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 to 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)

Camp operates on a two-week per session schedule.

### Camp Hours

9:00 am – 5:00 pm

### Extended Day Hours

8:00 – 9:00 am

5:00 – 6:00 pm

### Summer Day Camp (Ages 4 – 16 years)

When school is out, the Y is here to keep kids safe and engaged in fun, exciting activities. McBurney Camp keeps kids moving through healthy physical activity and fosters positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained staff members.

Registration begins January 2020. Financial Assistance is available.

**For camp descriptions and more, contact the Member Service desk for a copy of our camp brochure, or visit [ymcanyc.org/mcburneycamp](http://ymcanyc.org/mcburneycamp)!**

## McBURNNEY CAMP FEES

M = Member | C = Community

CAMP TYPE	6/29 - 7/10	7/13 - 7/24	7/27 - 8/7	8/10 - 8/21	AGES	FEE
Kinder Camp	●	●	●	●	4 - 5	M: \$760 C: \$820
Day Camp	●	●	●	●	6 - 11*	M: \$700 C: \$770
Middie & Teen Camp	●	●	●	●	12 - 16	M: \$700 C: \$770
Sports Camp	●	●	●	●	7 - 12*	M: \$720 C: \$800
Basketball Camp	●	●	●	●	7 - 12	M: \$760 C: \$820
Pee-Wee Soccer Camp	●	●			6 - 7	M: \$760 C: \$820
Circus Arts Camp	●	●	●	●	5 - 7	M: \$875 C: \$940
Theatre Camp with TADA!			●	●	5 - 7	M: \$875 C: \$940
Robotics Camp	●	●	●	●	6 - 8	M: \$1000 C: \$1070
Extended AM or PM	●	●	●	●	4 - 16	M: \$90 C: \$95
Extended AM + PM (Combined)	●	●	●	●	4 - 16	M: \$170 C: \$180

\*Campers are divided into age groups with children no more than 1-2 years apart in age.

## SLEEPAWAY CAMP

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

### Camp Season

**June 28 – August 29**

One- and two-week sessions available.

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

### TRADITIONAL SLEEPAWAY CAMPS

#### Camp Greenkill (Ages 7–13)

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

#### Camp Talcott (Ages 9–14)

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





## TEEN SLEEPAWAY CAMPS

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

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

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

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

## SPECIALTY SLEEPAWAY CAMPS

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

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

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

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

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

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

# CODE OF CONDUCT

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

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

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

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

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







# EXERCISING COURTESY

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

- 1. Get oriented.** Not sure how to use the equipment or what to do? 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.

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

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



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

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

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

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

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

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

**PLEASE GIVE TODAY.**

[ymcanyc.org/give](http://ymcanyc.org/give)



# LIVESTRONG AT THE YMCA

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

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

**SIGN UP AT [ymcanyc.org/livestrong](https://ymcanyc.org/livestrong)**

LIVESTRONG  
FOUNDATION



## 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](https://ymcanyc.org/census) or email [census@ymcanyc.org](mailto:census@ymcanyc.org).

# FACILITY INFORMATION

## STAFF LISTING

### Executive & Business Offices:

Jasmin Cardona – Executive Director  
212-912-2324, jcardona@ymcanyc.org

Oksana Antonyuk – Business Manager  
212-912-2314, oantonyuk@ymcanyc.org

Erin Mooney – Director of Fund Development & Communications  
212-912-2313, emooney@ymcanyc.org

Jennifer Martin – Administrative Coordinator  
212-912-2311, jmartin@ymcanyc.org

### Membership:

Mitch Lyons – Membership Director  
212-912-2307, mlyons@ymcanyc.org

Nanda Khan – Membership Coordinator  
212-912-2308, dkhan@ymcanyc.org

Eli Strock – Billing Coordinator  
212-912-2318, estrock@ymcanyc.org

### Healthy Lifestyles:

James Dolle – Healthy Lifestyles Director  
212-912-2333, jdolle@ymcanyc.org

John Li – Healthy Lifestyles Coordinator  
212-912-2323, joli@ymcanyc.org

### Youth & Family:

Jessica Diaz – Youth & Family Director  
212-912-2322, diazj@ymcanyc.org

Shonnell Griffith – Youth & Family HR/  
Billing Coordinator  
212-912-2312, sgriffith@ymcanyc.org

Romana Ryals – Program Director, WIHS Site  
646-654-3671, rryals@ymcanyc.org

Orlyn Aaron – Program Coordinator, WIHS Site  
917-716-2712, oaaron@ymcanyc.org

Pam Navarro – Youth Program Coordinator  
212-912-2309, pnavarro@ymcanyc.org

Savannah Green – Program Director, PS 33 Site  
917-275-4125, sagreen@ymcanyc.org

### Aquatics:

Madhur Patel – Aquatics Director  
212-912-2321, mpatel@ymcanyc.org

Michaela Rivera – Aquatics Coordinator  
212-912-2343, mrivera@ymcanyc.org

### Building:

Guillermo Abreu – Property Manager  
917-716-2720, gabreu@ymcanyc.org

Edward Parson – Building Coordinator  
212-912-2320, eparson@ymcanyc.org

## HOLIDAY HOURS (2020 DATES)

### 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

### Christmas Eve

Thursday, December 24 7:00 am – 3:00 pm

### Christmas Day

Friday, December 25 CLOSED

### New Year's Eve

Thursday, December 31 7:00 am – 3:00 pm

Note: All fee-based classes will be prorated in the event of holidays or other closings.

## YMCA NEW AMERICANS WELCOME CENTERS

Our multilingual resource and referral centers provide immigrant families and community members with 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 (formerly GED) Test Preparation

For more information, go to [ymcanyc.org/nai](http://ymcanyc.org/nai) or visit the Member Service desk at your Y.



## 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 15-day written notice prior to your monthly draft date. To process your cancellation, please visit the Member Service desk and complete a cancellation request form, or contact Eli Strock, Billing Coordinator at [estrock@ymcanyc.org](mailto:estrock@ymcanyc.org).

## MEMBERSHIP HOLDS

Members may put their membership on hold for up to three months of the calendar year. A \$10 fee will be charged for each month on hold. Membership holds require a 15-day written notice prior to your monthly draft date. Membership privileges will be suspended during your hold period. To place your membership on hold, please visit the Member Service desk to complete a Membership Change form, or contact Eli Strock, Billing Coordinator at [estrock@ymcanyc.org](mailto:estrock@ymcanyc.org).

## MEMBERSHIP TRANSFER

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

## CAMERAS & DIGITAL DEVICES

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.

## MEMBERSHIP GUARANTEE

Membership at the YMCA is fully guaranteed. 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.

## CLASS CANCELLATION & INCLEMENT WEATHER

Credits or refunds will be automatically granted in the event that the YMCA cancels a fee-based class or program.

## MEMBERSHIP CARD

**MEMBERSHIP CARD** Branch membership cards for each household member 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.

**LOST CARDS** Please notify us as soon as possible if your card is lost or stolen.

## 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.

## YMCA "AWAY"

Always Welcome at the YMCA! As a YMCA member, you have access to YMCAs across the country and around the world. Members must present a valid YMCA ID to use AWAY privileges. Call ahead to check on individual YMCA branch policies.

## GUEST & DAY PASSES

All YMCA members are given six complimentary guest passes per year to introduce friends and colleagues to the Y. One free day pass is available to any individual interested in joining. Additional Day Passes are available to purchase. A government-issued ID is required to use a guest pass.

## TEENS @ McBURNEY

Teens ages 12 and up have full access to our facility until 9 pm on weekdays and until close on weekends. Teens are welcome to use equipment after completing an orientation and submitting a signed parental consent form.

## 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 is 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. Small lockers are available for rent (1 ft. - \$15/month | 2 ft. - \$22/month).

## JOB OPPORTUNITIES

Join our Y family! Visit [ymcanyc.org/careers](http://ymcanyc.org/careers) to view available positions at the McBurney YMCA and more than 100 sites throughout the five boroughs.

## 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 at the McBurney YMCA and in our community. For more information, contact [volunteer@ymcanyc.org](mailto:volunteer@ymcanyc.org).

## FINANCIAL ASSISTANCE

Thanks to our generous Annual Campaign supporters, the McBurney YMCA is able to make the Y accessible to all through our Financial Assistance Program. Scholarships are made available for individuals and families to join the Y and register for its programs, despite being unable to pay our fees.

To apply for financial assistance, please visit the Member Service desk to retrieve an application or download a copy online at [ymcanyc.org/join/financial-assistance](http://ymcanyc.org/join/financial-assistance).

All completed applications should then be brought to the branch along with the required documentation. As a reminder, all financial assistance recipients must reapply annually for renewed assistance.

For more information contact Nanda Khan at [dkhan@ymcanyc.org](mailto:dkhan@ymcanyc.org) or 212-912-2308.

# 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	McBurney Y City-wide	Joiner's Fee
Adult (18 - 64)	\$109/mo.	\$125
Senior (65+)	\$89/mo.	\$75
NEW! Family & Household <i>See below for ways to customize your membership!</i>	Starting at \$129/mo.	\$125
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$89/mo.	\$75

Membership Types	McBurney Y	Joiner's Fee
Youth (up to 11)	\$325/yr.	n/a
Teen (12 - 17)	\$49/mo.	\$75

\*Membership rates & offers subject to change

### CUSTOMIZE YOUR MEMBERSHIP!

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

#### McBurney Y Family & Household Base Price – \$129/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$63/mo. Third Adult: \$89/mo.

\*Some limits apply. A maximum of three individuals 18-26 can be added to a membership. A maximum of two additional adults 27+ can be added. The Family & Household Membership is not available online due to the customizable option. Financial assistance is available.

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

### OUR MISSION

The YMCA of Greater New York is here for all New Yorkers – to empower youth, improve health, and strengthen community.

### ABOUT THE McBURNEY YMCA

- Collegiate-sized Swimming Pool (25 yards · 7 lanes · 72 laps = 1 mile)
- Regulation-sized Gymnasium
- Two Cross Courts for Basketball and Volleyball
- Paddleball/ Handball wall with 2 courts
- Boxing Area
- Cardiovascular Center
- 2 Aerobics Studios
- Strength Training Center
- Running Track (10 laps = 1 mile)
- IM=X Pilates Studio
- Men's & Women's Locker Rooms
- Family & Special Needs Locker Room
- Sauna & Steam Rooms
- 3 Multipurpose Rooms

### POOL INFORMATION

- Length: 75 feet (25 yards · 72 laps = 1 mile)
- Width: 52 feet · 7 lanes
- Minimum Depth: 3.6 feet
- Maximum Depth: 9 feet
- Pool capacity: 168,000 gallons
- Water temperature: 82° - 84°



# 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.

125 West 14th Street  
New York, NY 10011  
212-912-2300  
[ymcanyc.org/mcburney](http://ymcanyc.org/mcburney)

 @McBurneyYMCA

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

 @McBurneyYMCA