

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

WE ARE Y  
**PROGRAM  
& CLASS  
GUIDE**

**SOUTH SHORE YMCA  
WINTER/SPRING 2020**



3939 Richmond Avenue  
Staten Island, NY 10312  
718-227-3200  
[ymcanyc.org/southshore](http://ymcanyc.org/southshore)

**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	•	•
Unlimited FREE weekly group exercise classes	•	•
FREE YMCA Weight Loss Program	•	•
Y Fit Start (FREE 12-week fitness program)	•	•
Swimming Pool	•	•
Sauna and Men's Steam room	•	•
Basketball court	•	•
Indoor running track	•	•
FREE Stay & Play Child Watch	•	•
FREE Y Kid Zone	•	•
FREE WiFi	•	•
Customizable Family & Household Memberships		•
FREE family classes		•
FREE teen orientation to the fitness center		•
FREE teen programs		•
Convenient family locker room		•

718-227-3200 [sisouthshorey@ymcanyc.org](mailto:sisouthshorey@ymcanyc.org) [ymcanyc.org/southshore](http://ymcanyc.org/southshore)  
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**Dear South Shore 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 – Thursday: 5:00 AM – 11:00 PM  
Friday: 5:00 AM – 10:00 PM  
Saturday – Sunday: 6:00 AM – 9:30 PM

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

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

### WINTER SESSION DATES

January 2, 2020 – February 23, 2020

### SPRING I REGISTRATION DATES

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

### SPRING I SESSION DATES

February 24, 2020 – April 26, 2020

### SPRING SESSION BREAK

April 13, 2020 – April 19, 2020

### SPRING II REGISTRATION DATES

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

### SPRING II SESSION DATES

April 27, 2020 – 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.

# 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 STAY & PLAY CHILD WATCH**

**Free Stay & Play Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 6 months to 5 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 members UNLIMITED FREE group fitness classes for people of all ages and abilities; however, due to the physical demands of group exercise classes we require participants be at least 14 years of age or older. Community participants are welcome to join the group exercise classes. See the Fitness Community Fee schedule below.

Fitness Community Fee Schedule	Member	Community
1x per week	Included in Membership	\$98
2x per week	Included in Membership	\$138
3x per week	Included in Membership	\$170
4x per week	Included in Membership	\$200

## CONDITIONING

### Boot Camp ♦

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

### Muscle Conditioning ♦

This class features high intensity strength building exercises to maximize muscle strength and definition, while increasing muscular endurance using a variety of equipment. This will include multiple core movements and abdominal work.

### 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. All levels welcome.

### Stability Ball Training Conditioning ♦

Learn how to use your core more effectively and focus on strength training while using stability balls.

### Total Body Conditioning ♦

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

## CARDIO

### Cardio kickboxing ♦

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

### NEW! Fusion Style Cycle & Sculpt ♦

This heart pumping class combines cycling and strength training off the bike all in one session.

### NEW! Fusion Style Cycle & Upper Body ♦

Start off with 35 minutes of cycling and finish off with 20 minutes of upper body strength-building exercises.

### NEW! Fusion Style Cycle & Lower Body ♦

Combine strength and cardio in one session that will target your lower body through a series of exercises after 35 minutes of vigorous cycling.

### Hi-Lo Cardio ♦

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

### Indoor Cycling Coach By Color®

An intense cardio workout of simulated road bike riding to energizing music. Classes are FREE with membership, but you can reserve a seat in any of our classes with the below pricing. Pricing based on 8-week session.

Fees	Member	Community
1x per week	\$49	\$98
2x per week	\$69	\$138
3x per week	\$85	\$170
4x per week	\$100	\$200
5x per week	\$111	\$222

### Interval Training ♦

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

### Low Impact Cardio ♦

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

### NEW! Soca Dance Party & Boot Camp ♦

A high intensity dance fitness class fused with African dance, African music, West Indian dance, and Soca music mixed with high intensity cardio and body strengthening workout.

### 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.

### Zumba® ♦

Combine the awesome toning and strengthening power of Step aerobics, with the fun-fitness party that only Zumba brings to the dance-floor.

## MIND/BODY

### Gentle Yoga ♦

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

### Vinyasa Yoga ♦

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

### Yogalates ♦

This is a combination of both Yoga and Pilates movements. Exercises are performed both seated and standing. All levels welcome. Classes may work with light weights.

## DANCE

### Dancing with the Y Stars

Learn the basics of cha-cha, hustle, rumba and tango. Please wear leather-soled shoes. A partner is not necessary to participate in this 4-week program. Contact Valerie Krause for start dates. Class will be held Friday from 7:30pm – 9:00pm based on registration. Private Lessons available by appointment for \$60.00 per hour.

Fees	Per Person	Per Couple
Member	\$67	\$100
Community	\$134	\$200

**NEW! Salsa On2**

Salsa On2 is a popular New York City style dance that originated in Cuba. It involves basic steps, partner work, dance styling and more. As the class progresses, participants will work on creative turn patterns, leading and following, and the roles for men and women. Contact Valerie Krause for start dates at 718-227-3200 or vkrause@ymcany.org.

Sunday 7:30pm in the Studio

Fees	Per 4-Week Session
Member	\$40
Community	\$90

**Private Dance Lessons**

Private Dance Lessons with Instructor Eva Paradise by appointment only. Contact Valerie Krause at vkrause@ymcany.org.

Fees	Per Hour
Member	\$60
Community	\$120

**MARTIAL ARTS**

**QiGong**

Qigong is a traditional practice to balance "life energy" built on a foundation of aligning body, breath, and mind.

**R.E.D Warrior Nation**

R.E.D. Warrior® is a unique practice using Revolutionary Empowerment Disciplines that fuses the mentality and movement of

martial arts with the physicality of functional fitness. Similar to the practice of martial arts and yoga, the movement does not change often, rather the participant's understanding of the movement evolves.

**Tae Kwon Do**

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking, and blocking as applied to the art of self-defense. This traditional training style teaches self-defense and physical fitness, reduces stress, and helps participants gain increased confidence, mental focus, and heightened self-awareness.

Tuesday OR  
Thursday 7:30 pm in the Teen Center

Fees	1x week	2x week
Member	\$88	\$144
Community	\$184	\$288

**Tai Chi**

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health, and self-defense.

**WATER FITNESS**

**Deep Water Running**

A unique exercise class that takes place in the water, utilizing flotation devices to allow "jogging" in deep water.

**Water Aerobics**

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

**ADULT SPECIALTY**

**NEW! First Aid & CPR/AED**

**Adult and Pediatric**

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Matthew Greenfield at 718-227-3200 ext. 1320, or mgreenfield@ymcany.org to learn more.

Basic Life Support (CPR/AED): \$79

Basic Life Support (CPR/AED/First Aid): \$99

**ACTIVE OLDER ADULTS**

**AOA Cardio Conditioning**

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

**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.

**Table Tennis**

Come join the fun and learn to play an exciting Olympic sport! Table tennis is a wonderful sport for all ages and it improves reflexes and hand-eye coordination while raising self-esteem and self-confidence in a friendly environment. Space is limited to a maximum of four participants. Offered daily in the Teen Fitness Center.

**Lunch-A-Month Club**

Join your Y friends for a 2-hour lunch at a local restaurant. It's a different restaurant each month. Please contact Valerie Krause for more details at 718-227-3200 or vkrause@ymcany.org.

**NEW! Coffee Clutch**

Let's meet & greet each Thursday at 2:00pm in the conference room for board games and cards.





“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

## 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. Orientations are scheduled by visiting the Fitness Center. Please stop by to make an appointment.

### Nutrition Counseling Special

The nutrition intro pack includes two one-hour counseling sessions. One purchase only. First-time clients only.

Fees	Per Person
Member	\$65
Community	\$120

### 21-Day Food Revolution

Take the journey to feeling better and having more energy with the 21-Day Food Revolution. The program will focus on strengthening your plant-based eating habits. The more you incorporate plant-based eating into your life, the more you will experience its benefits, including weight-loss, clear skin, a sharper mind and healthy digestion. Form a new eating habit that will transform the way you eat and live. Contact Theresa Solimeo for start dates at 718-227-3200 or [tsolimeo@ymcanyc.org](mailto:tsolimeo@ymcanyc.org).

Fees	Per 4-Week Session
Member	\$40
Community	\$90

### One-to-One Nutritional Counseling Packages

Let us be your Nutrition Coach! Proper nutrition is vital to a healthy lifestyle and our certified nutritionist can provide you with strategies for healthy eating. Proper nutrition can help you increase your energy, lower your blood pressure and cholesterol and help with weight management and weight loss to ensure that you meet your individual health and wellness goals.

5 Sessions for \$275

### 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 Theresa Solimeo at [tsolimeo@ymcanyc.org](mailto:tsolimeo@ymcanyc.org) to sign up today!

### Y Fit Start Program ♦

“Our goal is to help you reach yours!” If you’ve been thinking about exercising but don’t know where to begin, the Y Fit Start Program is for you. It’s designed for those new to exercising or those who haven’t exercised for some time and want instruction, support, and motivation. The Y Fit Start Program will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12-week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program by contacting Valerie Krause at [vkrause@ymcanyc.org](mailto:vkrause@ymcanyc.org).

### Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. For more information, contact Lorraine Nygard at 718-227-3200 or [lyngard@ymcanyc.org](mailto:lyngard@ymcanyc.org).

Fees	Member	Community
1 Session	\$60	\$120
5 Sessions	\$270	\$540
10 Sessions	\$510	\$1020
20 Sessions	\$960	\$1920

### Personal Training Special

The personal training intro pack includes two one-hour sessions. One purchase only. First-time clients only.

Fees	Per Person
Member	\$65
Community	\$130

### Express Training

Each personal training session is 30 minutes.

Fees	Per Person
Member	\$35
Community	\$90

### NEW! Tag Team Training

Join with a partner and share a one hour Personal Training session with a certified personal trainer. You will get 30 minutes instructed cardio, plus 30 minutes guided weight training that will not only increase your resting metabolic rate, but will leave you with a feeling of time well spent.

7 sessions for \$299.00. Contact Lorraine Nygard at [lyngard@ymcanyc.org](mailto:lyngard@ymcanyc.org).

### TRX Training

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. For days and times, contact Lorraine Nygard at [lyngard@ymcanyc.org](mailto:lyngard@ymcanyc.org).

**NEW! Civil Service Training**

Are you preparing for a career with the NYPD or FDNY? Our Personal Trainers can get you ready for the vigors of the academy. Special packages are available upon request. Contact Lorraine Nygard at [Inygard@ymcanyc.org](mailto:Inygard@ymcanyc.org).

Package Options	# of Sessions
1 Month Package (Valid 31 days from initial start date)	\$280 for 8 Sessions
2 Month Package (Valid 65 days from initial start date)	\$500 for 16 Sessions
3 Month Package (Valid 100 days from initial start date)	\$1005 for 32 Sessions

**NEW! Sport Specific Training**

Looking to decrease run time? Looking to increase agility? Our nationally certified trainers can help you improve your workout on the track or field. Contact Lorraine Nygard at [Inygard@ymcanyc.org](mailto:Inygard@ymcanyc.org).

Package Options	# of Sessions
1 Month Package (Valid 31 days from initial start date)	\$280 for 8 Sessions
2 Month Package (Valid 65 days from initial start date)	\$500 for 16 Sessions
3 Month Package (Valid 100 days from initial start date)	\$1005 for 32 Sessions

**Small Group Teen Training**

Calling all Teens! Have you been thinking about trying personal training, but don't want to do it alone? Now is your chance to redefine yourself with a friend during one of our Small Group Teen Training sessions. Workouts will be circuit style, incorporating weights, cardio, agility, and more to get you in the best shape you've ever been in! Spots are limited to 6 people and are given on a first come, first serve basis. Minimum 3 participants to run the class and maximum 6. No refunds or credits issued for this specific program. For more information, contact Lorraine Nygard at [Inygard@ymcanyc.org](mailto:Inygard@ymcanyc.org).

Thursdays 4:00pm-5:00pm

Fees	Per 8-Week Session
Member	\$60
Community	\$120

**NEW! Mobility at its Core**

Are you 65+ and trying to improve your overall health and fitness? Our Personal Trainers will motivate you to become the best version of yourself with our Mobility Adult Personal Training package! Workouts can be tailored to each individual's needs to ensure the best possible results.

**3 Personal Training sessions for \$90.00.**  
Contact Lorraine Nygard at [Inygard@ymcanyc.org](mailto:Inygard@ymcanyc.org).

**NEW! Fit Survivor Personal Training Program**

Calling all survivors! Take the next step toward achieving your health goals with our Fit Survivor Personal Training program.

**3 Personal Training sessions for \$90.00.**  
Contact Lorraine Nygard at [Inygard@ymcanyc.org](mailto:Inygard@ymcanyc.org).

**SWIM**

**Adult Swim ♦**

Whether you are just learning to swim or are an accomplished swimmer, we have something for you. Lap swim and recreational swim are available throughout the day for adults. Please see our pool schedules online.

**YMCA Swim Lessons**

**Swim Basics**

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 27)

**Swim Strokes**

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 27)

**Pathways**

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning or Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 27)

**Water Fitness Classes ♦**

Classes are scheduled throughout the day. (See Swim section p. 28). Pool schedules are posted online at [ymcanyc.org/southshore](http://ymcanyc.org/southshore).







## SPORTS

### **NEW! Adult Basketball (Ages 18+)**

Basketball season consists of eight weeks of regular season games plus a single elimination playoff series. We provide divisions for beginner, recreational, and competitive players. For more information about our basketball leagues, please contact Valerie Krause at 718-227-3200 or vkrause@ymcany.org.

Wednesdays 7:00pm-11:00pm in the Gymnasium

### **NEW! Adult Pickleball** ♦

Practice your new favorite sport! Spend an extra hour each week developing your Pickleball skills and fine-tuning your game.

**Times are subject to change due to court availability. All levels will have equal play time and the court is divided by levels.**

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$184

Day	Time	Room
Sunday	5:30pm-9:30pm	Gym
Monday	12:30pm-3:30pm	Gym
Tuesday	11:30am-3:30pm	Gym
Wednesday	11:30am-3:30pm	Gym
Thursday	11:30am-3:30pm	Gym
Thursday Evening	6:30pm-8:30pm	Gym
Friday	11:30am-3:30pm	Gym



AGES 0-4

# KIDS & FAMILY

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

## FREE STAY & PLAY CHILD WATCH

Free Stay & Play Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 5 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**

**Family Night ♦**

Our Family Nights are **FREE** with a Family Membership and are a special time for families to create memories that last a lifetime. Enjoy our theme nights that include sports, games, crafts, and more. Children must be accompanied by an adult during all Family Night activities including swimming. Registration opens the first of every month at the Member Service Desk.

Family Movie Night:  
February 28 7:00pm-9:00pm

Breakfast Brunch with the Bunny:  
March 29 11:30pm-1:30pm

Healthy Kids Day:  
April 18 10:00am-3:00pm

Family Fun Carnival at the YMCA Ballfield  
May 29 6:00pm-8:00pm

Fees	Per Family Night Event
Member	Included in Membership
Community	\$40 per family of four, or \$10 per person

**Parent’s Night Out (Ages 4 – 12)**

Parents, enjoy some adult time and be assured your children will have a blast in a safe, caring, fun environment. Best of all - dinner is on the house! Pre-Registration by the Friday before the program is required. Parent’s Night Out is held the third Saturday of each month from 5:00pm-9:00pm.

Fees Per Evening	Per Child
Member	\$20 per child
Community	\$40 per child

For more information, contact Heather Lananna at 718-227-3200 or hlananna@ymcany.org.

**Let’s Get Ready (Ages 18 – 30 months)**

This social class gives you and your child special time together to nurture his/her social development. Your child will become familiar with the classroom atmosphere and be better prepared to eventually attend classes independently.

Tuesday AND/OR  
Thursday 10:45am-12:00pm Stage Room

Fees Per 8-Week Session	1x week	2x week
Member	\$123	\$169
Community	\$187	\$236

**PARTY TIME at the YMCA!**

Make your next party a **BIG SPLASH** with a **Y POOL PARTY** or a **THEMED PARTY!** SEE PAGE 35 for party options.



**Y Musical Jamboree (Ages 1 – 5) ♦**

Our Y Musical Jamboree play and music class is designed for your child to build creativity, confidence and lifelong friendships. This program helps young children learn and develop as they play. Parents will encourage their child’s development while enjoying playing together.

Saturday 10:00am-10:45am Room 5

Fees	Per 8-Week Session
Member	Included in Family Membership
Community	\$103

**Born to Move (Ages 1 – 5) ♦**

Toddlers with parent/caregiver will have fun while introducing little ones to popular nursery rhymes through songs, stories and themed activities.

Sunday 10:00am-10:45am Room 5

Fees	Per 8-Week Session
Member	Included in Family Membership
Community	\$184

**Giggle & Groove (Ages 2 – 4) ♦**

Toddlers - and their caregivers - will shake, rattle and roll to the beat of music in this fun class!

Tuesday 11:00am – 11:45am TBD

Fees	Per 8-Week Session
Member	Included in Family Membership
Community	\$184

**Mommy and Me Fun Time (Ages 1 – 5) ♦**

Open your child’s world with creativity! Interacting with other children and expressing their own identity. Moms will have a blast and feel so very proud of how quickly their children adapt to a new and amazing environment.

Wednesday 11:00am-11:45am TBD

Fees	Per 8-Week Session
Member	Included in Family Membership
Community	\$150

**Zumbini (Ages 0 – 5)**

This fun program combines music, dance and educational tools that will keep your kids grooving. Children will love this can’t stop, won’t stop bonding, learning and fun experience!

Sunday OR  
Monday 11:00am – 11:45am Room 4  
10:00am – 10:45am TBD

Fees	Per 8-Week Session
Member	\$110
Community	\$220



### Building Buddies (Ages 2 – 4) ♦

Come build soaring towers using blocks. All mini-architects welcome!

Thursday 11:00am – 11:45am TBD

#### Fees Per 8-Week Session

Member	Included in Family Membership
Community	\$103

### NEW! First Aid & CPR/AED

#### Adult and Pediatric

American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. To learn more contact Matthew Greenfield at mgreenfield@ymcanyc.org at 718-227-3200 ext. 1320.

Basic Life Support (CPR/AED): \$79

Basic Life Support (CPR/AED/First Aid): \$99

### PRE-SCHOOL & SUMMER CAMP

#### Now We Are Ready (Ages 2 – 3)

This class is designed to encourage your child's curiosity, develop intellectual, emotional and social skills. The goal is to ease first time separation.

Monday, Wednesday AND/OR Friday 11:00am-12:15pm Stage Room

#### Fees Per 8-Week Session

	1x week	2x week	3x week
Member	\$123	\$169	\$211
Community	\$187	\$236	\$313

#### Art & Play (Ages 2 – 3)

Children will have independent playtime, art activities and fun with friends. This class is designed to enhance and explore your child's curiosity, as well as develop intellectual, emotional and social skills. The goal of this class is to develop independence and ease first time separation.

Tuesday AND/OR Thursday 9:00am-10:30am Stage Room

#### Fees Per 8-Week Session

	1x week	2x week
Member	\$139	\$211
Community	\$209	\$253

#### Preschool Prep (Ages 2 – 3)

Preschool Prep gives us the opportunity to set the stage for a child's success in school. This is a content-rich program that supports active learning and promotes children's progress in developmental areas while children are actively involved in learning projects.

Tuesday & Thursday 12:45pm – 2:45pm Stage Room

#### Fees Per 8-Week Session

	2x week
Member	\$244
Community	\$295

### My Little Academy (Ages 2- 3)

For children who have achieved independence in our socialization program, we offer this creative curriculum. This class will build upon the social skills for children with an academic component. Children need not be potty-trained to be in this program. This class will have enriched activities with hands-on learning.

3X per week - Monday, Wednesday & Friday

9:00am-10:45am Stage Room

12:45pm-2:30pm Stage Room

#### Fees Per 8-Week Session

3x week

Member	\$254
Community	\$327

### Camp Rainbow (Ages 3-5)

Camp Rainbow provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development. See page 31 for details.

### SWIM

#### Family Swim ♦

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

#### Swim Starters (Ages 6 – 36 months)

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children. (See Swim section p. 26)

#### Swim Basics (Ages 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. 26)

### STRONG SWIMMERS CONFIDENT KIDS SPECIAL

#### South Shore YMCA Pre-K Students Only

Stages 1 & 2 (Ages 3-4) SPECIAL RATE 20% off an 8-week session. See page 26 for rates.

Tuesday AND 3:30pm – 4:00pm Pool  
Thursday 3:30pm – 4:00pm



# SOUTH SHORE YMCA PRESCHOOL



The YMCA believes that a quality program should provide enriching experiences which facilitate a child's cognitive, social, physical and emotional growth. We strive to meet the developmental needs and temperament of each individual child by working in partnership with families. YMCA Early Childhood Development programs, licensed by the New York City Department of Health, provide a nurturing environment where children's natural curiosity is a springboard to learning skills that are necessary for success in school. Children learn how to share, take turns and work in groups. They also develop age-appropriate skills that form the foundation for reading, writing and mathematics. Imaginative play, art projects and hands-on experience will spark your child's imagination and encourage lifelong, positive values. For additional information, or to arrange a tour, call Bonnie Schiuma, Early Childhood Director, at (718) 227-3200 or bschiuma@ymcanyc.org.

## 3-K & PRE-K FOR ALL (UNIVERSAL PRE-K FOR AGES 3 & 4 YEARS)

The Staten Island South Shore YMCA presents NYC's FREE full-day PRE-K 3 and PRE-K FOR ALL, a quality program five days a week that is open to members and non-members of the Y! We focus on developing children by providing a safe, nurturing environment where they are intellectually, socially and physically stimulated while participating in fun activities. Children will be engaged with highly qualified, certified teachers and personnel. Our curriculum places a high priority on creating an environment in the classroom that encourages children to experiment, explore and pursue their own interests.

**Cost: FREE for all residents of NYC, spots are limited; first come, first reserved! Participants for Pre-K for All must be born in 2016 and 3-K for All must be born in 2017 to enroll in the 2020-2021 school year. Please check the NYC DOE website for information on registration procedures at nycschools.gov.**

### BEFORE & AFTER CARE

Available to 3-K and PRE-K FOR ALL Students.

# Days	5	3	2
AM: 7:15 – 8:30	\$161	\$114	\$92
PM: 3:30 – 6:00	\$250	\$183	\$120
AM & PM:	\$334	\$242	\$192

For additional information, or to arrange a tour, call Bonnie Schiuma, Early Childhood Director, at (718) 227-3200 or bschiuma@ymcanyc.org.





A young girl with braided hair, wearing a white short-sleeved shirt and colorful floral leggings, is smiling and hula hooping with a blue hoop in a gymnasium. In the background, another child is hula hooping with a yellow hoop, and a basketball hoop is visible. The gymnasium has a high ceiling with exposed beams and lights.

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 STAY & PLAY CHILD WATCH

Free Stay & Play Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 5 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.



## AFTERSCHOOL & SUMMER CAMP

### Y Afterschool

The best of South Shore Y is available after school at 10 schools across Staten Island. Y Afterschool provides students with the opportunity to choose from specialized classes designed to nurture the student’s spirit, mind and body. For information about the programs see page 35.

### STRONG SWIMMERS CONFIDENT KIDS SPECIAL

#### Y Afterschool Students Only

Stages 1, 2 & 3 (Ages 5-12) SPECIAL RATE 10% off an 8-week session. See page 26 for rates.

Tuesday AND	6:30pm–7:15pm	Pool
Friday	7:30pm–8:30pm	

#### South Shore STARS Day Camp (Ages 5-13)

Our Summer Camp is open to incoming first graders through 8th 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, science, swimming, and 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. See page 31 for all of the South Shore YMCA’s Summer Camp options.

## SWIM

### Family Swim ♦

Swimming is a great way to be healthy and bond as a family. Check our pool schedules online to find a time that works for you and your family.

### Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 26)

### Swim Strokes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 26)

### Pathways

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 27)

## DANCE

Led by our dance specialists, the YMCA offers fun-filled dance classes in a variety of styles. Appropriate dance attire must be worn with ballet slippers. Tap shoes are not needed.

### Tiny Toes (Ages 3 – 5)

Children will learn the fundamentals of ballet and tap.

Saturday	1:30pm–2:15pm	Studio
OR Sunday	1:15pm–2:00pm	Studio

Fees Per 8-Week Session	1 x week
Member	\$71
Community	\$142

### Ballet/Tap/Hip Hop (Ages 6 – 12)

Children will continue with what they learned in Tiny Toes and add hip hop to the routine.

Saturday	2:15pm–3:15pm	Studio
OR Sunday	2:00pm–3:00pm	Studio

Fees Per 8-Week Session	1 x week
Member	\$86
Community	\$172

### Dance Recital

Join us for our Dance Recital at the end of every 8-week session. Students who sign up for the program will be eligible to participate. Proper dance attire for class includes a leotard, tights and ballet slippers. See you at the show!

## FITNESS & SPORTS

### Fit Kids Class for Grades 1-5 (CATCH) ♦

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.

Wednesday	4:00pm – 5:00pm	Studio
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Fees	Per 8-Week Session
Member	Included in Membership
Community	\$103

**“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**



**Kids Yoga Fit (Ages 6 – 12) ♦**

A playful, creative and functional movement class which combines mind and body work. We use mindful movements, games, share circles, breath work and visualization to move energy through the body as we calm the mind. Kids Yoga Fit allows all children to participate at their own level.

Tuesday OR Wednesday 5:00pm-5:45pm Teen Center

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$86

**Kids Zumba® (Ages 7 – 12) ♦**

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

Tuesday OR 5:45pm-6:30pm Teen Center  
Saturday 10:45am-11:15am Teen Center

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$103

**Ninja Warrior (Ages 6 – 12)**

Want your kids moving? In this class they will learn mobility and gain endurance and strength.

Thursday 3:30pm - 4:30pm Gymnasium Side B

Fees	Per 8-Week Session
Member	\$61
Community	\$123

**Upper Cutters (Ages 7 – 14)**

This class will teach a variety of bag work, shadow boxing, and footwork. Students will also go through a variety of core cardio and strength exercises. Each class will be designed to teach professional boxing and self-defense skills.

Sunday 12:15pm – 1:15pm Teen Center

Fees	Per 8-Week Session
Member	\$73
Community	\$146

**Tumbling Tots (Ages 3 – 5)**

This class is designed to introduce children to basic tumbling, rolling and jumping movements.

Friday 3:30pm-4:15pm Gymnasium Side A

Fees	Per 8-Week Session
Member	\$105
Community	\$210

**Tumbling Stars (Ages 6 – 10)**

This class is designed to introduce children to intermediate tumbling, rolling and jumping movements.

Friday 4:15pm-5:00pm Gymnasium Side A

Fees	Per 8-Week Session
Member	\$105
Community	\$210

## FLAG FOOTBALL

Learn the basics of throwing, catching, punting and kicking. Work into positions and game set-up. No equipment necessary.

### Beginner Flag Football (Ages 4 – 7) ♦

Tuesday 5:00pm-6:00pm Gymnasium

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$184

### Semi-Pro Flag Football (Ages 8 – 12) ♦

Tuesday 6:00pm-7:00pm Gymnasium

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$184

## TRACK

### TRACK (Ages 5 – 12) ♦

A marathon program where children run or walk and learn how to integrate healthy habits into their lifestyle. Track gives kids the opportunity to get moving, improve fitness, and strive for goals. Children receive rewards for reaching milestones.

Ages 5-8 Monday 6:00pm – 7:00pm

Ages 9-12 Monday 7:00pm – 8:00pm

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$184

### Sports Sampler (Ages 4 – 6)

The South Shore YMCA is proud to offer the Sports Sampler Program, in which children will experience different sports such as flag football, baseball, basketball, soccer, volleyball and more!

Friday 3:30pm-4:30pm Gymnasium-Side B

Fees	Per 8-Week Session
Member	\$72
Community	\$184

### NEW! Junior Pickleball Clinic (Ages 8 – 16) ♦

Pickleball is a fun sport that combines the elements of tennis, badminton and ping-pong. Children will learn all about the fastest growing sport in America!

Tuesday 3:30pm-4:30pm Gymnasium

Fees	Per 8-Week Session
Member	Included in Membership
Community	\$86

## TENNIS

### Youth Tennis (Ages 6 – 12)

Make a racquet with our certified tennis instructor, Dymtro Marchenko! The program brings children into the game of tennis by utilizing special equipment such as shorter courts and racquets. Tennis builds endurance and hand-eye coordination and will leave kids feeling challenged and invigorated. Through programs like youth tennis, we nurture kids' sense of self-confidence and introduce them to the concept of teamwork in a supportive, non-competitive environment.

Ages 6-8 Friday 5:00pm – 6:00pm Gymnasium  
Ages 9-12 Friday 6:00pm – 7:00pm

Fees	Per 8-Week Session
Member	\$99
Community	\$198

## SOCCER

Energetic programs that emphasize teamwork and positivity through exercises designed to familiarize young players to the game of soccer with age appropriate teaching tools and drills.

### Lil' Kicks Soccer (Ages 4 – 6)

Our Lil' Kicks program will introduce your youngster to the sport of soccer with this instructional, beginner level class!

Thursday 4:00pm – 4:30pm Gymnasium

### Instructional Soccer (Ages 7 – 9)

Thursday 4:30pm – 5:30pm Gymnasium

Fees	Per 8-Week Session
Member	\$99
Community	\$198





### Intermediate/Advanced Level Soccer (Ages 10 – 12)

This class will allow the intermediate to advanced players to hone their dribbling, passing, shooting and juggling skills.

Thursday 5:30pm – 6:30pm Gymnasium

Fees	Per 8-Week Session
Member	\$99
Community	\$198

### Basketball

Kids will learn the game of basketball through age-appropriate drills, exercises, and controlled games while developing teamwork and sportsmanship.

### NEW! SSY Ballers League (Ages 5 – 18)

Shoot hoops and make friends by becoming a part of our NEW South Shore Y Ballers League for boys and girls ages 5-18. League runs February 1 – April 11.

Fees	Per 8-Week Session
Member & Community	\$100

### Rookie Basketball (Ages 4 – 6)

Introduce your child to the game of basketball. Smaller basketballs and lower baskets are used to build confidence and proper skills, but most importantly to have fun!

Monday OR 3:30pm-4:00pm Gymnasium  
Wednesday

Fees Per 8-Week Session	1x week	2x week
Member	\$61	\$84
Community	\$123	\$268

### Starter Basketball Clinic (Ages 7 – 9)

Monday OR 4:00pm-5:00pm Gymnasium  
Wednesday OR 4:00pm-5:00pm  
Saturday 9:30am-10:30am

Fees Per 8-Week Session	1x week	2x week	3x week
Member	\$99	\$123	\$162
Community	\$198	\$234	\$324

### All Star Basketball Clinic (Ages 9 – 12)

Monday OR 5:00pm-6:00pm Gymnasium  
Wednesday OR 5:00pm-6:00pm  
Saturday 10:30am-11:30am

Fees Per 8-Week Session	1x week	2x week	3x week
Member	\$99	\$123	\$162
Community	\$198	\$234	\$324

### MVP Basketball Clinic (Ages 13 – 15)

Monday OR 6:00pm-7:00pm Gymnasium  
Wednesday 6:00pm-7:00pm

Fees Per 8-Week Session	1x week	2x week
Member	\$99	\$123
Community	\$198	\$246

### MARTIAL ARTS

The YMCA's Martial Arts program combines fitness, self-defense, sport, meditation, discipline, character development and self-confidence. Join us for these progressive programs, make new friends and have fun! Tae Kwon Do participants are required to wear a uniform during class.

### Tae Kwon Do (Ages 4 – 14)

A Korean martial art similar to karate, Tae Kwon Do emphasizes kicking, striking and blocking as applied to the art of self-defense. This traditional training style teaches self-defense, physical fitness, reduces stress, and helps participants gain increased confidence, mental focus, and heightened self-awareness.

Level	Day	Time
Pre-K	Saturday	9:15am-10:00am
Ages 5-7	Tuesday	4:00pm-5:00pm
	Friday	4:00pm-5:00pm
	Saturday	10:00am-11:00pm
	Tuesday	5:00pm-6:00pm
	Friday	5:00pm-6:00pm
	Saturday	11:00am-1:00pm
Tournament Training	Saturday	1:00pm-2:15pm
Advanced (Black & Brown Belts)	Saturday	2:15pm-4:15pm

Fees Per 8-Week Session	1x week	2x week	3x week
Member	\$98	\$144	\$162
Community	\$196	\$288	\$324

\*Please note: Saturday 2-hour classes pay 2X a week price.

## ARTS

### Young Chefs (Ages 6 – 12)

Explore the kitchen! Learn to make healthy treats in an exciting way. All supplies included.

Thursday 5:00pm– 6:00pm Room 4

**Fees** **Per 8-Week Session**

Member	\$86
Community	\$184

### Passport to Art (Ages 5 – 12)

This creative class combines art with geography and imagination and is one of our most popular classes. Each student receives a passport and we travel throughout the world filling the pages with illustrations from our trips.

Friday 5:00pm – 6:00pm Stage Room

**Fees** **Per 8-Week Session**

Member	\$86
Community	\$184

### Let's Go Paint (Ages 6 – 12)

Introducing an exciting and artistic class where parents and kids have fun together. Kids will develop their individual artistic expressions through a variety of media including clay, collage, watercolors, pastels and more. No prior experience is necessary.

Wednesday 5:15pm– 6:00pm Room 4

**Fees** **Per 8-Week Session**

Member	\$86
Community	\$184

### Private Guitar Lessons (Ages 5 – 14)

Students will demonstrate mastery of musical skills and concepts at levels of increasing difficulty. Students will participate in all aspects of music production and demonstrate appropriate use of related materials, methods, and technologies. Participants must have their own guitar.

Contact Meghan Sinback at [msinback@ymcanyc.org](mailto:msinback@ymcanyc.org) or 718-227-3200 to schedule class times.

## SCIENCE

### Mad Scientist (Ages 6 – 12) ♦

This class bring hands-on fun and wonder of all things science.

Monday 4:00pm – 4:45pm Stage Room

**Fees** **Per 8-Week Session**

Member	Included in Membership
Community	\$150

### Y-Botics (Ages 6 – 12) ♦

Our instructors will have your kids putting together all types of cool and educational robotics projects. Robotics is a great way to introduce kids at a very young age to the concept of STEM. Your kids will be learning all about engineering and technology in the best environment possible, in a setting that feels like play.

Monday 5:00pm – 6:00pm Stage Room

**Fees** **Per 8-Week Session**

Member	Included in Membership
Community	\$150

### Game Play (Ages 7 – 12) ♦

Board games, such as Chess and Scrabble, challenge the mind and are fun ways for your child to grasp complex concepts, develop their vocabulary, and plan strategies for success. Whether your child is new to board games or is your family's reigning game night champion, they'll have a great time making new friends, while playing games that exercise their brain and challenge their minds.

Tuesday 4:30am-5:15pm Stage Room

**Fees** **Per 8-Week Session**

Member	Included in Membership
Community	\$150







AGES 12-17

# TEENS

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



**LEADERSHIP & CIVIC ENGAGEMENT**

**Leaders Club (Ages 11-16) ♦**

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. This program meets Friday evenings from 6:00pm-7:00pm.

**Teens Take the City (Ages 14-17) ♦**

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. This program meets Friday evenings from 7:00pm-8:00pm.

**Youth & Government (Ages 13-16) ♦**

Does your teen want to know how our democratic process works from the inside out? Starting with issues that stir their passions, Youth & Government teens learn to debate public policy, write legislation, and (simulate) taking over the State Legislature in Albany. This program meets Sundays from 1:00pm-2:30pm.

**FITNESS & SPORTS**

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

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

**Small Group Teen Training**

Calling all Teens! Have you been thinking about trying personal training, but don’t want to do it alone? Now is your chance to redefine yourself with a friend during one of our NEW Small Group Teen Training sessions. Workouts will be circuit style, incorporating weights, cardio, agility, and more to get you in the best shape you’ve ever been in! Spots are limited to 6 people and are given on a first come, first serve basis. Minimum 3 participants to run the class and maximum 6. No refunds or credits issued for this specific program. For more information, contact Lorraine Nygard at [Inygard@ymcanyc.org](mailto:Inygard@ymcanyc.org).

Thursdays 4:00pm-5:00pm

Fees	Per 8-Week Session
Member	\$60
Community	\$120

**Teen Center (Ages 11 - 15) ♦**

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors. The Teen Center is dedicated to youth ages 11-15 years old. The Teen Center offers teenagers the opportunity to play basketball, football, table tennis and Wii Fit, swim and learn about STEM, as well as utilize our track and Teen Fitness Center upon receiving their certificate. The best part of it all – it’s FREE. Parents, all you have to do is visit the Member Service Desk and fill out a form. You can sign up today! Friday Night Teen Center is held the first three Fridays of September through June from 7:30pm-9:45pm.

To learn more about the YMCA’s Civic Teen Programs, please contact Meghan Sinback at 718-227-3200 or [msinback@ymcanyc.org](mailto:msinback@ymcanyc.org).

**SUMMER CAMP**

**Counselor-In-Training CIT (Ages 14-16)**

A Teen Camp experience that instills the values of accountability and teamwork in addition to the YMCA’s core values of Honesty, Respect, Caring and Responsibility. (See Camp section page 33 for more information)

**SWIM**

**Swim Basics**

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 26)

**Swim Strokes**

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique and endurance. This fosters swimming as part of a healthy lifestyle. (See Swim section p. 27)

**Pathways**

Students who have achieved Stage 5 or 6 can continue to build endurance and improve stroke technique by taking Aquatics Conditioning; Endurance, Sports, and Games; or Aquatic Leaders Club: Lifeguard Development. This continues to build swimming as a lifelong skill and part of a healthy lifestyle. (See Swim section p. 27)



A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful floral swimsuit. She is leaning over the edge of a pool, her arms resting on the grey metal grate. The water is a vibrant blue, and in the background, another person is partially visible, along with purple pool noodles. The overall scene is bright and cheerful, capturing a moment of fun and activity.

# SWIM

Swimming is a life skill, great exercise, and a challenging sport. Whether you're looking for swim classes for your kids, want to learn water safety, or are swimming for exercise, you'll find what you're looking for at the Y.



# YMCA SWIM LESSONS

With more than 100 years of experience teaching New Yorkers how to swim, the Y has lessons for every age and ability.

## SWIM STAGE DESCRIPTIONS

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

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

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



# STAGES OF LEARNING




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

**I** Infant & Toddler  
6 mos.—3 yrs.

**P** Preschool  
3—5 yrs.

**S** School Age  
5—12 yrs.

**A** Teen & Adult  
12+ yrs.

SWIM STROKES Skills to support a healthy lifestyle			PATHWAYS Specialized tracks
<b>4</b> STROKE INTRODUCTION  <span style="font-size: small; color: white;">P S A</span>	<b>5</b> STROKE DEVELOPMENT  <span style="font-size: small; color: white;">S A</span>	<b>6</b> STROKE MECHANICS  <span style="font-size: small; color: white;">S A</span>	 <b>COMPETITION</b>   <b>LEADERSHIP</b>   <b>RECREATION</b>
<b>Endurance</b> any stroke or combination of strokes, 25 yd.	<b>Endurance</b> any stroke or combination of strokes, 50 yd.	<b>Endurance</b> any stroke or combination of strokes, 150 yd.	
<b>Front crawl</b> rotary breathing, 15 yd.	<b>Front crawl</b> bent-arm recovery, 25 yd.	<b>Front crawl</b> flip turn, 50 yd.	
<b>Back crawl</b> 15 yd.	<b>Back crawl</b> pull, 25 yd.	<b>Back crawl</b> pull & flip turn, 50 yd.	
<b>Dive</b> sitting	<b>Dive</b> kneeling	<b>Dive</b> standing	
<b>Resting stroke</b> elementary backstroke, 15 yd.	<b>Resting stroke</b> sidestroke, 25 yd.	<b>Resting stroke</b> elementary backstroke or sidestroke, 50 yd.	
<b>Tread water</b> scissor & whip kick, 1 min.	<b>Tread water</b> scissor & whip kick, 2 mins.	<b>Tread water</b> retrieve object off bottom. tread 1 min.	
<b>Breaststroke</b> kick, 15 yd.	<b>Breaststroke</b> 25 yd.	<b>Breaststroke</b> open turn, 50 yd.	
<b>Butterfly</b> kick, 15 yd.	<b>Butterfly</b> simultaneous arm action & kick, 15 yd.	<b>Butterfly</b> 25 yd.	

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

## ADULT & FAMILY SWIM

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

## SWIM LESSONS

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

### SWIM STARTERS

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

	1x	2x
Lesson Fees	a week	a week
Member	\$129	\$189
Community	\$244	\$328

#### Stage A: Water Discovery Parent/Child 6-19 months

Saturday	9:30am-10:00am
OR Sunday	10:15am-10:45am

#### Stage A: Water Discovery Parent/Child 19-36 months

Saturday	10:40am-11:10am
OR Sunday	11:25am-11:55am

#### Stage B: Water Exploration Parent/Child 6-19 months

Saturday	10:05am-10:35am
OR Sunday	10:50am-11:20am

#### Stage B: Water Exploration Parent/Child 19-36 months

Saturday	11:15am-11:45am
OR Sunday	12:00pm-12:30pm

## SWIM BASICS PRESCHOOL

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

Swim Basics	1x	2x
Lesson Fees	a week	a week
Member	\$129	\$189
Community	\$244	\$328

#### Stage 1 Water Acclimation Parent/Preschool Child (3-5 yrs)

Saturday	11:50am-12:20pm
OR Sunday	12:35pm-1:05pm

#### Stage 1 Water Acclimation Preschool Child (3-5 years)

Monday	3:30pm-4:00pm 4:40pm-5:10pm
Tuesday	4:05pm-4:35pm 5:15pm-5:45pm
Wednesday	3:30pm-4:00pm 4:40pm-5:10pm
Thursday	4:05pm-4:35pm 5:15pm-5:45pm
Friday	3:30pm-4:00pm 4:40pm-5:10pm
Saturday	8:55am-9:25am 10:05am-10:35am 11:15am-11:45am
Sunday	10:10am-10:40am 11:20am-11:50am 12:30pm-1:00pm

#### Stage 2 Water Movement Preschool Child (3-5 years)

Monday	5:15pm-5:45pm
Tuesday	4:40pm-5:10pm
Wednesday	5:15pm-5:45pm
Thursday	4:40pm-5:10pm
Friday	5:15pm-5:45pm
OR	4:40pm-5:10pm
Saturday	9:30am-10:00am
OR	10:40am-11:10am
Sunday	10:45am-11:15am
OR	11:55am-12:25pm

#### Stage 3 Water Stamina Preschool Child (3-5 years)

Monday	4:05pm-4:35pm
Tuesday	5:50pm-6:20pm
Wednesday	4:05pm-4:35pm
Thursday	5:50pm-6:20pm
Friday	4:05pm-4:35pm
Saturday	11:50am-12:20pm
Sunday	1:05pm-1:35pm

### SWIM STROKES PRESCHOOL

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

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

Monday	5:50pm-6:20pm
Wednesday	5:50pm-6:20pm
Friday	5:50pm-6:20pm
Saturday	12:25pm-12:55pm
Sunday	1:40pm-2:10pm

## SWIM BASICS SCHOOL AGE

Swim Basics	1x	2x
Lesson Fees	a week	a week
Member	\$135	\$200
Community	\$253	\$337

#### Stage 1 Water Acclimation School Age Child (5-12 years)

Monday, Tuesday	
OR Friday	3:30pm-4:15pm
Wednesday	4:20pm-5:05pm
Thursday	5:10pm-5:55pm
Saturday	8:45am-9:30am
Sunday	10:05am-10:50am

#### Stage 2 Water Movement School Age Child (5-12 years)

Monday	4:20pm-5:05pm
OR Friday	
Tuesday	5:10pm-5:55pm
OR Wednesday	
Thursday	3:30pm-4:15pm
Saturday	9:35am-10:20am
Sunday	10:55am-11:40am

#### Stage 3 Water Stamina School Age Child (5-12 years)

Monday, Wednesday	
OR Friday	5:10pm-5:55pm
Tuesday	
OR Thursday	4:20pm-5:05pm
Saturday	10:25am-11:10am
Sunday	11:45am-12:30pm

## SWIM STROKES SCHOOL AGE

#### Stage 4 Stroke Introduction School Age Child (5-12 years)

Monday, Wednesday	
OR Friday	6:00pm-6:45pm
Saturday	11:15am-12:00pm
Sunday	12:35pm-1:20pm

#### Stroke Development School Age Child (5-12 years)

Monday, Wednesday	
OR Friday	6:45pm-7:30pm
Saturday	12:05pm-12:50pm
Sunday	1:25pm-2:10pm

#### Stroke Mechanics School Age Child (5-12 years)

Monday, Wednesday	
OR Friday	6:25pm-7:25pm
Saturday	1:00pm-2:00pm
Sunday	2:15pm-3:15pm

## SWIM BASICS TEEN

Swim Basics	1x
Lesson Fees	a week
Member	\$133
Community	\$263

#### Stage 1 Water Acclimation Teen (12-17 years)

Friday	7:30pm-8:30pm
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#### Stage 2 Water Movement Teen (12-17 years)

Friday	7:30pm-8:30pm
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**Stage 3**  
**Water Stamina**  
Teen (12-17 years)

Thursday 7:30pm-8:30pm

**SWIM STROKES TEEN**

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

Thursday 7:30pm-8:30pm

**Stage 5**  
**Stroke Development**  
Teen (12-17 years)

Friday 8:30pm-9:30pm

**Stage 6**  
**Stroke Mechanics**

Friday 8:30pm-9:30pm

**ADULT SWIM LESSONS**

	1x a week	2x a week
Member	\$156	\$235
Community	\$290	\$401

**Stage 1**  
**Water Acclimation**  
Adult

Tuesday 8:30pm-9:30pm  
Friday 8:30pm-9:30pm

**Stage 2**  
**Water Movement**  
Adult

Tuesday 8:30pm-9:30pm  
Friday 8:30pm-9:30pm

**Stage 3**  
**Water Stamina**  
Adult

Tuesday 7:30pm-8:30pm

**Stage 4**  
**Stroke Introduction**  
Adult

Tuesday 7:30pm-8:30pm

**PATHWAYS**

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

**Aquatics Conditioning**  
Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. Evaluations are required before registering. Current participation on a swim team not required; please note the South Shore YMCA does not sponsor a swim team. Contact Matthew Greenfield, at 718-227-3200

or [mgreenfield@ymcanyc.org](mailto:mgreenfield@ymcanyc.org), to schedule an appointment.  
**Recommended age ranges:** school-age youth (7-12 yrs.), teens and adults (12-17 yrs.), depending on swim ability.

Tuesday OR  
Thursday 6:25pm-7:25pm  
Saturday 1:00pm-2:00pm  
Sunday 2:15pm-3:15pm

**Lifeguard Development**  
**Teens**

Interested in eventually becoming a lifeguard but not sure you're ready? Learn the prerequisite skills needed for the YMCA Lifeguard pre-course assessment test. Lifeguard Preparation is not a "learn to swim" or lifeguard certification program, but we do offer the opportunity to improve current swimming skills while working on the lifeguard prerequisites. Evaluations are required before registering; please contact Matthew Greenfield, at 718-227-3200 ext. 1320, or [mgreenfield@ymcanyc.org](mailto:mgreenfield@ymcanyc.org) for an appointment.

**Recommended age range:** youth and teens (12-17 yrs.)

Friday 8:30pm-9:30pm

**NEW! First Aid & CPR/AED Adult and Pediatric**  
American Safety & Health Institute (ASHI) certification is now available at the South Shore YMCA. Contact Matthew Greenfield at 718-227-3200 ext. 1320, or [mgreenfield@ymcanyc.org](mailto:mgreenfield@ymcanyc.org) to learn more.

**Basic Life Support (CPR/AED): \$79**

**Basic Life Support (CPR/AED/First Aid): \$99**

**Private Swim Lessons**  
For those who need more individual attention, these 30-minute lessons will focus on your needs and ability. Please fill out a Swim Lesson Inquiry form at the Member Service Desk. For more information, contact Matthew Greenfield at 718-227-3200, ext. 1320 or [mgreenfield@ymcanyc.org](mailto:mgreenfield@ymcanyc.org).

# of 30-minute Lessons	Member	Community
One	\$48	\$72
Three	\$133	\$194
Five	\$196	\$277
Eight	\$286	\$372



**NEW! Semi-Private Swim Lessons**

For two people to share, these 45-minute lessons will focus on your needs and abilities. Please fill out a Swim Lesson Inquiry form at the Member Service Desk. Contact Matthew Greenfield at mgreenfield@ymcany.org, or 718-227-3200, ext. 1320.

# of 45-minute Lessons	Member	Community
One	\$66	\$99
Three	\$176	\$265
Five	\$252	\$378
Eight	\$347	\$468

**WATER FITNESS CLASSES**

Fee Per 8-week Session	Member	Community
1x per week	Included in Membership	\$91
2x per week	Included in Membership	\$130
3x per week	Included in Membership	\$169
4x per week	Included in Membership	\$208

**Aqua Exercise Ages 18+**

A great introduction to water fitness, perfect for beginners – easy on the joints, easy to follow and lots of fun!

Monday OR Wednesday	11:00am–12:00pm
OR	7:30pm–8:30pm
Tuesday OR Thursday	6:30am–7:30am
Friday	11:00am–12:00pm
Sunday	8:45am–9:45am

**Aqua Exercise Deep Water Ages 18+**

Just like the regular starter water fitness class, only held entirely in the deep-water end for a buoyant, low-impact workout.

Tuesday OR Thursday	6:30pm–7:30 pm
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**Water Workout Ages 18+**

An advanced-level combination of “the best of the best,” this class includes segments of shallow water aerobics, deep water exercise and aqua-kickboxing. Think you can’t sweat in the water? Think again.

Wednesday	8:30am–9:30am
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# SAFE POOLS HAVE RULES

## GENERAL YMCA POOL RULES

1. Bathing caps and appropriate swimming attire are required in the pool.
2. Swim diapers are required for individuals who wear diapers.
3. Water in plastic containers is allowed on the pool deck. No other food or drink is allowed to ensure the cleanliness of our pool area.
4. Walking on the pool deck ensures safety. Running, skipping, pushing, or any kind of horseplay is not allowed.
5. The YMCA lifeguard must be on duty to enter the pool area. Members are able to access the pool area according to the pool schedule.
6. For cleanliness purposes, street shoes cannot be worn in the pool area.
7. Non-swimmers are required to remain in the shallow area.

## YMCA FAMILY AND YOUTH SWIM RULES

1. Children age 8 and under must be accompanied by an adult in the water within arm's reach during swim time.
2. Children ages 9-11 must have an adult on the pool deck or in the viewing area during swim time.
3. Bubbles/backpacks, noodles, and lifejackets (PFD's) are provided for use. Inflatable swim aids are not allowed.
4. Anyone wearing flotation equipment must remain in the shallow area.

## NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

1. No diving is allowed.
2. Members must shower before entering the pool and wear appropriate bathing attire.
3. Persons with infections, open sores, cuts, and/or ear or nose discharges will not be allowed to enter.
4. Urinating, expectorating or blowing of nose, or allowing human waste in the pool is prohibited.
5. Prolonged or repetitive breath holding can be deadly. Intentional hyperventilation or underwater competitive breath holding is not allowed.
6. Conduct that is dangerous or compromises the safety of others is not allowed.
7. Use of lotions or oils is not allowed.

**Be sure to follow the Lifeguard's directions to ensure everyone's safety.**

All questions regarding aquatics policies or procedures should be directed to the Aquatics Director or the Executive Director.





NYC YMCA  
SUMMER CAMP

# SUMMER CAMP

At YMCA summer camps, children learn leadership skills and develop self-confidence in a safe, accepting, and stimulating environment. They also build robots, go on field trips, shoot hoops, learn to swim, make new friends, and laugh all summer long!

**10% Early Bird and Sibling Discounts\* available. Ask YMCA staff for details. Online registration available for most camps.**

\*Offers cannot be combined

# DAY CAMP

## Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

## Camp Hours

Hours vary by camp, see descriptions. Extended hours available.

For more information, visit [ymcanyc.org/southshorecamp](http://ymcanyc.org/southshorecamp)

## Camp Rainbow (Ages 3-5)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Camp is for children from age 3 (by July 1st) up to 5 years old (entering Kindergarten in September 2020). Campers have the same fun as the big kids, but they stay closer to home and keep shorter hours. 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 swim instruction (3 & 5-day children), outdoor water play, music and movement, and interactive science, language, and literacy activities, with each week having its own theme. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Early Childhood campers enjoy campsite-based collaborations with child-friendly organizations that come to us. 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. **Camp hours are 8:45am – 3:15pm.**

### Cost Per 2 Week Session

# of days	5	3	2
Member	\$580	\$395	\$290
Community	\$660	\$465	\$355

## South Shore STARS Day Camp (full day)

(Ages 5-13)

Looking for a place where your child can have fun and learn over the summer? Look no further than South Shore STARS! Our Summer Camp is open to incoming First graders through 8th 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, science, swimming, and 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 theme days. STARS Camp offers a peanut/tree nut-free facility as well as air-conditioned rooms, with instructional swimming five days a week in our indoor pool. Every two weeks, campers showcase something they have learned or created in our culminating event. 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. Get ready for a summer filled with fun and building memories! **Camp hours are 9:00am – 4:00pm.**

### Cost Per 2 Week Session

# of days	5	3	2
Member	\$610	\$385	\$260
Community	\$715	\$460	\$310

## Sports Camp (Ages 8-12) (half-day)

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Through the coaching and support of camp staff with backgrounds in sports, campers will learn the history, rules, and key skills of different sports – all while practicing their techniques in mini-games. In addition, campers will explore the value of teamwork, good sportsmanship, and strong work ethics. **Camp hours are 9:00am – 12:00pm.**

Sports Camp at the South Shore YMCA will include:

- Session 1 - Soccer, Session 2 - Baseball, Session 3 - Basketball, Session 4 - Flag Football

### Cost Per 2 Week Session

Member	\$425	Community	\$575
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**STARS Specialty Camps (Ages 6–13) (half-day)**

Our STARS Specialty Camps are designed to bring out the talents of all campers. Through the instruction and support of camp staff with backgrounds and skills in sports, music, science, art and cooking, your camper will hone their skills and enhance their creativity. **These camps are all half-day camps, from 9:00am – 12:00pm.**

**Session #1 (6/29 – 7/10): Mad Scientists**

Calling all STARS Scientists! Campers will use their creativity to build and assemble different projects and experiments during the week. Volcanoes, lava and slime-OH MY!

**Session #2 (7/13 – 7/24): Aspiring Artists**

Young artists will explore the wonderful world of art and make their own masterpieces using an assortment of art media. Campers will create drawings, learn to paint, sculpt, and design. Your child will let their creativity soar with the South Shore STARS!

**Session #3 (7/27 – 8/7): Eating Around the World**

(Kids Kitchen with a Twist) Have a fun filled week where children will explore the world of cooking by creating different recipes. We will focus on cooking different foods from around the world. Campers will learn about various cultures and traditions. During the week, young chefs will learn proper hygiene, safe food handling, basic cooking principles as well as proper etiquette. We can't forget the best part-eating their delicious creations for lunch!

**Session #4 (8/10 – 8/21): Camp STARS' Has Talent**

Who has talent? Camp STARS, that's who!! Campers will shine during this star-studded week of creativity! Jam out with some karaoke. Take center stage during theatre performances. Act your heart out in drama. Showcase all your talents in this amazing week!!

**Cost Per 2 Week Session**

Member	\$425	Community	\$575
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**Stars Specialty Camps Additional Hours (Ages 8–12) (half-day)**

Not ready for the fun to stop? Register your camper for Additional Hours after Sports Camp or Specialty Camp. Campers will eat lunch, have instructional swim every day, and join the South Shore STARS in the afternoon to keep the fun going. **Camp hours are 12:00pm to 4:00pm.**

**Cost Per 2 Week Session**

Member	\$260	Community	\$300
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**The YMCA Day Camp at Camp Pouch (Ages 4–13) (full-day)**

DID SOMEBODY SAY AWESOME?!? The YMCA Day Camp at Camp Pouch offers a summer camp experience like no other! At Pouch, the YMCA combines the natural beauty of an outdoor camp setting with an enthusiasm that only the YMCA at Pouch can bring. Located at the William H. Pouch Scout Camp, our campers have the opportunity to “unplug” from the non-stop digital world we live in, and get to experience camp as it was meant to be experienced. Campers will swim every day in Pouch’s own Ohrbach Lake, go out on the lake in row and paddle boats and rock climb on the camp’s private rock-climbing wall. But the fun doesn’t stop there! Pouch offers a unique camp day that includes time for children to build social and emotional skills in a fun and inclusive environment. This environment creates an atmosphere of family and unity that includes a focus on classroom structure, transitional activities, group play, theme-based dance and drama/arts and crafts projects. Each camper will have the opportunity to participate in a wide range of themed days such as “Crazy Hat Day,” “Impersonation Day,” “Super Hero Day,” and “90s Nickelodeon Slime Day,” and theme weeks such as “Pokémon Week,” “Color Wars,” “Wizarding World of Pouch,” and “Back to the Future.” Each of these days and weeks are camp-wide and encourage the campers to embrace their imagination and creativity. The YMCA Day Camp at Camp Pouch offers experiences that will create memories to last a lifetime! **Camp hours are 9:00am – 4:00pm.**

**Cost Per 2 Week Session**

# of days	5	3
Member	\$625	\$395
Community	\$700	\$475

**Combo Swim Camp (Ages 6–13)**

Combo Swim Camp combines the AWESOME times of Outdoor Day Camp at Camp Pouch with one of the things the YMCA is most known for: swimming! When enrolled in Combo Swim Camp, your camper will arrive at Camp Pouch at 9:00 am to spend the first half of the day immersed in the outdoors. Then campers will be transported by bus to YMCA Swim Camp and returned to Pouch Camp for regular dismissal each day. Campers will be divided by skill level, and will have the opportunity to move up through the levels over the course of the summer. Combo Swim Camp runs 2 week sessions for the entire summer. Stroke development and training are tailored by age and skill level.

- 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).

Activities and interactions emphasize building self-esteem and self-confidence. **Camp hours are 9:00am – 4:00pm.**

**Cost Per 2 Week Session**

Member	\$780	Community	\$815
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**Swim Camp (Ages 6-13)  
(half-day)**

A camper only wants to do swimming in the summer? Swim Camp is from 12:15 pm – 3:15 pm every day! Campers are divided by skill level, having the opportunity to move up through levels (see Combo Camp above for description of levels). For more information about our Swim Camps, contact Matthew Greenfield at 718-227-3200 or mgreenfield@ymcany.org. **Camp hours are 12:15pm – 3:15pm.**

**Cost Per 2 Week Session**

Member	\$415	Community	\$500
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**Counselor-In-Training (Ages 14-16)  
(Camp Pouch or South Shore)**

A Teen Camp experience that instills the values of accountability and teamwork in addition to the YMCA’s core values of Honesty, Respect, Caring and Responsibility. Our CITs participate in hands-on programming geared toward learning the skills of a camp counselor while building self-confidence. All activities are designed to engage teens in developing educational and career goals. Plus, all of our CIT’s participate in our camper activities, including: swimming, dancing, singing, sports, boating and more! Counselor-In-Training Program is available at Camp Pouch. **Camp hours are 9:00 am – 4:00 pm.**

**Cost Per 2 Week Session**

Member	\$500	Community	\$575
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# SOUTH SHORE DAY CAMP IMPORTANT DATES

**CAMP SEASON**

June 29 – August 21 (Closed July 3)

**EARLY BIRD DEADLINE:**

Saturday, April 18

**OPEN HOUSES**

Saturday, January 25 | 10:00am – 3:00pm

Saturday, March 21 | 10:00am – 3:00pm

Saturday, April 18 | 10:00am – 3:00pm

Saturday, May 16 | 10:00am – 3:00pm

Saturday, June 6 | 10:00am – 3:00pm

Please contact the South Shore YMCA branch for additional opportunities to visit with camp staff and learn more about summer camp at the Y.

**DATES & HOURS**

**June 29–August 21, 2020** (Closed July 3)

**SESSION 1: JUNE 29–JULY 10, 2020**  
(Payment Deadline June 8)

**SESSION 2: JULY 13–24, 2020**  
(Payment Deadline June 22)

**SESSION 3: JULY 27–AUGUST 7, 2020**  
(Payment Deadline July 6)

**SESSION 4: AUGUST 10–21, 2020**  
(Payment Deadline July 20)

**CAMP HOURS**

Camp hours vary by camp, please see descriptions. Extended hours available.

**EXTENDED DAY HOURS**

7:30am – 9:00am

4:00pm – 6:00pm

**CAMP FAMILY ORIENTATION**

Attendance at one orientation meeting is mandatory.

**SATURDAY, JUNE 20TH**

10:00am at Camp Pouch (Camp Pouch Only)

10:00am at South Shore (Camp Rainbow Only)

10:30am at South Shore (all other camps)

## SLEEPAWAY CAMP

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

### Camp Season

June 28 – August 29

One- and two-week sessions available

For more information, visit [ycamps.ymcanyc.org](http://ycamps.ymcanyc.org)

## TRADITIONAL SLEEPAWAY CAMPS

### Camp Greenkill (Ages 7–13)

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

### Camp Talcott (Ages 9–14)

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

## TEEN SLEEPAWAY CAMPS

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

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

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

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

## SPECIALTY SLEEPAWAY CAMPS

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

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

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

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

### World Teen Camp (Ages 12–16)

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



## Y AFTERSCHOOL

Over 1,000 kids spend 3:00pm-6:00pm of every school day with our caring, supportive staff at local sites. Y Afterschool is geared to further enriching kids' academic development, engaging them in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. South Shore YMCA Y Afterschool sites are located at:



PS 26, The Carteret School  
4108 Victory Boulevard  
Travis

PS 39, Francis J. Murphy Jr. School  
71 Sand Lane  
Arrochar

PS 60, Alice Austen School  
55 Merrill Avenue  
Bullshead

PS 31, William T. Davis  
55 Layton Avenue  
St. George

PS 46, Albert V. Maniscalco School  
41 Reid Avenue  
South Beach

PS 68, The Port Richmond School  
for Visionary Learners  
1625 Forest Avenue  
Port Richmond

PS 32, The Gifford School  
232 Barlow Avenue  
Great Kills

PS 57, Hubert H. Humphrey School  
140 Palma Drive  
Clifton

I.S. 49 Berta A. Dreyfus  
101 Warren St,  
Stapleton

PS 36, John C. Drumgoole School  
255 Ionia Avenue  
Annadale

## CELEBRATE WITH THE SOUTH SHORE YMCA

Party Themes Include: **Ooey Goey | Karate | Canvas Art | Sports | Dance | Pool**

Party Includes	Basic	Deluxe	Ultimate
Private Party Room	✓	✓	✓
Birthday Child is FREE	✓	✓	✓
Up to 20 Guests	✓	✓	✓
A Birthday Specialist	✓	✓	✓
Room Setup & Clean Up	✓	✓	✓
Invitations & Paper Products		✓	✓
Birthday Candle & Juice Boxes		✓	✓
Personalized Birthday Cake		✓	✓
Pizza			✓
<b>Member Community</b>	<b>\$290 \$350</b>	<b>\$367 \$443</b>	<b>\$445 \$520</b>

### Party Details

All Y parties include one hour of activities and one hour of party time for food and drinks. Parties can be booked for Saturdays or Sundays. We offer reasonable prices and a variety of rooms, equipment and party themes.

### Party Extras

There is an additional \$5 fee per person over the amount of 20. An extra party hour is \$90. There is an additional fee of \$40 for customized specialty themes such as characters, cartoons, sports etc., and for party supplies and cake.

### Book a Birthday Party

For birthday party questions, contact Heather Lananna at [hlananna@ymcanyc.org](mailto:hlananna@ymcanyc.org) or 718-227-3200. The Ultimate Party must be booked at least two weeks in advance.



# 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. For their safety children under the age of 12 are not permitted on any cardio and strength machines.
- 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	South Shore Branch	Staten Island-wide	City-wide**	Joiner's Fee
Adult (18 - 64)	\$65/mo.	\$89/mo.	\$109/mo.	\$100
Senior (65+)	\$53/mo.	\$75/mo.	\$89/mo.	\$100
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$97/mo.	\$125/mo.	Starting at \$129/mo.	\$100
Teen (12 - 17)	\$42/mo.	\$47/mo.	n/a	\$100
Youth (up to 11)	\$42/mo.	\$46/mo.	n/a	\$100
<b>Student</b> <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$51/mo.	n/a	\$89/mo.	\$100

\*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE. \*\*CITY-WIDE MEMBERSHIP JOINER'S FEE IS \$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.\*

#### South Shore Y Family & Household Base Price – \$97/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$13/mo. Third Adult: \$52mo.

\*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](http://ymcanyc.org/family) for more information and examples of how to use this membership to save.

### CONTACT US

Phone: 718-227-3200

E-mail: [sisouthshore@ymcanyc.org](mailto:sisouthshore@ymcanyc.org)

Web: [ymcanyc.org/southshore](http://ymcanyc.org/southshore)

 @SISouthShoreY

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

 @sisouthshorey

See page 40 for the South Shore Y branch holiday hours and staff directory.





## 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

There will be no credits for scheduled holidays, snow days or other weather conditions beyond our control.

## VOLUNTEER OPPORTUNITIES

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

## JOB OPPORTUNITIES

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

## STAFF LISTING

Anita Harvey - Senior Executive Director  
& Interim Executive Director  
aharvey@ymcanyc.org

John Semerad - Senior Property Director  
jsemerad@ymcanyc.org

Dina Vicenti - Business Manager  
dvicenti@ymcanyc.org

Diane Schirripa - Membership Director  
dschirripa@ymcanyc.org

Heather Lananna - Membership Coordinator  
hlananna@ymcanyc.org

Valerie Krause - Healthy Lifestyles Director  
vkrause@ymcanyc.org

Lorraine Nygard - Healthy Lifestyles Coordinator  
lnygard@ymcanyc.org

Matthew Greenfield - Interim Aquatics Director  
mgreenfield@ymcanyc.org

Debra Carbone - Director of Special Events  
Executive Administrative Assistant  
dcarbone@ymcanyc.org

Carol Ann Curtis - Director of Communications  
ccurtis@ymcanyc.org

Meghan Sinback - Senior Director  
Youth & Family  
msinback@ymcanyc.org

Nicholas Bitetto - Program Director,  
Y Afterschool P.S. 39  
nbitetto@ymcanyc.org

Bonnie Schiuma - Early Childhood Director  
bschiuma@ymcanyc.org

Eileen Kratz - Early Childhood Assistant Director  
ekratz@ymcanyc.org

Joyce C. Strype - Community School Director,  
P.S. 57  
jstrype@ymcanyc.org

Amanda Garcia - Senior Site Director,  
Y Afterschool IS 49  
agarcia@ymcanyc.org

Leeann Hernandez - Site Coordinator,  
Y Afterschool PS 57  
lhernandez@ymcanyc.org

Kimberly Castano - Site Coordinator,  
Y Afterschool PS 31  
kcastano@ymcanyc.org

Shaina Smith - Program Director,  
Y Afterschool P.S. 32  
shsmith@ymcanyc.org

## SOUTH SHORE YMCA BOARD OF MANAGERS


William Abell, Chair  
Rami Fox, Vice Chair  
Vanessa Bellucci Markos, Esq.  
Philese Blackler  
Keith Campanella  
Linda Carroll  
Michael Gervasi  
William Marco  
Steven McLoughlin  
Robert Myers  
Matthew Phillips  
Frank Scarangelo

## CONTACT US

Phone: 718-227-3200

E-mail: [sisouthshore@ymcanyc.org](mailto:sisouthshore@ymcanyc.org)

Web: [ymcanyc.org/southshore](http://ymcanyc.org/southshore)

 @SISouthShoreY

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

 @sisouthshorey

## HOLIDAY HOURS

### Christmas Eve

Tuesday, December 24 5:00 AM - 3:00 PM

### Christmas Day

Wednesday, December 25 CLOSED

### New Year's Eve

Tuesday, December 31 5:00 AM - 3:00 PM

### New Year's Day

Wednesday, January 1 8:00 AM - 8:00 PM

### Easter

Sunday, April 12 6:00 AM - 8:00 PM

### Memorial Day

Monday, May 25 5:00 AM - 8:00 PM

### Independence Day

Saturday, July 4 5:00 AM - 8:00 PM

### Labor Day

Monday, September 7 5:00 AM - 8:00 PM

### Thanksgiving

Thursday, November 26 5:00 AM - 3:00 PM





# Healthy Kids Day<sup>®</sup>

**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](http://ymcanyc.org/census) or email [census@ymcanyc.org](mailto: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.



## LIVESTRONG AT THE YMCA

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

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

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

LIVESTRONG  
FOUNDATION



# YMCA NEW AMERICANS WELCOME CENTERS

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

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

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



## HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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





# WE ARE Y

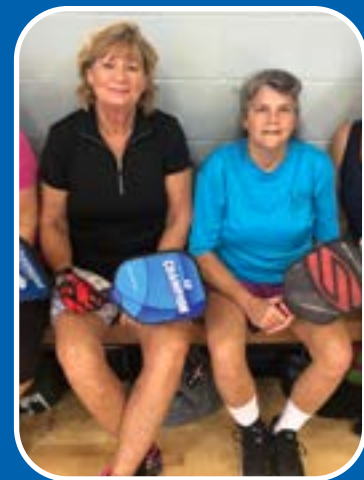
Where there's a Y, there's a way to make a lasting change on Staten Island. Through our many programs and services, we are able to impact the lives of children and adults of all ages, from infants, to teens, to seniors.

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## South Shore YMCA Community Impact

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- Almost **70 children** come to the Y everyday for swim instruction.
- Over **900 children** have taken part in our youth programs, which include basketball, soccer, karate, dance, singing, and art.
- **560 Teens** come to the Y on Friday nights for our Teen Night program, not only socializing and getting active, but learning about the dangers of substance abuse from our Y Counseling Prevention staff.
- We serve almost **3,000 senior members** through specialized fitness classes, social clubs, and group sports.
- Over **900 children** spend their summer days in the care of our Y camp counselors, at our **3 camp locations**, all while learning valuable life skills and having fun.
- We care for almost **1,500 children across 10 schools** on Staten Island through the Y Afterschool program, providing them with homework assistance and enrichment activities that keep them engaged in learning after the school bell has rung.
- The YMCA's new **Weight Loss Program** has helped **37 people** lose a collective **160 pounds** since its inception in 2019.



YMCA OF GREATER NEW YORK | Where there's a Y, there's a way.



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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

**PLEASE GIVE TODAY.**  
[ymcanyc.org/give](https://ymcanyc.org/give)



# REBUILDING LIVES, RESTORING HOPE

## YMCA COUNSELING SERVICE

Connie Thanasoulis-Cerrachio – Chair, YMCA Counseling Service Committee of Management  
Jacqueline Filis, LCSW, CASAC – Executive Director, YMCA Counseling Service – jfilis@ymcanyc.org

### We can help. Contact us today.

#### PROGRAM OVERVIEW

**Little Steps** is an expressive art and play therapeutic program for children (ages 5-17) whose lives have been affected by their family's use of drugs or alcohol. The program offers expressive activities through which children learn to identify and change patterns of thinking, feeling and behavior.

**Adolescent Programs** focus on adolescents and young adults (ages 12-21) who are displaying high-risk behaviors and attitudes as well as those teens who are struggling with alcohol and/or drug use. Through group and individual treatment, we work to empower young people to achieve a positive, productive and drug-free lifestyle.

**Youth/Adolescent Anger Management** is open to youth (ages 5 – 11) and adolescents (ages 12 – 17). Anger Management is a 12-week program that seeks to reduce anger and improve coping skills in our young people. This program is designed to combat unhealthy core beliefs, promote responsible behavior and enhance quality of life. There is a nominal fee for this program.

**Parenting Skills** is a 12-week program aimed at enhancing knowledge and understanding of the multi-faceted issues involved in parenting. These classes take an in-depth look at child development, communication, discipline, child/family health, learning/play, stress, nutrition, budget, substance abuse, family violence and teen behavior. There is a nominal fee for this program.

**Family Association** is open to the community and is a network of parents, spouses, guardians and other family members. This group meets weekly, providing a supportive venue where individuals can learn new skills for dealing with the complex issues associated with living with a family member's addiction.

**Adult Programs** help chemically-dependent adults work toward recovery from addiction through group and individual treatment. This not only means accepting their struggles with substances, but also facing the relationship problems, economic hardships or personal issues that may be contributing to their use of drugs and/or alcohol. Adult services include programming for individuals struggling with mental health and substance use disorders as well as those utilizing medication to support their recovery efforts.



**If you, a family member or someone close to you is struggling with alcoholism or substance abuse, do not wait to call.**

#### YMCA COUNSELING SERVICE LOCATIONS

##### SOUTH SHORE CENTER

3911 Richmond Avenue • Staten Island, NY 10312  
Tel (718) 948-3232 • Fax (718) 966-6605

##### NORTH SHORE CENTER

285 Vanderbilt Avenue • Staten Island, NY 10304  
Tel (718) 981-4382 • Fax (718) 981-2054



# 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.

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Staten Island, NY 10312  
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[ymcanyc.org/southshore](http://ymcanyc.org/southshore)

 @sisouthshorey

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

 @sisouthshorey