

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

# PROGRAM & CLASS GUIDE

PARK SLOPE ARMORY YMCA  
WINTER/SPRING 2020

361 15th Street  
Brooklyn, NY 11215  
212-912-2580  
[ymcanyc.org/parkslopearmory](http://ymcanyc.org/parkslopearmory)



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 100 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Three Basketball courts	●	●
200 Meter indoor running track	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE family programs		●
FREE teen orientation to the fitness center		●
FREE teen programs		●



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**Dear Park Slope Armory 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: 6:00 AM – 11:00 PM  
Saturday – Sunday: 7:00 AM – 9:00 PM

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

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

### WINTER SESSION DATES

January 2, 2020 – February 23, 2020

### SPRING I REGISTRATION DATES

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

### SPRING I SESSION DATES

February 24 – April 26, 2020

### SPRING II REGISTRATION DATES

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

### SPRING II SESSION DATES

April 27 – June 21, 2020

A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top and has a focused expression. 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.

## GROUP EXERCISE CLASSES

We offer over 100 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.

#### 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!

#### Strength Training ♦

Use a variety of weight training equipment to increase strength, add definition and burn calories.

#### Tabata Interval Training ♦

A high intensity interval training class focusing on the ratio between work and rest for the best results.

#### Total Body Conditioning ♦

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

### CARDIO

#### Spin® ♦

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

### MIND/BODY

#### Hatha Yoga ♦

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

#### Iyengar Yoga ♦

A form of yoga known for precision, alignment, and a focus on individual postures and their therapeutic benefits. Iyengar yoga promotes quiet, an inward focus, and a heightened consciousness.

#### Power Yoga ♦

An athletic-based yoga class with challenging movements.

#### Prenatal Yoga ♦

Expectant mothers will learn to stretch, strengthen, focus, and relax. This class will help prepare you physically and mentally for the experience of childbirth.

#### Restorative Yoga ♦

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

#### Vinyasa Yoga ♦

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

#### Meditation ♦

Learn and practice meditation.

#### 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.

#### 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.

### DANCE

#### Ballet ♦

A technique class that places emphasis and attention on alignment and placement of the body.

#### 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.

### ACTIVE OLDER ADULTS

The Park Slope Armory Y offers a comprehensive health and fitness program for Active Older Adults, ages 55 and older. Older adult group exercise classes are excellent for rehabilitation, building and maintaining strength and flexibility, and just feeling great! See our full schedule online.

Fees	1x Week	8 Week Session
Member	Included in Membership	
Community	\$7	\$42

#### AOA Yoga ♦

Older adult yoga class teaches the basics of yoga with a gentle approach.

#### AOA Walk ♦

Dance style aerobics class based on various forms of Latin movements and rhythms.

#### AOA Chair ♦

Older adult chair-based yoga that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

#### AOA Chair: Core and Strength ♦

A great class to focus on our core strength, balance and flexibility.



## 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. Stop by the membership desk 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. Stop by the membership desk 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.

### 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 Chrissy Baker at 212-912-2586 or cbaker@ymcany.org

1 Session	\$85
5 Sessions	\$240
10 Sessions	\$395
20 Sessions	\$650

### Small Group Training-Semi Private

Take your fitness to new heights! In a small group setting, move from one exercise to the next and combine strength, flexibility, and metabolic training to keep your heart rate up and get an intense total body workout. Groups are limited to allow personal attention for each participant.

## SPORTS

### Adult Open Gym Basketball ♦

What better place to play basketball than at the YMCA. We invented the sport! Play half-court, full-court or just free shooting play. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. So take your best shot! Please see gym schedule for adult basketball times.

### Adult Indoor Soccer League ♦

Don't let the cold weather slow you down! Keep working on your soccer skills all winter long with our Adult Indoor Soccer League. For more information, contact Chrissy Baker, Sports & Health Lifestyles Director, at 212-912-2586 or CBaker@ymcany.org.

### Adult Karate

This class combines fitness and self-defense with warm ups, stretching and conditioning. Our adults will learn the important of mind and body working together. In this class, we will work on basic techniques of karate and forms. It's a great way to relieve stress while learning to defend yourself and learning the art of karate.

### Cost Per 8-Week Session

Member	\$150	Community	\$210
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## ARTS

### MUSIC

#### Cost Per 8-Week Session

Member	\$175	Community	\$215
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#### Adult Guitar

Introduction and exploration of the instrument: electric or acoustic, taught in a fun, creative way. Technique, chords, melody, scale construction, finding notes, songs, reading music, tuning and more. Students must provide their own guitar.

#### Private Lessons

Introduction and exploration of the instrument: electric or acoustic, taught in a fun, creative way. Technique, chords, melody, scale construction, finding notes, songs, reading music, tuning and more. Students must provide their own guitar.

### ART

#### Cost Per 8-Week Session

Member	\$260	Community	\$315
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#### Collage & Mixed Media

This workshop will explore the art of collage and its many materials, techniques, and approaches and possibilities for personal expression. Students will cut, tear, and glue a variety of found and painted papers to larger paper and work with media such as water based paint, pencils, and charcoal. They will experiment with color, shape, texture and line to layer compositions and organize images and ideas. Some projects will include three dimensional formats such as assemblage and artists' books and visits, when possible, with local artists who use paper. Reflection and dialogue will be an ongoing part of the workshop. All levels of experience are welcome. Students bring their own supplies and will receive a list of materials and small tools.



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.



## PARENT & CHILD CLASSES

### Cost Per Visit

Member	Free with Family Membership
Community	\$30

#### Prenatal Yoga ♦

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

#### Tot & Me Yoga (Babies 10 months-2 years) ♦

A simpler version of its older sibling, this class offers younger children a safe space to walk, tumble, climb, jump, and explore movement and song. Requires active parental or caregiver support.

#### Baby Bootcamp ♦

This is an open play time where you and your child can enjoy the Rumble & Tumble obstacle course, play with others, and build strong bodies. Free for members; \$5.00 per child for community members.

## FAMILY

### Cost Per Visit

Member	Free with Family Membership
Community	\$30

#### Family Art (Babies 18 months - 3 years) ♦

Art projects develop your child's creativity and artistic side while refining their fine motor skills. Children can follow a guided project or explore with different mediums on their own. Remember to wear your messy clothes!

#### Indoor Playground (Babies up to 3 years) ♦

Allow children to run, climb and socialize in a safe space. Perfect for the winter months when the park is too cold.

#### Story, Song & Shimmy (Babies up to 4 years) ♦

Bond with your little one while they develop social, motor and cognitive abilities. Stories and singing will be followed by fun and dancing with scarves and instruments.

#### Story Time (All ages) ♦

Spend time exercising your brain with your child while you enjoy listening to stories in a fun and safe setting.

## SUMMER CAMP

#### Kinder Camp (4½-5 years)

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

Campers participate in instructional swimming once a week, indoor and outdoor physical fitness, interactive science, literacy activities, and theme-based arts and crafts. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as an on-site magic show, camp carnival or talent show! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. **Camp location: PS 10, 511 7th Ave, Brooklyn NY 11215.**

### Cost Per 2-Week Session

Member	\$585	Community	\$660
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# SPORTS

## PRESCHOOL SPORTS W/ PARENT

### Cost Per 8-Week Session

Member	\$135	Community	\$193
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These classes are for our new, smaller athletes who may still need some assistance participating in a sports setting. Parent participation is highly recommended in these classes.

### Preschool Soccer (2-4 years)

### Multi-Sports (2-4 years)

### Track (2-4 years)

## PRESCHOOL SPORTS

### Cost Per 8-Week Session

Member	\$135	Community	\$193
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These classes are for young athletes who turn 4 years old prior to the start date of the class and can participate independently.

### Soccer (4-6 years)

Children's soccer is an instructional class that teaches basic soccer skills, as well as a love for sport. Develop teamwork and participation in a fun, non-competitive environment.

### Multi-Sports (4-6 years)

Not sure which sport your child has an interest in? Does your child have an interest in every sport? Multi-Sports is the class for you! This instructional class gives a taste of soccer, basketball and track in a fun play-filled environment. Children are introduced to basic skills for the various sports, as well as fun games to familiarize with the use of various sports equipment.

### Basketball (4-6 years)

Sessions focus on improving basketball skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

### Track (4-6 years)

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

### Preschool Basketball League (4-5 years)

Our Recreational Youth Basketball League is a great opportunity to learn the fundamentals of basketball while also introducing the concept of teamwork and enhancing self-confidence. For more information, please contact Chrissy Baker, Sports & Healthy Lifestyles Director, at [CBaker@ymcanyc.org](mailto:CBaker@ymcanyc.org) or 212-912-2586.



## ARTS & CREATIVE PLAY

### ART

#### Cost Per 8-Week Session

Member	\$135	Community	\$215
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#### Art & Play (2-3 years)

An introductory class that sparks imaginations toward color investigation, and the fundamentals of 2-D and 3-D design. Starting with an exploration of color and its limitless possibility, we harness the power of design to paint and draw, work with collage and printmaking, use a range of tactile materials to build sculptures, bringing to life whatever is imaginable! Students must be accompanied by an adult.

### EARLY LEARNING

#### Cost Per 8-Week Session

Member	\$130	Community	\$210
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#### Block Party (2-3 years)

Join the party on the block, and explore building! Use your imagination to create a world of your own through different building activities each week. Develop spatial reasoning, problem solving and motor skills together!

#### NEW! Bilingual Baby (2-3 years)

You are never too young to learn a new language. Become a bilingual babe with this interactive sensory-filled English and Spanish class. Through music, movement, bubbles, and more, this language introduction class will encourage parent – child bonding and learning. Bilingual baby is a wonderful opportunity to enhance your child's English language, while learning a new one.

### DANCE

#### Cost Per 8-Week Session

Member	\$130	Community	\$185
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#### Tiny Toes Ballet (3 - 4 years)

Children will learn the fundamentals of ballet through awareness of body movement and creativity. While participating in exercise and dance sequences, participants will learn coordination while exploring various levels of movement that develop strength.



#### Ballet/Creative Movement (3 - 4 years)

This progressive program is a wonderful way to introduce children to movement. This class teaches self-expression through dance and supports your child's growing awareness of his/her body's capacity to move in dynamic ways. Children can twirl and leap with friends, finding poise, coordination and body awareness while having fun.

### THEATER

#### Cost Per 8-Week Session

Member	\$125	Community	\$180
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#### Imagination Theater (3-4 years)

A great first theater experience that uses stories as the basis for imaginative play. Participants will work with a different story each week to explore characters, settings, and plot - A wonderful way for children to learn to express their emotions and interact with their peers.

#### Sing, Act, Dance (3-4 years)

Through musical theater, children will explore the intersection of singing, drama, and dance. Students will have the opportunity to explore their vocal range through singing as well as explore characters, and develop their dancing and acting skills!

### SCIENCE

#### Cost Per 8-Week Session

Member	\$140	Community	\$220
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#### Ready, Set, Science (3 - 4 years)

From erupting volcanoes to experimenting with matter in different forms, this class invites children to explore the wonders of science! Your child will be able to test his or her own scientific theories and engage in experiments expanding their knowledge and interests.

## FAMILY FUN EVENTS

The Prospect Park and Park Slope Armory YMCAs open their doors to every family! Our monthly Family Fun events are free and open to the community. Activities include everything from movie nights to arts & crafts parties.

Visit our website or the membership desk to see when the next Saturday Family Fun event will take place!



AGES 5-12

# YOUTH

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

## FREE CHILD WATCH

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

## FAMILY

### Cost Per Visit

Member	Free with Family Membership
Community	N/A

### Open Sports Family Time ♦

Spend time with your child shooting baskets, kicking a soccer ball or playing some sports. We provide the space and equipment, you just need to be together to play.

## AFTERSCHOOL & SUMMER CAMP

### Y Afterschool

The literacy-based academic support program builds study skills and helps with homework through project-based learning and balanced literacy activities, using reading, writing, and conversation to address literacy challenges among public school students. As in any Y program, health education and recreation opportunities are central! With off-site locations from Park Slope to Bensonhurst, Y Afterschool helps hundreds of kids from K-5 continue to grow in spirit, mind, and body during the critical 3:00-6:00 p.m. hours. Y Afterschool is absolutely free of charge through donations to the Annual Campaign. For information about our Y Afterschool programs, please contact Jasmine Rosa at JRosa@ymcanc.org or 212-912-2587.

### Day Camp (6-11 years)

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

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as "Superhero Day." Each session features a different theme, such as Spy Week, Around the World, or Disney Globetrotters, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers enjoy swim lessons once a week at our pool. There are also weekly field trips to educational institutions around the city and campers are provided with memory books they get to take home at the end of the summer.

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, as well as promote their ability to think critically. All activities are geared to be fun and build lifetime memories! **Camp location: PS 10, 511 7th Ave, Brooklyn NY 11215.**

### Cost Per 2-Week session

Member	\$555	Community	\$670
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### Swim Camp (7-12 years)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

- » **Red (non-swimmer)** is our beginner stage where the children learn basic swimming skills.
- » **Yellow (intermediate)** will need to swim 10 feet (3 yards) on their front and back, tread water for 20 seconds, submerge under surface water (face in), and swim-float-swim.
- » **Green (swimmer)** will need to swim 45 feet (15 yards) on their front and back, tread water for at least 60 seconds, submerge & retrieve object, swim-float-swim for 75 feet (25 yards).

When they are not swimming, campers participate in core traditional camp activities including sports, field trips, art, and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence. **Camp location: Park Slope Armory, 361 15th Street, Brooklyn NY 11215.**

### Cost Per 2-Week Session

Member	\$600	Community	\$695
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### Sports Camp (7-12 years)

**Join our team, be active, and enjoy friends and coaches cheering you on!** Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of baseball, basketball, soccer, and flag football, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports. When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming. All activities and interactions emphasize building self-esteem and self-confidence. **Camp location: Park Slope Armory, 361 15th Street, Brooklyn NY 11215.**

### Cost Per 2-Week Session

Member	\$600	Community	\$695
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### Lisa Beth Gerstman Camp for Children with Special Needs (5-12 years)

**This camp is made possible through the generous support of the Lisa Beth Gerstman Foundation.** Its donation has offset the expenses of transportation and staffing required to serve children with special needs. This camp is a fully integrated program for children of different abilities, giving them the opportunity to participate in enriching activities specifically designed to foster each child's success. Campers experience a variety of summer camp activities, including trips with wheelchair accessible transportation, swimming, and adaptive physical activities as well as arts and crafts. We believe every child deserves the opportunity to participate in a safe, caring, and fun learning environment. Our small camper to staff ratio ensures that each camper receives individualized attention each day. All staff are trained by year-round YMCA leadership staff and are required to have previous experience working with children with special needs. **This camp runs for a three-week session: July 13-July 31, 2020. Counselor to child ratio is 1:2. Camp location: PS 10, 511 7th Ave, Brooklyn NY 11215.**

### Cost Per 3-Week Session

Member	\$790	Community	\$790
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# SPORTS

## YOUTH SPORTS

### Cost Per 8-Week Session

Member	\$135	Community	\$193
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### Youth Soccer (5-12 years)

Children’s soccer is an instructional class that teaches basic soccer skills, as well as a love for sport. Develop teamwork and participation in a fun, non-competitive environment.

### Basketball (5-12 years)

Sessions focus on improving basketball skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

### Multi-Sports (5-12 years)

Not sure which sport your child has an interest in? Does your child have an interest in every sport? Multi-Sports is the class for you! This instructional class gives a taste of soccer, basketball and track in a fun play-filled environment. Children are introduced to basic skills for the various sports, as well as fun games to familiarize with the use of various sports equipment.

### Track & Field (5-12 years)

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

### Flag Football (7-12 years)

Sessions focus on improving football skills such as passing, receiving, rushing, flag pulling, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

## SPEED & STRENGTH

### Cost Per 8-Week Session

Member	\$135	Community	\$193
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### Speed & Strength Conditioning (8-12 years)

The Y Speed & Strength Academy focuses on developing speed, core, strength, agility, power and coordination through top-quality instruction. Whether you are new to athletics or competing on a travel team, we are here to help you reach your personal fitness and/or athletic goals.

## SPORTS PRIVATE LESSONS

Do you want more individualized attention for your sport of choice? We now offer private sports lessons specific towards your needs. This is for all levels and ages! We also have Semi-Private Lessons. For more information, please see our membership desk!

## TENNIS

### Cost Per 8-Week Session

Member	\$165	Community	\$218
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### Tennis (8-12 years)

We utilize the USTA 10 & under Tennis curriculum, which uses youth tennis equipment, but focuses more on fun activities to strengthen eye-hand coordination to make tennis more enjoyable from early on in the learning process. They will learn a variety of skills that will not only help them in tennis, but in other sports as well.

## YOUTH BASKETBALL LEAGUE

### Youth Basketball League (6-12 years, Co-ed)

Our Recreational Youth Basketball League is a great opportunity to learn the fundamentals of basketball while also introducing the concept of teamwork and enhancing self-confidence. Ages are divided 6-7, 8-9 & 10-12.

Registration includes:

- 4-6 Teams Per Age Division
- NEW! Smaller Teams = More Play Time
- New! 12-week league and extra team practices
- NEW! 2 weeks of Evaluations/Skills
- Pre and Post Season Game Play
- NEW! Full Reversible Uniform
- YMCA Staff Coaches & Certified Referees
- Awards for Each Participant
- Playoffs & 1st Place Trophies for Ages 8-12



## KARATE

### Cost Per 8-Week Session

Member	\$160	Community	\$220
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### Karate (4 years and up)

Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. Level is determined by the instructor.

#### Additional Karate Fees:

- Karate Uniform - \$40 (required for all classes)
- Belting Fees - \$50+ (optional)
- Program Gear - \$100 (required for advanced classes)

**Levels:** Beginner I Intermediate; Beginner II Advanced



## ARTS

### DANCE/MOVEMENT

#### Cost Per 8-Week Session

Member	\$130	Community	\$185
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### Ballet – Level I (5-7 years)

This program is a fun and active way for children to learn ballet! Students will learn ballet techniques, build strength, and learn choreography. In the last week, students will put on a performance showcasing what they have learned.

### Ballet – Level II (5-7 years & 7-9 years)

Ready to challenge yourself to the next level? This class is for students who have taken ballet before and are ready to advance. Students will learn more advanced techniques and continue to develop their skills. In the last week, students will put on a performance showcasing what they have learned. Please note: Level II Ballet session lengths and pricing may vary. Level II Ballet for children (ages 5-7) is invitation only. Not sure if your child is ready for Level II? Please contact Denise Francis at [dfrancis@ymcanc.org](mailto:dfrancis@ymcanc.org) if you're interested.

### Hip Hop/Break Dancing (5-7 years)

Students will learn a series of stylistic moves paired with Hip Hop music to help work on musicality, coordination, cognitive awareness and personalization. Students will work on moving to the beat, remembering dance moves and expressing themselves within the choreographed movement.

### Yoga for Kids (6-8 years)

This class is a wonderful introduction to yoga & mindfulness. Students will learn tools to help them improve their self-awareness and concentration. Children will explore their ability to connect, breathe, move, focus & more!

### SPECIALTY ARTS

#### Cost Per 8-Week Session

Member	\$125	Community	\$180
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### Sing, Act, Dance! (5-7 years)

Through musical theater, children will explore the intersection of singing, drama, and dance. Students will have the opportunity to explore their vocal range through singing as well as explore characters, and develop their dancing and acting skills!

### NEW! Kids Modern Dance (7-9 years)

Tell a story through movement in this fun and empowering introduction to modern dance! Students will explore emotions and self-expression using a mixture of structured dance and creativity. In this class we'll look to build self-confidence and encourage our dancers to not only move within a group, but stand out on their own!

### MEDIA ARTS

#### Cost Per 8-Week Session

Member	\$150	Community	\$210
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### Lights, Camera, Action (7-9 & 10-12 years)

Welcome to YMCA Hollywood; where everyone's a star! Use visual storytelling to explore self-expression, creativity, build self-confidence, and have fun! Students will create their own scripts, act, direct, and produce their own original movies. This class is a great introduction to film, directing, acting, video editing and more!

### Photography (11-13 years)

Capture your own reality through the camera lens! Learn different techniques and tools for creating captivating images, and practice these techniques in action. Students will also learn about how a camera works and practice light writing. At the end of the session, students will display their work in a culminating celebration. Class runs on a seasonal basis. Price may vary.

### Private Guitar Lessons

Please inquire at the membership desk, or contact Denise Francis at (212) 912-2588 or [dfrancis@ymcanc.org](mailto:dfrancis@ymcanc.org).

## SCIENCE

#### Cost Per 8-Week Session

Member	\$140	Community	\$230
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### Science Explorers (5-7 years)

This class invites children to explore the wonders of science! Each week, students will test their theories, participate in science projects, and record their findings through observational drawings!



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 (13-18 years) ♦

The Leaders Club is a national program of the YMCA which provides club members with opportunities for leadership training, personal growth, service to others and social development. Leaders Club is one of the YMCA'S most intensive and comprehensive teen programs. Teens meet once a week working closely with their peers and an advisor on skill and character building activities, as well as on planning and organizing club projects. By connecting with adult advisors, teens have role models and mentors who can have a positive impact on their lives. The Leaders Club program provides a safe haven for young people where they can become confident and competent young adults with a sense of connection to their communities. The goal of Leaders is to promote and enhance the personal growth and skills of young people in order to develop strong leaders who will be a positive force in their communities. Fridays: 4:30pm-6:00pm

### Teens Take the City (13-18 years) ♦

The purpose of the Teens Take the City program is to facilitate the exposure of students to the function of New York City government through an engaging civics curriculum that emphasizes academic, social and leadership skill building. Teens Take the City is different from all other teen leadership programs because it is designed to give teens the tools they need to become active influences in their community. The program teaches teens all about New York City government and gives all participants the opportunity to research and debate topics of their choosing. Through the program, teens learn to take action in their community and in the halls of city government. Thursdays: 4:30pm-6:00pm

### Youth & Government (14-18 years) ♦

The YMCA Youth and Government program will teach young people how laws are created and passed, and how to successfully champion issues teens think are important. Teens will learn how to debate and formulate winning arguments as an attorney or a legislator. After one year in the program, teens you will know more about politics and law than most adults. Through Youth and Government, teens can join other young people from YMCA'S and high schools from all over the State for a three day event in Albany, New York's State Capital in March. Teens debate current state issues, participate in mock trials, and get to know future leaders. The Prospect Park YMCA has added the expertise of a practicing attorney to help guide students through the bill writing process and assist in preparing for the State Youth and Government. Wednesdays: 4:30pm-6:00pm

### Teen Center (12-18 years) ♦

Teen Center is a fun and safe space for teens to socialize, exercise and have a positive interaction with peers and YMCA counselors. Teen Center is open to teens from local communities and offers activities such as sports, fitness, arts and discussion groups. Teen Centers encourage more than 6,500 teens ages 12-18 to interact in a safe and positive social setting. Friday: 4:00pm-9:00pm

## FITNESS & SPORTS

### Teen Fitness ♦

The Fitness Center is available to 12 to 17 year olds who are YMCA members, under the following conditions:

- Teens must complete a 60-min orientation prior to using the fitness areas. All teens must have a parental consent form on file prior to utilizing the facility.
- Required orientation courses must be completed.
- Teens must present ID cards and course completion cards to floor trainer on duty prior to working out. Teens may not bring guests under the age of 18 into the facility. No exceptions to these policies will be made. We thank you for your cooperation

Teens may use fitness areas at designated times only: Monday-Friday 3:00pm - 8:30pm; Saturday-Sunday 7:00am - 9:00pm.

### Teen Open Basketball (12-18 years) ♦

What better place to play basketball than at the YMCA. We invented the sport! Play half-court, full-court or just free shooting play. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. So take your best shot! Please see gym schedule for teen basketball times.



## KARATE

### Cost Per 8-Week Session

Member	\$160	Community	\$220
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#### Karate (Ages 4 years and up)

Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. Level is determined by the instructor.

#### Additional Karate Fees:

Karate Uniform - \$40 (required for all classes)

Belting Fees - \$50+ (optional)

Program Gear - \$100 (required for advanced classes)

Levels: Beginner I Intermediate; Beginner II Advanced

## TEEN SPORTS

### Cost Per 8-Week Session (Novice, Intermediate & Advanced Level)

Member	\$135	Community	\$193
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#### Basketball (12-14 years)

Sessions focus on improving basketball skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

#### Track & Field (12-14 years)

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

#### Flag Football (12-13 years)

Sessions focus on improving football skills such as passing, receiving, rushing, flag pulling, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

#### Speed & Strength Conditioning (12-15 years)

The Y Speed & Strength Academy focuses on developing speed, core, strength, agility, power and coordination through top-quality instruction. Whether you are new to athletics or competing on a travel team, we are here to help you reach your personal fitness and/or athletic goals.

#### Teen Basketball League (12-15 years, Co-Ed)

Our improved teen basketball league will be a great opportunity for the 13 - 15 year old division to be part of a competitive team. They will have a chance to enhance their skills through team practices, then incorporate those skills into a live competitive environment.

Registration includes:

- NEW! 8-week league





- Skills/Practices
- Pre and Post Season Game Play
- Game T-Shirts
- YMCA Staff coaches & Referees
- Trophies for Top Two Teams

### PRIVATE/SEMI-PRIVATE SPORTS LESSONS

Our 30 minute private or semi-private lessons are now available for anyone, of all ages, who wants to take their game to the next level! Whether you are brand new or a veteran player, we will work with you individually to improve your skills and gain confidence in your sport of choice. Our team is dedicated to you and your want to succeed! Visit the website or member desk for more information.

## SUMMER CAMP

### Teen Camp (12-14 years)

Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school, and is designed to immerse campers in a variety of fun activities — tailored specifically to their age and interests — that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals — all while making friends and having fun! Included are workshops that explore resume building and interview dynamics, which helps teens prepare for the years ahead of them. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime! **Camp location: Park Slope Armory, 361 15th Street, Brooklyn NY 11215.**

#### Cost Per 2-Week Session

Member	\$550	Community	\$610
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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

Need to drop off early or pick-up late? No problem!

Summer Camp: \$100\* per camper per two-week session.

\*per service

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

## Kinder Camp (4½–5 years)

Springboard into the school year after an amazing summer! Kinder Camp is designed for children entering Kindergarten in September 2020. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive relationships with every camper. Campers participate in instructional swimming once a week, indoor and outdoor physical fitness, interactive science, literacy activities, and theme-based arts and crafts. To develop their skill sets and comfort levels with city travel, campers participate in at least one field trip by bus each session. Each week has a special theme, guest, or event, such as an on-site magic show, camp carnival or talent show! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. **Camp location: PS 10, 511 7th Ave, Brooklyn NY 11215.**

### Cost Per 2-Week Session

Member	\$585	Community	\$660
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## Day Camp (6–11 years)

There is an energy and magic to summer camp that cannot be replicated! Get ready to make friends, experiences, and memories to last a lifetime! Our Summer Camp is open to current kindergarteners through 6th grade students who are ready to participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports and creative arts, explore science and nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility. Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as "Superhero Day." Each session features a different theme, such as Spy Week, Around the World, or Disney Globetrotters, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers enjoy swim lessons once a week at our pool. There are also weekly field trips to educational institutions around the city and campers are provided with memory books they get to take home at the end of the summer. 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, as well as promote their ability to think critically. All activities are geared to be fun and build lifetime memories! **Camp location: PS 10, 511 7th Ave, Brooklyn NY 11215.**

### Cost Per 2-Week Session

Member	\$555	Community	\$670
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## Teen Camp (12-14 years)

Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school, and is designed to immerse campers in a variety of fun activities — tailored specifically to their age and interests — that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals — all while making friends and having fun! Included are workshops that explore resume building and interview dynamics, which helps teens prepare for the years ahead of them. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime! **Camp location: Park Slope Armory, 361 15th Street, Brooklyn NY 11215.**

### Cost Per 2-Week Session

Member	\$550	Community	\$610
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**Swim Camp (7–12 years)**

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

- » **Red (non-swimmer)** is our beginner stage where the children learn basic swimming skills.
- » **Yellow (intermediate)** will need to swim 10 feet (3 yards) on their front and back, tread water for 20 seconds, submerge under surface water (face in), and swim-float-swim.
- » **Green (swimmer)** will need to swim 45 feet (15 yards) on their front and back, tread water for at least 60 seconds, submerge & retrieve object, swim-float-swim for 75 feet (25 yards).

When they are not swimming, campers participate in core traditional camp activities including sports, field trips, art, and literacy activities. Our activities and interactions emphasize building self esteem and self-confidence. **Camp location: Park Slope Armory, 361 15th Street, Brooklyn NY 11215.**

**Cost Per 2-Week Session**

Member	\$600	Community	\$695
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**Sports Camp (7–12 years)**

Join our team, be active, and enjoy friends and coaches cheering you on! Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of baseball, basketball, soccer, and flag football, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports. When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming. All activities and interactions emphasize building self-esteem and self-confidence. **Camp location: Park Slope Armory, 361 15th Street, Brooklyn NY 11215.**

**Cost Per 2-Week Session**

Member	\$600	Community	\$695
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**Lisa Beth Gerstman Camp for Children with Special Needs (5–12 years)**

This camp is made possible through the generous support of the Lisa Beth Gerstman Foundation. Its donation has offset the expenses of transportation and staffing required to serve children with special needs. This camp is a fully integrated program for children of different abilities, giving them the opportunity to participate in enriching activities specifically designed to foster each child’s success. Campers experience a variety of summer camp activities, including trips with wheelchair accessible transportation, swimming, and adaptive physical activities as well as arts and crafts. We believe every child deserves the opportunity to participate in a safe, caring, and fun learning environment. Our small camper to staff ratio ensures that each camper receives individualized attention each day. All staff are trained by year-round YMCA leadership staff and are required to have previous experience working with children with special needs. **This camp runs for a three-week session: July 13-July 31, 2020. Counselor to child ratio is 1:2. Camp location: PS 10, 511 7th Ave, Brooklyn NY 11215.**

**Cost Per 3-Week Session**

Member	\$790	Community	\$790
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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	Park Slope Armory Rates/ Joiner's Fee		Premium Membership*/ Joiner's Fee		City-wide Rates/ Joiner's Fee	
Adult (18 - 64)	\$69/mo.	\$99	\$100/mo.	\$99	\$109/mo.	\$125
Senior (65+)	\$56/mo.	\$99	\$82/mo.	\$99	\$89/mo.	\$125
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$83/mo.	\$99	Starting at \$120/mo.	\$99	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$247/yr.	\$35	\$375/yr.	n/a	n/a	n/a
Youth (up to 11)	\$210/yr.	\$35	\$320/yr.	n/a	n/a	n/a
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$56/mo.	\$99	\$82/mo.	\$99	\$89/mo.	\$125

\*MEMBERSHIP FOR PROSPECT PARK Y & PARK SLOPE ARMORY Y | 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.\*

#### Park Slope Armory YMCA Family & Household Base Price – \$83/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$42/mo. Third Adult: \$56/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 [ymcanc.org/family](http://ymcanc.org/family) for more information and examples of how to use this membership to save.

### STAFF LISTING

Dordy Jourdain – Interim Executive Director  
(212) 912-2390 [djourdain@ymcanc.org](mailto:djourdain@ymcanc.org)

Jackie Bravo – Associate Executive Director  
(212) 912-2590 [jbravo@ymcanc.org](mailto:jbravo@ymcanc.org)

La'Toya Browne – Membership Sales & Engagement Director,  
(212) 912-2583, [lbrowne@ymcanc.org](mailto:lbrowne@ymcanc.org)

Rebecca Block – Communications & Fund Development Director,  
(212) 912-2371, [rblock@ymcanc.org](mailto:rblock@ymcanc.org)

Jasmine Rosa – Youth & Family Director  
(212) 912-2587 [jrosa@ymcanc.org](mailto:jrosa@ymcanc.org)

Chrissy Baker – Sports & Healthy Lifestyles Director  
(212) 912-2586, [cbaker@ymcanc.org](mailto:cbaker@ymcanc.org)

Denise Francis – Art & Culture Director  
(212) 912-2588, [dfrancis@ymcanc.org](mailto:dfrancis@ymcanc.org)

Nabila Khan – New Americans Initiative Director  
(212) 912-2375, [nkhan@ymcanc.org](mailto:nkhan@ymcanc.org)

Mahadai Somaroo – Business Manager  
(212) 912-2374, [msomaroo@ymcanc.org](mailto:msomaroo@ymcanc.org)

Shakila Monk – Property Director  
(212) 912-2381, [smonk@ymcanc.org](mailto:smonk@ymcanc.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

**Easter Sunday**  
Sunday, April 12 8:00 AM – 8:00 PM

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

**Independence Day**  
Saturday July 4 7:00 AM – 8:00 PM

**Labor Day**  
Monday, September 7 7:00 AM – 8:00 PM

**Thanksgiving**  
Thursday, November 26 7:00 AM – 3:00 PM

Note: All fee-based classes will be prorated in the event of holidays or other closings.



## 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

Fee-based programming may be prorated or provided make-up class opportunities in the event of cancellations due to inclement weather or branch closures.

## 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](mailto:volunteer@ymcanyc.org) for more information.

## JOB OPPORTUNITIES

Visit [ymcanyc.org/careers](http://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.

# NEW AMERICANS WELCOME CENTERS

Winter Session 2020: January 13 – March 19

Spring Session 2020: April 13 – June 26

## PROSPECT PARK YMCA

**Adult literacy Education (ESOL):** Monday, Tuesday, Wednesday & Thursday 6:00pm – 9:00 pm

**Healthcare Careers Workforce Preparation (ESOL):** Monday, Tuesday, Wednesday & Thursday 6:00pm-9:00pm

**Citizenship Prep:** Saturday 10:30am-4:30pm

## PARK SLOPE ARMORY

**Intermediate ESOL:** Monday & Wednesday 6:15 pm – 9:15 pm

**Computer Literacy/Job Readiness:** Tuesday & Thursday 6:00pm-9:00pm

**Amigos Conversation Group:** Monday & Tuesday 5:00 pm to 6:00 pm

Registration is open throughout the year. Please contact New Americans Welcome Center Director, Nabila Khan, to schedule an introductory appointment at (212) 912-2593 or [nkhan@ymcanyc.org](mailto:nkhan@ymcanyc.org).

Since its inception in 2008, 100% of students have passed their naturalization interviews; 93% of students have retained, improved, or obtained a job; and 88% of participants have enrolled in post-secondary or HSE/ GED programs. In 2019, 12 students from the Prospect Park YMCA's NAWC, became U.S. Citizens!



For more information about the New Americans Welcome Center visit: [ymcanyc.org/ProspectNAWC](http://ymcanyc.org/ProspectNAWC).



## HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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

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

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



## LIVESTRONG AT THE YMCA

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

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

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

**LIVESTRONG**  
FOUNDATION



“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

PLEASE FLIP GUIDE OVER TO LEARN ABOUT THE  
**PROSPECT PARK YMCA**



**YMCA OF GREATER  
NEW YORK**

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

361 15th Street  
Brooklyn, NY 11215  
212-912-2580  
[ymcanyc.org/parkslopearmory](http://ymcanyc.org/parkslopearmory)

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