

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

NORTH BROOKLYN YMCA
WINTER/SPRING 2020

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230
ymcanyc.org/northbrooklyn



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 78 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	●	●
Indoor running track	●	●
FREE WiFi	●	●
FREE Child Watch		●
Customizable Family & Household Memberships		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●



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Dear North Brooklyn 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

Adults

Monday – Friday: 5:00 AM – 11:00 PM
Saturday – Sunday: 5:00 AM – 10:00 PM

Teens (Ages 12-17)

Monday – Friday: 2:00 PM – 9:30 PM
Saturday – Sunday: 8:00 AM – 9:30 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 I SESSION DATES

SPRING II REGISTRATION DATES

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

SPRING II SESSION DATES

April 27 – June 21, 2020

SUMMER REGISTRATION DATES

Member: June 13, 2020
Community: June 20, 2020

SUMMER SESSION DATES

June 29- August 23, 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. The lighting is warm and indoor.

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. This is a FREE service for family memberships only.

GROUP EXERCISE CLASSES

We offer over 78 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.

Circuit Training ♦

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

Core Training ♦

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

Insanity® ♦

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

Kickboxing ♦

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

Lower Body Blast ♦

Focus on your lower body – hips, glutes, and legs – with this strengthening 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.

CARDIO

Cycling ♦

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

MIND/BODY

Ashtanga Yoga ♦

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

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.

WATER FITNESS

Aqua Jog ♦

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

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

AOA Cardio Conditioning ♦

A gentle aerobic workout especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

AOA Strength Training ♦

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

SilverSneakers® Classic ♦

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

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 northbrooklyn2@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 northbrooklyn2@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 contact northbrooklyn2@ymcanyc.org.

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available.

For more information, contact northbrooklyn2@ymcanyc.org.

# of sessions	1	3	10	15
Member	\$65	\$162	\$585	\$870
Community	\$75	\$262	\$665	\$970

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)

Water Fitness Classes ♦

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

YMCA Arthritis Aquatic Program ♦

Based on a program developed by the Arthritis Foundation, this low-impact workout will help you build strength and endurance. For more information, please contact Grace Avila at Gavila@ymcanyc.org.

Mondays, Wednesdays, Fridays
10:30 AM-11:30 AM
Free for members

Private Swim Lessons

Private Swim Lessons Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private lessons are for people of all ages who are interested in developing their water skills and safety on all levels. All lessons are 30 minutes long.

# of Lessons	2	3	4
Member	\$100	\$126	\$156
Community	\$185	\$244	\$281



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

LIVESTRONG
FOUNDATION





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. This is a FREE service for family memberships only.

SUMMER CAMP

Kinder Camp (Age 4–5)

Having a fun summer can be a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten. Structured Day Camp activities support the transition into 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, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Camp location: North Brooklyn YMCA, 570 Jamaica Avenue, Brooklyn NY, 11208

Cost Per 2-Week Session

Member	\$428	Community	\$519
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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. **FREE to Members.**

Starting May 25, 2020 all Family recreational swim participants must have a wristband to enter the pool

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)

SPORTS

Biddy Basketball (Ages 4–5 years)

Modifications permit the players to learn the fundamentals of the game and develop their ball handling skills with regard to their age and physical abilities while indirectly improving a wide range of cognitive and social skills.

CHILD WATCH SCHEDULE

FREE TO MEMBERS

Must call 212.912.2230 1 hour prior to reserve space. Space is limited.

Monday	8:00 AM-11:00 AM	6:00 PM-9:00 PM
Tuesday	8:00 AM-12:00 PM	5:00 PM-9:00 PM
Wednesday	5:00 PM-9:00 PM	
Thursday	8:00 AM-12:00 PM	5:00 PM-9:00 PM
Friday	6:00 PM-9:00 PM	
Saturday	9:00 AM-2:00 PM	
Sunday	9:00 AM-12:00 PM	

Please see our website for schedules. Schedules are subject to change.





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. This is a FREE service for family memberships only.

AFTERSCHOOL & SUMMER CAMP

YMCA Beacon Center at MS 347/349

Operating center of the North Brooklyn YMCA funded by the Department of Youth and Community Development (DYCD) the Beacon Center offers youth and adult educational programs, recreational programs and volunteer and community service opportunities, enrichment activities, adult programs, outreach support groups, family events, holiday and summer camps free of charge. Everyone is welcome at the Beacon Center, it serves as a safe haven for all youth and adults. Located at 35 Starr St, Brooklyn, NY 11221

For more information about the program contact Dwayne Douglas at 212.912.2257 or Ddouglas@ymcany.org

Eastern District YMCA Center

The Eastern District Center offers youth educational programs, recreational programs and volunteer and community service opportunities, family events, holiday and summer camps free of charge. Everyone is welcome at the Eastern District Center, it serves as a safe haven for all youth. Located at 125 Humboldt St, Brooklyn NY 11206

For more information about the program contact Ashley Mendoza, Program Coordinator at 718.782.8300 or amendoza@ymcany.org

Day Camp (Ages 6-11)

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

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as "Superhero Day." Our Camp will feature a theme, such as Disney, Dr. Seuss or "Around the World in 80 Days", where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons once a week, at our on-site pool. There are also weekly field trips, one field trip per session done by bus or train where campers get a chance to learn about their communities. Every two weeks, campers showcase something they have learned or created in our Family Share.

Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning

over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. Activities such as journaling and age-appropriate science experiments expand their literacy, math and science skills, and promote their ability to think critically. All of the activities are geared to be fun and build lifetime memories!

*Campers are divided into age groups with children within one to two years of their age. Camp location: North Brooklyn YMCA, 570 Jamaica Avenue, Brooklyn NY, 11208

Cost Per 2-Week Session

Member	\$412	Community	\$504
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Swim Camp (Ages 7-11)

(Age 7-8, age 9-10, and age 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 day camp activities including sports, bi-weekly field trips, art, and literacy activities. All activities and interactions emphasize building self esteem and self-confidence.

Cost Per 2-Week Session

Member	\$459	Community	\$550
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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. FREE to Members.

Please visit our website for schedule.

"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

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

Youth Instructional Basketball (Ages 6-12)

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

For more information contact Jonathan Serrano information Jserrano@ymcanyc.org

SIEIDO Karate (Ages 6-17)

Using SEIDO martial art principles, participants develop and strengthen their ability to focus on tasks and goals, exercise self-discipline, improve self-esteem, and learn the “non-quitting spirit” of the martial arts that they need to combat the challenges of daily living and achieving success.

Youth Soccer (Ages 6-12)

Focus on establishing and improving soccer skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to effectively learn the game.

Cost Per 8-Week Session

Member	\$96	Community	\$149
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Advanced Basketball (Ages 6-12)

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

Cost Per 8-Week Session

Member	\$111	Community	\$188
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CELEBRATE WITH US!

Are you looking for a place to host your next meeting, birthday party or special event?

At the North Brooklyn YMCA we have meeting rooms, and a pool available for your next event.

Multi Purpose Room	\$250 for 1 hour
Classroom 1	\$130 for 1 hour
Pool	\$280 for 1 hour
Pool & Classroom Combo	\$350 for 1 hour in pool & 1 hour in Classroom
Rental Includes:	wifi, stereo, tables, and chairs

For more information, contact northbrooklyn2@ymcanyc.org.



Healthy Kids Day[®]

**AWAKEN
SUMMER
IMAGINATION!**

Saturday April 18

**Free & open
to the public!**



THE 2020 CENSUS IS COMING!

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

WHY IS IT IMPORTANT?

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

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

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





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. Leaders Club helps teens ages 12-17 to find the leader within. Teen Programs run throughout the school year, October- June. Wednesdays, 5:30pm - 7:00pm FREE

Teens Take the City ♦

This dynamic civic engagement program, focusing specifically on NYC government, offers teens ages 12-17 the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teen Programs run throughout the school year, October- May. Tuesdays, 5:30pm - 7:30pm FREE

Teen Center ♦

Offered on Saturday evenings from October through June as a fun, safe place for teens to socialize, exercise and have positive interaction with peers and YMCA staff. The center is open to teens from local communities and offers activities such as sports, fitness, arts and discussion groups. Teen Center encourages teens ages 12-17 to interact in a safe and positive social setting. Teen Programs run throughout the school year, October- May. Saturdays, 6:00pm - 9:00pm FREE

For more information contact Lamont Drew at ldrew@ymcanyc.org



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.

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)



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

Lesson Fees	Member	Community
Ages 0-5	\$99	\$133
Ages 5-12	\$121	\$169
Teen/Adult	\$123	\$180

SWIM STARTERS

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

SWIM BASICS

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

SWIM STROKES

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

PATHWAYS

Students who have achieved Stage 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Endurance, Sports and Games. This continues to build swimming as a lifelong skill and part of a healthy Lifestyle.

Lesson Fees (8 Weeks)	
Member	\$143
Community	\$204

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

PRIVATE SWIM LESSONS

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private lessons are for people of all ages who are interested in developing their water skills and safety on all levels. All lessons are 30 minutes long.

# of Lessons	Member	Community
2 lessons	\$100	\$185
3 lessons	\$129	\$244
4 lessons	\$156	\$281

◆ Included in Membership | Members get priority registration



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/northbrooklyncamp

Kinder Camp (Age 4–5)

Having a fun summer can be a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten. Structured Day Camp activities support the transition into 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, indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Camp location: North Brooklyn YMCA, 570 Jamaica Avenue, Brooklyn NY, 11208

Cost Per 2-Week Session

Member	\$428	Community	\$519
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Day Camp (Ages 6–11)

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

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Our Camp will feature a theme, such as Disney, Dr. Seuss or “Around the World in 80 Days”, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons once a week, at our on-site pool. There are also weekly field trips, one field trip per session done by bus or train where campers get a chance to learn about their communities. Every two weeks, campers showcase something they have learned or created in our Family Share.

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

science skills, and promote their ability to think critically. All of the activities are geared to be fun and build lifetime memories!

*Campers are divided into age groups with children within one to two years of their age. Camp location: North Brooklyn YMCA, 570 Jamaica Avenue, Brooklyn NY, 11208

Cost Per 2-Week Session

Member	\$412	Community	\$504
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Swim Camp (Ages 7–11)

(Age 7–8, age 9–10, and age 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 day camp activities including sports, bi-weekly field trips, art, and literacy activities. All activities and interactions emphasize building self esteem and self-confidence.

Cost Per 2-Week Session

Member	\$459	Community	\$550
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SLEEPAWAY CAMP

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

Camp Season

June 28 – August 29

One- and two-week sessions available

For more information, visit ycamps.ymcanyc.org



TRADITIONAL SLEEPAWAY CAMPS

Camp Greenkill (Ages 7–13)

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

Camp Talcott (Ages 9–14)

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

TEEN SLEEPAWAY CAMPS

Leaders-In-Training (Age 15)

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

Counselor-In-Training Program (Age 16)

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



SPECIALTY SLEEPAWAY CAMPS

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

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

International Judo Camp (Starting at Age 7)

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

World Teen Camp (Ages 12–16)

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

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.
8. Parents/ Guardians should supervise minors at all times.
9. Youth (Ages 11 & under) are not allowed in facility past 9:30 p.m.
10. Teens (Ages 12-17) are not allowed in facility past 9:30 p.m. unless accompanied by guardian in same membership, and partaking in same activity.

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.

UPCOMING EVENTS

December 14	Breakfast with Santa 10:00 am - 1:00 pm
January 6	Three Kings Celebration 6:00 pm - 9:00 pm
January 17	Hot Chocolate Day 9:00 am - 11:00 am 3:00 pm - 5:00 pm
February 8	Arts & Crafts 11:00 am - 2:00 pm
March 18	Family Game Night 5:00 pm - 7:00 pm
April 4	Egg Hunt 11:00 am - 2:00 pm
April 18	Healthy Kids Day 10:00 am - 3:00 pm

Schedules are subject to change.
More information will be available as
we get closer to event.



SERVING THE COMMUNITY

BOARD OF MANAGERS

The North Brooklyn YMCA Board of Managers is comprised of a dedicated group of volunteers that include community leaders, residents and business owners from our area. This highly organized group of individuals advise and assist the North Brooklyn YMCA staff.

Darma V. Diaz, Chair

Ashley Broadbelt
Walter Campbell
Suhana de Leon-
Sanchez
Miguel Feliciano
Ivan Harper
King Jones
Pete Leon
Juliet Lewis

Arletha Miller
Nnenna Onua
Brittney Parkinson
Sylvia Stovall
Edolphus Towns
Israel Velazquez
Phyllis White-Thorne
Bentley Whitfield

JOIN OUR BOARD MAKE A DIFFERENCE



THE SEVENTH ANNUAL
NORTH BROOKLYN YMCA

Jazz Brunch

Coming June 2020

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	North Brooklyn YMCA	Joiner's Fee	City-wide	City-wide Joiner's Fee
Adult (18 - 64)	\$54/mo.	\$95	\$109/mo.	\$125
Senior (65+)	\$44/mo.	\$95	\$89/mo.	\$125
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$65/mo.	\$95	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$240/yr.	\$35	n/a	n/a
Youth (up to 11)	\$139/yr.	n/a	n/a	n/a
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$44/mo.	\$95	\$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.*

North Brooklyn YMCA Family & Household Base Price – \$65/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$28/mo. Third Adult: \$44/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

Marjorie Jean Jacques – Executive Director
x 4705 mjeanjacques@ymcanyc.org

Jessenia Urgiles-Taft – Director, Membership Sales & Engagement
x 4701, jurgiles@ymcanyc.org

Jonathan Serrano – Director, Youth & Family
X4704, jserrano@ymcanyc.org

Dwayne Douglas – Director, Beacon
x2257, ddouglas@ymcanyc.org

Jessica Pardo – Billing Specialist
x 4708, jpardo@ymcanyc.org

Zoraida Estremera – Business Manager
x 4706, zestremera@ymcanyc.org

Jose Plaza – Resident Coordinator
x 4702, jplaza@ymcanyc.org

Mariusz Sacilowski – Property Manager
x4710, msacilowski@ymcanyc.org

Jamie Manhertz – Administrative Assistant
x4707, jmanhertz@ymcanyc.org

Grace Avila-Deck Supervisor
x4709, gavila@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 7:00 AM - 8:00 PM

Memorial Day

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

Independence Day

Saturday July 4 7:00 AM - 3:00 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. A \$5 fee will be charged for a replacement card

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. A \$10 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.

PARKING

Parking Permit To ensure amenities are used by the North Brooklyn Y members, we'll be distributing parking stickers to members who use our lot. This does not

guarantee parking, however. To give as many members a chance to park, there will be a 4 hr. parking limit.

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

If class is cancelled you will be issued a credit that can be used toward a program or membership. Credits are valid for 1 year and expire at the end of that period.

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.

“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



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 or visit the member services desk at your Y.



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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

COMMUNITY BENEFIT & IMPACT IN 2018

We're here for all New Yorkers — to empower youth, improve health, and strengthen community



EMPOWER YOUTH
2,500



IMPROVE HEALTH
11,300



STRENGTHEN COMMUNITY
13,800

BENEFIT TO COMMUNITY

14,100

PEOPLE SERVED
Our Community & Guests
of the Y

\$66.8K

Value of Volunteer Time

\$19.4K

Community Use of
Y Facilities

\$450K

Increased earning potential
for parents and guardians
with youth in Y programs



187 EMPLOYEES



37 PARTNERSHIPS



47 VOLUNTEERS

YOUTH Highlights

378

Summer
Campers

440

Students in Y Teen
Focused Programs

5%

of all youth in
our communities
served

92%

of students surveyed
showed growth in
social-emotional
learning



YOUTH EMPLOYED
BY THE Y (ages 16-24)

HEALTH Highlights

1,800

Youth developed
healthy habits in Y
programs

1,300

People learned to swim and
developed water safety skills
at the Y

COMMUNITY Highlights

INVESTMENT IN THE Y

\$40K

Gifts from **326** Donors

1

Student participated in
600-hour social work
internship



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



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