

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

RIDGEWOOD YMCA
WINTER/SPRING 2020

69-02 64th Street
Ridgewood, NY 11385
212-912-2180
ymcanyc.org/ridgewood



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 60 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Sauna	●	●
Basketball court	●	●
FREE Childwatch and Y Kids Zone	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
Free Family and Youth Classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●

212-912-2180 ridgewood@ymcanyc.org ymcanyc.org/ridgewood

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Dear Ridgewood 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: 6:00am- 10:00pm
Saturday – Sunday: 8:00am-8:00pm

2020 SESSION & REGISTRATION DATES

WINTER REGISTRATION DATES

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

WINTER SESSION DATES

January 2, 2020 – February 23, 2020

SPRING I REGISTRATION DATES

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

SPRING I SESSION DATES

February 24 – April 26, 2020

SPRING II REGISTRATION DATES

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

SPRING II SESSION DATES

April 27 – June 21, 2020

A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top and has a focused expression. The background is slightly blurred, showing other gym equipment and a person in the distance.

ADULTS

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

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

FREE CHILD WATCH

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

GROUP EXERCISE CLASSES

We offer over 60 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.

Bosu® Conditioning ♦

Challenge your coordination and functional strength like never before with BOSU ball training. BOSU will provide a complete workout like you have never experienced before.

Deep Definitions ♦

Sculpt and define every inch of your body in this strength training class.

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.

Ultimate Abs ♦

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

Zumba® Toning ♦

The challenge of adding resistance by using light weights helps you focus on specific muscle groups so you stay engaged!

CARDIO

Cycle and Sculpt ♦

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

Dance Party ♦

A fun choreographed aerobic workout to music.

H.I.I.T. ♦

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

Hip Hop ♦

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

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.

Walk/Run Club ♦

Meet some walking or running partners in this club.

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.

MIND/BODY

Anusara Yoga ♦

A yoga class that is both spiritually inspiring and yet grounded in a deep knowledge of outer and inner body alignment. The central philosophy of this yoga is that each person is equally divine in every part – body, mind, and spirit.

Ashtanga Yoga ♦

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

Chair Yoga ♦

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

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.

Kripalu Yoga ♦

An interplay between body, mind, and energy. Kripalu Yoga is also a tool for self-empowerment and personal growth. The practice teaches you to tap into your own inner-knowing.

Power Yoga ♦

An athletic-based yoga class with challenging movements.

Vinyasa Yoga ♦

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

Meditation ♦

This Meditation class will progress through a series that introduces the four time honored meditation techniques of: Mindfulness, Awareness, Contemplation and Compassion.

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.

Pilates Mat ♦

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

DANCE

Adult Ballet

Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun! This 8-week program uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

Fees	1x week
Member	\$100
Community	\$130

Soca AFRO-bics® ♦

A high intensity dance fitness class infused with African dance, African music, Caribbean dance and Soca music.

Soca Dance Party ♦

This Caribbean based dance fitness class is designed to make you have fun and sweat just like you would if you were at Carnival! Let loose and dance to the Soca music.

MARTIAL ARTS

Adult Karate

Karate is great exercise. It focuses on building character, developing concentration, listening skills and learning respect for oneself and others. This 8-week program enhances confidence, teaches methods of self-defense, develops patience and it's FUN!

Fees	1x week
Member	\$100
Community	\$130

ACTIVE OLDER ADULTS

Zumba® Gold ♦

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

SilverSneakers® Classic ♦

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

SilverSneakers® Yoga ♦

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

WELLNESS PROGRAMS

Whatever your goals, the Y helps you find your way toward better health and wellness. Talk to our staff to find what's right for you.

New Member Orientation ♦

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact Sebastien Augustin at saugustin@ymcany.org or 212-912-2184 to schedule your appointment today!

YMCA Weight Loss Program ♦

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Kiara Paige at kross@ymcany.org or 212-912-2197 to sign up today!

Y Fit Start Program ♦

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, the Y Fit Start Program is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. The Y Fit Start Program will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12-week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program at our Membership Desk or set up an appointment with Kiara Paige at kross@ymcany.org or 212-912-2197.



“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

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 Kiara Paige at kross@ymcany.org or 212-912-2197.

Sessions	Members	Community
Single session	\$73	\$78
Introductory package of 3 sessions	\$167	\$167
Package of 5 sessions	\$305	\$340
Package of 10 sessions	\$595	\$670
Package of 20 sessions	\$1,070	\$1,265

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

Semi-Private Personal Training

You and a friend can share the cost and reap the benefits of semi-private personal training! Enjoy the motivation and camaraderie of working out with someone else while achieving the massive results possible with individualized attention from a personal trainer.

Sessions	Members
Single session	\$90 per pair
Package of 5 sessions	\$410 per pair
Package of 10 sessions	\$775 per pair
Package of 20 sessions	\$1,440 per pair

Small Group Training

Led by a Group Exercise instructor over the course of 5 weeks, participants will take their fitness to the next level. Participants will work on being stronger and faster while maintaining great form to reduce injuries.

Sessions	Members	Community
Package of 5 sessions	\$150	\$180
Package of 10 sessions	\$270	\$320

Private Dance & Yoga Lessons

Work one-on-one with an instructor on the activity you’re interested in to see massive improvements in technique and get more individualized attention. Our dance offerings include Belly Dance, Bollywood, Bhangra, Ballet, Hip Hop, Jazz, and African dance. Our yoga offerings include Anusara, Vinyasa, Hatha, and Kripalu Yoga. Choose your style of dance or yoga and get started with your one-on-one training today!

Sessions	Members	Community
Single session	\$55	\$97
Package of 5 sessions	\$265	\$300
Package of 10 sessions	\$522	\$600

Massage Therapy

Enjoy a therapeutic massage at the Ridgewood YMCA. Our clinically trained and licensed staff are available to enhance your workouts, increase your flexibility, release your tension, help relieve pain, and promote healing.

Sessions	Members	Community
Single session	\$65	\$80
Package of 3 sessions	\$165	\$215
Package of 5 sessions	\$260	\$340
Package of 10 sessions	\$500	\$640





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. Reservations strongly recommended.

FAMILY

Let's Get Ready (Ages 2-3 Years)

Your child is growing bigger and it may be time to expand their little universe. This 75-minute class is designed to enhance and explore your child's curiosity, as well as develop intellectual, emotional, and social skills. Role playing, art, music activities, and manipulative objects provide a challenging environment for your child. The goal of this class is to develop independence and ease first-time separation. These programs require a medical form and immunization records stamped by a doctor with registration.

Fees	2x week	3x week
Member	\$139	\$170
Community	\$190	\$230

On Our Way (Ages 3-4 Years)

Children will explore their independence and learn to socialize with their peers in this fun-filled class through exploration, role playing, arts and crafts, and circle time. The objective of the class is for us to help your child learn the necessary skills to succeed in a school setting and ease first-time separation. These programs require a medical form and immunization records stamped by a doctor with registration.

Fees	2x week	3x week
Member	\$139	\$170
Community	\$190	\$230

Free Family Fun Days (All ages) ♦

We invite you and your family to join us once a month for a FREE fun family event! This is a great way to spend quality time with your family while staying active, healthy, and enjoying all that the Ridgewood Y has to offer. Light refreshments provided, raffles for prizes, and special presentations.

Family Fun Day	Saturday, January 11, 2020 1:00-3:00pm
Family Fun Day	Sunday, February 23, 2020 1:00-3:00pm
Family Fun Day	Friday, March 27, 2020 6:30-8:30pm
Healthy Kids Day (FREE to the community)	Saturday, April 18, 2020 10:00am-4:00pm
Family Fun Day	Friday, May 8, 2020 6:30-8:30pm

Fees	Per Event
Member	Free
Community	\$25

Parent Night Out (Ages 4-12 Years)

We are offering child care services to adult members with a family membership at least once a month. Drop off your children between 6:00pm and 9:00pm so you can step out to do shopping, attend work events, or just enjoy a special night out. Children will participate in supervised games and activities, go home with an arts & crafts project, and enjoy a pizza dinner. Parents enjoy some adult time and can be assured your children will have a blast in a safe, caring, fun environment.

Friday, January 17, 2020	6:00-9:00pm
Friday, February 14, 2020	6:00-9:00pm
Friday, March 13, 2020	6:00-9:00pm
Friday, April 10, 2020	6:00-9:00pm

Fees	Per Event
Member	\$25
Community	\$30

Indoor Play Space (Ages 6-36 months)

Stay warm and spend time with your child as they crawl, jump, and explore the new indoor playground space complete with a foam blocks, tunnels, sensory balls and climb on pieces. Parent must be in the room with your child and sign up at the Membership Desk. See Member Services for complete schedule.

Fees	Per Event
Family Memberships	FREE
Member	\$10/child
Community	\$10/child

Ready, Set, Read (Ages 3-4 Years)

Come join this hands on reading class to help your preschooler fall in love with reading! Each week your preschooler will enjoy a new book and themed activity while building confidence to make reading an activity they will love.

Fees	2x week	3x week
Member	\$139	\$170
Community	\$190	\$230

Tot & Me Yoga (Ages 10 Months - 2 Years) ♦

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

Fees	1x week
Family Memberships	FREE
Member	\$148
Community	\$148

PRE-SCHOOL & SUMMER CAMP

Early Childhood Camp (Ages 3-4 Years)

Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. Our overall theme for 2020 will be A Summer of Superheroes where we will explore fantasy superheroes, everyday real-life heroes and the hero in me.

Cost Per 2 Week Session

Member	\$510
Community	\$613

Pre-K For All: Pre-Kindergarten

(Ages 4 years born in 2016 for Sept 2020 enrollment)

We offer NYC's free Pre-Kindergarten For All program, a quality program that operates five days a week! We offer class from 8:30am-2:50pm. Our full day session is 6 hours and 20 minutes long. Each class has openings for 18 children. Children are taught by highly qualified certified teachers and teacher's assistants. The curriculum places a high priority on creating an environment in the classroom that encourages children to experiment, explore, and pursue their own interests. This program runs on a school calendar from September to June. Children must be born in 2016 to register for the 2020-2021 school year. Registration is done online through the Department of Education and begins in January 2020.

Y Afterschool: Pre-K

For kids, the Y afterschool program is all about having fun. For working parents, the Y is ready to take over during after-school hours with daily activities that are structured, fun, and educational. Our program helps kids grow in spirit, mind, and body with a variety of activities that include but are not limited to learning centers, music & movement, STEM, recreation, and visual arts. The program operates Monday-Friday from 2:50-6:00pm from September to June and parents are able to drop off if coming from another school. AM Extended Hours available for Ridgewood YMCA Pre K students ONLY 7:30-8:30am.

Fees	Y-After School ONLY	AM Extended Hours ONLY for Pre-K
Member	\$420	\$100
Community	\$500	\$125

SPORTS

Tiny Tumblers (Ages 2-4 Years)

Tiny Tumblers is a fun and positive introduction to the sport of gymnastics. Benefits of Tiny Tumblers include increased confidence, improved motor skills, and improvements in flexibility.

Fees	1 x week
Member	\$119
Community	\$148

Fit Kids CATCH (Ages 2-4 Years)

Looking for a fun class that gets kids moving? Try CATCH! Building strong and healthy kids is the Y's top priority. CATCH offers kids the opportunity to get silly, get sweaty, and develop lifelong healthy habits. CATCH classes consist of group games and activities using balls, parachutes, hoops, and more! CATCH is taught by a trained YMCA CATCH Coach who will ensure class offerings fit all participating children's skill levels.

Fees	1 x week
Member	\$76
Community	\$104

Peewee Basketball (Ages 2-4 Years)

Children have fun and learn the fundamentals of basketball in a structured setting. Class consists of structured basketball activities that allow children to build confidence, develop teamwork and learn social skills in a positive and fun environment!

Fees	1 x week
Member	\$76
Community	\$104

Peewee Soccer (Ages 2-4 Years)

Children will have fun and learn the fundamentals of soccer in a structured environment. Class consists of structured soccer activities that allow children to build confidence, develop teamwork, and learn social skills in a positive and fun environment!

Fees	1 x week
Member	\$76
Community	\$104

Peewee Sports Sampler (Ages 2-4 Years)

Children will get exercise while developing coordination and athletic skills with sports drills created especially for toddlers. In this program kids get to have fun and play in an environment created to help them build their motor skills and athletic abilities.

Fees	1 x week
Member	\$76
Community	\$104

ARTS

Art & Play (Ages 2-4 Years)

Our Art & Play class covers five basic art areas: collage, painting, drawing, print-making, and construction. The children experience the art materials at their own pace. Our instructors use materials that are satisfying to the eye and stimulating to the touch. The instructor’s philosophy is that it is the process, not the finished product, that is important when tapping into the child’s creative spirit.

Fees	2x week	3x week
Member	\$152	\$184
Community	\$200	\$240

Ballet (Ages 2-6 Years)

Through programs like ballet, we nurture kids’ sense of self-confidence and introduce them to positive, fun activities that build athletic, social, and interpersonal skills. Dance is a great way for kids to get active and express themselves creatively. Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun!

Fees	1x week
Member	\$91
Community	\$125

Creative Movements (Ages 3-12 Years)

This class provides a carefully paced sequence of movements to develop physical conditioning, strengthen listening skills, coordination, and locomotor movement. Since children respond naturally to music, the activities are presented through pop, Hip-Hop, and cultural dance styles.

Fees	1x week
Member	\$91
Community	\$125

Music & Movement (Ages 2-4 Years)

Enhance your child’s development and love of music through song, dance, movement games and instruments. Children will explore movement, melody and rhythm, while learning a wide variety of child friendly songs and dances. These concepts will also nurture their physical and social development. Children sing, listen to stories, play rhythm instruments and more in this movement and music class for young children.

Fees	2x week	3x week
Member	\$139	\$170
Community	\$190	\$230

Zumba® Kids Jr. (Ages 4-6 Years) ♦

It’s a dance party for little feet where pint-sized party animals get silly, dream big, and begin their journey to a healthy future.

Fees	1x week
Member	FREE
Community	\$115

SCIENCE

Ready, Set, Science (Ages 2-4 Years)

An independent program with an introduction into a classroom setting where your child will experience science concepts through the use of hands-on materials and manipulatives.

Fees	2x week	3x week
Member	\$139	\$170
Community	\$190	\$230





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.

Y Kids Zone (Ages 7-12 Years)

Y Kids Zone is a fun and safe place for your kids to stay while you work out in the facility. Our staff will keep your kids engaged in board games and other recreational activities with their peers. They will also assist your children with homework during the first hour of Y Kids Zone operating hours. See Member Services for complete schedule.

FAMILY

Free Family Fun Days (All ages) ♦

We invite you and your family to join us once a month for a FREE fun family event! This is a great way to spend quality time with your family while staying active, healthy, and enjoying all that the Ridgewood Y has to offer. Light refreshments provided, raffles for prizes, and special presentations.

Family Fun Day	Saturday, January 11, 2020 1:00-3:00pm
Family Fun Day	Sunday, February 23, 2020 1:00-3:00pm
Family Fun Day	Friday, March 27, 2020 6:30-8:30pm
Healthy Kids Day (FREE to the community)	Saturday, April 18, 2020 10:00am-4:00pm
Family Fun Day	Friday, May 8, 2020 6:30-8:30pm

Fees	Per Event
Member	Free
Community	\$25

Parent Night Out (Ages 4-12 Years)

We are offering child care services to adult members with a family membership at least once a month. Drop off your children between 6:00pm and 9:00pm so you can step out to do shopping, attend work events, or just enjoy a special night out. Children will participate in supervised games and activities, go home with an arts & crafts project, and enjoy a pizza dinner. Parents enjoy some adult time and can be assured your children will have a blast in a safe, caring, fun environment.

Friday, January 17, 2020	6:00-9:00pm
Friday, February 14, 2020	6:00-9:00pm
Friday, March 13, 2020	6:00-9:00pm
Friday, April 10, 2020	6:00-9:00pm

Fees	Per Event
Member	\$25
Community	\$30

AFTERSCHOOL & CAMP

Y Afterschool Clubhouse – Pre K to 5th Grade

For kids, the Y afterschool program is all about having fun. For working parents, the Y is ready to take over during after-school hours with daily activities that are structured, fun, and educational. Our program helps kids grow spirit, mind, and body with a variety of activities that include but are not limited to learning centers, music & movement, homework help, recreation, and visual arts. The program operates Monday-Friday from 2:30-6:00pm from September to June.

Pickup is available from P.S. 88 for children in K-5th grade ONLY. Parents of Pre K children attending other schools are welcome to drop off their Pre K child at 2:50pm.

Fees	Per Month
Member	\$420
Community	\$500

Holiday Camp: Pre-K Through 5th Grade

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working families rest easy. Kids can enjoy time with their friends while engaged in activities related to literacy, science, art, and gross motor. Offered on certain school holidays and breaks, 8:00am-6:00pm, with a minimum of 8 participants needed to run program. Families may choose the days they need or participate the full week. Participants will need to bring lunch, snack, and a water bottle. Will be offered for Mid-Winter Recess for K-5: February 18-21; and Spring Recess: April 13-April 17.

Fees	Per Day
Member	\$60
Community	\$75

CAMP

Kinder Camp (Ages 4-5 Years)

A fun summer is a springboard for an amazing school year! 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, nurturing relationships with every camper. Our overall theme for 2020 will be A Summer of Superheroes where we will explore fantasy superheroes, everyday real-life heroes and the hero in me.

Day Camp (Ages 6-11 Years)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer Camp is open to current kindergarteners through 6th grade students who are ready to participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports and creative arts, explore science and nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility. Our summer camp theme for 2020 is A Summer of Superheroes. We will explore fantasy superheroes, everyday real-life heroes and the hero in me.

Cost Per 2 Week Session	
Member	\$547
Community	\$675

Creative Arts Camp (Ages 6-11 Years)

Expressing one's thoughts, feelings, imagination, and observations through art is a life-long joy. Immerse your camper in the world of arts! Campers are grouped by age and receive specialist-led instruction in dance, drama, music, and visual arts. Our overall theme for 2020 will be A Summer of Superheroes where we will explore fantasy superheroes, everyday real-life heroes and the hero in me.

Sports Camp (Ages 6-11 Years)

Summer is amazing when you are active and have friends and coaches cheering you on! Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Our overall theme for 2020 will be A Summer of Superheroes where we will explore fantasy superheroes, everyday real-life heroes and the hero in me.

Adventure Camp (Ages 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! Our overall theme for 2020 will be A Summer of Superheroes where we will explore fantasy superheroes, everyday real-life heroes and the hero in me.

Cost Per 2 Week Session

Member	\$557
Community	\$685

FITNESS & SPORTS

Basketball (Ages 5-11 Years)

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

Fees	1x week
Member	\$76
Community	\$104

Cheerleading (Ages 7-13 Years)

This is a beginner class that teaches basic arm movements, jumps, stunting, and tumbling, helping youth build coordination, flexibility, and strength. Don't miss out on the fun!

Fees	1x week
Member	\$119
Community	\$148

Creative Movements (Ages 3-12 Years)

This class provides a carefully paced sequence of movements to develop physical conditioning, strengthen listening skills, coordination, and locomotor movement. Since children respond naturally to music, the activities are presented through pop, Hip-Hop, and cultural dance styles.

Fees	1x week
Member	\$91
Community	\$125

Flex & Stretch (Ages 7-13 Years)

Join us for an 8-week program that will condition our dancers, cheerleaders, and gymnasts. This class will help our students gain strength and flexibility which will help with their overall performance.

Fees	1x week
Member	\$91
Community	\$125

Fit Kids (Ages 5-12 Years) ♦

Run, jump, catch, dance and have fun! This class is about moving, staying healthy, and having fun.

Fees	1x week
Member	FREE
Community	\$115

Gymnastics (Ages 5-13 Years)

A fun, non-competitive program for children ages 5-14. Our active gymnasts will be geared up to advance in safe, consistent, and productive progressions.

Fees	1x week
Member	\$119
Community	\$148

Karate (Ages 5-14 Years)

Learn basic punches, strikes, blocks, and kicks while gaining focus, strength, and coordination. Karate at the Y is all about teamwork, respect, and patience – not combat or self-defense. Children will greatly benefit from Karate instruction 2x a week to enhance student progression. Our Tuesday class is geared towards participants who are on belt levels white through orange, and our Wednesday class is geared towards participants who are orange belts and up. Saturday classes are for all levels of participants.

Fees	1x week	2x week
Member	\$79	\$148
Community	\$108	\$204

Soccer (Ages 5-11 Years)

Kick it! Youth soccer participants of all levels improve their skills through engaging warm-ups, activities, and games, all while having fun! During select sessions we will use Mafera Park, just a short walk from the Y, for playing outdoors.

Fees	1x week
Member	\$76
Community	\$104

“I’ve been a YMCA member for 25 years. It’s been our family’s go-to place since my daughter was old enough to bounce a ball. She’s done basketball, dance, karate, summer camp, the list goes on. The Y is truly a staple in our community.”

- AI, YMCA of Greater New York Member

ARTS

Ballet (Ages 2-6 Years)

Through programs like ballet, we nurture kids’ sense of self-confidence and introduce them to positive, fun activities that build athletic, social, and interpersonal skills. Dance is a great way for kids to get active and express themselves creatively. Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun!

Fees	1 x week
Member	\$91
Community	\$125

Breakdancing (Ages 8-16 Years)

This 8-week course will take students from the beginner footwork and uprock moves to the more stylish power moves such as handstands and freezes.

Fees	1 x week
Member	\$91
Community	\$125

Hip Hop (Ages 8-16 Years)

Learn the basic way to use your body in ways that encourage many different stylistic techniques. A high energy course highlighting the basics of hip hop and funk with basic moves linked together into a progressive routine taught to a compilation of popular hip hop and R&B music.

Fees	1 x week
Member	\$91
Community	\$125

Kid Chefs (Ages 7-10 Years)

Kids and their families learn about nutrition and culinary arts! Participants learn how to make a variety of tasty snacks and meals while spending quality time with peers and family.

Fees	1 x week
Family Memberships	FREE
Member	\$125/8 week session
Community	\$125/8 week session

Youth Art in Action (Ages 5-12 Years)

Join us for an hour of fun and crafty activities! Activities are themed and engaging for the entire family. Registration is required for all participants.

Fees	1 x week
Family Memberships	FREE
Member	\$125/8 week session
Community	\$125/8 week session

Zumba® Kids Jr. (Ages 4-6 Years) ♦

It’s a dance party for little feet where pint-sized party animals get silly, dream big, and begin their journey to a healthy future.

Fees	1 x week
Member	FREE
Community	\$115

Zumba® Kids (Ages 7-11 Years) ♦

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba® fans ages 7-11 years where they can play it loud and rock with friends! Age-appropriate music gets kids moving to the beat.

Fees	1 x week
Member	FREE
Community	\$115





AGES 12-17

TEENS

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

LEADERSHIP & CIVIC ENGAGEMENT

Leaders Club ♦

Tomorrow’s leaders can get started in our leadership incubation program. These clubs give teens the opportunity to improve their leadership and social skills, while giving back to the community. Contact: Eddie Auguste at jauguste@ymcany.org.

Thursdays 4:00-5:30pm

Teens Take the City ♦

This dynamic civic engagement program, focusing specifically on NYC government, offers teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Contact: Eddie Auguste at jauguste@ymcany.org.

Tuesdays 4:00-5:30pm

Global Teens ♦

Explore the world with the YMCA! Our leadership development and service learning program engages teens in a year-long empowering international experience culminating with a summer service abroad experience. Participants willing to apply must be currently enrolled in a Leaders Club or Teens Take the City. Contact: Eddie Auguste at jauguste@ymcany.org.

COLLEGE ACCESS & CAREER READINESS

Counselor-In-Training ♦

Our Counselor-In-Training program is designed to prepare teens for future careers by giving them a taste of what working at the YMCA is like. CIT’s will assist YMCA youth counselors with tutoring and activities, as well as participating in special trips and workshops designed to help them get jobs and explore potential careers. Participants in this program will receive a stipend after completing 120 hours of time in workshops, trips, and assisting in the classroom. The program is free and open to the public. Free to both members and community!

FITNESS & SPORTS

Teen Fitness Orientation (Ages 12-17 Years) ♦

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

Teen Wellness (Ages 12 - 18 Years) ♦

Keep active and moving with a workout in the fitness center! Teens must complete an orientation before using the fitness center. FREE to members ONLY.

Weekdays 3:00-6:00pm

Teen Center (Ages 12 - 17 Years) ♦

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors. Teens will have access to the Basketball Court, Fitness Center and be offered a menu of other activities including creative arts, teen lounge and group mentoring. Open to the community, upon completion of a Teen Registration Packet.

Saturdays 6:00-11:00pm

SUMMER CAMP

Adventure Camp (Ages 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! Adventure Camp is for young people who are currently enrolled in middle school or entering high school, and is designed to immerse campers in a variety of fun activities—tailored specifically to their age and interests—that’ll keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming (once a week at the Long Island City YMCA via school bus transportation), all with a focus on building skills, confidence, and strong peer relationships. Our overall theme for 2020 is A Summer of Superheroes, where we will explore fantasy superheroes, everyday real life heroes, and the hero in me. Each session, campers participate in project based learning and citywide trips (2-3 per week) designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals—all while making friends and having fun. Included are workshops that explore resume building and interview dynamics, helping teens prepare for the years ahead of them. Adventure Camp creates memories, relationships, and experiences that they’ll carry with them for a lifetime!

Cost Per 2 Week Session

Member	\$557
Community	\$685





NEAREST AQUATIC YMCAs
See full list of YMCAs on page 34

NORTH BROOKLYN YMCA
570 Jamaica Ave, Brooklyn

LONG ISLAND CITY YMCA
32-23 Queens Boulevard, Queens

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.




FREE Swim, Lap Swim, & Family Swim

Your Queens-Wide or City-Wide membership will allow you to swim at any eligible YMCA during its scheduled lap swim and family swim times. Contact your favorite aquatic branch for full details and schedule.

YMCA SWIM LESSONS

Your Ridgewood YMCA membership entitles you to swimming lessons at member rates at any other YMCA in New York City. YMCA aquatics are about water safety, skill development and fun for everyone: we have a swim program for every skill level and interest. Our programs are about more than just techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that last a lifetime. Lessons are available for all ages! Contact your favorite aquatic YMCA for schedules and fees.

SWIM STAGE DESCRIPTIONS

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

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

- Lindsay, YMCA of Greater New York Member



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

9:00am–6:00pm

AM Extended Hours available.

For more information, visit ymcany.org/ridgewoodcamp

Early Childhood Camp (Ages 3–4 Years)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is for children entering 3-K or Pre-K in September 2020. Campers have the same fun as the big kids, but they stay closer to home. Early Childhood Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development, preparing them for upcoming Pre-K For All (or other full-day) programming. Activities include outdoor play, music and movement, and interactive science, language, and literacy activities, with each week having its own theme around our overall theme for 2020, A Summer of Superheroes. We will explore fantasy superheroes, everyday real-life heroes and the hero in me. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. Children must be toilet trained prior to their start of camp, as per our DOH licensing.

Cost Per 2 Week Session

Member	\$510	Community	\$613
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Kinder Camp (Ages 4–5 Years)

A fun summer is a springboard for an amazing school year! 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, nurturing relationships with every camper.

Campers participate in instructional swimming (once a week at the Long Island City YMCA via school bus transportation), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Our overall theme for 2020 will be A Summer of Superheroes where we will explore fantasy superheroes, everyday real-life heroes and the hero in me. 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 on-site a magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

Cost Per 2 Week Session

Member	\$547	Community	\$675
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Day Camp (Ages 6–11 Years)

(Campers are divided into age groups with children within one to two years of their age.) There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime! Our Summer Camp is open to current kindergarteners through 6th grade students who are ready to participate in a summer filled with awesome games and activities. Our campers establish new friendships, participate in sports and creative arts, explore science and nature, swim, and of course, have fun! Campers learn how to express themselves in a safe and bully-free environment while developing our four core YMCA values of respect, caring, honesty, and responsibility. Our summer camp theme for 2020 is A Summer of Superheroes. We will explore fantasy superheroes, everyday real-life heroes and the hero in me. Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Each week features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons once a week at the Long Island City YMCA via school bus transportation. There are also weekly field trips (via subway transportation) as well as local community (walking) trips, and at least one field trip per session done by school bus where campers get a chance to explore outside of their communities. Every two weeks, camp will present a culmination project or performance reflecting the theme of the session. Day Camp activities are designed to help children retain and build upon the academic skills they have developed during the school year. Research has shown that children can lose a half grade of learning over the summer months. To help mitigate summer learning loss, the YMCA offers interactive programs such as Book of the Week, which gives campers the opportunity to read books and participate in facilitated discussions. Activities such as journaling and age-appropriate science experiments expand their literacy, math and science skills, and promote their ability to think critically. All of the activities are geared to be fun and build lifetime memories!

Cost Per 2 Week Session

Member	\$547	Community	\$675
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Adventure Camp (Ages 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! Adventure Camp is for young people who are currently enrolled in middle school or entering high school, and is designed to immerse campers in a variety of fun activities—tailored specifically to their age and interests—that’ll keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming (once a week at the Long Island City YMCA via school bus transportation), all with a focus on building skills, confidence, and strong peer relationships. Our overall theme for 2020 is A Summer of Superheroes, where we will explore fantasy superheroes, everyday real life heroes, and the hero in me. Each session, campers participate in project based learning and citywide trips (2-3 per week) designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals—all while making friends and having fun. Included are workshops that explore resume building and interview dynamics, helping teens prepare for the years ahead of them. Adventure Camp creates memories, relationships, and experiences that they’ll carry with them for a lifetime!

Cost Per 2 Week Session

Member	\$557	Community	\$685
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Creative Arts Camp

Ages 6-8 Years (Session 1 and Session 4 only)
Ages 9-11 Years (All Sessions)

Expressing one’s thoughts, feelings, imagination, and observations through art is a life-long joy. Immerse your camper in the world of arts! Campers are grouped by age and receive specialist-led instruction in dance, drama, music, and visual arts. Campers learn different styles and techniques with a focus on foundational skill building, development of original material, rehearsal, and performance. Each two-week session culminates with a performance or presentation showcase for family and friends. When not creating art, our campers engage in Day Camp activities with our overall theme for 2020. A Summer of Superheroes, where we will explore fantasy superheroes, everyday real-life heroes, and the hero in me. Campers will also enjoy weekly field trips, sports, team-building activities, and swimming (once a week at the Long Island City YMCA via school bus transportation).

Cost Per 2 Week Session

Member	\$557	Community	\$685
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Sports Camp

Ages 6-8 Years (Session 1 and Session 4 only)
Ages 9-11 Years (All Sessions)

Summer is amazing when you are active and have 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 minigames. 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 with our overall theme for 2020 A Summer of Superheroes, where we will explore fantasy superheroes, everyday real-life heroes, and the hero in me. There will also be weekly field trips, arts and crafts, and swimming (once a week at the Long Island City YMCA via school bus transportation).

Cost Per 2 Week Session

Member	\$557	Community	\$685
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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.ymcany.org

TRADITIONAL SLEEPAWAY CAMPS

Camp Greenkill (Ages 7-13 Years)

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 Years)

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 SLEPAWAY CAMPS

Leaders-In-Training (Age 15 Years)

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 Years)

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 SLEPAWAY CAMPS

World Volleyball Training Center

(Girls, Ages 10–17 Years)

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 Years)

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 Years)

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	Ridgewood	Queens-wide	City-wide	Joiner's Fee
Adult (18 - 64)	\$55/mo.	\$78/mo.	\$109/mo.	\$75
Senior (65+)	\$45/mo.	\$64/mo.	\$89/mo.	\$75
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$65/mo.	\$97/mo.	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$236/yr.	n/a	n/a	n/a
Youth (up to 11)	\$155/yr.	n/a	n/a	n/a
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$45/mo.	\$64/mo.	\$89/mo.	\$75

*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.*

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

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$30/mo. Third Adult: \$45/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.

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HOLIDAY HOURS

Christmas Eve
Tuesday, December 24
8:00am-3:00pm

Christmas Day
Wednesday, December 25
CLOSED

New Year's Eve
Tuesday, December 31
8:00am-3:00pm

New Year's Day
Wednesday, January 1
8:00am-8:00pm

Memorial Day
Monday, May 25
8:00am-8:00pm

Independence Day
Saturday July 4
8:00am-8:00pm

Labor Day
Monday, September 7
8:00am-8:00pm

Thanksgiving
Thursday, November 26
8:00am-3:00pm



POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free passes are available on the YMCA web site to introduce the Y to friends and associates. Day Passes are available to purchase.

CAMERA POLICY

For the privacy and security of all — especially our kids and teens — we do not allow any photo or video recording without permission from the Executive Director.

LOCKER ROOMS

- Individuals have the right to use the restroom or locker room that matches their gender identity or expression.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of a different gender.
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

Visit ymcanyc.org/careers for open positions in our staff family at the YMCA or at one of more than 100 sites throughout the five boroughs and at our New York YMCA Camp upstate.

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

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



LIVESTRONG AT THE YMCA

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

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

SIGN UP AT ymcanyc.org/livestrong

LIVESTRONG
FOUNDATION



YMCA NEW AMERICANS WELCOME CENTERS

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

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

For more information, go to ymcanyc.org/nai or visit the member services desk at your Y.



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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





Healthy Kids Day®

**AWAKEN
SUMMER
IMAGINATION!**

Saturday April 18

**Free & open
to the public!**

THE 2020 CENSUS IS COMING!

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

WHY IS IT IMPORTANT?

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

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

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



“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



COMMUNITY SPONSORS

LOCAL SUPPORTERS & BUSINESS PARTNERS

Be a part of the impact. Join your neighboring local businesses in supporting the Y today. To find out more information about how your business can be a part of the community please contact Sabrina Snyder at 212 912-2190 or ssnyder@ymcanyc.org.

Restaurants

California Pizza Kitchen

The Shops at Atlas Park
7103 80th Street
Ste. 7101
Glendale, NY 11385
718-894-9400
cpk.com

Chiquita's

60-59 Myrtle Avenue
Ridgewood, NY 11385
718-386-0500
chiquitasmexican.com

Craft Culture

59-04 Myrtle Avenue
Ridgewood, NY 11385
718-628-3931
www.craftculture.beer

Cream Ridgewood

59-09 71st Avenue
Ridgewood, NY 11385
718-576-3237
creamridgewood.com

Corato Pizza II

60-91 Myrtle Avenue
Ridgewood, NY 11385
718-381-5656
coratopizzaridgewood.com

DiMarco's Butcher Shoppe

6603 Myrtle Avenue
Glendale, NY 11385
718-628-7300

Food Universe

66-82 Fresh Pond Road
Ridgewood, NY 11385
718-821-8000
keyfood.com

Las Margaritas

67-12 Fresh Pond Road
Ridgewood, NY 11385
718-417-4040
margaritas67.com

NOMAD Café and Eatery

67-14 Forest Avenue
Ridgewood, NY 11385
347-227-8136

Northside Bakery

77-11 76th Street
Ridgewood, NY 11385
718-782-2700
northsidebakery.com

Patrizia's of Maspeth

69-35 Grand Avenue
Maspeth, NY 11378
718-779-2083
patrizias.com/locations/maspeth

Sam Spolem

66-91 Forest Avenue
Ridgewood, NY 11385
718-418-6884

Super Pollo

865 Woodward Avenue
Ridgewood, NY 11385
718-418-0808
superpollo.nyc

Valentino Food Market

66-64 Fresh Pond Road
Ridgewood, NY 11385
718-386-2907
valentinofoodmarketridgewood.com

Zenith Thai

7002 Fresh Pond Road
Ridgewood, NY 11385
718-497-8899
order.zeniththainyc.com

Drinks

Bridge and Tunnel Brewery

15-35 Decatur Street
Ridgewood, NY 11385
347-392-8593
bridgeandtunnelbrewery.com

Juniors Liquors

67-19 Fresh Pond Road
Ridgewood, NY 11385
347-418-3418

Desserts

Delight Diner

66-91 Fresh Pond Road
Ridgewood, NY 11385
718-628-4708

Joe's Bakery

75-50 Metropolitan Avenue
Middle Village, NY 11379
718-326-0190

Flowers

Marisol Flower

68-18 Fresh Pond Road
Ridgewood, NY 11385
347-459-1098

Raffle Donations

BJs

66-26 Metropolitan Avenue
Middle Village, NY 11379
718-326-9080 | bjs.com

Bliss Beauty Salon

66-12 Fresh Pond Road
Ridgewood, NY 11385
718-894-1900
blissbeautysalonny.com

European Delicatessen

75-26 Metropolitan Avenue
Middle Village, NY 11379
718-894-3557

Food Universe

66-82 Fresh Pond Road
Ridgewood, NY 11385
718-821-8000
keyfood.com

Kantu Restaurant

74-17 Metropolitan Avenue
Middle Village, NY 11379
347-531-0873
kanturestaurant.com

Mike's Corner Deli

6204 68th Avenue
Ridgewood, NY 11385
718-386-1988

Pewex Pharmacy

66-19 Fresh Pond Road
Ridgewood, NY 11385
718-456-6667

Second Star Salon

62-17 Catalpa Avenue
Ridgewood, NY 11385
718-381-8650

Sweet Janes

64-02 68th Avenue
Ridgewood, NY 11385
718-381-2031

Wawel Deli

6833 Fresh Pond Road
Ridgewood, NY 11385
718-821-2730

Zum Stammtisch Restaurant

69-46 Myrtle Avenue
Glendale, NY 11385
718-386-3014
zumstammtisch.com

Lead Sponsors

Broadway Stages

203 Meserole Avenue
Brooklyn, NY 11222
broadway-stages.com

Investors Bank

58-25 Myrtle Ave
Ridgewood, NY 11385
855-422-6548
myinvestorsbank.com

Peter Cardella Senior Center

68-52 Fresh Pond Road
Ridgewood, NY 11385
718-497-2908
cardellaseniors.org

Polish Slavic Federal Credit Union

100 McGuinness Blvd
Brooklyn, NY 11222
855-773-2848
en.psfcu.com

Public Health Solutions

40 Worth Street, 5th Floor
New York, NY 10013
646-619-6400
healthsolutions.org

The Shops at Atlas Park

8000 Cooper Avenue
Glendale, NY 11385
718-326-3300
shopatlaspark.com

Ridgewood Savings Bank

7102 Forest Avenue
Ridgewood, NY 11385
718-240-4900
ridgewoodbank.com

Werba Realty

66-45 Fresh Pond Road
Ridgewood, NY 11385
718-456-9600
werbarealty.com

Wyckoff Heights Medical Center

374 Stockholm Street
Brooklyn, NY 11237
718-963-7272
wyckoffhospital.org



BRANCH LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
212.912.2490

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718.215.6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11210
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
Brooklyn, NY 11222
212.912.2260

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

Prospect Park YMCA

357 Ninth Street
Brooklyn, NY 11215
718.768.7100

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.551.9300

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.551.9350

Jamaica YMCA

89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

Long Island City YMCA

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

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA

207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY

(SLEEPAWAY CAMP)

New York YMCA Camp

160 Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600



**YMCA OF GREATER
NEW YORK**

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

69-02 64th Street
Ridgewood, NY 11385
212-912-2180

[**ymcanyc.org/ridgewood**](http://ymcanyc.org/ridgewood)

 @ridgewood_ymca

 [**facebook.com/ridgewoody**](https://facebook.com/ridgewoody)

 @ridgewood_ymca