

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

**PROSPECT PARK YMCA
WINTER/SPRING 2020**



**357 Ninth Street
Brooklyn, NY 11215
718-768-7100
ymcanyc.org/prospectpark**

**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)	●	●
Two Swimming Pools	●	●
Sauna and Steam rooms	●	●
Basketball court	●	●
Indoor running track	●	●
FREE Child Watch	●	●
FREE WiFi	●	●
FREE towel service	●	●
Customizable Family & Household Memberships		●
40+ hours of FREE family programs		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●

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Dear Prospect Park YMCA Member,

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

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

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

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

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

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

Sharon Greenberger, President & CEO

HOURS OF OPERATION

OPEN 364 DAYS A YEAR

Monday – Friday: 5:00 AM – 11:00 PM
Saturday – Sunday: 6:00 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. In the background, another person is visible, also working out. The gym environment is dimly lit with some warm lights in the background.

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.

H.I.I.T. ♦

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

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!

Total Body Conditioning ♦

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

Train Like an Athlete ♦

Athletic drills create an intense workout to get your performance to the next level.

TRX ♦

TRX Suspension Training will take your workout to new heights! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results.

CARDIO

Spin® ♦

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

Step ♦

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

Step and Sculpt ♦

Combine the fantastic cardio workout of step with the strength gains of a sculpting workout for a total body challenge.

Strong by Zumba® ♦

With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

MIND/BODY

Gentle Yoga ♦

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

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.

Meditation ♦

Learn and practice meditation.

MELT® ♦

The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living. Improve posture and feel more vital in your everyday life.

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.

PiYo™ ♦

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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.

Vinyasa Yoga ♦

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

Foam Roll & Release ♦

A recovery class that will use foam rolling activities to release muscle tightness.

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.

Belly Dance ♦

A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements and combinations.

Salsa ♦

Learn Salsa basics to fun music.

Samba ♦

A dance class workout with a focus on Brazilian samba movements and rhythms.

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 Boot Camp ♦

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

Aqua Zumba® ♦

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Water Aerobics ♦

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

ACTIVE OLDER ADULTS

The Prospect Park 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 Pilates ♦

Bases on original Pilates technique, this class focuses on the body's core stability. Enhance coordination, endurance, balance, strength, and flexibility.

AOA Retro Dance ♦

A choreographed routine including Broadway and pop.

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 Water Exercise ♦

AOA Water Exercise for older adults incorporates stretching, aerobic, and muscle conditioning exercises with a focus on improving overall condition.

AOA P.A.C.E ♦

A low intensity workout designed for older adults with arthritis or other joint challenges, utilizing light weights and dynabands.

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 Yanique Newman, Sports & Healthy Lifestyles Director, at 212-912-2392 or Ynewman@ymcany.org.

1 session	\$90
5 sessions	\$255
10 sessions	\$425
20 sessions	\$700

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

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.

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

Teaches personal water safety and the fundamentals of swimming. Build stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 20)

SPORTS

Adult Co-ed Volleyball

Volleyball, a sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. The sessions include warm-ups and recreational games. Please see the gym schedule for volleyball times.

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.

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

– Rene, YMCA of Greater New York Member



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.

PARENT & CHILD CLASSES

Cost Per Visit

Member	Free with Family Membership
Community	\$40

Prenatal Yoga ♦

This yoga class is especially kind and gentle to the body and is specifically designed to help expecting mothers feel more comfortable during pregnancy and prepare physically, mentally, emotionally and spiritually for labor, birth and motherhood.

Come join us to maximize your health, to heal yourself and clear the way for a new chapter in your life. This class is a wonderful opportunity for connecting with other pregnant women as well as individual time for private reflection.

Baby & Me Yoga (Babies 1-10 months) ♦

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents.

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

Strengthen the bond between you and your child while getting fit at the same time! Parent/Tot yoga is also a great venue to develop lasting friendships with other parents and children.

FAMILY

Cost Per Visit

Member	Free with Family Membership
Community	N/A

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.

Family Open Gym ♦

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.

Family Open Swim ♦

Family swim time strengthens relationships between families! Families enjoy the pool safely while spending quality time together. Come and spend time with your child in the pool to strengthen their confidence and comfort in the water

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!

Cost Per Visit

Member	Free with Family Membership
Community	\$40

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!

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.

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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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.

INFANT & TODDLER SWIM

Swim Starters (6-36 months)

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parent learn about water safety and drowning prevention and the importance of supervision of young children. (See Swim section p. 20)

Yoga & Swim (24-36 months)

Yoga and Swim class for two year olds and their parents or caregivers combines age appropriate gym activities with water skills that begin to prepare children to work directly with an instructor on their own. (See Swim section p. 20)

PRESCHOOL SWIM**Swim Basics (3-5 years)**

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 20)

Gym & Swim (3-5 years)

Gym and swim class is an opportunity to practice basic skills in the gym and in the water. (See Swim section p. 20)

SPORTS**GYMNASTICS****Cost Per 8-Week Session**

Member	\$200	Community	\$270
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Tiny Tumblers (4-5 years)

Ready to explore gymnastics and develop your skills in a small group setting? Learn coordination, develop flexibility, and practice jumping, tumbling, balancing, and more! This class gives children the opportunity to build confidence, develop their own strength, and explore gymnastics while making friends and having fun!

PRESCHOOL SPORTS**Cost Per 8-Week Session**

Member	\$136	Community	\$195
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Preschool Soccer (3-4 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.

ARTS**ART & CREATIVE PLAY****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.

Build, Build, Build (3-4 years)

Each week students have the opportunity to build their own creations using their imagination. Students will build 3-D sculptures, robots, cars, castles, planes and more!





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! From arches and windows to stairs, bridges and towers, join the fun!

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.

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.



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

Family Open Gym ♦

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.

Family Open Swim ♦

Family swim time strengthens relationships between families! Families enjoy the pool safely while spending quality time together. Come and spend time with your child in the pool to strengthen their confidence and comfort in the water.

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@ymcany.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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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.

YOUTH SWIM

Swim Basics (6–12 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: – Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 20)

Swim Strokes (6–12 years)

Having mastered the fundamentals students learn additional water safety skills and builds strokes technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 20)

Youth Competitive Drills & Skills

The focus of this class is to build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts with an instructor on deck. Swim workouts include an average of about 1,000 to 2,000 yards. (See Swim section p. 20)

SPORTS

YOUTH SPORTS

Cost Per 8-Week Session

Member	\$136	Community	\$195
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Youth Soccer (5–7 years)

An energetic program that emphasizes teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age appropriate teaching tools and drills.

Basketball (5–12 years)

Kids will learn the game of basketball through age-appropriate drills, exercises, and controlled games while developing teamwork and sportsmanship. Classes are separated by skill level.

GYMNASTICS

Fees	Member	Community
Beginner	\$156	\$225
Advanced Beginner	\$173	\$252
Intermediate/Intermediate	\$242	\$340
Advanced (2x week)	\$242	\$340
Gymnastics Club	\$257	\$362

Beginner Gymnastics (6–12 years)

This co-ed class focuses on learning basic gymnastics skills, such as floor routines and developing proper conditioning, as well as increased use of each apparatus.

Advanced Beginner Gymnastics (7–12 years)

This co-ed class focuses on basic floor and apparatus skills, increasing strength and endurance and preparation for the more rigorous intermediate program.

“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.”

– Al, YMCA of Greater New York Member

Intermediate Gymnastics (8-14 years)

This co-ed intermediate gymnastics class builds on skills learned in the previous level and focuses on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movements. 2x per week.

Advanced Intermediate Gymnastics (8-14 years)

In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements. 2x per week.

Gymnastics Club (10-17 years)

Gymnastics Club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition. 2x per week.

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 & MEDIA**DANCE****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 is invitation only. Not sure if your child is ready for Level II? Please contact Denise Francis at dfrancis@ymcanyc.org if you're interested.

SPECIALTY DANCE**Cost Per 8-Week Session**

Member	\$125	Community	\$180
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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 years & 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!





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

Please Note: All Leadership & Civic Engagement Teen Programs take place at the Park Slope Armory YMCA.

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.



Agility, Strength & Conditioning (12-15 years)

Cost Per 8-Week Session

Member	\$136	Community	\$195
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This new program for teens will get you where you want to be physically through instruction by a certified trainer! This class will help you build strength, increase speed, maximize power, and improve your overall athletic performance through top quality instruction. For more information about Agility, Strength & Conditioning and other Youth Sports classes, please contact Yanique Newman at 212-912-2392 or YNewman@ymcanyc.org.

Beginner Basketball (7-14 years)

Cost Per 8-Week Session

Member	\$136	Community	\$195
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This is your introduction to basketball! Children will learn the beginning fundamentals of the sport; simple dribbling patterns, passing drills, and basic foot work skills.

Intermediate Basketball (7-14 years)

Cost Per 8-Week Session

Member	\$136	Community	\$195
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This class focuses on building and growing the skills learned at the beginner level, especially on improving their dribbling skills, shot selection, and shot making. At this stage, children will learn new basketball terminology, prepare for in game situations, as well as build strength, stamina, and endurance.

Advanced Basketball (7-14 years)

Cost Per 8-Week Session

Member	\$136	Community	\$195
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The advanced level is a faster paced class. Participants will continue to develop their skills through game situations, and improving reaction time. Drills will be a bit more advanced compared to previous levels. Athletes will be tested at the end of each class on the day's teachings, as well as quizzed while reviewing previous week's lessons.

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



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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SWIM

TEEN SWIM

Swim Basics (12-17 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: - Swim, Float, Swim and Jump, Push, Turn, Grab. (see Swim section p. 20)

Swim Strokes (12-17 years)

Having mastered the fundamentals students learn additional water safety skills and builds strokes technique and endurance. This fosters swimming as part of a healthy lifestyle. (see Swim section p. 20)

Competitive Skills & Drills

The focus of this class is to build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts with an instructor on deck. Swim workouts include an average of about 1,000 to 2,000 yards. (see Swim section p. 20)

A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful floral swimsuit. She is perched on the grey plastic ladder of a swimming pool, her arms crossed. The water around her is a vibrant blue, with some purple pool toys visible in the background. Another person's head and shoulders are partially visible in the upper right corner, also in the water.


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

<h2>SWIM STARTERS</h2> <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> 	<h3>A</h3> <h4>WATER DISCOVERY</h4> <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>	<h3>B</h3> <h4>WATER EXPLORATION</h4> <p>In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.</p>	
<h2>SWIM BASICS</h2> <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 	<h3>1</h3> <h4>WATER ACCLIMATION</h4> <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>	<h3>2</h3> <h4>WATER MOVEMENT</h4> <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>	<h3>3</h3> <h4>WATER STAMINA</h4> <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>
<h2>SWIM STROKES</h2> <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> 	<h3>4</h3> <h4>STROKE INTRODUCTION</h4> <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>	<h3>5</h3> <h4>STROKE DEVELOPMENT</h4> <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>	<h3>6</h3> <h4>STROKE MECHANICS</h4> <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

Endurance

any stroke or combination
of strokes, 25 yd.

Front crawl

rotary breathing, 15 yd.

Back crawl

15 yd.

Dive

sitting

Resting stroke

elementary backstroke,
15 yd.

Tread water

scissor & whip kick,
1 min.

Breaststroke

kick, 15 yd.

Butterfly

kick, 15 yd.

5 STROKE DEVELOPMENT

S A

Endurance

any stroke or combination
of strokes, 50 yd.

Front crawl

bent-arm recovery, 25 yd.

Back crawl

pull, 25 yd.

Dive

kneeling

Resting stroke

sidestroke, 25 yd.

Tread water

scissor & whip kick,
2 mins.

Breaststroke

25 yd.

Butterfly

simultaneous arm action
& kick, 15 yd.

6 STROKE MECHANICS

S A

Endurance

any stroke or combination
of strokes, 150 yd.

Front crawl

flip turn, 50 yd.

Back crawl

pull & flip turn,
50 yd.

Dive

standing

Resting stroke

elementary backstroke
or sidestroke, 50 yd.

Tread water

retrieve object
off bottom. tread 1 min.

Breaststroke

open turn, 50 yd.

Butterfly

25 yd.



COMPETITION



LEADERSHIP



RECREATION

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

ADULT & FAMILY SWIM

Drop into our pool for lap swim, family swim, or recreational swim. Check our pool schedule online to find a time that works for you and your family.

SWIM LESSONS

We offer swim lessons for infants, kids, teenagers, and adults. Choose from weekday, evening, and weekend classes all year long.

PARENT/CHILD SWIM LESSONS

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

Lesson Fees (8 weeks)	
Member	\$141
Community	\$240

- Stage A
Water Discovery
Parent/Child (6-18 months)
- Stage A
Water Discovery
Parent/Child (18-36 months)
- Stage B
Water Exploration
Parent/Child (12-36 months)
- Stage 1
Water Acclimation
Parent/Preschool Child (3-5 years)

PARENT/CHILD YOGA & SWIM

Yoga and swim class for one and two year olds and their parents or caregivers helps toddlers learn basic skills in the gym and gain confidence in the pool. A great opportunity to socialize and have fun!

Lesson Fees (8 weeks)	
Member	\$175
Community	\$265

- Stage A
Yoga & Swim
(6-18 months)
- Stage B
Yoga & Swim
(12-36 months)

PRESCHOOL GYM & SWIM

Gym and swim class is an opportunity to combine structured gym activities and our swim lesson program.

Lesson Fees (8 weeks)	
Member	\$175
Community	\$265

- Stage 1
Gym & Swim
Preschool Child (3-5 years)
- Stage 2
Gym & Swim
Preschool Child (3-5 years)
- Stage 3
Gym & Swim
Preschool Child (3-5 years)
- Stage 4
Gym & Swim
Preschool Child (3-5 years)



SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

Lesson Fees (8 weeks)	3-5 years	5-12 years
Member	\$141	\$130
Community	\$240	\$220

Stage 1

Water Acclimation

Preschool Child (3-5 years)

Stage 1

Water Acclimation

School Age Child (5-12 years)

Stage 2

Water Movement

Preschool Child (3-5 years)

Stage 2

Water Movement

School Age Child (5-12 years)

Stage 3

Water Stamina

Preschool Child (3-5 years)

Stage 3

Water Stamina

School Age Child (5-12 years)

SWIM STROKES

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.

Lesson Fees (8 weeks)	3-5 years	5-12 years
Member	\$141	\$130
Community	\$240	\$220

Stage 4

Stroke Introduction

Preschool Child (3-5 years)

Stage 4

Stroke Introduction

School Age Child (5-12 years)

Stage 5

Stroke Development

School Age Child (5-12 years)

Stage 6

Stroke Mechanics

School Age Child (5-12 years)

Youth Competitive

Drills & Skills

School Age Child (5-12 years)

TEEN & ADULT SWIM LESSONS

Whether you are just learning to swim or are an accomplished swimmer, we have a class for you.

Lesson Fees (8 weeks)	13-17 years	18+ years
Member	\$141	\$156
Community	\$240	\$255

Stage 1

Adult Beginner

Adult (18+ years)

Stage 1 & 2

Teen Beginner

Teen (13-17 years)

Stage 2 & 3

Adult Advanced

Beginner

Adult (18+ years)

Stage 3 & 4

Teen Intermediate

Teen (13-17 years)

Stage 4

Adult Intermediate

Adult (18+ years)

Stage 5 & 6

Teen Advanced

Teen (13-17 years)

Stage 5 & 6

Adult Advanced

Adult (18+ years)



PRIVATE & SEMI-PRIVATE SWIM LESSONS (All Ages)

Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private and Semi-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 and Semi-Private lessons are limited to 2 participants only. For more information, please contact ppyaquatics@ymcanyc.org.

	Private	Semi-Private
Member	Six 30 min lessons for \$325	Six 30 min lessons for \$435
	Twelve 30 min lessons for \$595	Twelve 30 min lessons for \$825
Community	Six 30 min lessons for \$445	Six 30 min lessons for \$605
	Twelve 30 min lessons for \$825	Twelve 30 min lessons for \$1,165



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.



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 or email 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

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	Prospect Park Rates/ Joiner's Fee		Premium Membership*/ Joiner's Fee		City-wide Rates/ Joiner's Fee	
Adult (18 - 64)	\$85/mo.	\$99	\$100/mo.	\$99	\$109/mo.	\$125
Senior (65+)	\$68/mo.	\$99	\$82/mo.	\$99	\$89/mo.	\$125
NEW! Family & Household <small>See below for how to customize your membership!</small>	Starting at \$102/mo.	\$99	Starting at \$120/mo.	\$99	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$248/yr.	n/a	\$375/yr.	n/a	n/a	n/a
Youth (up to 11)	\$210/yr.	n/a	\$320/yr.	n/a	n/a	n/a
Student <small>Any age, full time, 12+ credits, must bring copy of transcript</small>	\$68/mo.	\$99	\$82/mo.	\$99	\$89/mo.	\$125

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.*

Prospect Park YMCA Family & Household Base Price – \$102/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$49/mo. Third Adult: \$68/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

Dordy Jourdain – Interim Executive Director
(212) 912-2390 djourdain@ymcanyc.org

Emma Isles – Associate Executive Director
(212) 912-2377, eisles@ymcanyc.org

Rebecca Block – Communications & Fund Development Director, (212) 912-2371, rblock@ymcanyc.org

Meghan Gough – Membership Sales & Engagement Director, (212) 912-2379, mgough@ymcanyc.org

Yanique Newman – Sports & Healthy Lifestyles Director, (212) 912-2392, ynewman@ymcanyc.org

Denise Francis – Art & Culture Director
(212) 912-2588, dfrancis@ymcanyc.org

Jasmine Rosa – Youth & Family Director
(212) 912-2587 jrosa@ymcanyc.org

Nabila Khan – New Americans Initiative Director,
(212) 912-2375, nkhan@ymcanyc.org

Mahadai Somaroo – Business Manager
(212) 912-2374, msomaroo@ymcanyc.org

Shakila Monk – Property Director
(212) 912-2381, smonk@ymcanyc.org

Rose Milord – Director of Community House
(212) 912-2383, rmilord@ymcanyc.org

HOLIDAY HOURS

Christmas Eve Tuesday, December 24	7:00 AM – 3:00 PM
Christmas Day Wednesday, December 25	CLOSED
New Year's Eve Tuesday, December 31	7:00 AM – 3:00 PM
New Year's Day Wednesday, January 1	8:00 AM – 8:00 PM
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



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 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.

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.

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.

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.



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.



Healthy Kids Day[®]

**AWAKEN
SUMMER
IMAGINATION!**

Saturday April 18

**Free & open
to the public!**



“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



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

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

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

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

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

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

PLEASE GIVE TODAY.
ymcanyc.org/give





BRANCH LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
212.912.2490

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718.215.6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11210
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
Brooklyn, NY 11222
212.912.2260

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

Prospect Park YMCA

357 Ninth Street
Brooklyn, NY 11215
718.768.7100

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.551.9300

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.551.9350

Jamaica YMCA

89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

Long Island City YMCA

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

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA

207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY (SLEEPAWAY CAMP)

New York YMCA Camp

160 Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600

PLEASE FLIP GUIDE OVER TO LEARN ABOUT THE
PARK SLOPE ARMORY YMCA



**YMCA OF GREATER
NEW YORK**

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

357 Ninth Street
Brooklyn, NY 11215
718-768-7100
ymcanyc.org/prospectpark

 @prospectparky

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