

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

WE ARE Y

# PROGRAM & CLASS GUIDE

**LONG ISLAND CITY YMCA  
WINTER/SPRING 2020**



32-23 Queens Boulevard  
Long Island City, NY 11101  
718-392-7932  
[ymcanyc.org/lic](http://ymcanyc.org/lic)

**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 68 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Swimming Pool	●	●
Sauna rooms	●	●
Basketball court	●	●
Indoor running track	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●



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**Dear Long Island City 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 – 10:45 PM  
\*pool closes at 10:30pm

Saturday – Sunday: 6:00 AM – 9:45 PM  
\*pool closes at 9:30pm

## 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. 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.

## GROUP EXERCISE CLASSES

We offer over 68 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.

#### Cardio Sculpt ♦

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

#### Circuit Training ♦

A fast paced workout that will challenge you with different activity stations.

#### 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.

#### Ultimate Abs ♦

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

#### Upper Body Blast ♦

Focus on your upper body – arms, shoulders, chest, and back – with this strengthening workout.

#### Zumba® Strong ♦

STRONG by Zumba® combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.

### CARDIO

#### Cardio Circuit ♦

This efficient and challenging form of cardio training uses a variety of exercises and workout stations.

#### Hi-Lo Cardio ♦

An energizing workout that uses high and low impact movements. Participants can choose their own levels of intensity and impact.

#### Interval Training ♦

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

#### Low Impact Cardio ♦

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

#### POUND ♦

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

#### Spin® ♦

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

#### Walk/Run Club ♦

Meet some walking or running partners in this club.

### MIND/BODY

#### Gentle Yoga ♦

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

#### Vinyasa Yoga ♦

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

#### Pilates Mat ♦

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

### DANCE

#### Zumba® ♦

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

#### Capoeira ♦

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility, and overall coordination and strengthen mental and physical concentration.

### 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 Boot Camp ♦

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

#### Water Aerobics ♦

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

### ACTIVE OLDER ADULTS

#### AOA Sit Fit ♦

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

#### 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 Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org to schedule your appointment.

### 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 Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org for more information.

### 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 Contact Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org to schedule your appointment.

### Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. Contact Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org for more information or to schedule your appointment.

<b>Bronze Package (1 session)</b>	<b>\$75</b>
<b>Silver Package (5 sessions)</b>	<b>\$355</b>
<b>Gold Package (10 sessions)</b>	<b>\$665</b>
<b>Platinum Package (20 sessions)</b>	<b>\$1200</b>

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

\*Non-member pricing varies. Please inquire within.

### Massage Therapy

In addition to feeling good, massage has a range of documented benefits, including the release of muscular tension, improved flow to the heart, and more. Treat yourself to the benefits of massage today with an appointment. All massage therapy sessions are one (1) hour in length. Gift certificates are available. For more information, contact Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org.

<b>Bronze Package (1 session)</b>	<b>\$85</b>
<b>Silver Package (5 sessions)</b>	<b>\$385</b>
<b>Gold Package (10 sessions)</b>	<b>\$755</b>
<b>Platinum Package (20 sessions)</b>	<b>\$1440</b>

## 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. 18)

#### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 18)

#### 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. 18)

### Water Fitness Classes ♦

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

## SPORTS

### Adult Basketball (Ages 18+)

Basketball season consists of eight weeks of regular season games plus a single elimination playoff series. We provide divisions for beginner, recreational, and competitive players. For more information about our basketball leagues, contact Jonathan Imperial at 718-392-7932 or jimperial@ymcanyc.org.

### Running Club

Join our official running club! Our group of experienced as well as novice runners meets 3x week for various group runs and the social events are not to be missed. For more info, contact Jonathan at jimperial@ymcanyc.org.



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

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



## 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 [ymcany.org/livestrong](http://ymcany.org/livestrong)**

LIVESTRONG  
FOUNDATION





AGES 0-4

# KIDS & FAMILY

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

## FREE CHILD WATCH

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



## EARLY CHILDHOOD DEPARTMENT

### Child Care & Preschool (Ages 3-4)

It is our intent of the Early Childhood Department to provide a quality educational opportunity for all children ages three and four living in Queens and proximity.

Our goal is to maximize their individual cognitive, physical, and social emotional potential by utilizing a developmentally appropriate approach to learning that is supported by a comprehensive research-based curriculum.

### Universal Pre-K (Ages 3-4)

We are excited to announce our Pre-K For All Dual Language Program, created in collaboration with researchers, supporting student learning in all domains using developmentally appropriate practice. Pre-K For All is a partnership with the New York Department of Education and is licensed by the NYC Department of Health and Mental Hygiene.

Visit the preschool classrooms at the Long Island City YMCA. Preschoolers are ready to take chances and experiment with new things. With teachers support, these young minds will tackle new challenges, and advance the skills they'll need for Kindergarten and beyond.

Contact: Rosa M. Paucar, ECC Director, at rpaucar@ymcanyc.org or Ms. Risa Murata, Early Childhood Admin, at rmurata@ymcanyc.org.

## CAMPS & AFTERSCHOOL

### Early Childhood Holiday Camp (Ages 3-5)

When school is out, our Holiday Camps engage kids in healthy physical activity and foster positive social interaction. Your child will participate in activities that include arts, literacy, swimming, science, and much more.

### Early Childhood Camp (Age 3)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is offered by Long Island City's Early Childhood Department. This camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. It is specifically designed to prepare them for upcoming PreK For All (or other full-day) programming. Activities include swimming lessons twice a week, outdoor play, music and movement, and interactive science, language, and literacy activities. Each week even has its own theme! Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. Children must be toilet trained prior to their start of camp, as per our DOH licensing. Each session has a special theme and an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

#### Cost Per 2-Week Session

Member	\$610	Community	\$650
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### Making and Tinkering Kinder Camp (Ages 4-5)

Inquisitive minds want to know! Making and Tinkering Kinder Camp is designed for children entering kindergarten in September 2020. The campers become involved in tinkering and making activities, in which a problem and the challenge of finding a solution are presented to campers. The young campers are guided to solve those problems, discuss with their peers, experiment, play, and tinker! Campers are encouraged to embrace curiosity, gaining self-confidence as they find solutions to common questions and problems. When campers are not tinkering, they engage in other camp activities that support building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, group play, and instructional swimming twice per week. 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.

Each session has a special theme and an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

#### Cost Per 2-Week Session

Member	\$610	Community	\$650
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### Japanese Summer Program – Language Immersion (Ages 3-7)

Looking to enjoy the world of cherry blossoms, jade, and Mount Fuji, and learn the Japanese language? Explore the Japanese language and culture in an informal setting. We welcome campers of any Japanese/English language ability, from beginner to advanced level. Our teachers work year-round with young students and are highly experienced with bilingual education (Japanese-English). In our classrooms, we encourage cultural awareness, the importance of accepting diversity, and compassion for others from different backgrounds. We promote a caring and supportive multicultural community. The "Play with Hiragana" model that we offer is perfect for those children who are just starting to show an interest in letters or who have already started reading some letters on their own. Campers enjoy learning Hiragana through activities such as singing songs and playing games. Campers also participate in Day Camp activities, including weekly field trips, sports, team-building activities, and instructional swimming twice per week.

Each session has an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

#### Cost Per 2-Week Session

Member	\$660	Community	\$700
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### Japanese Afterschool

The Japanese Language Afterschool at the Long Island City YMCA is run in coordination with the LIC YMCA's UPK program. Following the YMCA's mission, the curriculum will be conducted in Japanese, offering children a fun learning environment that includes not only spoken language, but also reading/writing hiragana, and learning about Japanese culture.



### Spanish Afterschool

The Spanish Immersion program is an approach to foreign language introduction. It will offer students the ability to become familiar with the Spanish language at a very young age. An experienced native Spanish-speaking teacher, with a background in early childhood education, teaches our Spanish program, which is conducted in small groups in preschool format.

Following monthly theme based on Spanish annual events/holidays, the program will include songs, dances, and reading aloud stories in Spanish. For this reason, classes are taught entirely in Spanish. Studies show that students learn the most when they immersed in the language, similar to how we learn our first language.

Here at the Long Island City YMCA, we offer a program where students are fortunate to have an early start to learning Spanish. It will allow them to reach higher levels of proficiency and gain native-like pronunciation.

Contact: Rosa M. Paucar, ECC Director, at [rpaucar@ymcany.org](mailto:rpaucar@ymcany.org) or Ms. Risa Murata, Early Childhood Admin, at [rmurata@ymcany.org](mailto:rmurata@ymcany.org).



**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. 18)

**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. 18)

**SPORTS**

**Toddler Soccer**

Our soccer classes teach skills, improve coordination, and encourage fair play, positive attitude, and teamwork.

Sunday 3:00 pm-3:45 pm

**Cost Per 8-Week Session**

Member	\$70	Community	\$100
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**Toddler Basketball**

Introduce your little one to the game of basketball with age-appropriate games and equipment in a safe space and with the guidance of our friendly, certified staff.

Saturday 11:30 am-12:15 pm

**Cost Per 8-Week Session**

Member	\$70	Community	\$100
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**Beginner Ballet**

Your little one is introduced to simple stretches and ballet terminology while incorporating movement in their own way through games and using props.

Saturday 10:00 am - 11:00 am

**Cost Per 8-Week Session**

Member	\$120	Community	\$160
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For additional information about our sports programs, please contact Senior Program Director Jonathan Imperial at [jimperial@ymcany.org](mailto:jimperial@ymcany.org) or call 718-392-7932.



**Healthy Kids Day<sup>®</sup>**

**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 at PS 150, PS 228, IS 126

The best of Long Island City YMCA is available afterschool at PS150, PS 228, and IS 126. Our Y Afterschool locations provide students with the opportunity to choose from specialized classes designed to nurture the student’s spirit, mind, and body. For information about the afterschool programs, please contact Julia Defeo at [jdefeo@ymcanyc.org](mailto:jdefeo@ymcanyc.org) or call 718-392-7932.

### 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 Day 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 all the activities the campers participate in are geared towards the specified theme. Campers have instructional swim lessons twice a week at our on-premise pool. Campers also go on weekly field trips to explore the city as well. Each session has an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

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 of the activities are geared to be fun and build lifetime memories!

#### Cost Per 2-Week Session

Member	\$530	Community	\$580
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### Swim Camp (Ages 6-12)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through 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 not swimming, campers participate in core traditional camp activities, including sports, field trips and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence.

#### Cost Per 2-Week Session

Member	\$660	Community	\$700
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### Sports Camp (Ages 7-14)

Our Sports Camp is designed to enhance the sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of basketball and soccer, all while having fun and practicing their techniques in scrimmages and games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports.

When campers are not playing a sport, they participate in Day Camp activities including creative arts, exploring science and nature, weekly field trips, art, literacy activities and instructional swimming. 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. Each session has an end of session showcase. The whole family is invited to enjoy the event, with campers sharing what they have been working on all session!

#### Cost Per 2-Week Session

Member	\$640	Community	\$680
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## 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. 18)

### 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. 18)

**“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**

**FITNESS & SPORTS**

**Soccer Academy**

Our Soccer Academy provides soccer enthusiasts with a higher caliber of training meant to go above basic clinic drills. Tryouts for the soccer academy is mandatory. For more information, please contact Meishay Gattis at [mgattis@ymcany.org](mailto:mgattis@ymcany.org) or call 718-392-7932.

**Beginner Soccer**

Our soccer classes teach skills, improve coordination, and encourage fair play, positive attitude, and teamwork.

**Cost Per 8-Week Session**

Member	\$150	Community	\$190
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**Beginner-Advanced Karate**

Our progressive karate program teaches physical education, self-defense, and meditation. Regular participation in this program develops strength, agility, flexibility, and coordination as well as focus and peace of mind.

- (4-11 years) Saturday 10:00 am - 11:00 am
- (4-11 years) Saturday 11:00 am - 12:00 pm
- (5-12 years) Saturday 12:00 pm - 1:00 pm

**Cost Per 8-Week Session**

Member	\$150	Community	\$190
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**Beginner Basketball**

Learn and master the basics of passing, dribbling, and shooting and practice your offense and defense in fun scrimmages.

- (5-7 years) Saturday 9:30 am - 10:30 am
- (8-15 years) Saturday 10:30 am - 11:30 am
- (8-15 years) Saturday 12:30 pm - 1:30 pm

**Cost Per 8-Week Session**

Member	\$150	Community	\$190
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**Youth Track Club**

Competitive but fun running training program for youth geared toward getting race ready for competitions in and outside of the Y.

Saturdays 1:30pm-2:30pm  
LIC YMCA Indoor Track

**Cost Per 8-Week Session**

Member	\$75	Community	\$105
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**Youth Ballet**

Your little one is introduced to simple stretches and ballet terminology while incorporating movement in their own way through games and using props.

- Level 1 Saturday 10:00 am - 11:00 am
- Level 2 Saturday 9:00 am - 10:00 am

**Cost Per 8-Week Session**

Member	\$150	Community	\$190
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For additional information about our sports programs, please contact Senior Program Director Jonathan Imperial at [jimperial@ymcany.org](mailto:jimperial@ymcany.org) or call 718-392-7932.



# YMCA NEW AMERICANS WELCOME CENTERS

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

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

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



# THE 2020 CENSUS IS COMING!

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

## WHY IS IT IMPORTANT?

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

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

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





AGES 12-17

# TEENS

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



## LEADERSHIP & CIVIC ENGAGEMENT

### Leaders Club ♦

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

### Teens Take the City ♦

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

### 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.

## FITNESS & SPORTS

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

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

### Teen Center (Ages 12 - 17) ♦

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

Every Wednesday and Friday. For more info, please contact Julia Defeo at [jdefeo@ymcanyc.org](mailto:jdefeo@ymcanyc.org) or call 718-392-7932.

## SUMMER CAMP

### Teen Camp (Ages 12-14)

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 all summer long. Teen camp focuses on expanding teens' social skills as well as encouraging their independence and giving them the tools for positive decision making.

Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips 2-3 times per week designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals — all while making friends and having fun. Included are workshops that explore resume building and interview dynamics, helping teens prepare for the years ahead of them. Teen Camp creates memories, friendships, and experiences that they'll carry with them for a lifetime!

#### Cost Per 2-Week Session

Member	\$530	Community	\$580
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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. 18)

### 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. 18)



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

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

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

# STAGES OF LEARNING

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

**I** Infant & Toddler  
6 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	0-4 years	5 years-adult
Member	\$120	\$130
Community	\$170	\$205

#### Water Discovery

Parent/Child 6-18 months

Saturday 10:00 am - 10:30 am

#### Water Discovery

Parent/Child 18-36 months

Saturday 9:00 am - 9:30 am

#### Water Exploration

Parent/Child 6-18 months

Saturday 10:30 am - 11:00 am

#### Water Exploration

Parent/Child 18-36 months

Saturday 9:30 am - 10:00 am

#### Water Exploration

Preschool Child (3-5 yrs)

Saturday 9:00 am - 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	0-4 years	5 years-adult
Member	\$120	\$130
Community	\$170	\$205

#### Stage 1

##### Water Acclimation

Parent/Preschool Child (3-5 yrs)

Monday 3:45 pm - 4:15 pm

Wednesday 3:45 pm - 4:15 pm

Wednesday 5:10 pm - 5:40 pm

Thursday 4:20 pm - 4:50 pm

Friday 4:30 pm - 5:00 pm

Saturday 9:00 am - 9:30 am

Saturday 10:00 am - 10:30 am

Saturday 10:30 am - 11:00 am

Sunday 9:00 am - 9:30 am

Sunday 9:30 am - 10:00 am

Sunday 10:00 am - 10:30 am

Saturday 9:00 am - 9:30 am

#### Stage 1

##### Water Acclimation

School Age Child (5-8 years)

Saturday 9:00 am - 9:45 am

Saturday 12:00 pm - 12:45 pm

Saturday 1:00 pm - 1:45 pm

#### Stage 1

##### Water Acclimation

School Age Child (8-12 years)

Saturday 2:00 pm - 2:45 pm

Monday 4:20 pm - 5:05 pm

#### Stage 1

##### Water Acclimation

Teen (12-17 years)

Wednesday 5:10 pm - 5:55 pm

Saturday 2:00 pm - 2:45 pm

#### Stage 1

##### Water Acclimation

Adult

Thursday 12:30 pm - 1:30 pm

Tuesday 8:00 pm - 9:00 pm

Wednesday 8:00 pm - 9:00 pm

Saturday 4:00 pm - 5:00 pm

#### Stage 2

##### Water Movement

Preschool Child (3-5 years)

Tuesday 3:45 pm - 4:15 pm

Friday 3:30 pm - 4:00 pm

Saturday 9:00 am - 9:30 am

Saturday 10:00 am - 10:30 am

Saturday 10:30 am - 11:00 am

Sunday 9:00 am - 9:30 am

Sunday 10:00 am - 10:30 am



GUARD

**Stage 2**  
**Water Movement**  
 School Age Child (5-8 years)

Tuesday 4:20 pm - 5:05 pm  
 Wednesday 4:20 pm - 5:05 pm  
 Thursday 4:20 pm - 5:05 pm  
 Saturday 11:00 am - 11:45 am  
 Sunday 12:45 pm - 1:30 pm

**Stage 2**  
**Water Movement**  
 School Age Child (8-12 years)

Friday 4:00 pm - 4:45 pm  
 Sunday 10:45 am - 11:30 am

**Stage 2**  
**Water Movement**  
 Teen (12-17 years)

Thursday 5:10 pm - 5:55 pm

**Stage 3**  
**Water Stamina**  
 Preschool (3-5 years)

Monday 3:45 pm - 4:15 pm  
 Thursday 3:45 pm - 4:15 pm  
 Friday 4:45 pm - 5:15 pm  
 Saturday 10:00 am - 10:30 am  
 Saturday 10:30 am - 11:00 am  
 Sunday 9:30 am - 10:00 am  
 Sunday 10:00 am - 10:30 am

**Stage 3**  
**Water Stamina**  
 School Age Child (5-8 years)

Saturday 11:00 am - 11:45 am  
 Saturday 12:00 pm - 12:45 pm  
 Saturday 3:00 pm - 3:45 pm  
 Sunday 10:45 am - 11:30 am  
 Sunday 11:45 am - 12:30 pm

**Stage 3**  
**Water Stamina**  
 School Age Child (8-12 years)

Monday 4:20 pm - 5:05 pm  
 Tuesday 4:20 pm - 5:05 pm  
 Wednesday 4:20 pm - 5:05 pm  
 Thursday 4:20 pm - 5:05 pm

**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	0-4 years	5 years-adult
Member	\$120	\$130
Community	\$170	\$205

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

Tuesday 3:45 pm - 4:15 pm  
 Wednesday 3:45 pm - 4:15 pm  
 Thursday 3:45 pm - 4:15 pm  
 Friday 4:45 pm - 5:15 pm  
 Saturday 9:30 am - 10:00 am  
 Saturday 10:00 am - 10:30 am  
 Sunday 9:00 am - 9:30 am  
 Sunday 9:30 am - 10:00 am

**Stage 4**  
**Stroke Introduction**  
 School Age Child (5-8 years)

Tuesday 5:10 pm - 5:55 pm  
 Thursday 5:10 pm - 5:55 pm  
 Friday 4:00 pm - 4:45 pm  
 Saturday 12:00 pm - 12:45 pm  
 Saturday 2:00 pm - 2:45 pm

**Stage 4**  
**Stroke Introduction**  
 School Age Child (8-12 years)

Monday 5:10 pm - 5:55 pm  
 Tuesday 5:10 pm - 5:55 pm  
 Saturday 1:00 pm - 1:45 pm  
 Sunday 11:45 am - 12:30 pm  
 Sunday 12:45 pm - 1:30 pm

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

Friday 5:15 pm - 6:00 pm

**Stage 5**  
**Stroke Development**  
 School Age Child (5-8 years)

Monday 5:10 pm - 5:55 pm  
 Saturday 1:00 pm - 1:45 pm  
 Sunday 12:45 pm - 1:30 pm

**Stage 5**  
**Stroke Development**  
 School Age Child (8-12 years)

Wednesday 4:20 pm - 5:05 pm  
 Saturday 11:00 am - 11:45 am

**Stage 5**  
**Stroke Development**  
 Adult

Thursday 8:00 pm - 9:00 pm

**Stage 6**  
**Stroke Mechanics**  
 School Age Child (5-8 years)

Wednesday 4:20 pm - 5:05 pm  
 Saturday 11:00 am - 11:45 am

◆ Included in Membership | Members get priority registration



**PATHWAYS**

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

**Swim Club (Ages 5-12)**

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

Saturday 4:00 pm - 4:45 pm

**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/liccamp](http://ymcanyc.org/liccamp)

## 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 Day 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 all the activities the campers participate in are geared towards the specified theme. Campers have instructional swim lessons twice a week at our on-premise pool. Campers also go on weekly field trips to explore the city as well. Each session has an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

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 of the activities are geared to be fun and build lifetime memories!

### Cost Per 2-Week Session

Member	\$530	Community	\$580
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## Early Childhood Camp (Age 3)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is offered by Long Island City’s Early Childhood Department. This camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development. It is specifically designed to prepare them for upcoming PreK For All (or other full-day) programming. Activities include swimming lessons twice a week, outdoor play, music and movement, and interactive science, language, and literacy activities. Each week even has its own theme! Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers also enjoy our cool, air-conditioned classrooms and peanut/

tree nut-sensitive facility. Children must be toilet trained prior to their start of camp, as per our DOH licensing.

Each session has a special theme and an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

### Cost Per 2-Week Session

Member	\$610	Community	\$650
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## Making and Tinkering Kinder Camp (Ages 4-5)

Inquisitive minds want to know! Making and Tinkering Kinder Camp is designed for children entering kindergarten in September 2020. The campers become involved in tinkering and making activities, in which a problem and the challenge of finding a solution are presented to campers. The young campers are guided to solve those problems, discuss with their peers, experiment, play, and tinker! Campers are encouraged to embrace curiosity, gaining self-confidence as they find solutions to common questions and problems. When campers are not tinkering, they engage in other camp activities that support building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, group play, and instructional swimming twice per week. 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.

Each session has a special theme and an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

### Cost Per 2-Week Session

Member	\$610	Community	\$650
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**Japanese Summer Program – Language Immersion (Ages 3-7)**

Looking to enjoy the world of cherry blossoms, jade, and Mount Fuji, and learn the Japanese language? Explore the Japanese language and culture in an informal setting. We welcome campers of any Japanese/English language ability, from beginner to advanced level. Our teachers work year-round with young students and are highly experienced with bilingual education (Japanese-English). In our classrooms, we encourage cultural awareness, the importance of accepting diversity, and compassion for others from different backgrounds. We promote a caring and supportive multicultural community. The “Play with Hiragana” model that we offer is perfect for those children who are just starting to show an interest in letters or who have already started reading some letters on their own. Campers enjoy learning Hiragana through activities such as singing songs and playing games. Campers also participate in Day Camp activities, including weekly field trips, sports, team-building activities, and instructional swimming twice per week.

Each session has an end of session showcase. The whole family is invited to enjoy the event, with children sharing their experiences!

**Cost Per 2-Week Session**

Member	\$660	Community	\$700
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**Teen Camp (Ages 12-14)**

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 all summer long. Teen camp focuses on expanding teens’ social skills as well as encouraging their independence and giving them the tools for positive decision making.

Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips 2-3 times per week designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals — all while making friends and having fun. Included are workshops that explore resume building and interview dynamics, helping teens prepare for the years ahead of them. Teen Camp creates memories, friendships, and experiences that they’ll carry with them for a lifetime!

**Cost Per 2-Week Session**

Member	\$530	Community	\$580
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**Swim Camp (Ages 6-12)**

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through 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 not swimming, campers participate in core traditional camp activities, including sports, field trips and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence.

**Cost Per 2-Week Session**

Member	\$660	Community	\$700
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**Sports Camp (Ages 7-14)**

Our Sports Camp is designed to enhance the sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of basketball and soccer, all while having fun and practicing their techniques in scrimmages and games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports.

When campers are not playing a sport, they participate in Day Camp activities including creative arts, exploring science and nature, weekly field trips, art, literacy activities and instructional swimming. 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. Each session has an end of session showcase. The whole family is invited to enjoy the event, with campers sharing what they have been working on all session!

**Cost Per 2-Week Session**

Member	\$640	Community	\$680
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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](http://ycamps.ymcanyc.org)



## TRADITIONAL SLEEPAWAY CAMPS

### Camp Greenkill (Ages 7-13)

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

### Camp Talcott (Ages 9-14)

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

## TEEN SLEEPAWAY CAMPS

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

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

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

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

## SPECIALTY SLEEPAWAY CAMPS

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

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



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

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

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

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

# CODE OF CONDUCT

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

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

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

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

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





# EXERCISING COURTESY

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

1. **Get oriented.** Not sure how to use the equipment or what 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	LIC YMCA	Joiner's Fee	Queens-wide	Joiner's Fee	City-wide	Joiner's Fee
Adult (18 - 64)	\$66/mo.	\$100	\$76/mo.	\$125	\$109/mo.	\$125
Senior (65+)	\$52/mo.	\$100	\$61/mo.	\$125	\$89/mo.	\$125
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$82/mo.	\$120	Starting at \$95/mo.	\$125	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$310/yr.	n/a	n/a	n/a	n/a	n/a
Youth (up to 11)	\$285/yr.	n/a	n/a	n/a	n/a	n/a
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$52/mo.	\$120	n/a	n/a	\$89/mo.	\$125
Senior Couple	\$104/mo.	\$120	\$122	\$125	\$178	\$125
Locker Rental	\$275/yr.	n/a	n/a	n/a	n/a	n/a

\*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.\*

#### LIC YMCA Family & Household Base Price – \$82/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$30/mo. Third Adult: \$53/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 [ymcany.org/family](http://ymcany.org/family) for more information and examples of how to use this membership to save.

### STAFF LISTING

- Meishay Gattis – Executive Director  
x 6310, mgattis@ymcany.org
- Brently Winstead – ED/HR Admin Assistant  
x 6311, bwinstead@ymcany.org
- Owen Salmon – Interim Business Manager  
x 6313, osalmon@ymcany.org
- Jonathan Imperial – Senior Program/  
Communications/Healthy Lifestyles Director/  
Sports Director  
x 6303, jimperial@ymcany.org
- Heidy Lopez – Membership Sales &  
Engagement Director  
x 6312, hlopez@ymcany.org
- Julia Defeo – Youth & Family Director  
x 6314, jdefeo@ymcany.org
- Mohinder Rana – Aquatics Director  
x 6320, mrana@ymcany.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 - 7:00 PM\*
- Independence Day**  
Saturday July 4 7:00 AM - 7:00 PM\*
- Labor Day**  
Monday, September 7 7:00 AM - 7:00 PM\*
- Thanksgiving**  
Thursday, November 26 7:00 AM - 3:00 PM\*

\*No child watch

\*\*No Child watch after 1:30pm





## 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 cases of inclement weather, the LIC YMCA reserves the right to cancel classes. Some classes and instructors may change based on availability. Please see our mobile app for updates schedules.

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

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

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

## PLEASE GIVE TODAY.

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





# BRANCH LOCATIONS

## MANHATTAN BRANCHES

### Chinatown YMCA

273 Bowery  
New York, NY 10002  
212.912.2460

### Harlem YMCA

180 West 135th Street  
New York, NY 10030  
212.912.2100

### McBurney YMCA

125 West 14th Street  
New York, NY 10011  
212.912.2300

### Vanderbilt YMCA

224 East 47th Street  
New York, NY 10017  
212.912.2500

### West Side YMCA

5 West 63rd Street  
New York, NY 10023  
212.912.2600

## BRONX BRANCH

### Bronx YMCA

2 Castle Hill Avenue  
Bronx, NY 10473  
212.912.2490

## BROOKLYN BRANCHES

### Bedford-Stuyvesant YMCA

1121 Bedford Avenue  
Brooklyn, NY 11216  
718.789.1497

### Coney Island YMCA

2980 West 29th Street  
Brooklyn, NY 11224  
718.215.6900

### Dodge YMCA

225 Atlantic Avenue  
Brooklyn, NY 11201  
212.912.2400

### Flatbush YMCA

1401 Flatbush Avenue  
Brooklyn, NY 11210  
718.469.8100

### Greenpoint YMCA

99 Meserole Avenue  
Brooklyn, NY 11222  
212.912.2260

### North Brooklyn YMCA

570 Jamaica Avenue  
Brooklyn, NY 11208  
212.912.2230

### Park Slope Armory YMCA

361 15th Street  
Brooklyn, NY 11215  
212.912.2580

### Prospect Park YMCA

357 Ninth Street  
Brooklyn, NY 11215  
718.768.7100

## QUEENS BRANCHES

### Cross Island YMCA

238-10 Hillside Avenue  
Bellerose, NY 11426  
718.551.9300

### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718.551.9350

### Jamaica YMCA

89-25 Parsons Blvd.  
Jamaica, NY 11432  
718.739.6600

### Long Island City YMCA

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

### Ridgewood YMCA

69-02 64th Street  
Ridgewood, NY 11385  
212.912.2180

### Rockaway YMCA

207 Beach 73rd Street  
Arverne, NY 11692  
718.215.6950

## STATEN ISLAND BRANCHES

### Broadway YMCA

651 Broadway  
Staten Island, NY 10310  
718.981.4933

### South Shore YMCA

3939 Richmond Avenue  
Staten Island, NY 10312  
718.227.3200

### YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue  
Staten Island, NY 10312  
718.948.3232

### YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue  
Staten Island, NY 10304  
718.981.4382

## HUGUENOT, NY (SLEEPAWAY CAMP)

### New York YMCA Camp

160 Big Pond Road  
Huguenot, NY 12746  
845.858.2200

## ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600



**YMCA OF GREATER  
NEW YORK**

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

32-23 Queens Boulevard  
Long Island City, NY 11101  
718-392-7932  
[ymcanyc.org/lic](http://ymcanyc.org/lic)

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

 [@lic\\_ymca](https://instagram.com/lic_ymca)