

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

JAMAICA YMCA
WINTER/SPRING 2020

89-25 Parsons Boulevard
Jamaica, NY 11432
718-739-6600
ymcanyc.org/jamaica



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 50 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 locker room		●



TABLE OF CONTENTS

- ADULTS 4
- KIDS & FAMILY (AGES 0-4) 8
- YOUTH (AGES 5-12)..... 10
- TEENS (AGES 12-17) 14
- SWIM 16
- SUMMER CAMP 24
- JOIN THE Y 30
- LOCATIONS35

Dear Jamaica YMCA Member,

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

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

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

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

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

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

Sharon Greenberger, President & CEO

HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday – Friday: 5:00 AM – 10:00 PM
Saturday: 6:30 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

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

ADULTS

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

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

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids 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 50 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CONDITIONING

BodyShred™ ♦

Jillian Michaels BodyShred™ is a high intensity and endurance based 30 minute workout.

Boot Camp ♦

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

Cardio Sculpt ♦

Work up a sweat with this intense fusion of cardio drills and strength training.

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.

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

Cardio Kickboxing ♦

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

H.I.I.T. ♦

Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

Low Impact Cardio ♦

Get a cardio challenge with minimal impact on bones and joints!

Cycling ♦

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

MIND/BODY

Chair Yoga ♦

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

Hatha Yoga ♦

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

Restorative Yoga ♦

A yoga class focused on your inner energy and well-being.

Core Connection ♦

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

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

Belly Dance ♦

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

Hip Hop ♦

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

Modern ♦

Explore modern movement to a variety of 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

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.

WATER FITNESS

Aqua Jog ♦

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

Water Aerobics ♦

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

YMCA Arthritis Aquatic Program ♦

Based on a program developed by the Arthritis Foundation, this low-impact workout will help you build strength and endurance.

ACTIVE OLDER ADULTS

SilverSneakers® Circuit ♦

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

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.

SilverSneakers® Splash ♦

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

SilverSneakers® Yoga ♦

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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 Janet Martinez at 212-912-2204 or email mjanet@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 Janet Martinez at 212-912-2204 or email mjanet@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 Contact Janet Martinez at 212-912-2204 or email mjanet@ymcanyc.org.

Personal Training One-on-One

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 Contact Janet Martinez at 212-912-2204 or email mjanet@ymcanyc.org. ***For members only**

Intro. Package (3 Sessions (one time only))	\$125
Bronze Package (1 session)	\$55
Silver Package (5 sessions)	\$240
Gold Package (10 sessions)	\$445

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

Semi-Private Personal Training

You and your friend can share the cost and reap the benefits of Semi-Private Training. Enjoy the motivation and camaraderie while achieving major results.

1 Session	\$45p/p
5 Session	\$208p/p
10 Sessions	\$387p/p

Small Group Personal Training

For 3-6 friends with similar fitness abilities. Small group offers a higher level of training than you find in most exercise classes with individualize attention without sacrificing the camaraderie you find in group workouts.

5 Sessions	\$140p/p
10 Sessions	\$265p/p



“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. 16.

Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. See Swim section p. 16.

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. 16.

SPORTS

Pickleball

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. Please contact Janet Martinez at 212-912-2204 or email mjanet@ymcanyc.org.

Sunday 11:45 am Adults
 Sunday 1:00 pm Teens

Volleyball ♦

Come play this popular team sport for the fun of the game. Members are free to join in this sport.

Wednesday 5:30 pm Teens
 Thursday 7:30 pm Adults 18+

Handball

A game played against a single wall, with a small rubber ball that is struck with hand or fist against the wall.

Sunday 2:30 pm

Adult Sunday Basketball ♦

Get back in the game with Adult Sunday Basketball. Where participants 30+ play together for the fun of the game. For more information, please contact Janet Martinez 212-912-2204 or email at mjanet@ymcanyc.org.

Sunday 8:00 am - 11:30 am

Cost Per
 4-Week
 Session

1 x week

Member Included in Membership
 Community \$40

Adult Seido Karate

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

Friday 5:30 pm
 Saturday 9:00 am

Cost Per
 8-Week Session

1 x week 2 x week

Member \$60 \$100
 Community \$75 \$120



AGES 0-4

KIDS & FAMILY

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

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids 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

Tiny Tots Play Club

Kids will test their abilities in a number of fun and competitive games that will help them develop their motor skills.

Saturdays 9:00 am

Cost Per 8-Week Session

Member	\$60	Community	\$80
--------	------	-----------	------

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. 16.

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. 16.

ARTS

Creative Ballet (Ages 3-6)

A fun creative way for children to explore dance.

Saturday 11:15 am

Cost Per 8-Week Session

Member	\$60	Community	\$80
--------	------	-----------	------



Healthy Kids Day[®]

**AWAKEN
SUMMER
IMAGINATION!**

Saturday April 18

**Free & open
to the public!**



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.

AFTERSCHOOL & SUMMER CAMP

Y Afterschool

Jamaica Y Afterschool provides students with the opportunity to choose from specialized classes designed to nurture the student’s spirit, mind, and body. For information about the program, contact Juliet Beecher at 212-912-2212 or jbeecher@ymcanyc.org.

Available at: PS26Q, PS40Q, PS48Q, PS175Q, IS59Q, and SONYC (Branch)

Kinder Camp (Age 5)

A fun summer is a great springboard for an amazing school year!

Kinder Camp is designed for children entering kindergarten in fall 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 per week), indoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as an on-site a magic show or a live petting zoo! Campers also enjoy our cool, air-conditioned classrooms and peanut-free/nut-sensitive facility.

All of the activities are geared to be fun and build lifetime memories in air conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Mad Science Camp (Ages 6-8)

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

The key topics of Mad Science Camp are:

What are Fingerprints? Learn the history of fingerprinting. Then examine and classify them by using a magnifying glass and study the patterns on your own fingers.

Space: Journey into Outer Space! Comets, planets, stars, and more are all waiting to be discovered. Learn about the four forces of flight and the challenges of space travel as you construct your own rockets and participate in a launch. Discover a planet. Each camper will choose a planet such as Mars, Venus, or Mercury and create their own home and life form around it. Who lives there? What are the towns and street names? What do people wear? How do they look?

What is a CSI? Learn about the three parts: biology, chemistry and physics.

Crazy Chemworks: Come and spark imaginative learning with Mad Chemistry. Watch as we combine elements and make them fizz, crackle, and change color!

When campers are not engaged in scientific exploration, they participate in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All activities are geared to be fun and build lifetime memories! Our air-conditioned spaces also provide a nice escape from the summer heat. Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Swim Camp (Ages 6-11)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, 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. All activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------



Basketball Camp (Ages 9-11)

The game of basketball was created in 1891 at a YMCA by Dr. James Naismith! Our Basketball Camp is designed to enhance various sports skills and fundamentals in ageappropriate groups. Through the coaching and support of camp staff with backgrounds and/or education in sports, campers will learn the history, rules, and key skills of basketball, all while practicing their techniques in mini-games. In addition, campers will explore the values of teamwork, good sportsmanship, and a strong work ethic. When campers are not dribbling across the court, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week). All of the activities are geared to be fun and build lifetime memories in air-conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Mini Chef Camp (Ages 9-11)

Mini Chef Camp introduces cooking and pastry arts, hands-on learning, team challenges, and lots of FUN! Mini Chef Camp is designed to spark an interest in healthy, fresh foods through fun activities that allow campers to explore their culinary sides. Campers will get to experience new tastes and learn to prepare recipes from various world cuisines.

Our Mini Chef Camp covers culinary fundamentals to give campers the groundwork they need to be safe. We will explore ingredients, cooking techniques, healthy living — and good eats! Campers will go on weekly trips to the market to shop and cook up a meal of their own creation.

When campers are not cooking, they are engaged in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All activities are geared to be fun and build lifetime memories in air-conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Dance Camp (Ages 9-11)

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

Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability.

When campers are not dancing, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All of the activities are geared to be fun and build lifetime memories in air-conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

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. 16.

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. 16.

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. 16.

FITNESS & SPORTS

Sports Bugs

Through 8 weeks your child will participate and learn the fundamentals of various sports while having fun.

Saturday 10:00 am

Cost Per 8-Week Session

Member	\$60	Community	\$80
--------	------	-----------	------

Youth Soccer Program

An energetic program that emphasizes teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age-appropriate teaching tools and drills. For more information please contact Janet Martinez 212-912-2204 or email mjanet@ymcany.org.

Cost Per 8-Week Session

Member	\$35	Community	\$65
--------	------	-----------	------

Basketball Skills and Drills

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

Cost Per 8-Week Session

Member	\$35	Community	\$65
--------	------	-----------	------



Youth Basketball League

The Jamaica Y's Youth Basketball League emphasizes the importance of having fun and playing basketball, while also developing athletic and social skills, improving educational performance, and learning about healthy lifestyles. For more information please contact Janet Martinez 212-912-2204 or email at mjanet@ymcany.org.

Youth Seido 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.

Thursday 5:30 pm
Saturday 9:00 am

Cost Per 8-Week Session	1 x week	2x week
Member	\$60	\$100
Community	\$75	\$120

ARTS

Modern Dance (Ages 6-12)

A more relaxed, free style of dance utilizing emotions and moods to design individual steps and movements. It features deliberate use of gravity which strives to be light and airy.

Saturday 9:45 am

Trip Program for the Arts

Eight trips per session to various art museums, studios, art galleries, and tourist attractions.

Cost Per 8-Week Session

Member \$135

S.T.E.A.M.

Introduction to Chess (Ages 7-12)

Chess is a two-player strategy board game played on a chessboard, a checkered game-board with 64 squares arranged in an 8x8 grid.

Cost Per 8-Week Session

Member \$35 Community \$60

Crocheting/Knitting (Ages 8 & up)

Looking for a new hobby or to advance your skills? Beginners will learn how to cast on, knit, purl, increase, decrease, and sew. You will be introduced to knitting by starting a basic project (hat, scarf, handbag, etc.). Participants may bring their current project or begin a new project. A great way to make holiday gifts with love.

Tuesday 6:30-8:00 PM

Cost Per 8-Week Session

Member \$35 Community \$60

Arts and Crafts (Ages 5-8)

This class combines environmental awareness with creativity of arts & crafts by using recyclable bottles, cans, newspapers, cardboard, and other recyclable items to make beautiful works of art. Your child can help save the planet and have fun while making a variety of different projects.

Saturday 11:00-12:00 pm

Cost Per 8-Week Session

Member \$30 Community \$60



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.

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.

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.

SUMMER CAMP

Teen Camp (Ages 12-15)

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

Teen Camp is for young people who are currently enrolled in middle school and/or high school and is designed to immerse campers in a variety of fun activities — tailored specifically to their age and interests — that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project-based learning and weekly 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!

Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$410	Community	\$470
--------	-------	-----------	-------

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 - 19) ♦

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. 16.

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. 16.

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. 16.

ARTS

Sewing 101 (Ages 13 & up)

Learn how to be creative without spending a lot of money. Sewing 101 class will teach you the basics of how to sew from threading, stitching, and setting a sewing machine for different features. Step by step, the instructor will introduce you how to read a pattern, cut, and pierce. No sewing experience necessary. Homework may be required to complete the project.

Tuesday 6:30-8:30 pm

Cost Per 8-Week Session

Member	\$60	Community	\$85
--------	------	-----------	------

Introduction to PowerPoint (Ages 12-15)

Using Microsoft PowerPoint software, the presentation is a collection of individual slides that contain information on a topic.

Cost Per 8-Week Session

Member	\$35	Community	\$55
--------	------	-----------	------

Movie Makers Club (Ages 12-17)

The promotion of the art and science of movie making through movie making techniques.

Cost Per 8-Week Session

Member	\$35	Community	\$55
--------	------	-----------	------

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 swimming pool, her arms resting on the grey plastic deck. The water is a vibrant blue, and in the background, another person is partially visible, also in the pool. The overall scene is bright and cheerful, capturing a moment of fun and activity.

SWIM

Swimming is a life skill, great exercise, and a challenging sport. Whether you're looking for swim classes for your kids, want to learn water safety, or are swimming for exercise, you'll find what you're looking for at the Y.

YMCA SWIM LESSONS

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

SWIM STAGE DESCRIPTIONS

<p>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

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.

Lesson Fees (8 Weeks)	
Member	\$93
Community	\$128

Water Discovery

Parent/Child 6-18 months

Sunday	8:20 - 8:50 am
Sunday	9:00 - 9:30 am

Water Discovery

Parent/Child 18-36 months

Sunday	8:20 - 8:50 am
Sunday	9:00 - 9:30 am

Water Exploration

Parent/Child 6-18 months

Sunday	8:20 - 8:50 am
Sunday	9:00 - 9:30 am

Water Exploration

Parent/Child 18-36 months

Sunday	8:20 - 8:50 am
Sunday	9:00 - 9:30 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.

Lesson Fees (8 Weeks)	
Member	\$93
Community	\$128

Stage 1

Water Acclimation

Preschool Child (3-5 years)

Wednesday	4:00 - 4:30 pm
Saturday	12:00 - 12:30 pm

Stage 1

Water Acclimation

School Age Child (5-12 years)

Saturday	10:50 - 11:35 am
Sunday	11:00 - 11:45 am

Stage 2

Water Movement

Preschool Child (3-5 years)

Thursday	4:00 - 4:30 pm
Sunday	9:35 - 10:05 am

Stage 2

Water Movement

School Age Child (5-12 years)

Wednesday	5:00 - 5:45 pm
Saturday	12:45 - 1:30 pm

Stage 3

Water Stamina

Preschool Child (3-5 years)

Sunday	1:35 - 2:05 pm
Saturday	12:00 - 12:30 pm

Stage 3

Water Stamina

School Age Child (5-12 years)

Saturday	1:40 - 2:25 pm
Sunday	10:10 - 10:55 am

Stage 3

Water Stamina

Teen (12-17 years)

Sunday	2:15 - 3:00 pm
--------	----------------

Stage 3

Water Stamina

Adult

Sunday	2:15 - 3:00 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.

Lesson Fees (8 Weeks)

Member	\$105
Community	\$158

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

Tuesday 4:00 - 4:30 PM

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

Tuesday 5:00 - 5:45 PM
Saturday 9:55 - 10:40 AM

**Stage 4
Stroke Introduction
Teen (12-17 years)**

Thursday 7:00 - 7:45 PM
Saturday 2:35 - 3:20 PM

**Stage 4
Stroke Introduction
Adult**

Tuesday 7:00 - 7:50 PM
Saturday 8:00 - 8:50 AM

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

Saturday 9:00 - 9:45 AM
Tuesday 6:00 - 6:45 PM

**Stage 5
Stroke Development
Teen (12-17 years)**

Thursday 7:00 - 7:45 PM

**Stage 5
Stroke Development
Adult**

Thursday 7:00 - 7:50 PM

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

Wednesday 6:00 - 6:45 PM
Sunday 11:50 - 12:35 PM

**Stage 6
Stroke Mechanics
Adult**

Tuesday 7:00 - 7:50 PM

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

Saturday 9:00 am - 9:55 pm

**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. Coming Soon!





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 – 4:00 pm

Extended hours available.

For more information, visit ymcanyc.org/jamaicacamp

Kinder Camp (Age 5)

A fun summer is a great springboard for an amazing school year!

Kinder Camp is designed for children entering kindergarten in fall 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 per week), indoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as an on-site magic show or a live petting zoo! Campers also enjoy our cool, air-conditioned classrooms and peanut-free/nut-sensitive facility.

All of the activities are geared to be fun and build lifetime memories in air conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Mad Science Camp (Ages 6-8)

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

The key topics of Mad Science Camp are:

What are Fingerprints? Learn the history of fingerprinting. Then examine and classify them by using a magnifying glass and study the patterns on your own fingers.

Space: Journey into Outer Space! Comets, planets, stars, and more are all waiting to be discovered. Learn about the four forces of flight and the challenges of space travel as you construct your own rockets and participate in a launch. Discover a planet. Each camper will choose a planet such as Mars, Venus, or Mercury and create their own home and life form around it. Who lives there? What are the towns and street names? What do people wear? How do they look?

What is a CSI? Learn about the three parts: biology, chemistry and physics.

Crazy Chemworks: Come and spark imaginative learning with Mad Chemistry. Watch as we combine elements and make them fizz, crackle, and change color!

When campers are not engaged in scientific exploration, they participate in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All activities are geared to be fun and build lifetime memories! Our air-conditioned spaces also provide a nice escape from the summer heat. Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Teen Camp (Ages 12-15)

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

Teen Camp is for young people who are currently enrolled in middle school and/or high school and is designed to immerse campers in a variety of fun activities — tailored specifically to their age and interests — that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project-based learning and weekly 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!

Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$410	Community	\$470
--------	-------	-----------	-------



Swim Camp (Ages 6-11)

(Age 6-8, age 9-11 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 2 times a day, 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. All activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Basketball Camp (Ages 9-11)

The game of basketball was created in 1891 at a YMCA by Dr. James Naismith! Our Basketball Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds and/or education in sports, campers will learn the history, rules, and key skills of basketball, all while practicing their techniques in mini-games. In addition, campers will explore the values of teamwork, good sportsmanship, and a strong work ethic.

When campers are not dribbling across the court, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All of the activities are geared to be fun and build lifetime memories in air-conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Mini Chef Camp (Ages 9-11)

Mini Chef Camp introduces cooking and pastry arts, hands-on learning, team challenges, and lots of FUN! Mini Chef Camp is designed to spark an interest in healthy, fresh foods through fun activities that allow campers to explore their culinary sides. Campers will get to experience new tastes and learn to prepare recipes from various world cuisines.

Our Mini Chef Camp covers culinary fundamentals to give campers the groundwork they need to be safe. We will explore ingredients, cooking techniques, healthy living — and good eats! Campers will go on weekly trips to the market to shop and cook up a meal of their own creation.

When campers are not cooking, they are engaged in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All activities are geared to be fun and build lifetime memories in air-conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------

Dance Camp (Ages 9-11)

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

Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability.

When campers are not dancing, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (one time per week).

All of the activities are geared to be fun and build lifetime memories in air-conditioned spaces! Campers are required to wear their camp shirts and sneakers daily.

Cost Per 2-Week Session

Member	\$435	Community	\$485
--------	-------	-----------	-------



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.



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	Jamaica Y	Joiner's Fee	City-wide	City-wide Joiner's Fee
Adult (18 - 64)	\$58/mo.	\$75	\$109/mo.	\$125
Senior (65+)	\$47/mo.	\$75	\$89/mo.	\$125
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$69/mo.	\$75	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$141/yr.	\$75	n/a	n/a
Youth (up to 11)	\$296/yr.	\$75	n/a	n/a
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$47/mo.	\$75	\$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.*

Jamaica YMCA Family & Household Base Price – \$69/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$25/mo. Third Adult: \$47/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

Cedric Dew – Senior Executive Director
x 6001, cdew@ymcanyc.org

Gloria E. Messam – Fund Development Specialist
x 6002, gmessam@ymcanyc.org

Sabrina Scott – Membership & Sales Engagement Director
x 6022, sscott@ymcanyc.org

Juliet Beecher – Youth & Family Director
x 6012, jbeecher@ymcanyc.org

Janet Martinez – Healthy Lifestyles Director
x 6004, mjanet@ymcanyc.org

Carlotta Cuenca – Summer Camp Director
x 6010, ccuenca@ymcanyc.org

Lenis Perez – Beacon Program Director
x 6014, lperez@ymcanyc.org

Teo Tejada – Aquatics Director
x 6006, ttejada@ymcanyc.org

Thomas McTernan – Business Manager
x 6007, tmcternan@ymcanyc.org

Nelson Perez – Assistant Business Manager
x 6008, nperez@ymcanyc.org

Orlando Rivera – Building and Property Director
x 6027, orivera@ymcanyc.org

Andres Calixto – Building Engineer
x 6025, acalixto@ymcanyc.org

Maximo Hernandez – Residence Director
x 6023, mhernandez@ymcanyc.org

HOLIDAY HOURS

Christmas Eve
Tuesday, December 24 7:00 AM - 3:00 PM

Christmas Day
Wednesday, December 25 CLOSED

New Year's Eve
Tuesday, December 31 7:00 AM - 3:00 PM

New Year's Day
Wednesday, January 1 8:00 AM - 8:00 PM

Memorial Day
Monday, May 25 7:00 AM - 8:00 PM

Independence Day
Saturday July 4 7:00 AM - 8:00 PM

Labor Day
Monday, September 7 7:00 AM - 8:00 PM

Thanksgiving
Thursday, November 26 7:00 AM - 3:00 PM



POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. 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.

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.

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

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



LIVESTRONG AT THE YMCA

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

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

SIGN UP AT ymcanyc.org/livestrong

LIVESTRONG

FOUNDATION



THE 2020 CENSUS IS COMING!

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

WHY IS IT IMPORTANT?

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

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

For more information, visit ymcanyc.org/census or email census@ymcanyc.org.



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.

89-25 Parsons Boulevard
Jamaica, NY 11432
718-739-6600
ymcanyc.org/jamaica

f facebook.com/JamaicaYMCA