

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

WE ARE Y  
**PROGRAM  
& CLASS  
GUIDE**

**FLUSHING YMCA  
WINTER/SPRING 2020**



138-46 Northern Blvd  
Flushing, NY 11354  
718-551-9350  
[ymcanyc.org/Flushing](http://ymcanyc.org/Flushing)

**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	●	●
89 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Two (2) Swimming Pools	●	●
Sauna and Steam rooms	●	●
Basketball court	●	●
Dedicated Ping Pong Room	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
FREE towel service	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●

718-551-9350 [flushing@ymcanyc.org](mailto:flushing@ymcanyc.org) [ymcanyc.org/Flushing](http://ymcanyc.org/Flushing)  
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**Dear Flushing YMCA Member,**

**Welcome to another exciting year at the YMCA of Greater New York! We look forward to serving you and your family with a variety of wonderful programs in 2020!**

The New Year is my favorite time of year. It’s an opportunity to reflect, refresh, and reset. If you want to try something new in 2020, we have a world of options. If you need to get back into a fitness routine, or don’t know where to start, try a personal trainer or the free YMCA Weight Loss Program.

I first came to the Y 20 years ago and now it’s the centerpiece of my life. My daughters, now in college, both learned to swim in Y pools. Now, you’ll find me trying out new classes at different branches across the city.

The YMCA of Greater New York is here for all New Yorkers — to empower youth, improve health, and strengthen community. You’ll find our mission reflected in every program in this guide, all of which are designed to help you learn, grow, and reach your full potential.

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

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

**Sharon Greenberger, President & CEO**

## HOURS OF OPERATION

**OPEN 364 DAYS A YEAR**

Monday – Friday: 5:00 AM – 10:30 PM  
Saturday – Sunday: 7:00 AM – 8:00 PM

### CHILD WATCH HOURS

Monday – Thursday: 5:45 PM to 8:30 PM  
Saturday: 10:00 AM to 2:00 PM

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

Member: December 14, 2019  
Community: December 21, 2019

### WINTER SESSION DATES

January 2, 2020 – February 23, 2020

### SPRING I REGISTRATION DATES

Member: February 8, 2020  
Community: February 15, 2020

### SPRING I SESSION DATES

February 24 – April 26, 2020

### SPRING II REGISTRATION DATES

Member: April 11, 2020  
Community: April 18, 2020

### SPRING II SESSION DATES

April 27 – June 21, 2020

A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top. The background is slightly blurred, showing other gym equipment and a person in the distance. The lighting is warm and focused on the woman.

# ADULTS

Train with friends, play a sport, try a new class,  
and take care of the whole you.

The YMCA is here to help you get healthier,  
achieve your goals, and have fun while doing it.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 2 years to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day, Monday through Thursday, 5:45 PM to 8:30 PM and Saturdays, 10:00 AM to 2:00 PM, while you work out or take a class.

# GROUP EXERCISE CLASSES

We offer over 85 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

## CONDITIONING

### Active Resistance Training® ♦

A unique and intense workout for all levels created by Celebrity Trainer Terri Walsh. The ART Method fitness practice is entirely low-impact and uses 2 foam yoga blocks, a 'fitness vinyasa' and targeted, layered exercises to develop lean muscle and tone trouble zones in a fun new way! Become your own work of ART!

### Barre ♦

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

### Boot Camp ♦

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

### Core Training ♦

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

### Insanity® ♦

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

### Kettlebells ♦

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

### Stretching ♦

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

### Total Body Conditioning ♦

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

### TRX ♦

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

### Zumba® Toning ♦

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

## CARDIO

### Cardio Boxing ♦

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

### POUND ♦

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics, and isometric poses.

### Spin® ♦

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

## MIND/BODY

### Ashtanga Yoga ♦

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

### 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 ♦

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.

### Vinyasa Yoga ♦

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

### Family Yoga ♦

Bring the family and learn how to shape your mind and body with yoga for any age!

### Meditation ♦

Learn and practice meditation.

### PiYo™ ♦

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### Pilates Mat ♦

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury, and build strength and flexibility.

## DANCE

### Ballet ♦

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

### Ballroom Dance ♦

Learn the basics of ballroom including fox trot, waltz, swing, cha-cha, rumba, and tango.

### Belly Dance ♦

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

### Zumba® ♦

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

## MARTIAL ARTS

### Tai Chi ♦

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

### Adult Seido Karate

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance.

Fees	Member	Community
	\$105	\$170

### Advanced Tai Chi

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

Fees	Member	Community
	\$105	\$170

### ACTIVE OLDER ADULTS

#### AOA Sit Fit ♦

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

#### AOA Strength Training ♦

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

#### SilverSneakers® Classic ♦

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

### WATER EXERCISE

#### SilverSneakers® Splash ♦

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance, and coordination.

## 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 Shelby Conn at (718) 551-9357 or email [sconn@ymcanyc.org](mailto:sconn@ymcanyc.org) to schedule your appointment today!

#### YMCA Weight Loss Program ♦

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Shelby Conn at (718) 551-9357 or email [sconn@ymcanyc.org](mailto:sconn@ymcanyc.org) to sign up today!

#### Y Fit Start Program ♦

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, the Y Fit Start Program is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. The Y Fit Start Program will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12-week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program at our Membership Desk or set up an appointment with Shelby Conn at (718) 551-9357 or email [sconn@ymcanyc.org](mailto:sconn@ymcanyc.org).

#### LiveStrong ♦

Participants work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

### 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 Shelby Conn at (718) 551-9357 or email [sconn@ymcanyc.org](mailto:sconn@ymcanyc.org).

Fees	Member	Community
Bronze Package (1 Session)	\$70	\$95
Silver Package (6 Sessions)	\$360	\$525
Gold Package (12 Sessions)	\$660	\$1000
Platinum Package (24 Sessions)	\$1200	\$1975

**Buy 2 Sessions, Get 1 Free!**

**Pay just \$140 and receive 3 Personal Training Sessions.**

## MUSIC

### Beginner Guitar Lessons

Strum away on your first guitar as you fall in love with music. Guitars available.

Fees	Member	Community
	\$105	\$170

## 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.

#### Swim Strokes

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

Fees	Member	Community
	\$136	\$225

**“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**





AGES 0-6

# KIDS & FAMILY

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From preschool to family night to kids swimming classes, we offer something for all young New Yorkers and their families.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 2 years to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day, Monday through Thursday, 5:45 PM to 8:30 PM and Saturdays, 10:00 AM to 2:00 PM, while you work out or take a class.



**FAMILY**

Children ages 3 – 6 will find excitement and learning in our diverse, 8-week Enrichment Classes at the Flushing YMCA. With offerings each day, your child can continue their education after school with fun activities and experiments!

**Little Chefs**

Healthy & yummy recipes are introduced as children cook up a fun recipe every week. Children will prepare and enjoy different foods while measuring, counting, sharing, and learning about nutrition.

Cost Per 8 Week Session	Member	Community
	\$105	\$170

**Rumble and Tumble**

This class develops motor skills and movement awareness through stretching, tumbling, climbing, wiggling through our obstacle course, ball play and songs in a structured but exciting gym environment.

Cost Per 8 Week Session	Member	Community
	\$115	\$180

**Little Artists**

Kids will have a great time mixing paints and using different mediums while learning about various artists and basic drawing skills. A variety of projects will be created using different materials and techniques.

Cost Per 8 Week Session	Member	Community
	\$105	\$170

**Ready, Set, Read**

A reading readiness class, children are exposed to sight words, alphabet sounds and sounding out words. These skills are intended to help your child attain pre-reading skills.

Cost Per 8 Week Session	Member	Community
	\$105	\$170

**Drumming, Movement and Dancing Adventures**

Snap, clap, tap, swirl and sing! Take off on fun-filled musical adventures all around the world with drumming, dancing, singing and more!

Cost Per 8 Week Session	Member	Community
	\$105	\$170

**PRE-SCHOOL & SUMMER CAMP**

**Early Childhood Camp (Ages 3-5)**

Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. Each child receives a swimming lesson twice a week. Children must be toilet trained prior to their start of camp, as per our DOH licensing

Cost Per 2 Week Session	Member	Community
	\$550	\$625

**FREE FULL DAY PRE-K FOR ALL**

**Children born in 2016 (2020 – 2021 school year)**

Free for all residents of NYC, spots are limited, first come first served. The Pre-Kindergarten For All Program, is a quality program five days a week that is open to all children living in New York City and born in 2016. We focus on developing children by providing a safe, nurturing environment where they are intellectually, socially, and physically stimulated while participating in enriching and fun activities.

Children will be taught by highly qualified, certified teachers. The curriculum integrates learning centers with a theme-based approach to learning encouraging children to experiment, explore and pursue their own interests. Each classroom is equipped with Listening, Block, Math/Science, Library, Computer, Dramatic Play, Art, and Sand & Water Centers.

In addition to classroom activities the children will enjoy our own YMCA playground and swimming lessons in our small pool. Pre-K For All is a partnership with the New York City Department of Education and is licensed by the NYC Department of Health and Mental Hygiene. Pre-K For All runs Monday through Friday from 8:30 AM –2:50 PM. Lunch and afternoon snack are provided at no cost. Inquire about our extended hour programs.

**SWIM**

**Family Swim ♦**

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

**Swim 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.

Cost Per 8-Week Session	Member	Community
	\$114	\$175

**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.

Cost Per 8-Week Session	Member	Community
	\$114	\$175



AGES 5-12

# YOUTH

Summer camp. Youth sports. Art programs. The Y's fun and stimulating programs help kids build a healthy mind, body, and spirit.

## FREE CHILD WATCH

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 2 years to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day, Monday through Thursday, 5:45 PM to 8:30 PM and Saturdays, 10:00 AM to 2:00 PM, while you work out or take a class.

## SUMMER CAMP

### Day Camp (Ages 5-12)

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 three times a week in our on-premise pool. There are also weekly field trips, on-site petting zoo, pony rides and our own camp carnival! Every two weeks, campers showcase something they have learned or created in our Family Share.

Cost Per 2-Week Session	Member	Community
	\$550	\$625

## OFF-SITE AFTERSCHOOL PROGRAMS

### Y - After School Program PS 209

16-10 Utopia Parkway, Whitestone NY 11357

The Flushing YMCA offers after school services Monday-Friday 2:15pm-6:00pm for grades K-5 at PS 209 located in Whitestone Queens. The program offers homework assistance, creative arts, hands on project based learning, health and fitness activities and much more. The program is open to PS 209 students and to students in local neighboring elementary schools. Parents will have to arrange for transportation to and from the program at PS 209 if coming from another school.

**Ashley Abraham, Site Coordinator**

**P: 718-551-9372 or E: aabraham@ymcanyc.org**

### Beacon 189

144-80 Barclay Ave, Rm. 127 A • Flushing, NY 11355

FREE programs for ages 6-adult offered weekdays and Saturdays. Offerings may include: Martial Arts, Zumba, SAT Prep, SHSAT Prep, Basketball Clinic, Dancing, Teen Mentoring Programs, Leaders Club/ Jr. Leaders Club, Teens Take the City, Youth and Government, College & Career Access, Game Room & Rowe Scholars. Call or e-mail the program for updated schedules and offerings.

**Mercedes Rivas, Beacon Director**

**P: 718-961-6014 or E: mrivas@ymcanyc.org**

### Beacon 194

154-60 17th Ave, Rm. B7 • Whitestone, NY 11357

FREE programs for ages 6-adult offered weekdays and Saturdays. Offerings may include: Martial Arts, Zumba, SAT Prep, SHSAT Prep, Basketball Clinic, Dancing, Teen Mentoring Programs, Leaders Club/ Jr. Leaders Club, Teens Take the City, College & Career Access, Game Room & Rowe Scholars. Call or e-mail the program for updated schedules and offerings.

**Michelle Caban, Beacon Director**

**P: 718-747-3644 or E: mcaban@ymcanyc.org**

### Holiday Camp at PS209

Holiday Camp operates on certain closed school holidays from 8:00am-6:00pm. Campers will participate in sports, games, science activities, art projects, dance/music and movement and much more. In addition campers may also have an opportunity to attend a field trip to a museum, zoo, garden or park as well as swim in one of our swimming pools here at the YMCA.

Cost Per Session	Member	Community
	\$50	\$75

## SWIM

### Family Swim ♦

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

### Swim Basics

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

### 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 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.

Cost Per Session	Member	Community
	\$136	\$225

## SPORTS

### Basketball

Learn and master the basics of passing, dribbling and shooting. Also practice your offense and defense skills in fun scrimmages. For ages 5-12.

### Youth Soccer

Get the ball rolling and develop and improve your skills through engaging warm-ups, activities and games all while having fun. For ages 5-12.

Cost Per Session	Member	Community
	\$105	\$170

**MUSIC & DANCE**

**Pre-Ballet**

Ballet is an essential foundation for all dance. Your tot will learn the basics while having so much fun. For girls ages 3-6.

**Youth Ballet**

Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun! For ages 7-12.

**Break Dance**

This 8 week course will take students from the beginner footwork and uprock moves to the more stylish power moves such as handstands and freezes. Ages 6-14.

**Youth Beginner Guitar Lessons**

Strum away on your first guitar as you fall in love with music. For ages 8-12.

**K-Pop**

Come have fun dancing to the latest K-Pop songs! No previous experience required. K-Pop, short for "Korean pop music," has become a global phenomenon where the melody, concept, and choreography all come together to create an entertaining experience for all. For ages 5 - 15 years old.

Cost Per Session	Member	Community
	\$105	\$170

**Kid Zone ♦**

Come break a sweat with us while Mom and Dad break a sweat on the gym floor. For ages 4-12. Free with your family membership.

**Kids Bop ♦**

Designed exclusively for youth. These classes are rockin', high energy, fitness packed parties with specially choreographed, kid-friendly routines and all the music kids love, like hop-hop, pop, reggaeton, cumbia and more. Ages 5 - 12.

**MARTIAL ARTS**

**Youth Seido Karate**

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus, and balance. For ages 5-12. Uniforms can be purchased from the instructor.

Cost Per Session	Member	Community
	\$105	\$170

**MIND & BODY**

**Family Yoga ♦**

Bring the family and learn how to shape your mind and body with yoga for anyone ages 5 and up!



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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

**PLEASE GIVE TODAY.**

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





AGES 12-17

# TEENS

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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 (Beacon 189 & 194) ♦**

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. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcany.org.

**Teens Take the City (Beacon 189 & 194) ♦**

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. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcany.org.

**Youth & Government (Beacon 189 & 194) ♦**

Does your teen want to know how our democratic process works from the inside out? Starting with issues that stir their passions, Youth & Government teens learn to debate public policy, write legislation, and (simulate) taking over the State Legislature in Albany. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcany.org.

**Journalism Program (Beacon 189) ♦**

The “Y-Teen Magazine” is an intensive program where teens will learn the process of editing, writing, interviewing, and magazine production. Teens will choose their own topics and work closely with an instructor to refine their work, find their sources and set up their interviews. Once the writing process is complete, their work will be collected and put together to produce a magazine filled with all the fun and interesting things teens and adults alike can read and enjoy. For more information, please contact Frankie Carlucci, at 718-551-9375 or fcarlucci@ymcany.org.

**COLLEGE ACCESS & CAREER READINESS**

**Rowe Scholars ♦**

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

**FITNESS & SPORTS**

**Teen Basketball**

This 8 week program will take your young athlete through sport specific drills to make them a better player. Conditioning, strength, speed and game play are all addressed. Ages 13-17.

Cost Per Session	Member	Community
	\$105	\$170

**Teen Seido Karate**

Karate at the Y is all about teamwork, respect and patience—not combat or self-defense. For ages 13 -17. Uniforms can be purchased from the instructor.

Cost Per Session	Member	Community
	\$105	\$170

**Teen Cardio Boxing ♦**

Let’s throw punches in bunches as you learn to jab and hook in boxing class. This class is offered as either once a week or twice a week. For ages 12-17.

**SUMMER CAMP**

**Teen Camp (Ages 12-16)**

Teen Camp is for young people who are currently enrolled in middle school 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!

Cost Per 2-Week Session	Member	Community
	\$550	\$625

**MUSIC & DANCE**

**Youth Beginner Guitar Lessons**

Strum away on your first guitar as you fall in love with music. For ages 8-12.

**K-Pop**

Come have fun dancing to the latest K-Pop songs! No previous experience required. K-Pop, short for “Korean pop music,” has become a global phenomenon where the melody, concept, and choreography all come together to create an entertaining experience for all. For ages 5 - 15 years old.

Cost Per Session	Member	Community
	\$105	\$170

**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.

Cost Per Session	Member	Community
	\$136	\$225

**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.

Cost Per Session	Member	Community
	\$136	\$225

A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful, patterned swimsuit. She is leaning over the edge of a pool, her arms resting on the grey metal grate. The water is a vibrant blue, and in the background, another person is partially visible, also in the water. The overall scene is bright and cheerful, capturing a moment of fun and activity.

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

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

– Lindsay, YMCA of Greater New York Member

# STAGES OF LEARNING

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

**I** Infant & Toddler  
6 mos.—3 yrs.

**P** Preschool  
3—5 yrs.

**S** School Age  
5—12 yrs.

**A** Teen & Adult  
12+ yrs.


**SWIM STROKES**  
Skills to support a healthy lifestyle

**PATHWAYS**  
Specialized tracks


**4**  
**STROKE INTRODUCTION**  
**P S A**

**5**  
**STROKE DEVELOPMENT**  
**S A**


**6**  
**STROKE MECHANICS**  
**S A**



**COMPETITION**



**LEADERSHIP**



**RECREATION**

**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.

**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 (6 MONTHS - 5 YEARS)

#### Preschool Parent & Child Swim Starters Lesson Fees

Member	\$114 per session
Community	\$175 per session

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.

#### Stage A: Water Discovery (6-18 months)

#### Stage A: Water Discovery (18-36 months)

#### Stage B: Water Exploration (6-36 months)

#### Stage 1: Water Acclimation with Parent (3-5 years)

### PRESCHOOL SWIM BASICS (3 - 5 YEARS)

#### Pre-School Swim Lesson Fees

Member	\$114 per session
Community	\$175 per session

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

#### Stage 1: Water Acclimation

#### Stage 2: Water Movement

#### Stage 3: Water Stamina

#### Stage 4: Stroke Introduction

### YOUTH SWIM BASICS (5 - 12 YEARS)

#### Youth Swim Lesson Fees

Member	\$136 per session
Community	\$225 per session

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

#### Stage 1: Water Acclimation

#### Stage 2: Water Movement

#### Stage 3: Water Stamina

### SWIM STROKES (5 - 12 YEARS)

#### Youth Swim Lesson Fees

Member	\$136 per session
Community	\$225 per session

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.

#### Stage 4: Stroke Introduction

#### Stage 5: Stroke Development

#### Stage 6: Stroke mechanics

### PATHWAYS

#### Teen & Adult Swim Lesson Fees

Member	\$136 per session
Community	\$225 per session

#### Aquatic Conditioning

In this class we build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly. We offer a variety of workouts and drills with an instructor on deck. The lanes vary by the swimmers' ability and speed. Aquatic Conditioning is not a "learn to swim" program, but we do offer the opportunity for participants to receive instruction on technique.

**TEEN & ADULT (12-18+ YEARS)**

Teen & Adult Swim Lesson Fees	
Member	\$136 per session
Community	\$225 per session

**Stage 1: Water Acclimation**

**Stage 3: Water Stamina**

**Stage 5: Stroke Development**

**YMCA SWIM TEAM**

The Flushing Flyers Swim Team is a competitive team that holds meets against other YMCAs and swim clubs. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

For more information please contact Felix Hor at (718) 551-9359 or fhor@ymcanyc.org

**PRIVATE SWIM LESSONS**

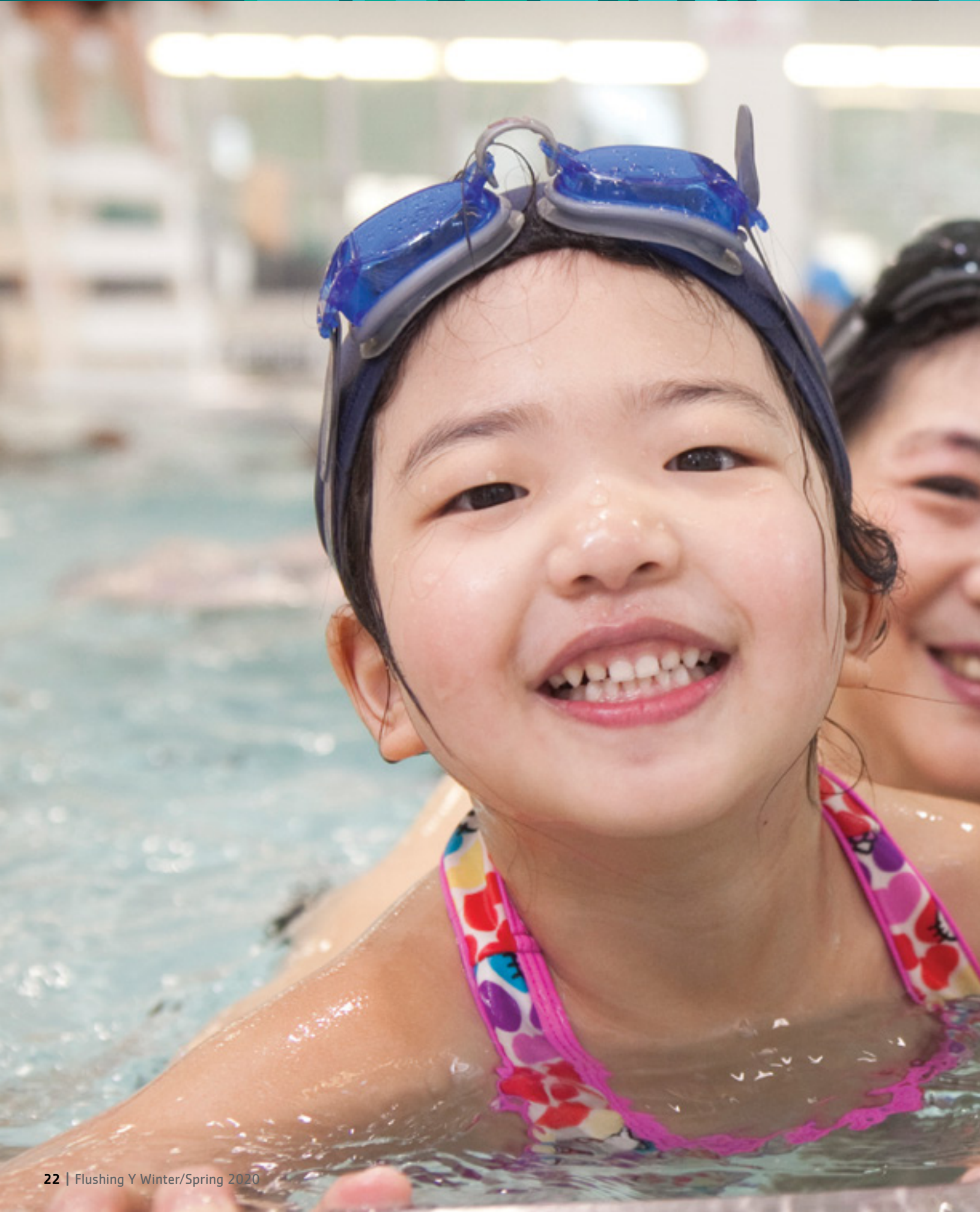
Private Swim Lesson Fees (per participant)		
	Member	Community
Single	\$55	\$95
5 Pack	\$245	\$440
10 Pack	\$440	\$850

**SEMI-PRIVATE SWIM LESSONS**

Semi-Private Swim Lesson Fees (per participant)		
	Member	Community
Single	\$45	\$55
5 Pack	\$215	\$265
10 Pack	\$395	\$510

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private and Semi-Private lessons are for people of all ages who are interested in developing their water skills and safety on all levels. All lessons are 30 minutes long and Semi-Private lessons are limited to 2 participants only. To register, please contact the Aquatics Department at fhor@ymcanyc.org or 718-551-9359 .





# SAFE POOLS HAVE RULES

## GENERAL YMCA POOL RULES

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

## YMCA FAMILY AND YOUTH SWIM RULES

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

## NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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



NYC YMCA  
SUMMER CAMP

# SUMMER CAMP

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

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

\*Offers cannot be combined



# DAY CAMP

## Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

## Camp Hours

9:00 am – 5:00 pm

Extended hours available.

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

## Early Childhood Camp (Ages 3–5)

**Summer is the time to play, grow, and celebrate all the joys only summer can bring!** Early Childhood Camp is for children from age 3 up to 5.8 years old. Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development, preparing them for upcoming PreK For All (or other full-day) programming. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities, with each week having its own theme. They also participate in our on-site petting zoo and camp carnival. Campers will be supervised by highly qualified, certified teachers. The curriculum integrates learning centers with a theme-based approach to learning encouraging children to experiment, explore and pursue their own interests.

Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Campers also enjoy our cool, airconditioned classrooms and peanut/tree nut-sensitive facility. Each child receives a swimming lesson twice a week. Children must be toilet trained prior to their start of camp, as per our DOH licensing.

### Cost Per 2 Week Session

Member	\$550	Community	\$625
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## Day Camp (Ages 5-12)

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

Our Day Camp includes a wide range of sports, instructional wimming, 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 three times a week in our on-premise pool. There are also weekly field trips, on-site petting zoo, pony rides and our own camp carnival! 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 activities are geared to be fun and build lifetime memories!**  
**\*\*\* New Trips for 2020\*\*\***

### Cost Per 2 Week Session

Member	\$550	Community	\$625
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## 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 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.

### Cost Per 2 Week Session

Member	\$550	Community	\$625
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### Swim Camp (Ages 7-12)

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

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

When they are not swimming, campers participate in traditional camp activities including field trips, art, and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence. Swim campers participate in core traditional camp activities.

#### Cost Per 2 Week Session

Member	\$625	Community	\$700
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### Sports Camp (Ages 7-12)

Summer is amazing when you are active and have friends and coaches cheering you on! Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of baseball, basketball, soccer, 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).

#### Cost Per 2 Week Session

Member	\$600	Community	\$675
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### Dance Camp (Ages 8-10)

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.

#### \*\*\* New Trips for 2020\*\*\*

#### Cost Per 2 Week Session

Member	\$600	Community	\$675
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### Science Camp with "Mad Science of New York" (Ages 8-10)

In collaboration with Mad Science of New York, Flushing YMCA is happy to introduce Science Camp. Grab your lab coat, goggles and your curiosity as we engage in scientific explorations! Science Camp's curriculum emphasizes creativity and hands-on learning in an environment that encourages teamwork, problem solving, and responsibility.

The key topics of Science Camp are:

- **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!

#### \*\*\* New Trips for 2020\*\*\*

#### Cost Per 2 Week Session

Member	\$625	Community	\$700
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## SLEEPAWAY CAMP

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

### Camp Season

June 28 – August 29

One- and two-week sessions available

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

## TRADITIONAL SLEEPAWAY CAMPS

### Camp Greenkill (Ages 7–13)

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

### Camp Talcott (Ages 9–14)

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

## TEEN SLEEPAWAY CAMPS

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

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

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

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



## SPECIALTY SLEEPAWAY CAMPS

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

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

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

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

### World Teen Camp (Ages 12–16)

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

# CODE OF CONDUCT

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

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

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

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

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





# EXERCISING COURTESY

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

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

# JOIN THE Y

## MEMBERSHIP INFORMATION

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

### MEMBERSHIP RATES

Membership Types	Flushing Y	City-wide	Joiner's Fee
Adult (18 - 64)	\$72/mo.	\$109/mo.	\$100
Senior (65+)	\$57/mo.	\$89/mo.	\$100
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$88/mo.	\$129/mo.	\$100
Teen (12 - 17)	\$315/yr.	n/a	\$100
Youth (up to 11)	\$215/yr.	n/a	\$100
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$57/mo.	\$89/mo.	\$100

\*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE. CITY-WIDE JOINER'S FEE IS \$125 FOR ALL MEMBERSHIPS.

### 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.\*

#### Flushing YMCA Family & Household Base Price – \$88/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$42/mo. Third Adult: \$58/mo.

\*SOME LIMITS APPLY. A MAXIMUM OF THREE INDIVIDUALS 18-26 CAN BE ADDED TO A MEMBERSHIP. A MAXIMUM OF TWO ADDITIONAL ADULTS 27+ CAN BE ADDED. THE FAMILY & HOUSEHOLD MEMBERSHIP IS NOT AVAILABLE ONLINE DUE TO THE CUSTOMIZABLE OPTION. FINANCIAL ASSISTANCE IS AVAILABLE.

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

### STAFF LISTING

Tiffany Dunbar – Executive Director  
718-551-9355, [tdunbar@ymcanyc.org](mailto:tdunbar@ymcanyc.org)

David White – Membership Sales & Engagement Director  
718-551-9367, [dawhite@ymcanyc.org](mailto:dawhite@ymcanyc.org)

Lorna Blancaflor – New Americans Initiative Director  
718.551.9351, [lbiancaflor@ymcanyc.org](mailto:lbiancaflor@ymcanyc.org)

Frankie Carlucci – Sr. Director, Youth & Family  
718-551-9375, [fcarlucci@ymcanyc.org](mailto:fcarlucci@ymcanyc.org)

Lois Rothstein – Early Childhood Director  
718-551-9356, [lrothstein@ymcanyc.org](mailto:lrothstein@ymcanyc.org)

Shelby Conn – Sports & Healthy Lifestyles Director  
718-551-9357, [sconn@ymcanyc.org](mailto:sconn@ymcanyc.org)

Julian Simmons – Guest Rooms Coordinator  
718-551-9350, [jsimmons@ymcanyc.org](mailto:jsimmons@ymcanyc.org)

Felix Hor – Aquatics Director  
718-551-9359, [fhor@ymcanyc.org](mailto:fhor@ymcanyc.org)

Orlando Rivera – Interim Property Director  
718-739-6600 – [orivera@ymcanyc.org](mailto:orivera@ymcanyc.org)

Felicia Bostwick – Interim Business Manager  
718-215-6950 – [fbostwick@ymcanyc.org](mailto:fbostwick@ymcanyc.org)

Joey Rodriguez – Fund Development & Communications Director  
718-551-9358, [jorodriguez@ymcanyc.org](mailto:jorodriguez@ymcanyc.org)

### HOLIDAY HOURS

**Christmas Eve**  
Tuesday, December 24, 2019 7:00 AM – 3:00 PM

**Christmas Day**  
Wednesday, December 25, 2019 CLOSED

**New Year's Eve**  
Tuesday, December 31, 2019 7:00 AM – 3:00 PM

**New Year's Day**  
Wednesday, January 1, 2020 8:00 AM – 8:00 PM

## POLICY OF NON-DISCRIMINATION

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

## MEMBERSHIP CANCELLATION

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

## MEMBERSHIP TRANSFER

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

## MEMBERSHIP GUARANTEE

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

## MEMBERSHIP CARD

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

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

### LOST CARDS

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

## MEMBERSHIP HOLDS

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

## PAYMENT OPTIONS & INFORMATION

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

## GUEST AND DAY PASSES

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

## CAMERA POLICY

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

## 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 make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

## PROGRAM WITHDRAWALS

Credits will only be issued if withdrawal takes place before the first class. Credits will not be issued after the first week of classes unless due to medical reasons. There is a \$10 processing fee for all credits and refunds. Refund requests for medical will be granted at the discretion of the department director.

## LOCKER ROOMS

- Individuals have the right to use the restroom or locker room that matches their gender identity or expression.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of a different gender.
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.

## CLASS CANCELLATION 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.

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

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

# 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 registration/pre-testing & class schedules, got to:  
[ymcanyc.org/newamericans](http://ymcanyc.org/newamericans)



# 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](http://ymcanyc.org/livestrong)

LIVESTRONG  
FOUNDATION







# Healthy Kids Day<sup>®</sup>

**AWAKEN  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**



## THE 2020 CENSUS IS COMING!

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

### WHY IS IT IMPORTANT?

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

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

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





# 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.

138-46 Northern Blvd  
Flushing, NY 11354  
718-551-9350  
[ymcanyc.org/Flushing](http://ymcanyc.org/Flushing)

 @FlushingY

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

 @FlushingY