

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

HARLEM YMCA
WINTER/SPRING 2020

180 West 135th Street
New York, NY 10030
212-912-2100
ymcanyc.org/harlem



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

WHY THE Y

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration	●	●
State-of-the-art fitness center	●	●
Over 70 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Swimming Pool	●	●
Sauna and Steam rooms	●	●
Basketball court	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
FREE towel service	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family changing room		●

212-912-2100 harlem@ymcanyc.org ymcanyc.org/harlem

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HOURS OF OPERATION

OPEN 364 DAYS A YEAR

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

Saturday: 6:00 AM - 8:00 PM

Sunday: 8:00 AM - 8:00 PM

2020 SESSION & REGISTRATION DATES

WINTER REGISTRATION DATES

Member: December 14, 2019

Community: December 21, 2019

WINTER SESSION DATES

January 2, 2020 - February 23, 2020

SPRING I REGISTRATION DATES

Member: February 8, 2020

Community: February 15, 2020

SPRING I SESSION DATES

February 24 - April 26, 2020

SPRING II REGISTRATION DATES

Member: April 11, 2020

Community: April 18, 2020

SPRING II SESSION DATES

April 27 - June 21, 2020

SUMMER REGISTRATION DATES

Member: June 13, 2020

Community: June 20, 2020

SUMMER SESSION DATES

June 29 - August 29, 2020

Dear Harlem 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 tank top and has a focused expression. The background is slightly blurred, showing other gym equipment and a person in the distance.

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. (\$6 for those who do not have an adult or family membership.)

GROUP EXERCISE CLASSES

We offer over 70 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!

Kickboxing ♦

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

Stretching ♦

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

Total Body Conditioning ♦

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

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.

Ultimate Abs ♦

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

CARDIO

Boxing Core Training ♦

This class will train your abdominal oblique and lower back muscles using core boxing training movements.

Cardio Kickboxing ♦

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

Cycle & Strength ♦

This class combines cardio and strength training simultaneously as the class consists of cardio drills on the bike (similar to a regular Spin class) as well as standing upper body, lower body, and core exercises off the bike, using resistance bands and weights.

Spin® ♦

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

Step ♦

Using an aerobic step, participants follow choreography and step up and down to the music.

Turbo Step ♦

The ultimate lower body and cardiovascular challenge complete with sports specific training, bouts of intense step aerobics, and easy to follow combinations. Lower body specific strength and endurance training, complete with a full body cool down.

MIND/BODY

Advanced Mat Pilates ♦

A quicker paced Mat Pilates class with focus on proper alignment and a flow of movement. Work major muscle groups using Pilates props. Strengthen your core to master increased range of motion and flexibility. Previous Pilates experience is desirable.

Ashtanga Yoga ♦

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

Beginner Yoga ♦

This class is for everyone – a first time yoga attendee as well as a yoga buff who just wants to take it easy for a change. The positions are explained and the execution of them is broken down so everyone can find a way to participate. The approach is more athletic than spiritual. The goal is to learn correct form for yoga practice while staying fit and injury free.

Chair Yoga ♦

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

Mat Pilates ♦

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

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.

DANCE

Dance Party ♦

A fun choreographed aerobic workout to music.

Dancealates® ♦

Dancealates® is a flowing, energizing workout that combines the core principles of Pilates with the strengthening, lengthening, and toning techniques found in traditional jazz and ballet barre workouts.

Salsa ♦

Learn Salsa basics to fun music.

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.

WATER FITNESS

Aqua Aerobics ♦

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

Aqua Boot Camp ♦

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

Deep Aqua Impact ♦

Build up your endurance by walking, jogging, or running in the low-impact water environment.

ACTIVE OLDER ADULTS

Aqua Aerobics ♦

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

AOA Cardio Dance Blast ♦

Low impact, total body cardio dance workout. You will learn simple moves and build strength, flexibility, and confidence. Class will incorporate light weight training at times. Cardio dance blast is all about burning calories while have fun.

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 Donte Jones at 212-912-2115 or Djones@ymcanyc.org to schedule your appointment today!

YMCA Weight Loss Program ♦

Learn how to eat healthier, move more, and lose weight with the YMCA’s Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Tyrique Wade at 212-912-2135 or Twade@ymcanyc.org to sign up today!

Y Fit Start Program ♦

“Our goal is to help you reach yours!” If you’ve been thinking about exercising but don’t know where to begin, the Y Fit Start Program is for you. It’s designed for those new to exercising or those who haven’t exercised for some time and want instruction, support, and motivation. The Y Fit Start Program will help you develop

and maintain a physically active lifestyle to meet your own personal needs and goals. The 12-week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program at our Membership Desk or set up an appointment with Donte Jones at 212-912-2115 or Djones@ymcanyc.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 30 minutes or one (1) hour in length. Gift certificates are available. For more information, contact Donte Jones at 212-912-2115 or Djones@ymcanyc.org.

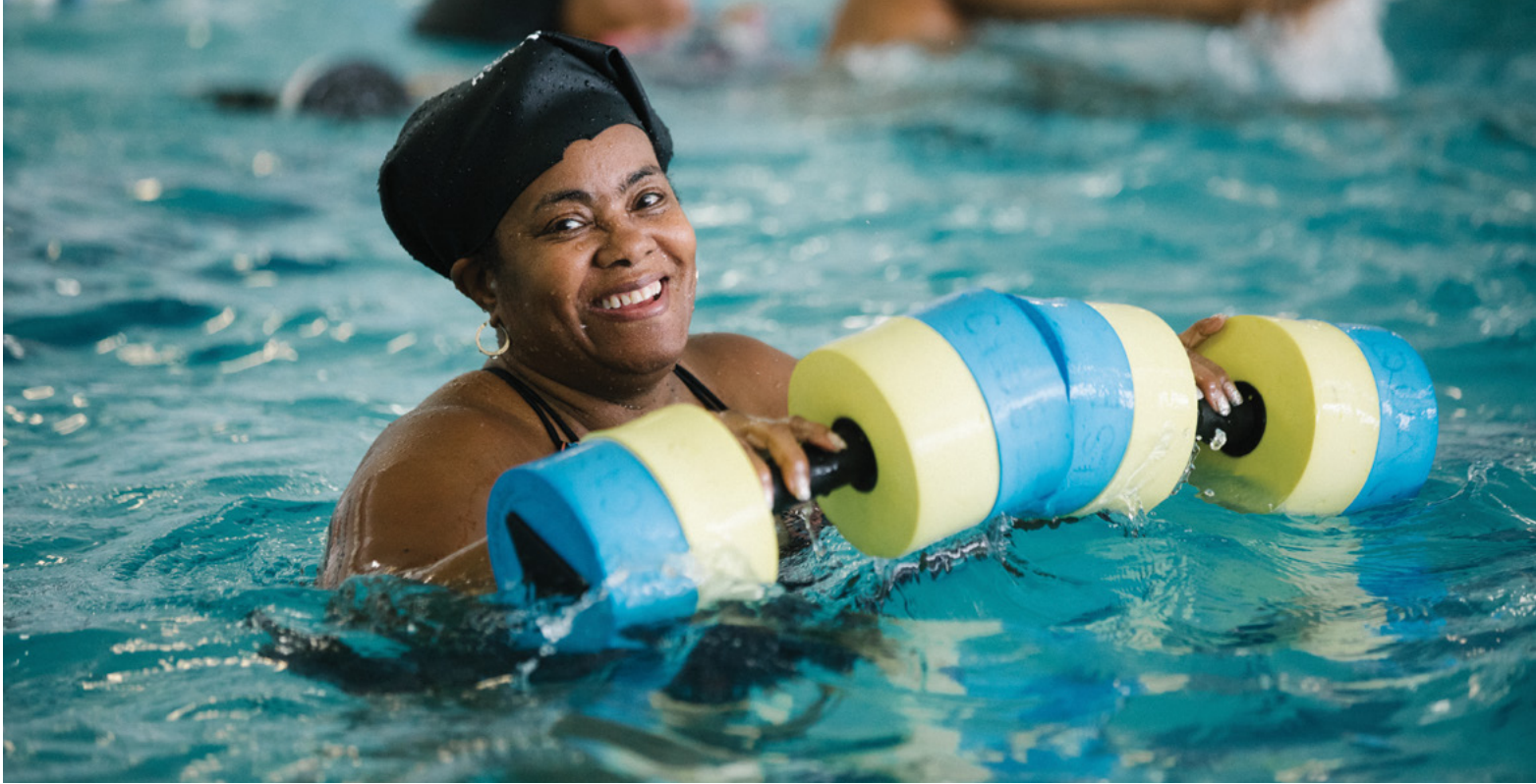
1 Hour Session	Per Week/ Month	Fee
1	1/month	\$72
4	1/week	\$265
8	2/week	\$505
12	3/week	\$725
16	4/week	\$935

30-Minute Session	Per Week/ Month	Fee
1	1/month	\$52
4	1/week	\$185
8	2/week	\$350
16	4/week	\$935



“I’m trying new things — like water aerobics, total body conditioning, and cardio kickboxing. Taking on something new is so exciting. The YMCA helped me find my way.”

– Rene, YMCA of Greater New York Member



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. 20.

Lesson Fees (8 Weeks)

Member	\$145
Community	\$231

Wednesdays	6:15pm - 7:00pm
Saturdays	3:00pm - 3:45pm
Sundays	11:00am - 11:45am

Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. See Swim section p. 20.

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. 20.

Water Fitness Classes ♦

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



AGES 0-4

KIDS & FAMILY

From tumbling to 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. (\$6 for those who do not have an adult or family membership.)

FAMILY

Cost Per Visit

Member	Free
Community	\$150

Rumble and Tumble (Ages 9-24 months) ♦

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

Rumble and Tumble Jr. (Ages 2-4) ♦

Toddlers will engage in friendly and non-competitive classes providing age appropriate activities, including gymnastics apparatus skills, tumbling, and group games. Professionally trained staff will ensure that children have fun while focusing on achievement at their own pace. Toddlers will become more confident, more willing to take risks, and will be challenged in creative new ways. Parental participation is required.

Rhythm & Movement (Ages 12-24 months) ♦

A structured class designed to stimulate coordination, listening skills, balance, musical interpretation, creative movement, and motor development in our participants. Your children will enjoy their time moving along creatively to their hearts desire. Parental participation is required.

SUMMER CAMP

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), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Each week has a special theme, guest, or event, such as an on-site magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

Cost Per 2-Week Session

Member	\$575
Community	\$670

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. 20.

Cost Per 8-Week Session

Member	\$105
Community	\$210

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. 20.

Cost Per 8-Week Session

Member	\$105
Community	\$210



SPORTS

Basketball Foundations (Ages 3-5, 6-8, 9-12)

Our youth instructional basketball classes will help participants develop their skills in an environment that encourages peer support and positive reinforcement. The basketball foundation class will include lessons in dribbling, shooting, passing, and the defensive and offensive rules of the game. This is a great place for your child to meet new friends and build their basketball skills.

Cost Per 8-Week Session	1x week	2x week
Member	\$100	\$145
Community	\$150	\$220

Soccer Foundations (Ages 3-5, 6-8)

A popular sport for young children, soccer involves running and kicking, as well as eye and foot coordination. It holds a young child's interest and provides lots of fun while improving coordination.

Cost Per 8-Week Session	
Member	\$100
Community	\$150

Quick Start Tennis (Ages 4-5, 6-8, 9-12)

This is a great introduction to the sport of tennis. All skills and techniques will be taught from the game base approach, which include the PAS techniques. So, come participate in this exciting sport at the Harlem YMCA.

Cost Per 8-Week Session	1x week	2x week
Member	\$100	\$145
Community	\$150	\$220

ARTS

Cost Per 8-Week Session

Member	\$100
Community	\$150

Ballet (Ages 3-5, 6-8, 9-12)

Ballet is one of the world's most graceful dance styles. Our classes teach the basic techniques of traditional ballet. We use a variety of music for our classes taking this style from classic to modern. These ballet classes will teach the basics of the dance while allowing creative movement from each dancer. It is an introductory class that will help to open the child's eyes to the world of dance.

Bilingual Mingle (Ages 3-5, 6-8)

Bilingual Mingle is an introductory Spanish class for youth. Children will be immersed in a fun, interactive class where they will learn the basics of the language while being engaged in a natural environment with their peers. Games, songs, and art will be incorporated to keep our little ones eager to learn a second language.

MARTIAL ARTS

Karate (Ages 4-5, 6-8, 9-12)

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.

Cost Per 8-Week Session	1x week	2x week
Member	\$100	\$145
Community	\$150	\$220



CELEBRATE WITH US

Book your birthday party with the Harlem YMCA and let one of our professional staff help you enjoy your party! Parties are booked on Saturdays and Sundays from 3:30pm– 6:30pm.* (*Times may vary) All birthday parties will be supervised/coordinated by Y staff. Birthday parties are for children ages 1 - 12 yrs. of age.

Our 3-hour party packages are designed for children ages 1 - 12, to accommodate 20 - 25 guests (not including accompanying adults) and are scheduled on weekends only.

You can access the party room 30 minutes prior to the scheduled party to set up/decorate. The YMCA will provide tables and chairs (round and/or rectangle tables which accommodate 6-8 seats per table) and a special T-Shirt for the birthday boy/girl!

Depending on your specific party package, your party will generally begin with 30 minutes to one hour in the party room, then one hour in the gym or pool, followed by one hour or 90 minutes back in the party room – completing three hours of birthday fun! You have the option of adding an additional hour in the party room for an additional cost.

“Room Only” Party

Three hours of non-stop fun in a designated party room, hosted by a YMCA staff person. The room will be set up with the agreed upon tables and chairs. You are expected to provide the cake, decorations and party supplies.

Your YMCA host will assist you in ensuring a smooth, entertaining and worry-free party.

Fee

Member	\$550	Community	\$630
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“Gym” Party

Two hours of fun in a designated party room and one hour in our Kids Gym (for ages 7 and under), or our gymnasium (ages 8-12). Our Kids Gym is loaded with games and activities to be led by your YMCA host. Our gymnasium is a standard full-court basketball gym. Your staff host can orchestrate basketball teams/games and other sports activities during your gym time.

NO FOOD OR BEVERAGES ALLOWED IN THE GYM.

Fee

Member	\$600	Community	\$700
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“Pool” Party

Two hours of fun in a designated party room with a YMCA host and one hour of water activities in our pool with a designated Lifeguard in addition to your YMCA host. No more than 25 people may occupy the pool and deck. Your staff host will coordinate games and pool activities, supported by the chaperones. NO FOOD OR BEVERAGES ALLOWED IN THE POOL OR ON THE DECK. (additional pool rules are listed on the application).

Fee

Member	\$650	Community	\$750
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“Gym & Pool” Party

An action-packed, fun filled three hours. Fifteen minutes after arrival - dart off to the pool for an hour of pool time fun; followed by one hour of sports activities. Meet back at the party room for 45 minutes of birthday festivities! Enjoy the same amenities mentioned in the Gym and Pool Party categories.

Fee

Member	\$725	Community	\$800
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What to expect when having your party at the YMCA:

Event Space Rooms and Fees

The Harlem YMCA has various rooms available for rent on an hourly basis for your special event. See room size, capacity and rates:

Room name	Dimensions	Capacity	Rates
Little Theatre	40x28 ft	50-80	\$240/hr
Lounge with Patio	30x23 ft	45-60	\$210/hr
Craft Room	30x19 ft	30-45	\$185/hr
Board Room	25x17 ft	15-20	\$175/hr
Studio 2	23x12 ft	6-25	\$150/hr
Community Room	21x12 ft	10-20	\$125/hr
Multi-purpose Room	23x12 ft	8-20	\$120/hr
K-Corner	24x12 ft	8-20	\$120/hr

ADDITIONAL ITEMS:

- Portable Sound System - \$50
- Laptop - \$75
- Projector - \$75
- Projector Screen- \$25

To book your birthday party package or an event space please contact Gigi Davis-Booth at 212.912.2113 or gdavis@ymcanyc.org



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. (\$6 for those who do not have an adult or family membership.)

AFTERSCHOOL & SUMMER CAMP

Y Afterschool

When children enter the Y Afterschool program, a whole other world of imagination and growth opens up to them. In addition to supplementing what they have learned in school, they participate in interactive learning models that engage critical thinking skills, get assistance with their homework from trained YMCA staff, have a chance to socialize with each other, and form long-lasting friendships that enhance their development, growth, and self-confidence. Our curriculum is based on program models that focus on learning enhancement, health and recreation, and building competence and confidence in children. The program runs every regular school day, directly after dismissal, in a supervised and structured environment, providing a safe after school alternative for children. The staff-to-student ratio is 1:10.

Y Afterschool is offered at low or no cost to parents, thanks to generous support from the NYC Department of Education, NYC Department of Youth & Community Development, and federal grants through the 21st Century Community Learning Centers, The Afterschool Corporation, leading corporations, foundations, individual donors, and our Annual Campaign.

Y Afterschool programs are offered at more than 140 sites throughout the city, most of which are New York City public elementary and middle schools, serving more than 15,000 girls and boys each year.

Harlem Y Afterschool Program Sites

PS 57: 212-860-5812 | 176 East 115th Street, NY, NY 10029

PS 96: 347-582-5054 | 216 East 120th Street, NY, NY 10032

For more information about how you can enroll your child in the Harlem YMCA Y Afterschool program, contact Ibrahim Diakite, Youth & Family Director, at 212-912-2167 or idiakite@ymcany.org.

Day Camp (Ages 6-11)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer Camp is open to current 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, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers cool off in the pool as they have swim lessons once a week. There are also weekly field trips, one field trip per session done by bus or train where campers get a chance to learn about their communities. Every two weeks, campers showcase something they have learned or created in our Family Night.

Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions.

Activities such as journaling and age-appropriate science experiments expand their literacy, math and science skills, and promote their ability to think critically.

All activities are geared to be fun and build lifetime memories!

Cost Per 2-Week Session

Member	\$470	Community	\$630
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Swim Camp (Ages 7-12)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 7 times a week, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through 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).

Swim campers participate in core traditional camp activities including sports, STEM, art, and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence.

Cost Per 2-Week Session

Member	\$540	Community	\$680
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Basketball Camp (Ages 7-12)

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. Basketball Camp staff have a background and/or education in coaching sports.

When campers are not playing basketball, they engage in Day Camp activities, including STEM, arts and crafts, and summer reading. All activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$515	Community	\$660
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Dance Camp (Ages 7-12)

Can you feel the rhythm? Dance Camp is for all youth who have a passion for the art of dance. Our skilled instructors work with all different levels of dancers, from beginner to advanced, and start each session with warm-ups to get the body ready for the technical skills being taught. Each class includes across-the-floor drills, technique and a routine, and also emphasizes key values to the dance community such as class etiquette and performance readiness. Makeup and costuming are taught, and each session ends with a performance showcase for family and friends.

Dance includes: Ballet (session 1), African Dance (session 2), Jazz (session 3), and Hip-Hop (session 4). Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability. When campers are not dancing, they engage in Day Camp activities, including STEM, arts and crafts, summer reading. All activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$515	Community	\$660
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HOLIDAY CAMP

For school-age youth 5-12
 Time: 8:00am-5:00pm
 *Extended day available from 5:00pm-6:00pm

Winter Recess

December 23, 24, 26, 27, 30, 31, 2019
 Member \$50/day, \$265/6-days
 Community \$60/day, \$315/6-days

Mid-Winter Recess

February 17-21, 2020
 Member \$55/day, \$240/week
 Community \$65/day, \$280/week

Spring Recess

April 13-17, 2020
 Member \$55/day, \$240/week
 Community \$65/day, \$280/week

For more information, contact Ibrahim Diakite at idiakite@ymcany.org or 212-912-2167.

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. 20.

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. 20.

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. 20.

MARTIAL ARTS

Karate (Ages 4-5, 6-8, 9-12)

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.

Cost Per 8-Week Session	1x week	2x week
Member	\$100	\$145
Community	\$150	\$220

SPORTS

Basketball Foundations (Ages 3-5, 6-8, 9-12)

Our youth instructional basketball classes will help participants develop their skills in an environment that encourages peer support and positive reinforcement. The basketball foundation class will include lessons in dribbling, shooting, passing, and the defensive and offensive rules of the game. This is a great place for your child to meet new friends and build their basketball skills.

Cost Per 8-Week Session	1x week	2x week
Member	\$100	\$145
Community	\$150	\$220

“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

Basketball Intermediate & Advanced (Ages 6-8, 9-12)

For experienced youth basketball players, our intermediate and advanced basketball programs will focus on finetuning their skills and introducing drills and techniques that will bring out their competitive drive. While teaching the importance of good sportsmanship, this progressive setting will allow each player to become more proficient in the sport.

Cost Per 8-Week Session

Member	\$100
Community	\$150

Harlem YMCA Basketball League

The Harlem YMCA Basketball League is a non-competitive basketball program with a strong instructional base for boys and girls in the Harlem community. The program aims to build confidence in youth that will enhance their self-esteem. Good sportsmanship, teamwork, and fair play are themes that all of our practices and games encompass. The league is an 8 to 10-week program that runs from January – March. For more information, contact the Youth & Family Director, Ibrahim Diakite at 212-912-2167 or idiakite@ymcany.org.

Registration begins December 2, 2019

Parent Orientation Dates

January 17, 2020 for 12-17 years
 January 19, 2020 for 7-11 years

Program Start Date

January 24, 2020 for 12-17 years
 January 26, 2020 for 7-11 years

Soccer Foundations (Ages 3-5, 6-8)

A popular sport for young children, soccer involves running and kicking, as well as eye and foot coordination. It holds a young child’s interest and provides lots of fun while improving coordination.

Cost Per 8-Week Session

Member	\$100
Community	\$150

Quick Start Tennis (Ages 4-5, 6-8, 9-12)

This is a great introduction to the sport of tennis. All skills and techniques will be taught from the game base approach, which include the PAS techniques. So, come participate in this exciting sport at the Harlem YMCA.

Cost Per 8-Week Session

	1x week	2x week
Member	\$100	\$145
Community	\$150	\$220

CATCH (Ages 5-8 years)

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

ARTS

Cost Per 8-Week Session

Member	\$100
Community	\$150

Dance (Hip-Hop) (Ages 8-12 years)

Designed for beginner and intermediate dancers, this high energy dance class will be comprised of hip hop, modern, and creative dance. This class is great for participants who want to enjoy a structured care-free environment while improving their physical and mental wellness. A wonderful way to reduce the stress levels of our youth. FREE!

Ballet (Ages 3-5, 6-8, 9-12)

Ballet is one of the world’s most graceful dance styles. Our classes teach the basic techniques of traditional ballet. We use a variety of music for our classes taking this style from classic to modern. These ballet classes will teach the basics of the dance while allowing creative movement from each dancer. It is an introductory class that will help to open the child’s eyes to the world of dance.

Bilingual Mingle (Ages 3-5, 6-8)

Bilingual Mingle is an introductory Spanish class for youth. Children will be immersed in a fun, interactive class where they will learn the basics of the language while being engaged in a natural environment with their peers. Games, songs, and art will be incorporated to keep our little ones eager to learn a second language.





AGES 12-17

TEENS

The Y gives teens a safe space to socialize and be themselves. Teens can play a sport, work on leadership skills, prep for college, and give back through Y programs designed for them.

LEADERSHIP & CIVIC ENGAGEMENT

Leaders Club ♦

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

Teens Take the City ♦

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

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

Achievers in Industry Corporate Scholarship Program (bai) ♦

The Achievers in Industry (bai) initiative launched the Corporate Scholarship program to provide direct support to motivated New York City high school students in pursuit of a higher education. Thanks to our corporate partners, a goal has been established to award 50 plus scholarships at \$2,500 each year.

Eligibility

All New York City college bound high school seniors are eligible to apply for the bai Corporate Scholarship, as well as previous scholarship recipients currently in their freshmen, sophomore, and junior year of college. Students with an interest in Science, Technology, Engineering, Mathematics, and Business/Finance are strongly encouraged to apply.

Applicant must submit:

- Completed Application
- Two Essays
- Letter of Recommendation
- Official Transcript
- Professional Photograph

Recipients are selected based on a written essay, academic achievement, and financial need. Applications will be available on October 31, 2019 and are due no later than January 15, 2020. Scholarship recipients will be recognized at the 2020 Achievers in Industry Awards Gala on March 26, 2020 at Cipriani 42nd Street.



bai Mentor Program (High School Students) ♦

The Mentor Program connects motivated New York City teens with acknowledged successful professional adults to realize their full potential through a variety of academic and social resources and experiences. Mentors have been recognized as Achievers in Industry at the Harlem YMCA's Annual Awards Ceremony, referred by an Achiever Alum, or recommended by their respective corporations to participate in this program. Mentors are linked with mentees based on the mentee's career goal and mentor's area of expertise, as well as their common hobbies/personal interests. Mentors and mentees develop their own schedule of educational, social, and recreational activities and participate in a host of YMCA events during the school year that nurture a mentoring relationship. Mentors are encouraged to assist the YMCA in the efforts of conducting quality workshops and seminars, which focus on college readiness and career and personal development. FREE

bai College Tour (High School Students) ♦

The bai College Tour is an annual trip that allows the Harlem YMCA to take 40 college bound high school juniors to visit a number of Historically Black Colleges & Universities. Each year the itinerary changes, but some of the regular stops include: Hampton, Spelman, Morehouse, Clark Atlanta, North Carolina A&T, and many more! Applications for the College Tour will be available November 4, 2019, and are due no later than February 14, 2020. Our 2020 HBCU tour will take place from April 12 – April 17, 2020.

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 9-12.

Harlem Y Rowe Scholars Program Site

Thurgood Marshall Academy: 212-283-8055 | 200-214 West 135th Street, NY, NY 10030

FITNESS & SPORTS

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 advisors. Additionally, we provide academic support, resources, and so much more!

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. Contact the membership desk at 212-912-2100 to sign up today!

For more information on our teen programs, contact Ibrahim Diakite, Youth & Family Director, at idiakite@ymcanyc.org or 212-912-2167.

SUMMER CAMP

Teen Camp (Ages 12-14)

Young teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature!

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

Cost Per 2-Week Session

Member	\$470	Community	\$630
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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. 20.

Lesson Fees (8 weeks)

Member	\$145	Community	\$231
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Wednesdays	6:15pm - 7:00pm
Saturdays	3:00pm - 3:45pm
Sundays	11:00am - 11:45am

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. 20.

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. 20.

**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.



NEW AMERICANS INITIATIVE

The Harlem YMCA New Americans Initiative offers FREE classes for adults including: English to Speakers of Other Languages (ESOL), Citizenship Preparation, and Adult Basic Education (ABE). As a resource center, we are also available to connect you to other free services in the community to meet your needs, such as job readiness and counseling, legal services, and benefits enrollment. All classes are conveniently located at the Harlem YMCA.

For more information, contact New American Initiative Director, Jim Anderson at 212-912-2163 or jaanderson@ymcany.org.

HARLEM YMCA BRANCH

180 West 135th St
(Between Lenox Ave. & Adam Clayton Powell Jr. Blvd.)
(212) 912-2163

Please visit our website for current class schedules <https://ymcany.org/locations/harlem-ymca/programs-classes/new-americans-welcome-center>

Walk-in referrals and information available Monday -Thursday from 2:00 - 5:00 pm or by appointment.

Registration for classes takes place on the following dates (call for times and locations):

Winter 2020

- Registration: January 6-7, 2020
- Session Dates: January 13 – March 27, 2020

Spring 2020

- Registration: March 30-31, 2020
- Session Dates: April 6 – June 18, 2020

El Centro de Bienvenida para Nuevos Americanos en Harlem ofrece clases GRATIS para adultos que incluyen: Alfabetismo para Adultos, Inglés como Segundo idioma (ESOL), Ciudadanía, Preparación para empleo, y Educación básica para adultos (ABE/HSE). Como un centro de recursos, también estamos disponibles para conectarlos a otros servicios gratis en la comunidad. Como servicios jurídicos, búsqueda de empleo, e inscripción de beneficios.

Por favor, visite nuestro sitio web para los horarios de clase actuales: <https://ymcany.org/locations/harlemymca/programs-classes/new-americans-welcomecenter>

Atendemos sin cita previa de lunes a jueves a las 2:00 – 5:00.

Invierno 2020

- Inscripción: Enero 6-7, 2020
- Fechas de Sesión: Enero 13 – Marzo 27, 2020

Primavera 2020

- Inscripción: Marzo 30-31, 2020
- Fechas de Sesión: Abril 6 – Junio 18, 2020



Le Harlem YMCA New Americans Initiative offre des cours gratuits pour adultes: l'alphabétisation en Anglais (ESOL), préparation de citoyenneté, et préparation pour le BAC (HSE). Entant que centre de ressources, nous sommes également disponible pour vous connecter à d'autre services gratuits dans la communauté qui répondront à vos besoins, par exemples les services juridiques, placement d'emploi et des inscriptions aux avantages donné par le gouvernement. Les classes se tiendront à Harlem YMCA.

S'il-vous-plait visitez notre site d'internet pour nos horaires de cours: <https://ymcany.org/locations/harlem-ymca/programs-classes/new-americanswelcome-center>

Renvois necessaire du Lundi au Jeudi de 14hrs – 17hrs pour avoir plus d'informations..

Hiver 2020

- Inscription: Janvier 6-7, 2020
- Reprise de Session: Janvier 13 – Mars 27, 2020

Printemps 2020

- Inscription: Mars 30-31, 2020
- Reprise de Session: Avril 6 – Juin 18, 2020

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

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

- Lindsay, YMCA of Greater New York Member

STAGES OF LEARNING

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

I Infant & Toddler
6 mos.—3 yrs.

P Preschool
3—5 yrs.

S School Age
5—12 yrs.

A Teen & Adult
12+ yrs.

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

<p>4 STROKE INTRODUCTION</p> <p>P S A</p>	<p>5 STROKE DEVELOPMENT</p> <p>S A</p>	<p>6 STROKE MECHANICS</p> <p>S A</p>
<p>Endurance any stroke or combination of strokes, 25 yd.</p>	<p>Endurance any stroke or combination of strokes, 50 yd.</p>	<p>Endurance any stroke or combination of strokes, 150 yd.</p>
<p>Front crawl rotary breathing, 15 yd.</p>	<p>Front crawl bent-arm recovery, 25 yd.</p>	<p>Front crawl flip turn, 50 yd.</p>
<p>Back crawl 15 yd.</p>	<p>Back crawl pull, 25 yd.</p>	<p>Back crawl pull & flip turn, 50 yd.</p>
<p>Dive sitting</p>	<p>Dive kneeling</p>	<p>Dive standing</p>
<p>Resting stroke elementary backstroke, 15 yd.</p>	<p>Resting stroke sidestroke, 25 yd.</p>	<p>Resting stroke elementary backstroke or sidestroke, 50 yd.</p>
<p>Tread water scissor & whip kick, 1 min.</p>	<p>Tread water scissor & whip kick, 2 mins.</p>	<p>Tread water retrieve object off bottom. tread 1 min.</p>
<p>Breaststroke kick, 15 yd.</p>	<p>Breaststroke 25 yd.</p>	<p>Breaststroke open turn, 50 yd.</p>
<p>Butterfly kick, 15 yd.</p>	<p>Butterfly simultaneous arm action & kick, 15 yd.</p>	<p>Butterfly 25 yd.</p>



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.

Lesson Fees (8 weeks)	
Member	\$105
Community	\$210

Water Discovery

Parent/Child (6-18 months)

Wednesdays	5:45pm - 6:15pm
Saturdays	10:00am - 10:30am
Sundays	2:00pm - 2:30pm

Water Exploration

Parent/Child (18-36 months)

Wednesdays	5:45pm - 6:15pm
Saturdays	10:30am - 11:00am
Saturdays	11:00am - 11:30am
Saturdays	11:30am - 12:00pm

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.

Lesson Fees (8 weeks)	3-5 yrs	5-12 yrs
Member	\$100	\$105
Community	\$200	\$210

Stage 1

Water Acclimation

Preschool Child (3-5 years)

Mondays	4:00pm - 4:30pm
Tuesdays	5:30pm - 6:00pm
Wednesdays	5:00pm - 5:30pm
Fridays	4:00pm - 4:30pm
Saturdays	10:00am - 10:30am
	10:30am - 11:00am
	11:30am - 12:00pm
Sundays	12:00pm - 12:30pm

Stage 1

Water Acclimation

School Age Child (5-12 years)

Wednesdays	4:00pm - 4:45pm
Thursdays	5:30pm - 6:15pm
Fridays	5:30pm - 6:15pm

Stage 2

Water Movement

Preschool Child (3-5 years)

Mondays	4:45pm - 5:15pm
Tuesdays	5:00pm - 5:30pm
Wednesdays	5:00pm - 5:30pm
Thursdays	4:45pm - 5:15pm
Fridays	5:45pm - 6:15pm



Saturdays 10:00 am – 10:30am
12:00 pm – 12:30pm
Sundays 1:30pm – 2:00pm

Stage 2
Water Movement

School Age Child (5-12 years)

Mondays 6:15pm – 7:00pm
Thursdays 5:30pm – 6:15pm
Thursdays 6:15pm – 7:00pm
Fridays 6:30pm – 7:15pm
Saturdays 12:00pm – 12:45pm
1:45pm – 2:30pm
Sundays 12:45pm – 1:30pm

Stage 3
Water Stamina

Preschool Child (3-5 years)

Tuesdays 4:00pm – 4:30pm
Thursdays 4:45pm – 5:15pm
Saturdays 1:00pm – 1:30pm
Sundays 12:00pm – 12:30pm
1:00pm – 1:30pm

Stage 3
Water Stamina

School Age Child (5-12 years)

Mondays 5:30pm – 6:15pm
Tuesdays 4:45pm – 5:30pm
Wednesdays 4:00pm – 4:45pm
Saturdays 12:00pm – 12:45pm
Sundays 12:00pm – 12:45pm

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.

Lesson Fees (8 weeks)	3-5 yrs	5-12 yrs
Member	\$100	\$105
Community	\$200	\$210

Stage 4

Stroke Introduction
Preschool Child (3-5 years)

Mondays 4:00pm – 4:30pm

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

Tuesdays 4:00pm – 4:45pm
Thursdays 5:30pm – 6:15pm
Saturdays 1:45pm – 2:30pm
Sundays 12:45pm – 1:30pm

Stage 5
Stroke Development

School Age Child (5-12 years)

Tuesdays 6:15pm – 7:00pm
Thursdays 6:15pm – 7:00pm
Saturdays 2:15pm – 3:00pm
Sundays 12:00pm – 12:45pm

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

Saturdays 2:15pm – 3:00pm

TEEN & ADULT SWIM LESSONS

Lesson Fees (8 weeks)	12+ years
Member	\$145
Community	\$231
Wednesdays	6:15pm – 7:00pm
Saturdays	3:00pm – 3:45pm
Sundays	11:00am – 11:45am

PATHWAYS

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

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

Aquatics 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 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.





NYC YMCA
SUMMER CAMP

SUMMER CAMP

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

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

*Offers cannot be combined

DAY CAMP

Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

Camp Hours

9:00 am – 5:00 pm

Extended hours available.

For more information, visit ymcanyc.org/harlemcamp

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), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Each week has a special theme, guest, or event, such as an on-site magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

Cost Per 2-Week Session

Member	\$575	Community	\$670
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Day Camp (Ages 6-11)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer Camp is open to current 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, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers cool off in the pool as they have swim lessons once a week. There are also weekly field trips, one field trip per session done by bus or train where campers get a chance to learn about their communities. Every two weeks, campers showcase something they have learned or created in our Family Night.

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

All activities are geared to be fun and build lifetime memories!

Cost Per 2-Week Session

Member	\$470	Community	\$630
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Teen Camp (Ages 12-14)

Young teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature!

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

Cost Per 2-Week Session

Member	\$470	Community	\$630
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SPORTS/SWIM CAMPS

Swim Camp (Ages 7-12)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 7 times a week, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through 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).

Swim campers participate in core traditional camp activities including sports, STEM, art, and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence.

Cost Per 2-Week Session

Member	\$540	Community	\$680
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Basketball Camp (Ages 7-12)

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. Basketball Camp staff have a background and/or education in coaching sports.

When campers are not playing basketball, they engage in Day Camp activities, including STEM, arts and crafts, and summer reading. All activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$515	Community	\$660
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ARTS CAMP

Dance Camp (Ages 7-12)

Can you feel the rhythm? Dance Camp is for all youth who have a passion for the art of dance. Our skilled instructors work with all different levels of dancers, from beginner to advanced, and start each session with warm-ups to get the body ready for the technical skills being taught. Each class includes across-the-floor drills, technique and a routine, and also emphasizes key values to the dance community such as class etiquette and performance readiness. Makeup and costuming are taught, and each session ends with a performance showcase for family and friends.

Dance includes: Ballet (session 1), African Dance (session 2), Jazz (session 3), and Hip-Hop (session 4). Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability. When campers are not dancing, they engage in Day Camp activities, including STEM, arts and crafts, summer reading. All activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$515	Community	\$660
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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.ymcanyc.org

TRADITIONAL SLEEPAWAY CAMPS

Camp Greenkill (Ages 7-13)

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

Camp Talcott (Ages 9-14)

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

TEEN SLEEPAWAY CAMPS

Leaders-In-Training (Age 15)

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



Counselor-In-Training Program (Age 16)

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

SPECIALTY SLEEPAWAY CAMPS

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

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

International Judo Camp (Starting at Age 7)

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

World Teen Camp (Ages 12-16)

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

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	Harlem YMCA	City-wide	Joiner's Fee
Adult (18 - 64)	\$73/mo.	\$109/mo.	\$125
Senior (65+)	\$61/mo.	\$89/mo.	\$125
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$92/mo.	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$34/mo. or \$408/yr.	n/a	\$0
Youth (up to 11)	\$28/mo. or \$336/yr.	n/a	\$0
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$61/mo.	\$89/mo.	\$125

*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE

CUSTOMIZE YOUR MEMBERSHIP!

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

Harlem YMCA Family & Household Base Price – \$92/mo.

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

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

Visit ymcanyc.org/family for more information and examples of how to use this membership to save.

STAFF LISTING

Latoya Jackson – Executive Director
212-912-2162, ljackson@ymcanyc.org

Gigi Davis-Booth – Executive Assistant
212-912-2113, gdavis@ymcanyc.org

Balan Iyer – Senior Business Manager
212-912-2105, biyer@ymcanyc.org

Sadia Lola Aiwinilomo – Assistant Business Manager / HR
212-912-2107, slola@ymcanyc.org

Donté Jones – Personal Training Coordinator
212-912-2115, djones@ymcanyc.org

Ibrahim Diakite – Youth & Family Director
212-912-2167, idiakite@ymcanyc.org

Jim Anderson – New Americans Initiative Director
212-912-2163, jaanderson@ymcanyc.org

Justin Daniels – Aquatics Director
212-912-2116, jdaniels@ymcanyc.org

Michael Lopin – Residence Director
212-912-2168, mlopin@ymcanyc.org

Shearrod Duncan – Member Engagement & Sales Director
212-912-2112, sduncan@ymcanyc.org

HOLIDAY HOURS

Christmas Eve

Tuesday, December 24, 2019 7:00am-3:00pm

Christmas Day

Wednesday, December 25, 2019 Closed

New Year's Eve

Tuesday, December 31, 2019 7:00am-3:00pm

New Year's Day

Wednesday, January 1, 2020 8:00am-8:00pm

Memorial Day

Monday, May 25, 2020 7:00am-8:00pm

Independence Day

Saturday, July 4, 2020 7:00am-8:00pm

Labor Day

Monday, September 7, 2020 7:00am-8:00pm

Thanksgiving

Thursday, November 26, 2020 7:00am-3:00pm



POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

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

CAMERA POLICY

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

LOCKER ROOMS

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

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

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

In order to continue providing uninterrupted quality services, we will make every effort to obtain substitute coverage for classes if needed. During inclement weather, classes may be cancelled for the safety of our members and guests. In the event of class cancellations, we will communicate via email and/or phone to inform class participants of the cancellations. Credits/refunds will be processed (if applicable).

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

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.



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

YMCA GUEST ROOMS

AFFORDABLE + FULL SIZE GYM & POOL + CONVENIENT!

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

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

For travelers who are on the go, we are conveniently located near four underground train lines (2/3, B/C), which run 24 hours a day. A 10 minute ride will take you to the most scenic and serene section of Central Park, and 10 minutes more 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 the historic architecture and rich cultural sites on a guided tour through Harlem, get a taste of soul by Top Chef Master Marcus Samuelsson at Red Rooster, and polish off the night with some smooth jazz on Sugar Hill.

Room types are private singles and bunk bed 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 & mini refrigerators
- ✓ 24-hour security
- ✓ Free tourist information and maps
- ✓ Guests enjoy special discounts at participating local businesses

Please Note: All guests must be 13 years of age or older.

Visitors are not permitted on guest room floors after 11pm.

Check-in after 2pm, Check-out by 11am.

For current rates & special offers or to book your stay, contact contact Michael Lopin at mlopin@ymcanyc.org or 212-912-2168.

EMAIL mlopin@ymcanyc.org

OR CALL 212-912-2168

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



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

PLEASE GIVE TODAY.
ymcanyc.org/give





BRANCH LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
212.912.2490

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718.215.6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11210
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
Brooklyn, NY 11222
212.912.2260

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

Prospect Park YMCA

357 Ninth Street
Brooklyn, NY 11215
718.768.7100

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.551.9300

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.551.9350

Jamaica YMCA

89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

Long Island City YMCA

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

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA

207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY (SLEEPAWAY CAMP)

New York YMCA Camp

160 Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600



**YMCA OF GREATER
NEW YORK**

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

180 West 135th Street
New York, NY 10030
212-912-2100
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 facebook.com/HarlemY