

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

WE ARE Y

# PROGRAM & CLASS GUIDE

**GREENPOINT YMCA  
WINTER/SPRING 2020**



99 Meserole Avenue  
Brooklyn, NY 11222  
212-912-2260  
[ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint)

**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	•	•
Free Weight Room	•	•
Over 75 FREE weekly group exercise classes	•	•
FREE YMCA Weight Loss Program	•	•
Y Fit Start (FREE 12-week fitness program)	•	•
Swimming Pool	•	•
Locker rooms with sauna	•	•
Basketball court	•	•
Yoga Studio	•	•
FREE Child Watch	•	•
FREE WiFi	•	•
FREE Adult Sports	•	•
Customizable Family & Household Memberships		•
FREE family classes		•
FREE teen orientation to the fitness center		•
FREE teen programs		•
FREE family events		•



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## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday - Friday: 5:00 AM - 12:00 AM  
 Saturday: 5:00 AM - 12:00 AM  
 Sunday: 5:00 AM - 10:00 PM

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

Family Member: December 7, 2019  
 Member: December 14, 2019  
 Community: December 21, 2019

### WINTER SESSION DATES

January 2, 2020 - February 23, 2020

### SPRING I REGISTRATION DATES

Family Member: February 1, 2020  
 Member: February 8, 2020  
 Community: February 15, 2020

### SPRING I SESSION DATES

February 24 - April 26, 2020

### SPRING II REGISTRATION DATES

Family Member: April 4, 2020  
 Member: April 11, 2020  
 Community: April 18, 2020

### SPRING II SESSION DATES

April 27 - June 21, 2020

**Dear Greenpoint 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**

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

# ADULTS

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

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

## **FREE CHILD WATCH**

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

## GROUP EXERCISE CLASSES

We offer over 75 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

### CONDITIONING

#### Boot Camp ♦

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

#### 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!

#### P90X ♦

Power through a full-body workout that will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning, and core work.

#### Total Body Conditioning ♦

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

#### Train Like an Athlete ♦

Athletic drills create an intense workout to get your performance to the next level.

#### 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.

### CARDIO

#### Cardio Kickboxing ♦

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

#### Interval Training ♦

High intensity cardio alternated with recovery periods of lower cardio intensity.

#### Spin® ♦

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

#### Spin Orientation ♦

Learn appropriate bike settings and body alignment.

### MIND/BODY

#### Gentle Yoga ♦

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

#### Gentle Flow Yoga ♦

A relaxing style of yoga that is intended to be healing and nurturing for the body.

#### Hatha Yoga ♦

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

#### Power Yoga ♦

An athletic-based yoga class with challenging movements.

#### Vinyasa Yoga ♦

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

#### Yoga ♦

A type of exercise in which you move your body into various positions to become more fit and flexible to improve your breathing and to relax your mind.

#### Meditation ♦

Discover your inner silence and calm through this introduction to meditation. A variety of techniques experienced during our classes are designed to relax and recalibrate the mind.

#### 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

#### 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

#### Shotokan Karate

Shotokan is a karate practice that teaches self-defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique.

#### 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.

#### Tai Chi Sword ♦

An ancient form of mind body exercise that uses purposeful, slow movements with the use of a sword.

### WATER FITNESS

#### Water Aerobics ♦

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

### ACTIVE OLDER ADULTS

#### 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.

## WELLNESS PROGRAMS

Whatever your goals, the Y helps you find your way toward better health and wellness. Talk to our staff to find what's right for you.

### New Member Orientation ♦

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact the Greenpoint YMCA at 212-912-2260 or email Kayla, Healthy Lifestyles Director, at [kgordon@ymcany.org](mailto:kgordon@ymcany.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 Kayla, Healthy Lifestyles Director, at [kgordon@ymcany.org](mailto:kgordon@ymcany.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 Kayla at [kgordon@ymcany.org](mailto:kgordon@ymcany.org).

### Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. For more information, contact our Member Services staff at 212-912-2260 or Kayla, Healthy Lifestyles Director, at [kgordon@ymcany.org](mailto:kgordon@ymcany.org).

### New Members Special

# Sessions	3		
New Members must purchase within the first month of membership.	\$135		

### Private

# Sessions	1	5	10
Member	\$73	\$335	\$600
Community	\$88	\$408	\$745

### Semi-Private

# Sessions	1	5
Member	\$85	\$385
Community	\$105	\$480

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

## SWIM

### Adult Swim ♦

Whether you are just learning to swim or are an accomplished swimmer, we have something for you. Lap swim and recreational swim are available throughout the day for adults. Please see our pool schedules online.

### YMCA Swim Lessons

#### Swim Basics

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 24)

#### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 25)

#### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 26)

### Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 5)



## SPORTS

### Adult Basketball League

Basketball season consists of eight weeks of regular season games plus a single elimination playoff series. We provide divisions for beginner, recreational, and competitive players. Ages 18+.

For more information about our basketball leagues, please contact Kayla Gordon at 212-912-2260 or [kgordon@ymcany.org](mailto:kgordon@ymcany.org).

Runs July 1 - September 30 and October 1 - December 31.

### Adult Basketball ♦

Have fun, get competitive, and make new friends by playing basketball at the Y. Check our gym schedule for open basketball gym time. Ages 18+.

### Boxing

Learn the fundamentals of boxing like jabbing, slipping, uppercut, footwork, etc., all the while developing the core strength and physical stamina to start training like a fighter. This is class is for the beginner, intermediate and skilled fighter. Sessions are half hour each.

#### Private

# Sessions	1	2	5
Member	\$45	\$75	\$185
Community	\$55	\$85	\$195

#### Semi-Private

# Sessions	1	2	5
Member	\$60	\$90	\$200
Community	\$70	\$100	\$220

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

### Indoor Soccer ♦

A great place to play indoor soccer in a positive active environment. Ages 18+.

### Volleyball ♦

Play the game of volleyball with access to an on-site instructor for any questions on technique in a non-competitive fun atmosphere. Ages 18+.





**AGES 0-4**

# **KIDS & FAMILY**

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

## **FREE CHILD WATCH**

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.



**FAMILY**

**Baby and Me Yoga (Ages 1-10 months) ♦**

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality while incorporating their baby in the process. It also provides an opportunity to build relationships with other new parents. Included in a family membership.

**Tot and Me Yoga (Ages 10-24 months) ♦**

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality while incorporating their child in the process. It also provides an opportunity to build relationships with other new parents. This yoga class is designed for parents and their little cruisers. Included in a family membership.

**Family Gym ♦**

Spend time as a family playing basketball, gym games, or just running around. The Y gym is open for family gym time several times per week. Included in a family membership. Check our gym schedule for specific times at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick up a schedule at the Greenpoint Y.

**Youth and Family Swim ♦**

The perfect time for you and your family to relax and play in the water every week! Family Swim is offered several times per week for all ages in the family to spend time together in our pool. Included in a family membership.

**Dive In Movies ♦**

Enjoy 45 minutes of family swim time in our pool, then grab some snacks, lay down a blanket, and enjoy a family-friendly movie in the gym. You can choose to do one or both activities. Select Saturdays at the Greenpoint Y. The event is free for Y family members. If not a Y member, enjoy this event with a guest pass, limit three per year. Complimentary pizza provided for kids.

Family Swim            3:30 PM - 5:00 PM  
 Family Movie           5:00 PM - 7:00 PM

Date		Dive In Movie
December 14,	2019	The Polar Express
January 11,	2020	Trolls
February 8,	2020	Mulan
March 14,	2020	Wall-E
April 11,	2020	A Bug's Life
May 9,	2020	Rio
June 13,	2020	Lilo & Stitch

**Family Events ♦**

Family events at the Y allow families a time and a place to come together to have a good time, participate in a variety of fun activities, share, communicate and strengthen their relationships, and meet other families. They are usually scheduled on the weekend. Activities include family fitness, arts and crafts, games, and music. Annual events include Healthy Kids Day, Fall Spooktacular, Winter Wonderland and more.

Date		Family Event
December 15,	2019	Winter Wonderland
April 18,	2020	Healthy Kids Day

**YMCA AND LIBRARY**

**Babies and Books (Ages 0-18 months)**

Enjoy books, songs, and play. For babies birth to 18 months and their parents or caregivers. Free to the community. Thursdays 10-10:30 am.

**Toddler Time (Ages 18-36 months)**

Hear great picture books read aloud, discover delightful fingerplays, and play with other children during this library time dedicated to active toddlers. What is your child learning? Your toddler learns nine new words a day! Hearing stories, songs, and rhymes help develop your child's vocabulary. Free to the community. Tuesdays 10-10:30 am.

**PRE-SCHOOL**

**Separation Program Classes (Ages 2)**

Our curriculum is designed to promote the growth and development of the "whole child." We believe in an active learning method curriculum in which teaching strives to involve students in the learning process more directly and where the motivation to learn is authentic. Classes focus on the social-emotional, cognitive, and physical development of each child as an individual and with a group. The classes are intended to serve as a gateway to Preschool. Our ultimate goal is that each child has a positive first school experience.

Our classes provide:

- A warm and inviting atmosphere
- Age-appropriate learning centers.
- A large indoor space to play and explore
- Experienced and friendly staff
- Small class size: 12-16 participants

The Y offers three enrichment classes per week —Mondays, Wednesdays, and Fridays from 9 am to 12 pm each day. Each one day session is one month. The program runs on the NYC Board of Education Calendar. Drop off only.

The classes take place at the Greenpoint YMCA, 99 Meserole Avenue, Brooklyn, NY 11222.

Payment is due before the start of the program.

# of classes/month	3 classes
Family Member	\$357
Community	\$459

Applications are available at the Member Services Desk at the Greenpoint Y branch located at 99 Meserole Avenue (off Manhattan Avenue), Brooklyn, NY 11222. To register, please submit a completed application with payment. The program has a rolling registration. For more information, please contact Linda Leahy at [lleahy@ymcanyc.org](mailto:lleahy@ymcanyc.org).

### A Window into the Imagination

Mondays 9 am - 12 pm.

We will bring the children’s imagination to life through literature, reading and puppetry! What happens when you read a book? You open a window to wonder and excitement! You create new adventures and ask, “What if...?”

In this 12-week session, children will document the stories they read in a reading journal and talk about the things they love most about the story. They will create a Book of Books with the instructor that will have room for them to add additional details. This component will support children’s language development in both expressive language and receptive language.

### Explore the Arts

Wednesdays 9 am - 12 pm

Children will explore different ways they can express themselves through art, music and movement and dance.

How do children express themselves? Some have language, others react to situations, and others may withdraw into themselves.

In this fun, messy, hands-on 12-week session, we will explore different means of expression. Using a variety of materials, the children will learn to create and what it means to add dimension to ordinary art. How to bring something to “life!” They will be working toward an art portfolio that they will bring home at the end of their session.

### Explore & Discover through Chemical Reaction/ Interaction

Fridays 9 am - 12 pm

Children will explore their world through their five senses. They will do this through cooking activities and science experiments. What happens when you mix two things? Can any two things be mixed? Do we always get the same result? Why are the results different? How do things change from one thing to another?

In this 12 week session, children will discover the properties of matter and how they can be combined with some interesting, tasty, and explosive effects! Children will work with the instructor to help create a science journal to document their experiments.

## EARLY CHILDHOOD PROGRAM

### About the program (Ages 2 – 4)

The Early Childhood Center at the Polish & Slavic Center focuses on the developmental needs of each child to foster intellectual, emotional, physical and social growth. The Greenpoint YMCA Early Childhood Center (ECC) is a unique program for children ages 2-4, which blends academic, physical, and emotional development in equal parts. It is a progressive and challenging curriculum based on the latest research in education and psychology. Social, emotional, physical and cognitive growth is fostered through a balanced, developmentally-appropriate program. All learning is tailored to individual needs and conducted through play and hands-on activities.

### What sets us apart?

YMCA teachers approach each day with imagination, innovation, and research-driven practices. We offer a play-based program so that children can explore and begin to develop ideas through their experience with the materials. Our curriculum is designed to promote the growth and development of the “whole child.” The program focuses on the social-emotional, cognitive, and physical development of each child as an individual.

Children learn from hands-on experiences with materials and interactions with their peers and teachers. Activities are child-centered and developmentally appropriate to foster learning through exploration, adventure, and play. Children are encouraged to make choices, ask questions, and to problem solve. Our ultimate goal is that each child has a positive first school experience.

### Highlights

- Serves children ages 2-4
- Half, full or school day options
- Low teacher to student ratio
- Highly qualified and experienced teachers
- Nationally-accredited and state-licensed
- Scholarships available
- Swimming once a week (3-4 years old)
- Music to enhance creativity and learning
- Wellness, Fitness, and Nutrition
- Reading with the Greenpoint Library
- Neighborhood trips
- Afterschool programs

### Registration Process

Before entering the program, an annual medical record must be completed with a doctor’s signature and stamp. Medical forms are valid for one year. Children must be fully potty trained to qualify for enrollment. Applications are available at the Member Services Desk at the Greenpoint Y branch located at 99 Meserole Avenue (off Manhattan Avenue), Brooklyn, NY 11222. To register, please submit a completed application with payment.

### Waitlist

Currently, our Early Childhood program has a waitlist. To be placed on the waitlist, children must be eligible to enter our program by the following September. Parents or guardians may place a child on our waitlist between September and December. There is a \$25 fee to place a child

on the waitlist. The list expires each June, and each child’s name must be resubmitted to request a slot for the following school year. The waitlist for the 2020-2021 school year opens on August 30, 2019 at 8 am. People on the waitlist will be contacted the following January.

**Location**

The Greenpoint YMCA Early Childhood Center is located at the Polish & Slavic Center at 176 Java Street, 2nd Floor, Brooklyn, NY 11222. Telephone: 212-912-2267.

**Schedule**

Our program runs Monday-Friday from 8 am-6 pm. The program follows the Department of Education calendar.

**Tuition**

Tuition is due on the 15th of the month prior to care. All payments made after the 15th are subject to a \$25 late fee. There are no refunds or credits issued for missed days or holidays.

**Fees**

Fees for the 2019-2020 school year which runs from September - June are listed below. Rates are subject to change.

	Schedule	Times	Cost*/ Month
<b>AGES 3-4</b>	5 Full Days   M-F	8 am - 6 pm	\$1,345
	5 School Days   M-F	8 am - 3 pm	\$1,165
	3 Full Days	8 am - 6 pm	\$1,130
	2 Full Days	8 am - 6 pm	\$ 860
<b>AGE 2</b>	5 Full Days   M-F	8 am - 6 pm	\$1,440
	5 School Days   M-F	8 am - 3 pm	\$1,225
	3 Full Days	8 am - 6 pm	\$1,225
	3 School Days	8 am - 3 pm	\$1,015
	2 Full Days	8 am - 6 pm	\$ 940
	2 School Days	8 am - 3 pm	\$ 855

**EARLY CHILDHOOD ENRICHMENT CLASSES**

September-June | Early Childhood Enrichment classes are an opportunity for children 3-4 years old to explore specific areas of interest in hands-on and interactive ways. Classes are open to both those enrolled in our Early Childhood program, as well as those in the broader community. Classes are “drop-off,” meaning little ones attend independently to build social skills and confidence.

Fees	Pay in Full 12 wk session	3 Monthly Installments 12 wk session
One Class	\$ 210	\$ 70
Two Classes	\$ 420	\$140
Three Classes*	\$ 630	\$210

\*If you register for all three classes, you will receive an enrichment on Tuesday and Thursday as part of the package.

**Dare to Imagine! (Ages 3-4)**

Children will explore their imagination through books and storytelling. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

Day/Time **Monday 1-2PM**

**Dare to Create! (Ages 3-4)**

Children explore the arts through different means of expression. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

Day/Time **Wednesday 1-2PM**

**Dare to Discover! (Ages 3-4)**

Children will discover and examine chemical reactions and interactions through science experiments. For those already in the Early Childhood program, the children are brought to class by their teachers. Ratio 1:12.

Day/Time **Friday 1-2PM**

**SUMMER CAMP**

**Early Childhood Camp (Ages 2-4)**

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. (See Camp section p. 29)

**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 (Ages 6 – 36 months)**

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children. (See Swim section p. 24)

**Swim Basics (Ages 3 – 5)**

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 24)



## SPORTS

### Soccer (Ages 2 – 3)

Learn the basics of the game while having fun with your peers. Basic drills and technique will be covered in this active class. Ratio 1:15. Fee-based.

### Youth Karate

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

## CELEBRATE WITH THE GREENPOINT YMCA

### BIRTHDAY PACKAGES

#### Pool Party

What better way to celebrate your child's birthday than with a pool party! We offer exclusive use of our pool with a certified lifeguard. Noodles and bubbles/backpacks will be available for your enjoyment. Your child and up to 20 participants will enjoy one (1) hour in the pool and one (1) hour in their very own YMCA private party room. Cancellation policy applies.

For more information, contact Jazzmine Randolph, Aquatics Director at [jrandolph@ymcanyc.org](mailto:jrandolph@ymcanyc.org) or call (212) 912-2275. To book your rental space, contact our Member Service Representatives at 212-912-2260 Monday through Sunday from 9 AM -5 PM.

#### Gym Party

We offer the exclusive use of our gym for a child's birthday party. Basketballs, volleyballs, hula hoops, and obstacle course equipment are available depending on the age of the children. Your child and up to 20 participants will enjoy one (1) hour in the gym and one (1) hour in their very own YMCA private party room. Cancellation policy applies.

For more information, contact Kayla Gordon, Healthy Kifestyles Director at [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org) or call (212) 912-2263. To book your rental space, contact our Member Service Representatives at 212-912-2260 Monday through Sunday from 9 AM -5 PM.

## FREQUENTLY ASKED QUESTIONS:

### When do I pay for my party?

To book the party space, a payment in full is required at the time of the booking.

### What is the last day that I can make changes to my party?

The last day to make changes to your party is the Monday before your party. You will be receiving a phone call from the party coordinator to confirm the details of your party. Any changes after that date may not be made in time for the party and may be liable to an additional fee (in the case of add-ons).

### What other food options are available? Can I bring my own?

You are able to bring any food you would like or have it delivered to the branch. Please be aware Sternos and anything which requires fire (except for candles on cake) is not permitted. If you are ordering food you are required to inform the party coordinator in advance.

### Does the gym party come with an instructor?

You can have a gym party with or without an instructor. There is a separate fee if you would like an instructor.

### What type of activities are offered in the gym party?

You have a choice of soccer, basketball or other activities. Please speak to the party coordinator to decide on the activities you would like to have.



Room Choice/ Time	Family Member	Member	Community
Pool per hour Sundays   3:30-4:30 pm	\$200	\$220	\$235
Gym per hour (without instructor) Sundays   3:30-4:30 pm	\$295	\$344	\$393
Gym per hour (with instructor) Sundays   3:30-4:30 pm	\$345	\$395	\$443
Party Room Sundays   4:45-5:45 pm	\$82	\$94	\$109
Combo: One (1) hour pool + one (1) hour party room  Sundays 2:30-3:00 pm   Set-Up 3:30-4:30 pm   Pool 4:45-5:45 pm   Party Room	\$273	\$300	\$343
Combo: One (1) hour gym (without instructor) + One (1) hour party room  Sundays 2:30-3:00 pm   Set-Up 3:30-4:30 pm   Gym 4:45-5:45 pm   Party Room	\$360	\$421	\$491
Combo: One (1) hour gym (with instructor) + One (1) hour party room  Sundays 2:30-3:00 pm   Set-Up 3:30-4:30 pm   Gym 4:45-5:45 pm   Party Room	\$410	\$470	\$541



A young girl with braided hair, wearing a white t-shirt and colorful floral leggings, is smiling and hula hooping with a blue hoop in a gymnasium. In the background, another child is hula hooping with a yellow hoop, and a basketball hoop is visible. The gymnasium has a high ceiling with exposed beams and lights.

AGES 5-12

# YOUTH

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

## FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

## FAMILY

### Family Gym ♦

Spend time as a family playing basketball, gym games, or just running around. The Y gym is open for family gym several times per week. Included in a family membership. Check our gym schedule for specific times at [ymcany.org/greenpoint](http://ymcany.org/greenpoint) or pick up a schedule at the Greenpoint Y.

### Youth and Family Swim ♦

The perfect time for you and your family to relax and play in the water every week! Family Swim is offered several times per week for all ages in the family to spend time together in our pool. Included in a family membership.

### Dive In Movies ♦

Enjoy 45 minutes of family swim time in our pool, then grab some snacks, lay down a blanket, and enjoy a family-friendly movie in the gym. You can choose to do one or both activities. Select Saturdays at the Greenpoint Y. The event is free for Y family members. If not a Y member, enjoy this event with a guest pass, limit three per year. Complimentary pizza provided for kids.

Family Swim 3:30 PM - 5:00 PM

Family Movie 5:00 PM - 7:00 PM

Date		Dive In Movie
December 14,	2019	The Polar Express
January 11,	2020	Trolls
February 8,	2020	Mulan
March 14,	2020	Wall-E
April 11,	2020	A Bug's Life
May 9,	2020	Rio
June 13,	2020	Lilo & Stitch

### Family Events ♦

Family events at the Y allow families a time and a place to come together to have a good time, participate in a variety of fun activities, share, communicate and strengthen their relationships, and meet other families. They are usually scheduled on the weekend. Activities include family fitness, arts and crafts, games, and music. Annual events include Healthy Kids Day, Fall Spooktacular, Winter Wonderland and more.

Date		Family Event
December 15,	2019	Winter Wonderland
April 18,	2020	Healthy Kids Day

## AFTERSCHOOL

### Y Compass Afterschool at McCarren Play Center

September-June | Free Program.

Funded by the Department of Youth and Community Development and in partnership with the NYC Department of Parks, this FREE afterschool program is designed to provide high-quality afterschool programming. Our staff will develop and facilitate activities in the areas of STEM, Theater, Art, Literacy, Sports, and Health and Nutrition. Trips, homework help, and family programming will be offered throughout the year.

If you are interested in this program, please pick up an application at the Greenpoint YMCA and submit once completed to our Member Service representative. If the program is full, you can place your child(ren) on the waitlist for any seats that might become available. Original applications must be submitted. Applications will be available at the Greenpoint YMCA branch located at 99 Meserole Avenue, Brooklyn, New York 11222. An updated medical form must be on file no later than the first day of the program.

For more information about the program, contact Gia Harris, Compass Director at 212-912-2260 or [giharris@ymcany.org](mailto:giharris@ymcany.org).

### Y Afterschool at the Greenpoint Y (SACC)

September-June | The Greenpoint Y provides a safe and fun place for children to learn and build meaningful adult and peer relationships. The focus is placed on our values of respect, responsibility, honesty, and caring. Our program offers a variety of activities using the project-based learning model. We offer homework help, projects in math and science, physical fitness, recreational activities, swimming, and other fun activities. Projects culminate in events or activities where students may showcase their work and sharpen their presentation skills.

Our qualified staff is trained in CPR and First Aid. Upon registration, the child must have a youth membership, \$179/year. In addition, a \$100 non-refundable deposit is required, which will be applied to the June tuition. Monthly payment is due on the 15th of the month prior to care. There are no refunds or credits issued for missed days.

The program will provide daily pick-up from PS 31 and PS 34. Children in kindergarten and Pre-K will continue to be picked up at PS31 and PS34 and walked to our Early Childhood Center located at 176 Java Street.

Location: Greenpoint YMCA  
99 Meserole Avenue  
Brooklyn, NY 11222

For more information, please contact the Member Services Desk at 212-912-2260.

Monthly fees*	Family Member	Community Member
5 days per week	\$ 378	\$ 433
3 days per week	\$ 291	\$ 346
2 days per week	\$ 230	\$ 285

\*Fees are subject to change. Fees are for the 2019-2020 school year from September -June.

**CAMPS**

**Holiday Camp (Ages 5-12)**

On most occasions when public schools are closed, we have a holiday camp! Whether you're working, in need of childcare or need to run errands, our camp is here for you. Our friendly and trained staff run workshops on arts and crafts, games and theme-based play for a fun-filled day. Payments must be made in full before the first day of camp. Holiday Camp days run Monday through Friday from 8 am -6 pm.

**Fees per day\* (2019-2020 school year)**

Family Member	\$ 40
Youth Member	\$ 60
Community	\$ 80

\*Fees are subject to change.

Holiday Camp 2019-2020	Date	# Days
Winter Recess	12/26-31	4 days
Dr. Martin Luther King Jr. Day	1/20	1 day
Mid-Winter Recess	2/17-21	5 days
Spring Recess	4/13-17	5 days

**Holiday Camp Half Days**

On select half days, children enrolled in our SACC afterschool program are offered half day care for an additional cost. Unfortunately, we are not able to offer this to the public or enrichment participants. Advanced registration is required.

**Recess Swim Camp (Ages 5-12)**

Recess swim camp is offered during longer school recess periods and is designed for children of all levels. Children are grouped according to skill proficiency and mastery. Children also participate in fun, enrichment activities such as group games, arts and crafts, and health, nutrition, and movement activities. Children will participate in one swim lesson per day at the Greenpoint Y pool. Camp runs Monday-Friday from 8 am - 6 pm.

Recess Camp 2019 -2020	Dates	# Days
Winter Recess	12/26-12/31	4 days
Mid-Winter Recess	2/17-21	5 days
Spring Recess	4/13-17	5 days

**Cost per week session (must register for five days)**

Member	\$255
Community	\$405

**Day Camp (Ages 5-12)**

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

See all our Summer Camp options on p. 29.

**SWIM**

**Family Swim ♦**

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

**Swim Basics**

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 24)

**Swim Strokes**

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 25)

**Pathways**

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 26)

**KIDS ENRICHMENT PROGRAM**

Our Just For Kids Enrichment Classes are designed to allow parents to build their afterschool program for children ages 4-12. Sign up for a class as a stand-alone activity or use the program to enrich your child's experience in our traditional Y afterschool program on select days.

Enrichment classes will be offered during the hours of 3 pm -6 pm, Monday through Friday. Children who attend our SACC program will be escorted to their classes. Children may also be dropped off at their class by a parent or guardian. Regular session dates apply.

To maintain the continuity and progressive nature of the classes, registration for enrichment classes will not be permitted after the second week of the session. Class offerings may change each session and are subject to change based on enrollment. Class cost, dates and times vary. Please refer to the enrichment schedule at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) or pick one up at the Greenpoint Y branch. For more information, please contact Kayla Gordon, Healthy Lifestyles Director at [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org) or call (212) 912-2260.

**Enrichment Fees, Refund, Credit and Make-Up Policy**

Requests for refunds can be made by completing a refund request form at the Member Service Desk. All refunds are subject to approval by the Program Director. Refunds will be given for canceled classes. Refunds will not be given for missed classes due to illness or travel.

Enrichment fees are due upon registration and before the start of the class. Fees are non-refundable after the first week of the session. All pick-up and extended day fees are non-refundable.

For cancellation or refund to be processed, the parent must submit a credit/refund form at the Member Service Desk located at the Greenpoint Y branch. If a class is terminated without submitting a credit/refund form, no credit/refund will be considered. Cancellation cannot be made by phone, email or written notes. Credit will not be offered for absences. The enrichment program runs from September through June.



## FITNESS & SPORTS

### Soccer (Ages 4-6)

Learn the basics of the game while having fun with your peers. Basic drills and technique will be covered in this active class. Ratio 1:15. Fee-based.

### Soccer (Ages 7-11)

Learn the basics of the game while having fun with your peers. Basic drills and technique will be covered in this active class. Ratio 1:15. Fee-based.

### Basketball (Ages 4-6)

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

### Basketball (Ages 7-12)

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

### Yoga (Ages 7-12)

A playful, creative and fun, functional movement combined with mind-body work. Fee-based.

### Youth Shotokan Karate Beginner (Ages 4-12)

Shotokan is one of the oldest styles of karate in Japan. This rich traditional style utilizes both hands and feet to defend yourself. We are a member of the Shotokan Karate Federation and have regular testing and tournaments. Fee-based.

### Youth Shotokan Karate Advanced (Ages 7-12)

Shotokan is one of the oldest styles of karate in Japan. This rich traditional style utilizes both hands and feet to defend yourself. We are a member of the Shotokan Karate Federation and have regular testing and tournaments. Fee-based.

## DANCE AND MOVEMENT

### Ballet (Ages 4-5)

Your child will learn the fundamentals of ballet at an appropriate age level. Girls will need leotards, tights, and ballet shoes. Boys will need shorts, t-shirts, and ballet shoes. Ratio 1:10. Fee-based.

### Hip Hop (Ages 6-12)

Participants will be introduced to rhythmic dance movement based on modern pop culture and will also get into the fundamentals of old-

school hip-hop. We welcome all levels to learn our cool choreography. Ratio 1:10. Fee-based.

### Tumbling & Acro (Ages 4-6)

This class is an introduction to gymnastics fundamentals. Children will enjoy developing their gymnastics skills with progressive and fun lessons, activities and training. Ratio 1:8. Fee-based.

### Tumbling & Acro (Ages 7-12)

This class is for those comfortable with the gymnastics fundamentals. Children will enjoy developing their gymnastics skills with progressive and fun lessons, activities and training. Ratio 1:10. Fee-based.

## MUSIC

### Keyboard/ Piano (Ages 6-12)

Children will learn basic piano skills using both hands including five-finger position, scales, progressions, fingering techniques, and accompaniment, as well as basic music theory including notes, rhythm, harmony, and form. Fee-based.

## ART

### Puppetry and Mask Making (Ages 4-6)

Building forms is a great way to explore 3-dimensionality and develop fine motor skills. Using a variety of materials such as felt, cloth, found and recycled objects, children will create puppets and masks of their design. They will explore storytelling through the production of performing characters and their environments. Fee-based.

### Exploring 3D Art (Ages 7-12)

A combined class to teach the elements of line, composition, and shading, which will prepare students to understand the principles of art, and that they will be able to utilize when sculpting their figurative art. Fee-based.

### Chess (Ages 7-12)

Learn a game you can play for life! Kids learn the basics of chess and strategies. Fee-based.

## FORIGN LANGUAGE

### Spanish (Ages 7-12)

Children learn a foreign language in this hands-on, interactive class using songs and a variety of games. Fee-based.

**“I’ve been a YMCA member for 25 years. It’s been our family’s go-to place since my daughter was old enough to bounce a ball. She’s done basketball, dance, karate, summer camp, the list goes on. The Y is truly a staple in our community.”**

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



AGES 12-17

# TEENS

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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 ♦

Tomorrow's leaders can get started in our leadership incubation program. These clubs give teens the opportunity to improve their leadership and social skills, while giving back to the community.

### Teens Take the City ♦

This dynamic civic engagement program, focusing specifically on NYC government, offers teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community.

### Youth & Government ♦

Does your teen want to know how our democratic process works from the inside out? Starting with issues that stir their passions, Youth & Government teens learn to debate public policy, write legislation, and (simulate) taking over the State Legislature in Albany. Not available at the Greenpoint Y.

### Global Teens ♦

Explore the world with the YMCA! Our leadership development and service learning program engages teens in a year-long empowering international experience culminating with a summer service abroad experience.

## COLLEGE ACCESS & CAREER READINESS

### Rowe Scholars ♦

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. Not available at the Greenpoint Y.

## FITNESS & SPORTS

### Teen Fitness Orientation (Ages 12-17) ♦

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

### Teen Center (Ages 12 - 17) ♦

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors.

## SWIM

### Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 24)

### Swim Strokes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 25)

### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 26)



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 over the edge of a pool, her arms resting on the grey metal grate. The water is a vibrant blue-green, and in the background, another person is partially visible, also in the water. The overall scene is bright and positive, 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**

**Endurance**  
any stroke or combination  
of strokes, 25 yd.

**Front crawl**  
rotary breathing, 15 yd.

**Back crawl**  
15 yd.

**Dive**  
sitting

**Resting stroke**  
elementary backstroke,  
15 yd.

**Tread water**  
scissor & whip kick,  
1 min.

**Breaststroke**  
kick, 15 yd.

**Butterfly**  
kick, 15 yd.

**Endurance**  
any stroke or combination  
of strokes, 50 yd.

**Front crawl**  
bent-arm recovery, 25 yd.

**Back crawl**  
pull, 25 yd.

**Dive**  
kneeling

**Resting stroke**  
sidestroke, 25 yd.

**Tread water**  
scissor & whip kick,  
2 mins.

**Breaststroke**  
25 yd.

**Butterfly**  
simultaneous arm action  
& kick, 15 yd.

**Endurance**  
any stroke or combination  
of strokes, 150 yd.

**Front crawl**  
flip turn, 50 yd.

**Back crawl**  
pull & flip turn,  
50 yd.

**Dive**  
standing

**Resting stroke**  
elementary backstroke  
or sidestroke, 50 yd.

**Tread water**  
retrieve object  
off bottom. tread 1 min.

**Breaststroke**  
open turn, 50 yd.

**Butterfly**  
25 yd.



**COMPETITION**



**LEADERSHIP**



**RECREATION**

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

## ADULT & FAMILY SWIM

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

## SWIM LESSONS

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

### SWIM STARTERS

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children.

Swim Starters Lesson Fees	
Member	\$120
Community	\$212

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

Sunday 9:30 am - 10:00 am

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

Saturday 9:15 am - 9:45 am

#### Water Exploration Gym/Swim Parent/Child 6-36 months

Monday 11:00 am - 11:30 am

#### Water Exploration Art/Swim Parent/Child 6-18 months

Saturday 10:00 am - 10:30 am

### 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 Basics Lesson Fees	
Member	\$120
Community	\$212

#### Stage 1 Water Acclimation Parent/Preschool Child (3-5 yrs)

Sunday 10:00 am - 10:30 am

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

Tuesday 3:30 pm - 4:00 pm  
 Wednesday 3:30 pm - 4:00 pm  
 Saturday 10:40 am - 11:10 am  
 Saturday 11:20 am - 11:50 am  
 Sunday 10:40 am - 11:10 am

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

Saturday 12:40 pm - 1:25 pm  
 Saturday 1:35 pm - 2:20 pm

#### Stage 1 Water Acclimation Adult

Sunday 12:40 pm - 1:25 pm

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

Tuesday 4:10 pm - 4:40 pm  
 Thursday 3:30 pm - 4:00 pm  
 Saturday 10:40 am - 11:10 am  
 Saturday 11:20 am - 11:50 am  
 Sunday 11:20 am - 11:50 am

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

Thursday 4:10 pm - 4:55 pm  
 Saturday 12:40 pm - 1:25 pm  
 Saturday 2:30 pm - 3:15 pm

#### Stage 2 Water Movement Adult

Sunday 12:40 pm - 1:25 pm

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

Tuesday 4:50 pm - 5:20 pm  
 Saturday 11:20 am - 11:50 am  
 Saturday 12:00 pm - 12:30 pm  
 Sunday 12:00 pm - 12:30 pm

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

Wednesday 4:10 pm - 4:55 pm  
 Saturday 1:35 pm - 2:20 pm

◆ Included in Membership | Members get priority registration





**SWIM STROKES**

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

Swim Strokes Lesson Fees	
Member	\$120
Community	\$212

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

Tuesday 4:10 pm - 4:40 pm

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

Wednesday 5:05 pm - 5:50 pm  
Saturday 12:40 pm - 1:25 pm  
Saturday 1:35 pm - 2:20 pm  
Saturday 2:30 pm - 3:15 pm

**Stage 4  
Stroke Introduction  
Adult**

Monday 7:00 pm - 7:45 pm

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

Thursday 5:05 pm - 5:50 pm  
Thursday 6:00 pm - 6:45 pm

**Stage 5  
Stroke Development  
Adult**

Wednesday 7:00 pm - 7:45 pm

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

Monday 4:30 pm - 5:15 pm

**PRIVATE AND SEMI-PRIVATE  
LESSONS**

If you are a little anxious around the water or just want to improve your swimming skills, a YMCA certified swim instructor can be just what you need to get comfortable in the water or help you achieve your swimming goals.

**Private | Based on 1/2 hour sessions**

# Sessions	1	5	10
Member	\$50	\$187	\$363
Community	\$75	\$285	\$546

**Semi-Private | Based on 1/2 hour sessions**

# Sessions	1	5	10
Member	\$60	\$278	\$537
Community	\$97	\$421	\$833

Please check our swim schedule at [ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint) for swim days and times.

**RECESS SWIM CAMP**

Recess swim camp for ages 7-12 is offered during longer school recess periods and is designed for children of all levels. Children are grouped according to skill proficiency and mastery. Children also participate in fun, enrichment activities such as group games, arts and crafts, and health, nutrition and movement activities. Children will participate in one swim lesson per day at the Greenpoint Y pool. Camp runs Monday-Friday from 8 am - 6 pm.

Recess Camp 2019 -2020	Dates	# Days
Winter Recess	12/26-12/31	4
Mid-Winter Recess	2/17-21	5
Spring Recess	4/13-17	5

**Cost per week session (must register for five days)**

Member	\$255
Community	\$405



**PATHWAYS**

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

**Aquatics Conditioning**

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. **Recommended age ranges:** school-age youth (8–12 yrs.), teens and adults (12+ yrs.), depending on swim ability.

Tuesday 5:30 pm - 6:50 pm

**Endurance, Sports, and Games**

Continues to build endurance on all major competitive strokes and encourages aquatic sports and games as a part of a healthy lifestyle. **Recommended age ranges:** school-age youth (8–12 yrs.), teens and adults (12+ yrs.) depending on swim ability

**Aquatic Leaders Club:  
Lifeguard Development**

Encourages leadership development in the area of aquatic safety with a goal to prepare and motivate participants to become lifeguards through a separate certification course. - Coming Soon! **Recommended age range:** School-aged youth and teens (11–16 yrs.)

**YMCA LIFEGUARD CERTIFICATION**

This is a national certification, which includes CPR, First Aid, and Oxygen. Participants must successfully complete prerequisite swim skills and be 16 years of age.

**YMCA SWIM TEAMS**

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

**Bedford-Stuyvesant YMCA Piranhas**

**Cross Island YMCA Barracudas**

**Flushing YMCA Flyers**

**McBurney YMCA Manta Rays**

**West Side YMCA Piranhas**



# 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.





# 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 – 6:00 pm

Extended hours available.

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

## Early Childhood Camp (Ages 2-4)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is for children from age 2 up to 4 years old. Campers have the same fun as the big kids, but they stay closer to home. Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities that 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 (ages 3 years and up), outdoor play, music and movement, and interactive science, language, and literacy activities, with each session having a separate theme. Staff members experienced in engaging with preschoolers understand the importance of productive adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their communities. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut sensitive facility. Each child ages 3 and up receives a swimming lesson once a week at the Greenpoint Y pool. Children must be toilet trained prior to their start of camp, as per our DOH licensing. Camp location: Y Early Childhood Center at 176 Java St.

### Cost Per 2 Week Session

Ages 2	Member	\$802	Community	\$933
Ages 3-4	Member	\$771	Community	\$896

## Kinder Camp (Ages 4-5)\*

A fun summer is a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten in September 2020. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper.

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

Camp location: PS 84 at 250 Berry St.

\*For children entering Kindergarten only.

### Cost Per 2 Week Session

Member	\$648	Community	\$744
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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 swimming, arts and crafts, and themed days such as “Superhero Day.” Each session features a different theme where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers receive swim lessons once a week at the Greenpoint Y pool. Also, there is one field trip per session by bus where campers get a chance to learn about their communities. Campers showcase something they have learned or created during our annual Spirit Day competition.

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 allows campers 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! Camp location: PS84 at 250 Berry Street, Brooklyn, NY 11249

### Cost Per 2 Week Session

Grasshopper (age 5**)	Member	\$578	Community	\$744
Bumblebee (ages 6-7)	Member	\$510	Community	\$744
Firefly (ages 8-9)	Member	\$484	Community	\$744
Dragonfly (ages 10-12)	Member	\$478	Community	\$744

\*\*For children who have completed kindergarten.



**Progressive Swim Camp (Ages 7-12)**

(Age 7-9 and age 10-12 groups; instruction tailored according to individual skill set.)

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

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

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

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

When they are not swimming, campers participate in core traditional camp activities including sports, field trips, art, and literacy activities. Our activities and interactions emphasize building self-esteem and self-confidence. Camp Location: PS 84, 250 Berry St., Brooklyn, NY. Sessions 1,2, and 3 only.

**Cost Per 2 Week Session**

Member	\$692	Community	\$796
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**Basketball Camp (Ages 7-12)**

The non-stop action and high-scoring games make basketball one of the most exciting sports out there! Did you know the game of basketball was created in 1891 at a YMCA by Dr. James Naismith? Our Basketball Camp is designed to help players perfect their dribbling, passing, shooting, defense, and offense skills, according to their age and level of expertise. All ability levels are welcome. Campers learn the history and rules, all while practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed while strengthening their appreciation for a strong work ethic. The skills and habits emphasized in our basketball camp are designed to help campers become the most complete player possible. Sports Camp staff have a background and/or education in coaching sports.

When campers are not playing basketball, they engage in Day Camp activities, including field trips, arts and crafts, and swimming once per



week at the Greenpoint Y pool. Camp Location: PS 84, 250 Berry St., Brooklyn, NY. Sessions 1 and 2 only.

**Cost Per 2 Week Session**

Member	\$692	Community	\$796
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**Soccer Camp (Ages 7-12)**

Gooooooooooooo! Soccer is quickly becoming the most popular sport for kids! The teamwork learned, and physical fitness achieved, give players a selfconfidence that transcends beyond the soccer field. Soccer camp gives basic to intermediate instruction for all participants, teaching dribbling, passing, and shooting skills, while also highlighting the game’s history and rules. Of course, the fun never stops with campers practicing their techniques in mini-games!

Our soccer camp helps campers explore the values of teamwork, good sportsmanship, and motivating each other to succeed while strengthening their appreciation for a strong work ethic. The skills and habits emphasized in our soccer camp are designed to help campers become the most complete player possible. Soccer Camp staff have a background and/or education in coaching sports. When campers are not playing soccer, they engage in Day Camp activities, including field trips, arts and crafts, and swimming once per week at the Greenpoint Y pool. Camp Location: PS 84, 250 Berry St., Brooklyn, NY. Sessions 3 and 4 only.

**Cost Per 2 Week Session**

Member	\$692	Community	\$796
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**Creative Arts and Theater Camp (Ages 6-8)**

Immerse your camper in the world of arts! Campers are grouped by age and receive specialist-led instruction in drama, music, and creative arts. Campers learn different styles and techniques with a focus on foundational skill building, development of original material, rehearsal, and performance. Each two-week session culminates with a special event for family and friends. When not creating art, our campers engage in Day Camp activities, including field trips, sports, teambuilding activities, and swimming once per week at the Greenpoint Y pool. Camp Location: PS 84, 250 Berry St., Brooklyn, NY. Sessions 1,2,3, and 4.

**Cost Per 2 Week Session**

Member	\$692	Community	\$796
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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 SLEPAWAY CAMPS

### Camp Greenkill (Ages 7-13)

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

### Camp Talcott (Ages 9-14)

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

## TEEN SLEPAWAY CAMPS

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

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

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

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

## SPECIALTY SLEPAWAY CAMPS

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

We offer progressive training techniques for all skill levels and positions. We also offer plyometric and weight training opportunities for qualified campers. Our camp includes six indoor courts with sport court floors, outdoor grass courts, and an athletic training room. Certified athletic trainers are on site and medical attention is available



24/7. Teams are offered teambuilding activities, and all athletes enjoy the opportunity to engage in traditional camp activities during the times of day they are not training.

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

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

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

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

# CODE OF CONDUCT

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

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

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

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

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







# EXERCISING COURTESY

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

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

# JOIN THE Y

## MEMBERSHIP INFORMATION

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

### MEMBERSHIP RATES

Membership Types	Greenpoint Y	City-wide	Joiner's Fee
Adult (18 - 64)	\$57/mo.	\$109/mo.	\$80
Senior (65+)	\$50/mo.	\$89/mo.	\$30
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$77/mo.	Starting at \$129/mo.	\$80
Teen (12 - 17)	\$297/yr.	n/a	\$0
Youth (up to 11)	\$179/yr.	n/a	\$0
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$50/mo.	\$89/mo.	\$30

\*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE. GUEST PASS \$25.

### 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.\*

#### Greenpoint YMCA Family & Household Base Price – \$77/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$30/mo. Third Adult: \$46/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

Kendall Charter – Executive Director  
x 4402, [kcharter@ymcanyc.org](mailto:kcharter@ymcanyc.org)

Tatiana Terzuoli – Fund Development and Communications Director  
x 4406, [tterzuoli@ymcanyc.org](mailto:tterzuoli@ymcanyc.org)

Danielle Peterson – Business Manager  
x 4411, [dapeterson@ymcanyc.org](mailto:dapeterson@ymcanyc.org)

Natasha Persaud – Membership & Healthy Lifestyles Director  
x 4404, [npersaud@ymcanyc.org](mailto:npersaud@ymcanyc.org)

Shevonne Greene – Youth & Family Director  
x 4408, [sgreene@ymcanyc.org](mailto:sgreene@ymcanyc.org)

Linda Leahy – Early Childhood Director  
x 4407, [l Leahy@ymcanyc.org](mailto:l Leahy@ymcanyc.org)

Kayla Gordon – Healthy Lifestyles Director  
x 4403, [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org)

Jazzmine Randolph – Aquatics Director  
x 4415, [jrandolph@ymcanyc.org](mailto:jrandolph@ymcanyc.org)

### HOLIDAY HOURS

#### Christmas Eve

Tuesday, December 24 5:00 AM - 3:00 PM

#### Christmas Day

Wednesday, December 25 CLOSED

#### New Year's Eve

Tuesday, December 31 5:00 AM - 3:00 PM

#### New Year's Day

Wednesday, January 1 5:00 AM - 12:00 AM

#### Memorial Day

Monday, May 25 5:00 AM - 3:00 PM

#### Independence Day

Saturday, July 4 5:00 AM - 3:00 PM



## POLICY OF NON-DISCRIMINATION

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

## MEMBERSHIP CANCELLATION

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

## MEMBERSHIP TRANSFER

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

## MEMBERSHIP GUARANTEE

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

## MEMBERSHIP CARD

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

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

### LOST CARDS

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

## MEMBERSHIP HOLDS

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

## PAYMENT OPTIONS & INFORMATION

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

## GUEST AND DAY PASSES

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

## CAMERA POLICY

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

## LOCKER ROOMS

- Individuals have the right to use the

restroom or locker room that matches their gender identity or expression.

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

## CLASS CANCELLATION & INCLEMENT WEATHER POLICY

In order to ensure quality programming, the YMCA may cancel any program that does not meet enrollment requirements. The YMCA makes every effort possible to keep the Y and its programs running during periods of inclement weather. On the rare occasion that the Y closes due to the weather, we are unable to offer a refund, credit, or make-up classes.

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

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



# YMCA GUEST ROOMS

## AFFORDABLE + FULL SIZE GYM & POOL + CONVENIENT!

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

### GET MORE AND PAY LESS WHEN YOU STAY AT THE GREENPOINT YMCA!

Enjoy the full-service fitness center including access to the swimming pool, sauna, and cardiovascular and strength training studios. Meet fellow travelers and locals in our guest lobby.

For travelers who are on the go, we are conveniently located near the underground train lines (G), which run 24 hours a day. A 15 minute ride will take you to midtown Manhattan, and a short walk from there will take you to the heart of Manhattan and hotspots like Times Square, the Empire State Building, and Rockefeller Center.

Stay in the neighborhood and admire one of the most culturally diverse and vibrant sections of Brooklyn, all for an affordable price.

Room types are private singles and doubles. Upgrade to our newly renovated deluxe rooms, which include flat screen TVs and cable. Guests share semi-private bathrooms, which are conveniently located on each floor.

### AMENITIES

- ✓ Free unlimited WiFi (in common areas on floors)
- ✓ Clean linens & towels provided
- ✓ No curfew or lockout
- ✓ Rooms are equipped with air-conditioning
- ✓ 24-hour security
- ✓ Safe deposit box
- ✓ Free tourist information and maps
- ✓ Guests enjoy special discounts at participating local businesses

Please Note:

Check-in after 3pm, Check-out by 11am.

For current rates & special offers or to book your stay, contact contact Natasha Persaud at [npersaud@ymcanyc.org](mailto:npersaud@ymcanyc.org) or 212-912-2260.

EMAIL [npersaud@ymcanyc.org](mailto:npersaud@ymcanyc.org)

OR CALL 212-912-2260

# HOME AWAY FROM HOME

The Greenpoint Y provides a great opportunity and value for visitors to experience one of New York City's most coveted neighborhoods. Our YMCA offers clean, comfortable and tranquil accommodations in the heart of one of the most culturally diverse and vibrant sections of Brooklyn, all for an affordable price.

## NEIGHBORHOOD

The Greenpoint and Williamsburg neighborhood is home to some of the best restaurants, bars, and shopping. Visitors can visit New York City on a budget while enjoying the many attractions right here in Greenpoint and Williamsburg. Stay with us and enjoy the friendly service, comfortable accommodations, and diverse culture.

## ACCOMMODATIONS/AMENITIES

- Single and double rooms
- Shared bathrooms
- Daily housekeeping service
- Air-conditioning in Deluxe rooms
- TV
- Free WiFi
- Non-smoking rooms
- Non-smoking property
- Computer Room
- Vending machines (snacks)
- 24-hour reception
- Safe deposit box

All guests staying at a YMCA of Greater NY branch will be charged a \$5 Daily Guest Room membership fee per night, per room, which provides each registered guest with use of the following member benefits. Schedules are in the lobby or online at [ymcanyc.org/Greenpoint](http://ymcanyc.org/Greenpoint).

- Lap and recreational swimming pool
- Locker rooms and showers plus sauna
- Gymnasium

- Group exercise classes
- Cardio and weight rooms
- Dedicated Spin Room

## TRANSPORTATION

Connections with mass transit via G subway line, and bus lines B62, B43, B48, and B24. Easy access to airports, and accessible by train, bus and East River Ferry. Fifteen minutes to Manhattan.

## GENERAL INFORMATION

### Check In/ Check Out

Check in time: 15:00 (3:00 pm)  
 Check out time: 11:00 (11:00 am)

If you arrive before 15:00 check-in time, you may store your luggage with us at no charge. Luggage tickets are available at the Member Service Desk.

### Identification

All guests over the age of 18 must complete a registration card and provide valid Government-Issued ID.

### Lost Key

There is a fee for a lost key.

### Safe Deposit Box

A safe deposit box is available at the Member Service desk. There is no extra charge for this service.

### Lost & Found

Lost and found articles are located at the Member Service Desk.

### Evacuation Instructions

Fire evacuation instructions are posted on the back of the door of each room.

### Visitors

Visitors are not allowed upstairs at any time.

### Restrooms/ Towels

The 2nd floor has restrooms for men and women. The 3rd floor has restrooms for women. All restrooms are secure; guests will receive a bathroom code from the front desk at the start of their stay. Please wear appropriate attire while in the hallway. Please leave used towels in your room.

### Housekeeping

Service is provided daily unless otherwise requested. Housekeeping hours are between 9:00 am and 4:00 pm. Please contact the Member Service Desk if you require any services.

### Smoking

All rooms are non-smoking. There will be a fine of \$100.00 if you smoke anywhere in the building. There is no smoking in front or on the side of the property.

### Security

All guests must show their room key upon entering the lobby to their guestrooms. Only guests currently staying at the hotel can proceed upstairs. We provide security 24 hours a day.

### Noise/ Quiet Hours

Quiet hours should be observed inside and outside of your room after 22:00 (10:00 pm). Music should be played at a reasonable volume.

### Facility Access

Guests can use our fitness facility. Please show your room key at the Member Service Desk to gain access to the fitness area. Swim caps are required in the pool and are available for sale at the Member Service Desk. Pool and class schedules are available at the Member Service Desk.

### Vending Machines

Located in the lobby and the 3rd floor.

### Water Fountains

Located in the lower level, lobby and 2nd Floor.



## RATES

Type of Room	# of Guests	Weekday Daily*	28 Days*
Economy Room   1 Person	1	\$ 65	\$1,512
Deluxe Room   1 Person	1	\$ 85	\$2,122
Deluxe Room   2 People	2	\$100	\$2,450
Deluxe Room   3 People	3	\$115	\$2,950
Deluxe Room   4 People	4	\$123	\$3,170

Daily Storage Fee \$5 | Overnight Storage Fee: \$25

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

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



## LIVESTRONG AT THE YMCA

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

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

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

**LIVESTRONG**  
FOUNDATION



# YMCA NEW AMERICANS WELCOME CENTERS

Our multilingual resource and referral centers provide immigrant families and community members with a wide array of instructional, vocational, recreational, family support, and social services including:

- English as a Second Language
- Cultural Orientation
- Citizenship Preparation
- Job Readiness
- Computer Literacy
- Adult Literacy
- High School Equivalency Test (formerly GED) Preparation

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



## HOW TO CONTROL YOUR BLOOD PRESSURE

Nearly 80 million adults have high blood pressure in America. Less than half have it under control. The YMCA's Blood Pressure Self-Monitoring Program can help.

The four-month program supports adults with hypertension in lowering and managing their blood pressure. With support from trained heart coaches, participants will:

- Monitor blood pressure at home
- Receive personalized consultations
- Attend nutrition seminars

Visit [ymcanyc.org/bloodpressure](http://ymcanyc.org/bloodpressure) for more information or call 212-912-2524.



# Healthy Kids Day®

**AWAKEN  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**



## THE 2020 CENSUS IS COMING!

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

### WHY IS IT IMPORTANT?

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

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

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





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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

## PLEASE GIVE TODAY.

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







# BRANCH LOCATIONS

## MANHATTAN BRANCHES

### Chinatown YMCA

273 Bowery  
New York, NY 10002  
212.912.2460

### Harlem YMCA

180 West 135th Street  
New York, NY 10030  
212.912.2100

### McBurney YMCA

125 West 14th Street  
New York, NY 10011  
212.912.2300

### Vanderbilt YMCA

224 East 47th Street  
New York, NY 10017  
212.912.2500

### West Side YMCA

5 West 63rd Street  
New York, NY 10023  
212.912.2600

## BRONX BRANCH

### Bronx YMCA

2 Castle Hill Avenue  
Bronx, NY 10473  
212.912.2490

## BROOKLYN BRANCHES

### Bedford-Stuyvesant YMCA

1121 Bedford Avenue  
Brooklyn, NY 11216  
718.789.1497

### Coney Island YMCA

2980 West 29th Street  
Brooklyn, NY 11224  
718.215.6900

### Dodge YMCA

225 Atlantic Avenue  
Brooklyn, NY 11201  
212.912.2400

### Flatbush YMCA

1401 Flatbush Avenue  
Brooklyn, NY 11210  
718.469.8100

### Greenpoint YMCA

99 Meserole Avenue  
Brooklyn, NY 11222  
212.912.2260

### North Brooklyn YMCA

570 Jamaica Avenue  
Brooklyn, NY 11208  
212.912.2230

### Park Slope Armory YMCA

361 15th Street  
Brooklyn, NY 11215  
212.912.2580

### Prospect Park YMCA

357 Ninth Street  
Brooklyn, NY 11215  
718.768.7100

## QUEENS BRANCHES

### Cross Island YMCA

238-10 Hillside Avenue  
Bellerose, NY 11426  
718.551.9300

### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718.551.9350

### Jamaica YMCA

89-25 Parsons Blvd.  
Jamaica, NY 11432  
718.739.6600

### Long Island City YMCA

32-23 Queens Blvd.  
Long Island City, NY 11101  
718.392.7932

### Ridgewood YMCA

69-02 64th Street  
Ridgewood, NY 11385  
212.912.2180

### Rockaway YMCA

207 Beach 73rd Street  
Arverne, NY 11692  
718.215.6950

## STATEN ISLAND BRANCHES

### Broadway YMCA

651 Broadway  
Staten Island, NY 10310  
718.981.4933

### South Shore YMCA

3939 Richmond Avenue  
Staten Island, NY 10312  
718.227.3200

### YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue  
Staten Island, NY 10312  
718.948.3232

### YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue  
Staten Island, NY 10304  
718.981.4382

## HUGUENOT, NY (SLEEPAWAY CAMP)

### New York YMCA Camp

160 Big Pond Road  
Huguenot, NY 12746  
845.858.2200

## ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600



**YMCA OF GREATER  
NEW YORK**

Where there's a Y,  
there's a way.

Greenpoint YMCA  
99 Meserole Avenue  
Brooklyn, NY 11222  
212-912-2260

**[ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint)**

 @greenpointymca

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

 @greenpointymca