

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

WE ARE Y

# PROGRAM & CLASS GUIDE

**VANDERBILT YMCA  
WINTER/SPRING 2020**



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New York, NY 10017  
212-912-2500  
[ymcanyc.org/vanderbilt](http://ymcanyc.org/vanderbilt)

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

# WHY THE Y

NO HIDDEN FEES • NO ANNUAL FEES • NO PROCESSING FEES • NO CONTRACTS

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration	✓	✓
State-of-the-art fitness center	✓	✓
Over 130 FREE weekly group exercise classes	✓	✓
FREE YMCA Weight Loss Program	✓	✓
Y Fit Start (FREE 12-week fitness program)	✓	✓
Two Swimming Pools	✓	✓
Sauna and Steam rooms	✓	✓
Basketball court	✓	✓
Indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE towel service	✓	✓
Customizable Family & Household Memberships		✓
FREE family classes		✓
FREE teen orientation to the fitness center		✓
FREE teen programs		✓
Convenient family locker room		✓

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**Dear Vanderbilt YMCA Member,**

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

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

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

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

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

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

**Sharon Greenberger, President & CEO**

## HOURS OF OPERATION

### OPEN 364 DAYS A YEAR

Monday – Friday: 5:00 am – 11:00 pm  
Saturday – Sunday: 7:00 am – 8:00 pm

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

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

### WINTER SESSION DATES

January 2, 2020 – February 23, 2020

### SPRING I REGISTRATION DATES

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

### SPRING I SESSION DATES

February 24 – April 26, 2020

### SPRING II REGISTRATION DATES

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

### SPRING II SESSION DATES

April 27 – June 21, 2020

A woman with dark curly hair is shown in profile, lifting a barbell in a gym. She is wearing a blue tank top and has a focused expression. In the background, another person is visible, also working out. The gym environment is dimly lit with some warm lights in the background.

# ADULTS

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

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

## **FREE CHILD WATCH**

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 6 months to 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 over 130 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

### CONDITIONING

#### Bikes and Bells ♦

A one hour high intensity interval training combination of spin, with a blast of Kettlebells at the end.

#### Boot Camp ♦

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

#### Cardio Sculpt ♦

Work up a sweat with this intense fusion of cardio drills and strength training.

#### Core Training ♦

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

#### Deep Definitions ♦

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

#### Insanity® ♦

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

#### Kettlebells ♦

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements, and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

#### Kickboxing ♦

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

#### Lower Body Blast ♦

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

#### Stretching ♦

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

#### Total Body Conditioning ♦

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

#### Ultimate Abs ♦

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

### CARDIO

#### Cardio Combo ♦

CardioCombo brings together the fun of cardio dance, the power of kickboxing, and the strength of full body challenges. This nonstop cardio class works out your body and your brain, gives you a safe place to play, and challenges you to change your "I can't" to "I can."

#### Cardio Kickboxing ♦

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

#### Hi-Lo Cardio ♦

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

#### 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!

#### Cycling® ♦

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

#### "Ab"solute Spin ♦

One full spin class followed by core/abdominal work.

#### Spin Intervals ♦

This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

#### Spin in the Zone ♦

This class focuses on heart rate training while spinning. Personal heart rate monitors are used, but are not required for class.

#### Advance Step ♦

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

### MIND/BODY

#### Gentle Yoga ♦

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

#### Hatha Yoga ♦

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

#### Power Yoga ♦

An athletic-based yoga class with challenging movements.

#### Prenatal Yoga ♦

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

##### Cost Per 8 Week Session

Member	Included in Membership
Community	\$224
Tuesday	12:30 pm – 1:30 pm
Thursday	12:15 pm – 1:15 pm

#### Postnatal Yoga ♦

Postnatal Yoga focuses on strengthening the pelvic floor muscles, engaging your core, and creating a sense of community among the women who participate. It's an ideal activity for the weeks and months following your delivery.

##### Cost Per 8 Week Session

Member	Included in Membership
Community	\$215
Thursday	11:00 am – 12:00 pm

#### Vinyasa Yoga ♦

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

#### Time to Train **NEW!**

Are you looking for a challenging workout? Then Time to Train is the class for you! Led by our personal trainer, Levi; he has designed an effective high intensity interval training that consists of short bursts of intense exercises followed by short recovery breaks. This class focuses on strength training, plyometrics, body weight exercises, and other techniques. Maximum 6 participants. No make-up classes, refunds, or credits.

##### Cost Per 8 Week Session

Member	\$200	Community	\$275
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**MELT® ♦**

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

**Cost Per 8 Week Session**

Member	Included in Membership
Community	\$198
Monday	7:00 pm - 7:45 pm
Tuesday	11:15 am - 12:00 pm
Wednesday	7:00 pm - 7:45 pm
Friday	1:30 pm - 2:15 pm

**Core Connection ♦**

An effective and challenging class that incorporates Pilates, yoga, and breath work. To strengthen, lengthen, and connect to your core on a deeper level.

**Meditation ♦**

Discover inner silence and calm through this introduction to meditation. A variety of techniques will be experienced during classes designed to relax and recalibrate the mind.

**Pilates Mat ♦**

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

**DANCE****Ballet ♦**

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

**Groove™ ♦**

A dance/movement class that is designed for EVERYBODY. This unique dance experience uses simple steps and authentic body movement to an amazing variety of music. See you on the dance floor.

**Soul Line Dancing ♦**

Join us to dance in lines performed in unison with a repeating series of steps to choreographed dances to R&B and Hip Hop.

**Zumba® ♦**

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

**MARTIAL ARTS****Kenshikai-Kan Karate ♦**

This class offers a comprehensive program of movement, self-defense, and meditation. Regular participation develops strength, agility, flexibility, and coordination along with focus and a peace of mind.

**Cost Per 8 Week Session**

Member	\$107/unlimited classes
Community	\$287/unlimited classes
Tuesday	6:10 pm - 7:10 pm 7:10 pm - 8:10 pm 8:10 pm - 9:40 pm
Thursday	6:10 pm - 7:10 pm 7:10 pm - 8:40 pm

**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****Aqua Cycle ♦**

Enjoy the fun of cycle with the additional resistance of water! You'll ride on our special Aqua Bikes in the pool.

**Cost Per 8 Week Session**

Member	Included in membership
Community	\$124/unlimited classes
Monday	12:00 pm - 12:45 pm
Tuesday	6:30 pm - 7:15 pm
Wednesday	12:00 pm - 12:45 pm

**Aqua Kickboxing ♦**

Take your kickboxing workout to a new level with water resistance in this Aqua Kickboxing class.

Wednesday	12:00 pm - 12:45 pm
Thursday	6:45 pm - 7:30 pm
Friday	6:45 pm - 7:30 pm

**Adult Water Exercise Classes ♦**

The following water exercise classes are fun for adults of all ages and physical fitness levels. Equipment is provided.

Cost Per 8 Wk	1x week	2x week
Member	Included in Membership	
Community	\$176	\$330
Monday - Friday	7:00 am - 7:50 am	
Monday & Tuesday	6:00 pm - 6:45 pm 12:00 pm - 12:45 pm	
Thursday	6:00 pm - 6:45 pm	
Thursday & Friday	12:00 pm - 12:45 pm	

**Aqua Zumba® ♦**

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

Cost Per 8 Wk	1x week	2x week
Member	Included in Membership	
Community	\$176	\$330
Monday	6:45 pm - 7:30 pm	
Tuesday	6:45 pm - 7:30 pm	
Wednesday	7:00 pm - 7:45 pm	

**Deep Water Running ♦**

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

Friday	6:00 pm - 6:45 pm
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**YMCA Arthritis Aquatic Program ♦**

Based on a program developed by the Arthritis Foundation, this low-impact workout will help you build strength and endurance.

Cost Per 8 Wk	1x week	2x week
Member	Included in Membership	
Community	\$176	\$330
Monday – Friday	11:00 am – 11:45 am	

**ACTIVE OLDER ADULTS****AOA Cardio Conditioning ♦**

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

**AOA Strength Training ♦**

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

**AOA Stretching ♦**

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

**AOA 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.

**AOA Total Body Conditioning ♦**

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

**Zumba® Gold ♦**

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

Cost Per 8 Week Session	Per Week	
Member	Included in Membership	
Community	\$69	1x week
	\$94	2x week
	\$126	3x week
	\$150	4x week
	\$165	5x week

**WELLNESS PROGRAMS**

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

**New Member Orientation ♦**

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Contact Adam Gruberger at 212-912-2523 or [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org) to schedule your appointment today!

**Health & Wellness Screenings ♦**

The Vanderbilt YMCA offers FREE Body Composition and Blood Pressure screenings every first Monday of the month from 12:00 pm– 2:00 pm and 5:00 pm – 7:00 pm. Screenings will be held in the first floor lobby area. No appointment is necessary.

**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 Adam Gruberger at 212-912-2523 or [agruberger@ymcanyc.org](mailto:agruberger@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. Contact Adam Gruberger at 212-912-2523 or [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org) to sign up today!

**Nutritional Consultation**

Are you tired of diets that don't work? Are you concerned with high cholesterol levels? Is your diet helping you to meet your sport-specific goals?

Susan Karp, our registered dietician, will meet with you to give you the information and support you need to develop and maintain your specific nutritional goals. For more information, contact Adam Gruberger at 212-912-2523 or [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org).

	Initial Consultation	Follow-Up
Member	\$129	\$82
Community	\$180	\$119

**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, Adam Gruberger at 212-912-2523 or [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org).

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

Package	Member	Community
1 Session	\$99	\$134
5 Sessions	\$424	\$582
10 Sessions	\$750	\$972

**Pre/Postnatal Pilates Reformer Training**

Work one-on-one with a certified trainer to condition yourself before and after pregnancy with safe and effective routines. Emphasis is on supporting the pelvic floor and abdominal walls, the muscles most affected by pregnancy. Strengthen the spine to prevent pregnancy-related lower back pain. Maintain muscle mass during and after pregnancy to reduce weight gain. All personal training sessions are one hour in length.

Package	Member	Community
1 Session	\$99	\$134
5 Sessions	\$424	\$582
10 Sessions	\$750	\$972

Massage Therapy

Far beyond simply feeling good, massage has an impressive range of documented effects and benefits. With a variety of hands-on methods, a skilled massage practitioner not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow to the heart. Sensory receptors in the skin and muscles wake up, bringing new awareness to areas that have felt cut off by chronic tension patterns. The release of muscular tension also helps to unblock and balance the overall flow of life energy throughout the body. Treat yourself to the benefits of massage today.

Session Length	Member	Community
30 Minutes	\$66	\$102
60 Minutes	\$96	\$134
90 Minutes	\$126	\$168
(5) 1 Hour	\$390	\$536
(10) 1 Hour	\$750	\$972

Pilates Personal Commitment

Pilates Personal Commitment utilizes the reformer machine that combines muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and abdominal core.

Two participants meet with a trainer for a total of eight one-hour sessions and design a workout routine based on their fitness goals. Valid for three months from date of purchase.

Cost Per 8 Week Session	
Member	\$336 each
Community	\$540 each

PT Personal Commitment

PT Personal Commitment is a cardiovascular strength and flexibility training program for all fitness levels. Use the Personal Commitment program for weight loss or gain, to increase strength and endurance, reduce stress and improve overall well-being.

Two participants meet with a trainer for a total of eight one-hour sessions and design a workout routine based on their fitness goals. Valid for three months from date of purchase

Cost Per 8 Week Session	
Member	\$336 each
Community	\$540 each

Boxing Training

Boxing training is a great way for individuals of all ages to get in shape and feel great about themselves! Focusing on flexibility, cardiovascular conditioning, muscular endurance and total body coordination. Looking to “Go the Distance” with your workout, sign up for one-on-one boxing training. All personal training sessions are one hour in length.

Package	Member	Community
1 Session	\$99	\$134
5 Sessions	\$424	\$582
10 Sessions	\$750	\$972

Pilates Reformer Workshops

An elite fitness formula that combines muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the core using the reformer.

Classes meet once a week per 8-week session and class size is limited to seven participants. Classes take place in Studio A.

Level 1	1x week	2x week
Member	\$182	\$329
Community	\$247	\$445
Monday	6:30 am - 7:15 am	
Wednesday	7:00 am - 7:45 am 12:15 pm - 1:00 pm	
Saturday	12:20 pm - 1:05 pm	

Level 2	1x week	2x week
Member	\$207	\$372
Community	\$280	\$504
Friday	7:00 am - 7:45 am	
Saturday	11:30 am - 12:15 pm	

Pilates Reformer Training

Please register at the Membership Services Desk in advance. All personal training sessions are one hour in length.

Package	Member	Community
1 Session	\$99	\$134
5 Sessions	\$424	\$582
10 Sessions	\$750	\$972



## Functional Movement Screening

Functional Movement Screening is an innovative system used to evaluate movement pattern quality for an individual. It is not intended to diagnose orthopedic problems but rather to demonstrate limitations or asymmetries in individuals. Once the FMS has revealed a dysfunction, if there is one, an appropriate exercise program will be implemented to correct the problem. This is the magic of FMS and corrective exercise system. All sessions are one hour in length. Contact Adam Gruberger at 212-912-2523 or [agruberger@ymcany.org](mailto:agruberger@ymcany.org) to sign up today!

The screening consist of these seven simple tests conducted by our very own certified FMS trainer, Robinson Frias:

- Deep Squat
- Active Straight-Leg Raise
- Hurdle Step
- Trunk Stability Push-up
- In-Line Lunge
- Rotary Stability
- Shoulder Mobility

Package	Member	Community
Initial Consult	\$98	\$118
Follow Up Session	\$52	\$72

## SWIM

### Adult Masters Swim Club

Calling all lap, competitive and recreational swimmers! Looking for supervised workouts under the direction of a swim coach? Masters Swim Club is for you! The program is taught by certified YMCA Instructors and coaching members of USA Swimming. Classes are an eight-week session.

#### Unlimited Classes

Member	\$134	Community	\$362
Monday	7:30 pm - 9:00 pm		
Wednesday & Friday	7:00 pm - 8:30 pm		
Sunday	2:00 pm - 3:30 pm		

### Private Swim

Private swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will challenge participants to reach for the goals set at the beginning of the first lesson.

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

Package	Member	Community
1 Session	\$99	\$137
5 Sessions	\$392	\$577
12 Sessions	\$799	\$963

## 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. 22)

### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 26)

## Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 6)

## SPORTS

## Open Court Basketball ♦

What better place to play basketball than at the YMCA. We invented the sport! Play half-court or full-court. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. Please see mobile app for basketball times.

## Pickleball ♦

The racket sport that combines elements of badminton, tennis and table tennis created for all ages and skill levels. Two, three or four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Please see mobile app for Pickleball times.

## Coed Volleyball ♦

Volleyball, a sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. Learn the basics or play competitively. Evaluations will be held on Tuesday to determine division level of new players. Please see mobile app for Volleyball times.



AGES 0 - 4

# KIDS & FAMILY

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

## FREE CHILD WATCH

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

### Full Day Child Care

Vanderbilt YMCA provides full day child care for children six months through five years of age. Our schedule is Monday through Friday from 8:30 am to 6:00 pm. Our class offering include infant and toddler care, preschool and Pre-K for All. Staff include New York State Certified Teachers.

Annual tuition is payable in 10 monthly installments. For more information, contact Wendy Lee at [wlee@ymcany.org](mailto:wlee@ymcany.org) or Veronica Baburam at [vbaburam@ymcany.org](mailto:vbaburam@ymcany.org).

#### September 2019 – June 2020

Monday through Friday	\$2,310/monthly Installments
Monday, Wednesday & Friday	\$1,557/monthly Installments
Tuesday & Thursday	\$1,115/monthly Installments

### For Prospective Families

The Vanderbilt YMCA offers informational sessions and tours of the Early Childhood program every second Thursday of the month. Tours start at 9:00 am in the lobby.

### Pre-K for All

The Vanderbilt YMCA offers Pre-K for All for 4-year-olds. Pre-K for All classrooms are regulated by the Department of Education and led by a NYS certified teacher. Please look for enrollment announcements on the Department of Education website. When applying please indicate Vanderbilt as your first preference if you are interested in a spot. All Vanderbilt three-year-olds receive priority enrollment.

Pre-K for All	8:30 am – 2:50 pm	Free
After Session	3:00 pm – 6:00 pm	\$490/month

### AM Extended Care

The Vanderbilt YMCA Early Childhood Program now offers an extended day option to allow parents the flexibility they need to juggle early morning drop-off, as often as needed. Select the plan that works best for your schedule – five, three, or two days per week – or pay just \$32 per day as needed. Pre-registration is required. AM extended care runs from 7:30 am – 8:30 am.

#### Fees

M – F	\$144/month
M W F	\$102/month
T & Th	\$89/month
Morning	\$33/day

### Family Preschool Gym (Ages 6 mo. –4 years) ♦

Family members are invited to utilize Studio C for play and recreation time with their preschoolers six months – four years old. Hoops, toys, mats and other age-appropriate equipment is available during this open gym time.

Saturday	7:00 am – 8:30 am
Sunday	8:00 am – 9:30 am

### Let's Get Ready! (Ages 2-3)

A pre-nursery school class for two and three-year-olds with hands-on activities and gradual separation from parent or caregiver. This is a fundamental program designed to prepare your child in a nurturing and safe environment for an easier transition to preschool. Activities include art, story time, singing, literacy development, free play, snack and gym time in the studio for the last half hour of class. Caregiver participation is required in the fall, with gradual phase out based on each child's readiness level.

#### Two-Year-Old Session

Tuesday & Thursday	
9:00 am – 11:00 am	\$4,120

#### Three-Year-Old Session

Monday & Wednesday	
9:00 am – 11:00 am	\$4,120

## PRE-SCHOOL & SUMMER CAMP

### Early Childhood Day Camp (Ages 2-4)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Day Camp is offered by Vanderbilt's Early Childhood Department. Our Early Childhood classrooms provide our youngest campers with hands-on, play-based activities and experiences designed to support their social, physical, and cognitive development. Activities include swimming, outdoor play, music, gross motor time, and large and small group classroom activities. Staff include New York State Certified Teachers.

#### Age Requirements:

Rising Two Year Olds	2017 Birthdays
Rising Three Year Olds	2016 Birthdays
Rising Four Year Olds	2015 Birthdays

#### Cost Per 2 Week Session

Member	\$1,061	Community	\$1,092
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## SWIM

### Family Swim ♦

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

Monday – Thursday	5:00 pm – 5:55 pm
Saturday	1:00 pm – 6:00 pm
Sunday	2:30 pm – 6:00 pm

### Swim Starters (Ages 6 mo. –3 years)

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. 22)

### Swim Basics (Ages 3-5 years)

Students learn personal water safety skills and achieve basic swimming skills through six benchmark skills: Swim, Float, Swim and Jump, Push, Turn, and Grab. (See Swim section p. 22)

## ARTS

### Singing Stories (Ages 6 mo. –3 years)

Get ready to shake your sillies out! Enhance your child's development through song, dance, movement and instruments! Children's musician, Lou Gallo helps children move to music and use their imagination to act out songs and stories. Using a variety of techniques and instruments children are able to explore the feeling of rhythm and array of melodies while building social relationships with neighborhood friends.

#### Cost Per 8 Week Session

Member	\$222	Community	\$288
Thursday	10:00 am – 10:45 am 11:00 am – 11:45 am	6 – 18 mo. 19 mo. – 3 years	

### Mandarin Tots (Ages 9 mo. –4 years)

A movement class for young learners that emphasizes tactile learning. Mandarin Tots combines dance with developmentally appropriate exercise set to Mandarin Chinese songs and rhymes. The class also implements elements of arts and crafts to encourage creativity and promote high engagement.

#### Cost Per 8 Week Session

Member	\$222	Community	\$288
Friday	10:15 am – 11:00 am 11:30 am – 12:15 am	6 – 18 mo. 19 mo. – 3 Years	

### Sense of Wonder (Ages 18 mo. –5 years)

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

#### Cost Per 8 Week Session

Member	\$222	Community	\$288
Tuesday	10:45 am – 11:45 am	18 mo. – 2 years	
Thursday	10:45 am – 11:45 am	2.5 – 5 years	

### Tiny Dancers (Ages 2-3)

This class is a great introduction to basic dance techniques. Following the lead of our dance instructor, your child will open their imagination through dance and movement. Your little one will improve coordination, strength and balance, and practice listening skills that will prepare them for the next level. This is a great first classroom experience for any child who loves to move!

#### Cost Per 8 Week Session

Member	\$150	Community	\$215
Wednesday	11:00 am – 11:30 am 3:00 pm – 3:30 pm		

## SCIENCE

### Science Discovery (Ages 3-5 years)

This class is designed for children to discover the world through the five senses. It is a hands-on approach that supports open ended inquiries and discussions. We will invite students to explore various materials in an age appropriate way. This class requires adult supervision and collaboration with the teacher.

#### Cost Per 8 Week Session

Member	\$222	Community	\$288
Wednesday	11:45 am – 12:45 pm		



**“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)



A young girl with dark skin and braided hair is smiling and hula hooping with a blue hoop in a large indoor gymnasium. She is wearing a white short-sleeved shirt and colorful floral leggings. In the background, another child is visible, and the gym's structure, including basketball hoops and a high ceiling, is visible.

AGES 5-12

# YOUTH

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

## FREE CHILD WATCH

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

## AFTER SCHOOL & SUMMER CAMP

### Y After School Academy (Ages 4–11)

Pre-K and school aged children spend 3:00 pm – 6:00 pm with our caring, supportive staff. Y After School is geared to further enrich kids' academic development, engaging them in healthy physical activity, like swim and karate and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. For more information, please contact Veronica Baburam at 212-912-2507 or vbaburam@ymcanyc.org.

# of days/week	M – F	M W F	T & Th
Member	\$460/month	\$289/month	\$250/month
Community	\$515/month	\$401/month	\$345/month

### After School Extended Care

The Vanderbilt YMCA Early Childhood Program now offers an After School Extended Care option. Select the plan that works best for your schedule – five, three, or two days per week. Pre-registration is required. After School Extended Care runs from 6:00 pm – 7:00 pm.

#### Fees

M – F	\$120/month
M W F	\$82/month
T & Th	\$68/month

### Transportation

Transportation is available from school to the Y for Y After School participants age 5 and older. Pick up is done via public transportation (bus) from PS 116 and PS 59.

Fees	M – F	M W F	T & Th
Member	\$140/month	\$114/month	\$88/month
Community	\$165/month	\$127/month	\$99/month

### Kinder Camp (Ages 4–5)

A fun summer is a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten with a 2015 birthday. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper.

Campers participate in instructional swimming (once a week), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Each week has a special theme, guest, or event, such as an on-site magic show, live petting zoo, and a mobile planetarium! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

#### Cost Per 2 Week Session

Member	\$895	Community	\$992
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### Day Camp (Ages 5–11)

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

Our Day Camp includes a wide range of sports, arts and crafts, and themed days such as "Superhero Day." Each week features a different theme where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. There are also weekly field trips, at least one field trip per session done by bus or train where campers get a chance to learn about their communities. Every two weeks at the end of every session, campers showcase something they have learned or created in our Family Share.

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

#### Cost Per 2 Week Session

##### A Camp | Ages 5–6

\*Participants must have completed Kindergarten

Member	\$788	Community	\$893
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##### B Camp | Ages 7–8

Member	\$763	Community	\$865
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##### C Camp | Ages 9–11

Member	\$763	Community	\$865
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**"I've been a YMCA member for 25 years. It's been our family's go-to place since my daughter was old enough to bounce a ball. She's done basketball, dance, karate, summer camp, the list goes on. The Y is truly a staple in our community."**

**– AI, YMCA of Greater New York Member**

## Swim Camp (Ages 5-11)

Freestyle! Butterfly! Backstroke! YMCA Swim Camp, open to current kindergarteners through 6th grade students, combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 4 times a week, with stroke development and training tailored by age and skill level! Campers have the opportunity to progress through the different skill levels.

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

Swim campers participate in core traditional camp activities, including sports, field trips, and literacy activities. Our activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

#### SWIM CAMP A | Ages 5-6

\*Participants must have completed Kindergarten

Member	\$902	Community	\$1,016
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#### SWIM CAMP B | Ages 7-8

Member	\$877	Community	\$989
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#### SWIM CAMP C | Ages 9-11

Member	\$877	Community	\$989
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## Dance Camp (Ages 7-9)

Can you feel the rhythm? Dance Camp is for all youth who have a passion for the art of dance. Our skilled instructors work with all different levels of dancers, from beginner to advanced, and start each session with warm-ups to get the body ready for the technical skills being taught. Each class includes across-the-floor drills, technique and a routine, and also emphasizes key values to the dance community such as class etiquette and performance readiness. Makeup and costuming are taught, and each session ends with a performance showcase for family and friends.

Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability. When campers are not dancing, they engage in Day Camp activities, including weekly field trips, and arts and crafts. All activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

Member	\$755	Community	\$857
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## Sports Camp (Ages 5-8)

Summer is amazing when you are active and have friends and coaches cheering you on! Our Sports Camp, open to current kindergarteners through 6th grade students, is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of various sports such as baseball, basketball, and soccer, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports.

When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, and arts and crafts. All activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

#### SPORTS CAMP A | Ages 5-6

\*Participants must have completed Kindergarten

Member	\$788	Community	\$893
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#### SPORTS CAMP B | Ages 7-8

Member	\$763	Community	\$865
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## Basketball Camp (Ages 7-11)

Non-stop action and high-scoring games make basketball one of the most exciting sports out there! Did you know the game of basketball was created in 1891 at a YMCA by Dr. James Naismith? Our Basketball Camp is designed to help players perfect their dribbling, passing, shooting, defense, and offense skills, according to their age and level of expertise. All ability levels are welcome.

Campers learn the history and rules, all while practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. The skills and habits emphasized in our basketball camp are designed to help campers become the most complete player possible.

Basketball Camp staff have a background and/or education in coaching basketball. When campers are not playing basketball, they engage in Day Camp activities, including weekly field trips, and arts and crafts. All activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

Member	\$755	Community	\$865
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## Science Camp with Mad Science of New York (Ages 7-9)

In collaboration with Mad Science of New York, Vanderbilt YMCA is happy to introduce Science Camp. Grab your lab coat, goggles and your curiosity as we engage in scientific explorations! Science Camp's curriculum emphasizes creativity and hands-on learning in an environment that encourages teamwork, problem solving, and responsibility.

The key topics of Science Camp are:

- Red Hot Robots: Take a journey through circuitry and sensors. Explore several different types of robots.
- NASA: Journey into Outer Space! Comets, planets, stars, and more are all waiting to be discovered. Learn about the four forces of flight and the challenges of space travel as you construct your own rockets and participate in a launch.

- Secret Agent Lab: Suspects! Schematics! and Sleuths! Connect the dots using science to help solve a crime in this hands-on investigation of the science of sleuthing.
- Bugs, Bird, Beasts & Beyond!: Explore the natural world and its adaptations. Make casts of animal tracks, build a bird feeder, and mix your own seed blend to attract specific bird species.
- Crazy Chemworks: Come and spark imaginative learning with a week of Mad Chemistry. Watch as we combine elements and make them fizz, crackle, and change color!

#### Cost Per 2 Week Session

Member	\$1,016	Community	\$1,126
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### Holiday Camp

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Please note that swimming is not offered during Holiday Camp and participants must be registered by the 15th of the month prior to the camp date. Holiday Camp runs from 8:00 am - 6:00 pm.

#### Fees

Y After School Participants	\$56/day
Member	\$88/day
Community	\$108/day

<b>Midwinter Recess</b>	<b>February 17-21</b>
<b>Spring Recess</b>	<b>April 9-17</b>
<b>Anniversary Day</b>	<b>June 4</b>
<b>Clerical Day</b>	<b>June 9</b>

## 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.

Monday - Thursday	5:00 pm - 5:55 pm
Saturday	1:00 pm - 6:00 pm
Sunday	2:30 pm - 6:00 pm

### Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through six benchmark skills: Swim, Float, Swim and Jump, Push, Turn, and Grab. (See Swim section p. 22)

### 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. 22)

### 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. 22)

## FITNESS & SPORTS

### Instructional Basketball (Ages 4-14)

This class teaches the game of basketball while stressing sportsmanship, team work, enthusiasm and a positive attitude. This class will consist of contests, game play and instruction of the fundamentals of the game.

#### Cost Per 8 Week Session

Member	\$126	Community	\$167
Tuesday	3:30 pm - 4:30 pm	Ages 4-6	
Sessions I-III	4:30 pm - 5:30 pm	Ages 7-8	
	5:30 pm - 6:30 pm	Ages 9-11	
Saturday	10:00 am - 11:00 am	Ages 4-6	
Session III	11:00 am - 12:00 pm	Ages 7-8	
	12:00 pm - 1:00 pm	Ages 9-11	
	1:00 pm - 2:00 pm	Ages 12-14	

### Jr. Swish Basketball League (Ages 4-14)

Swish is defined as sinking a shot without the ball touching the rim or backboard. The Jr. Swish League is an exciting instructional league developed by the Vanderbilt Y Instructional Basketball Program, which resumes at the end of the Jr. Swish season (January 4, 2020 - April 25, 2020). Teams and game schedules will be developed by the coaches. The season concludes with a tournament and award ceremony.

#### Fees

Per player	\$150	
Saturday	9:00 am - 11:00 am	Ages 4-6
Sessions I-II	11:00 am - 1:00 pm	Ages 7-8
	1:00 pm - 3:00 pm	Ages 9-11
	3:00 pm - 5:00 pm	Ages 12-14

### Karate (Ages 5-17)

A fun class with all the "kicks"! Karate teaches self-defense, concentration, and focus.

#### Cost Per 8 Week Session

Member	\$137	Community	\$210
Tuesday	4:00 pm - 5:00 pm	Ages 10-17	
	5:00 pm - 6:00 pm	Ages 5-12	
Saturday	9:30 am - 10:30 am	Ages 5-12	

### Quickstart Tennis Program (Ages 4-8)

This program teaches participants progressive tennis skills. Emphasis is placed on skill development, participation, and enjoying the game. Participants will learn the basics of forehand, backhand, serve, and volley while having fun.

#### Cost Per 8 Week Session

Member	\$126	Community	\$167
Sunday	12:30 pm - 1:30 pm		

### Private Basketball Training (Ages 11-Adult)

We are offering one-hour Private Basketball Instruction for people of all skill levels from beginner to advanced. In these one-on-one sessions, the participant will work on dribbling, shooting, defense, and the fundamentals of the game through the use of progressive skills.

Package	Member	Community
1 Session	\$61	\$90
10 Sessions	\$538	\$675

**Lil' Strikers Instructional Soccer (Ages 4-9)**

This program teaches participants the basics and rules of the game in a healthy atmosphere. Emphasis is placed on skill development, participation and enjoying the game. Classes must have a minimum of six participants to run.

**Cost Per 8 Week Session**

Member	\$126	Community	\$167
Thursday	4:30 pm - 5:30 pm	Ages 4-6	
	5:30 pm - 6:30 pm	Ages 7-9	
Sunday	10:30 am - 11:30 am	Ages 4-6	
	11:30 am - 12:30 pm	Ages 7-9	

**ARTS****Artistic Gymnastics (Ages 5-11)**

Artistic Gymnastics creatively blends together elements of tumbling and dance to further develop strength, flexibility and spatial awareness. This program will focus on moving floor skills onto elevated surfaces with apparatuses while emphasizing skill development, coordination and balance.

**Cost Per 8 Week Session**

Member	\$137	Community	\$210
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**Artistic Gymnastics I**

Wednesday	3:45 pm - 4:30 pm
Sunday	1:30 pm - 2:15 pm

**Artistic Gymnastics II**

Wednesday	4:35 pm - 5:20 pm
Sunday	2:30 pm - 3:15 pm

**Hip Hop (Ages 5-8)**

This is a high energy class where your child will learn the fundamentals of hip hop. Dancing to upbeat music, the class will focus on rhythm, coordination, and learning choreography.

**Cost Per 8 Week Session**

Member	\$118	Community	\$186
Saturday	9:00 am - 9:45 am		

**Gymnastics (Ages 3-9)**

Gymnastics class introduces movement education to children based on their basic concepts of floor skills. Children enhance eye/body coordination and broaden their sense of spatial awareness by performing various techniques such as somersaults, cartwheels, round-offs, and back walkover.

**Cost Per 8 Week Session**

Member	\$118	Community	\$186
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**Gymnastics I (Ages 3-5)**

Tuesday	4:30 pm - 5:15 pm
Thursday	4:30 pm - 5:15 pm
Sunday	10:00 am - 10:45 am

**Gymnastics II (Ages 5-7)**

Thursday	5:15 pm - 6:00 pm
Sunday	10:45 am - 11:30 am

**Gymnastics III (Ages 7-9)**

Tuesday	5:15 pm - 6:00 pm
Sunday	11:30 am - 12:15 pm

**Ballet (Ages 3-9)**

Classes teach the basics of classic ballet movement through various fundamental techniques. Children will develop flexibility, balance, coordination, and musicality through the expressive art, while refining elegance and grace.

**Cost Per 8 Week Session**

Member	\$118	Community	\$186
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**Ballet I (Ages 3-5)**

Monday	3:30 pm - 4:15 pm
Saturday	10:45 am - 11:30 am

**Ballet II (Ages 4-6)**

Monday	4:15 pm - 5:00 pm
Saturday	11:30 am - 12:15 pm

**Ballet III (Ages 5-9)**

Monday	5:00 pm - 5:45 pm
Saturday	12:15 pm - 1:00 pm

**Combo (Ages 3-8)**

Students will learn the fundamental steps of varying styles of dance in this fun, exciting class. This dance class will combine the styles of ballet, jazz and tap. The style will vary from week to week (with a focus on ballet in the first week of the session), with instructors providing a schedule on the first day of class for the session.

**Cost Per 8 Week Session**

Member	\$118	Community	\$186
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**Combo I (Ages 3-8)**

Wednesday	3:30 pm - 4:15 pm
Saturday	1:00 pm - 1:45 pm

**Combo II (Ages 4-6)**

Wednesday	4:15 pm - 5:00 pm
Saturday	1:45 pm - 2:30 pm

**Combo III (Ages 5-8)**

Wednesday	5:00 pm - 5:45 pm
Saturday	2:45 pm - 3:30 pm

**FAMILY NIGHTS, EVENTS AND OUTINGS****Family Events (Ages 2-11)**

Come join us as we celebrate the opportunity to meet our amazing family members and build on the core values of the Y while getting to know those in our community. All members are invited to bring their families to participate. To join the Family email List, please contact Paul Crawford at 212-912-2521 or pcrawford@ymcanyc.org.

**Friday, January 17th**

12th Annual Winter Snow Ball 6:00 pm - 8:00 pm  
Join us for our annual celebration of the New Year and winter season.

**Friday, February 21st**

Family Cupcake Decorating Party 6:00 pm - 8:00 pm  
Put your cake decorating talents on display or just make a mess with some icing... we will provide the supplies.

**Friday, March 13th**

Green Gala 6:00 pm - 8:00 pm  
Celebrate Saint Patrick's Day and all things green.

**Saturday, April 18th**

Healthy Kids Day®

10:00 am – 3:00 pm

YMCA Healthy Kids Day is FREE, fun-filled day of activities designed to promote healthy kids and families!

**Friday, May 22nd**

Family Animal Encounter

6:00 pm – 7:00 pm

Join us as we welcome animals of all shapes and sizes.

**Saturday, June 20th**

Family Outing – Brooklyn Cyclones

Join us as the Brooklyn Cyclones take on the Staten Island Yankees.

Tickets are available at the membership desk.

**Kids' Night Out**

Parents, do you need to do some shopping? Planning a special dinner for two? Just need some quiet time? The Vanderbilt YMCA is here for you! Participants must have a valid medical form on file. Pre-registration is required. For more information and for families with children belonging in different age groups, please contact Paul Crawford at 212-912-2521 or pcrawford@ymcanyc.org.

**Fees**

Member	\$25	Community	\$40
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**Preschool Kids Night Out (Ages 2-4)**

Friday – January 3rd

Friday – February 7

Friday – March 6th

Friday – April 3rd

Friday – May 1st

Friday – June 5th

**School Age Kids Night Out (Ages 5-11)**

Friday – January 10th

Friday – February 14th

Friday – March 20th

Friday – April 10th

Friday – May 8th

Friday – June 12th

**Sports Parties**

Sports parties are a fun and active way to celebrate! We provide sports instruction and games in the gym for up to 25 kids. Choose basketball, soccer, volleyball, group games, or a combination of games and sports. Set up and clean up are included in the time.

**Fees**

Member	\$450	Community	\$550
Sunday	1:00 pm – 4:00 pm		

**Party Room Rental**

Our spacious party room is available for rental. A \$125 non-refundable deposit is required to book a birthday party.

**Fees**

Member	\$350	Community	\$400
Saturday after 3:00 pm			

**Pool Parties**

We provide certified lifeguards to supervise up to 20 little dippers exploring the underwater fun in our sparkling pool! The party includes the use of our pool equipment and a party room for refreshments after the water fun is done. Parents must supply food, beverages and decorations. Set up and clean up are included in the time. Swim caps are required. A guest list including address and date of birth of all party guests is required.

**Fees**

Member	\$550	Community	\$650
Sunday	1:00 pm – 4:00 pm		





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 ♦

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.

### Teens Take the City ♦

This dynamic civic engagement program, focusing specifically on NYC government, offers teens the opportunity to roll up their sleeves and get involved with issues affecting them and their community.

### Global Teens ♦

Explore the world with the YMCA! Our leadership development and service learning program engages teens in a year-long empowering international experience culminating with a summer service abroad experience.

## COLLEGE ACCESS & CAREER READINESS

### Rowe Scholars ♦

Rowe Scholars helps students and their parents realize that college is a real and attainable option. Through homework help, test prep, application support, college tours, and more the Y supports Rowe Scholars through college and beyond. The program serves students currently enrolled at the Julia Richman Educational Complex in grades 9-12.

### Teen Center (Ages 12-17) ♦

Our Teen Center is a fun and safe place for teens to socialize, exercise, and have positive interaction with peers and YMCA counselors.

## 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. Please contact Adam Gruberger at [agruberger@ymcany.org](mailto:agruberger@ymcany.org) or 212-912-2523 to schedule your appointment today!

### Teen Basketball (Ages 12-18) ♦

The game of basketball was invented in 1891 by YMCA staff member, Dr. James Naismith. Over 120 years later, the Y is not only still offering the game, but taking it to the next level.

When it comes to basketball in NYC, the Vanderbilt Y is the epicenter of specialized training. Our unparalleled basketball staff has years of experience, providing young people with the training necessary to hone their skills. Not to mention, players will have access to our state-of-the-art facilities, which are often utilized by NBA and college players. This year, our Teen Basketball league will also form teams and compete. Consider joining us to continue to build our reputation as the top Teen Basketball program in NYC.

♦ Included in Membership | Members get priority registration

### Art of Sparring (Ages 12-18) ♦

This program introduces teens to the basics of sparring in a safe no contact environment. Our experienced instructor focuses on high intensity cardio training while teaching teens basic defensive techniques. Teens are also taught the proper way to hit both heavy and speed punching bags. A huge portion of the program is built around bag punching.

## SUMMER CAMP

### Teen Camp (Ages 12-14)

Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school, and is designed to immerse campers in a variety of fun activities – tailored specifically to their age and interests – that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips designed to engage teens in developing their leadership skills, real-world experiences, and educational goals – all while making friends and having fun. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime!

#### Cost Per 2 Week Session

Member	\$755	Community	\$865
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### Counselor-In-Training Program (Ages 15-17)

Our C.I.T. program is for building tomorrow's leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning, concurrently enjoying all the camper activities of dancing, trips, sports, and so much more! All participants receive training in program safety and participate in service-learning projects. This camp is great for teens looking for work experience and/or community service opportunities.

#### Cost Per 2 Week Session

Member	\$755	Community	\$865
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A man and a woman are smiling and looking towards the camera while in a swimming pool. The man, on the left, is wearing a bright green swim cap and black goggles. The woman, on the right, is wearing a pink swim cap and black goggles with yellow lenses. They are both leaning on a dark, textured pool edge. In the background, blue lane lines divide the pool, and another swimmer is visible in the distance.

# SWIM


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

# YMCA SWIM LESSONS

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

## SWIM STAGE DESCRIPTIONS

<h2>SWIM STARTERS</h2> <p>Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.</p> 	<h3>A</h3> <h4>WATER DISCOVERY</h4> <p>Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.</p>	<h3>B</h3> <h4>WATER EXPLORATION</h4> <p>In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.</p>		
<h2>SWIM BASICS</h2> <p>Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:</p> <ul style="list-style-type: none"><li>Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit</li><li>Jump, push, turn, grab</li></ul> 	<h3>1</h3> <h4>WATER ACCLIMATION</h4> <p>Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.</p>	<h3>2</h3> <h4>WATER MOVEMENT</h4> <p>In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.</p>	<h3>3</h3> <h4>WATER STAMINA</h4> <p>In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.</p>	
<h2>SWIM STROKES</h2> <p>Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p> 	<h3>4</h3> <h4>STROKE INTRODUCTION</h4> <p>Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.</p>	<h3>5</h3> <h4>STROKE DEVELOPMENT</h4> <p>Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.</p>	<h3>6</h3> <h4>STROKE MECHANICS</h4> <p>In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.</p>	

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

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

# STAGES OF LEARNING

SWIM STARTERS Parent & Child Lessons		SWIM BASICS Recommended skills for all to have around water		
A WATER DISCOVERY I	B WATER EXPLORATION I	1 WATER ACCLIMATION P S A	2 WATER MOVEMENT P S A	3 WATER STAMINA P S A
<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

### 4 STROKE INTRODUCTION

**P S A**

#### Endurance

any stroke or combination  
of strokes, 25 yd.

#### Front crawl

rotary breathing, 15 yd.

#### Back crawl

15 yd.

#### Dive

sitting

#### Resting stroke

elementary backstroke,  
15 yd.

#### Tread water

scissor & whip kick,  
1 min.

#### Breaststroke

kick, 15 yd.

#### Butterfly

kick, 15 yd.

### 5 STROKE DEVELOPMENT

**S A**

#### Endurance

any stroke or combination  
of strokes, 50 yd.

#### Front crawl

bent-arm recovery, 25 yd.

#### Back crawl

pull, 25 yd.

#### Dive

kneeling

#### Resting stroke

sidestroke, 25 yd.

#### Tread water

scissor & whip kick,  
2 mins.

#### Breaststroke

25 yd.

#### Butterfly

simultaneous arm action  
& kick, 15 yd.

### 6 STROKE MECHANICS

**S A**

#### Endurance

any stroke or combination  
of strokes, 150 yd.

#### Front crawl

flip turn, 50 yd.

#### Back crawl

pull & flip turn,  
50 yd.

#### Dive

standing

#### Resting stroke

elementary backstroke  
or sidestroke, 50 yd.

#### Tread water

retrieve object  
off bottom. tread 1 min.

#### Breaststroke

open turn, 50 yd.

#### Butterfly

25 yd.



COMPETITION



LEADERSHIP



RECREATION

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

## ADULT & FAMILY SWIM

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

## SWIM LESSONS

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

### 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.

#### Water Discovery

Parent/Child 6-18 months

Tuesday 10:20 am - 10:50 am  
Saturday 11:30 am - 12:00 pm

#### Water Discovery

Parent/Child 18-36 months

Tuesday 10:20 am - 10:50 am  
Saturday 12:00 pm - 12:30 pm

#### Water Exploration

Parent/Child 6-18 months

Wednesday 10:20 am - 10:50 am  
Sunday 11:30 am - 12:00 pm

#### Water Exploration

Parent/Child 18-36 months

Wednesday 10:20 am - 10:50 am  
Sunday 12:00 pm - 12:30 pm

### 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.

#### Stage 1

##### Water Acclimation

Parent/Preschool Child (3-5 yrs)

Sunday 11:00 am - 11:30 am

#### Stage 1

##### Water Acclimation

Preschool Child (3-5 years)

Thursday 4:00 pm - 4:30 pm  
Saturday 9:30 am - 10:00 am  
Sunday 9:30 am - 10:00 am

#### Stage 1

##### Water Acclimation

School Age Child (5-12 years)

Friday 4:15 pm - 5:00 pm  
Saturday 10:00 am - 10:45 am

#### Stage 1

##### Water Acclimation

Adult

Wednesday 1:00 pm - 2:00 pm  
6:00 pm - 7:00 pm

#### Stage 2

##### Water Movement

Preschool Child (3-5 years)

Wednesday 4:00 pm - 4:30 pm  
Saturday 10:00 am - 10:30 am  
Sunday 10:00 am - 10:30 am  
10:30 am - 11:00 am

#### Stage 2

##### Water Movement

School Age Child (5-12 years)

Sunday 11:00 am - 11:45 am

#### Stage 2

##### Water Movement

Adult

Tuesday 7:00 pm - 8:00 pm  
Thursday 7:30 pm - 8:30 pm  
Sunday 9:00 am - 10:00 am

#### Stage 3

##### Water Stamina

Preschool (3-5 years)

Wednesday 4:30 pm - 5:00 pm  
Saturday 11:00 am - 11:30 am  
Sunday 10:30 am - 11:00 am

#### Stage 3

##### Water Stamina

School Age Child (5-12 years)

Saturday 11:00 am - 11:45 am  
Sunday 12:00 pm - 12:45 pm

#### Stage 3

##### Water Stamina

Adult

Monday 7:30 pm - 8:30 pm  
Wednesday 7:30 pm - 8:30 pm  
Sunday 11:00 am - 12:00 pm

### 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.

#### Stage 4

##### Stroke Introduction

Preschool Child (3-5 years)

Friday 3:45 pm - 4:15 pm

#### Stage 4

##### Stroke Introduction

School Age Child (5-12 years)

Wednesday 4:15 pm - 5:00 pm  
Friday 4:15 pm - 5:00 pm  
Saturday 12:00 pm - 12:45 pm  
Sunday 10:00 am - 10:45 am

#### Stage 4

##### Stroke Introduction

Adult

Wednesday 6:00 pm - 7:00 pm  
Sunday 12:00 pm - 1:00 pm

#### Stage 5

##### Stroke Development

School Age Child (5-12 years)

Wednesday 4:15 pm - 5:00 pm  
Thursday 4:15 pm - 5:00 pm  
Saturday 1:00 pm - 1:45 pm  
Sunday 11:00 am - 11:45 am

#### Stage 5

##### Stroke Development

Adult

Monday 6:30 pm - 7:30 pm  
Tuesday 1:00 pm - 2:00 pm  
Sunday 1:00 pm - 2:00 pm

#### Stage 6

##### Stroke Mechanics

School Age Child (5-12 years)

Tuesday 4:15 pm - 5:00 pm  
Thursday 4:15 pm - 5:00 pm  
Saturday 12:00 pm - 12:45 pm

#### Stage 6

##### Stroke Mechanics

Adult

Thursday 6:30 pm - 7:30 pm

### PATHWAYS

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

#### Aquatics Conditioning

This program is for swimmers who are interested in becoming life-long swim teamers. This program offers a swim team experience within a non-competitive environment. While in the program, swimmers will be coached in stroke development, fitness, endurance and speed. Students will also learn how to use a pace clock which will aid in their development to becoming a future swim team participant. Participants must be able to tread water for two minutes plus swim 100 yards front crawl, backstroke, breaststroke, and butterfly.

Per Week	1 Day	2 Day	3 Day
Member	\$114	\$224	\$335
Community	\$155	\$309	\$464

Mon, Wed & Fri 4:30 pm - 5:30 pm

### LESSON FEES

Swim Fees	Member	Community
Parent & Child	\$238	\$352
Preschool	\$238	\$352
School Age	\$256	\$376
Adult 1 Day/wk	\$166	\$304
Adult 2 Day/wk	\$278	\$532



# 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.

**For the comfort of all members, we maintain the pool water temperature in the following ranges:**

- West Pool (small) 85° F to 87° F
- East Pool (large) 79° F to 81° F

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

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



# SUMMER CAMP

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

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

\*Offers cannot be combined.

## DAY CAMP

### Camp Season

June 29th – August 21st (Closed July 3rd)

Two-week sessions available

### Early Childhood Camp Hours

8:30 am – 6:00 pm

Extended hours available: 7:30 am – 8:30 am; \$85 per session

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

### Early Childhood Camp (Ages 2–4)

Summer is the time to play, grow, and celebrate all the joys only summer can bring! Early Childhood Day Camp is offered by Vanderbilt's Early Childhood Department. Our Early Childhood classrooms provide our youngest campers with hands-on, play-based activities and experiences designed to support their social, physical, and cognitive development. Activities include swimming, outdoor play, music, gross motor time, and large and small group classroom activities. Staff include New York State Certified Teachers.

Age Requirements:

Rising Two Year Olds	2017 Birthdays
Rising Three Year Olds	2016 Birthdays
Rising Four Year Olds	2015 Birthdays

#### Cost Per 2 Week Session

Member	\$1,061	Community	\$1,092
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### Summer Camp Hours

9:00 am – 5:00 pm

Extended hours available: 8:00 am – 9:00 am & 5:00 pm – 6:00 pm.  
\$85 per session

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

### Kinder Camp (Ages 4–5)

A fun summer is a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten with a 2015 birthday. Structured Day Camp activities support the transition to kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper.

Campers participate in instructional swimming (once a week), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. Each week has a special theme, guest, or event, such as an on-site magic show, live petting zoo, and a mobile planetarium! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

#### Cost Per 2 Week Session

Member	\$895	Community	\$992
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### Day Camp (Ages 5–11)

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

Our Day Camp includes a wide range of sports, arts and crafts, and themed days such as "Superhero Day." Each week features a different theme where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. There are also weekly field trips, at least one field trip per session done by bus or train where campers get a chance to learn about their communities. Every two weeks at the end of every session, campers showcase something they have learned or created in our Family Share.

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

#### Cost Per 2 Week Session

##### A Camp | Ages 5–6

\*Participants must have completed Kindergarten

Member	\$788	Community	\$893
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##### B Camp | Ages 7–8

Member	\$763	Community	\$865
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##### C Camp | Ages 9–11

Member	\$763	Community	\$865
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## Teen Camp (Ages 12-14)

Teens are at that magical time in life when they are developing unique personalities, opinions, and peer relationships. Summer is the time they explore, have fun, and continue to grow and mature! Teen Camp is for young people who are currently enrolled in middle school and/or high school, and is designed to immerse campers in a variety of fun activities – tailored specifically to their age and interests – that keep them active, learning, and engaged. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. Each session, campers participate in project based learning and citywide trips designed to engage teens in developing their leadership skills, real-world experiences, and educational goals – all while making friends and having fun. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime!

### Cost Per 2 Week Session

Member	\$755	Community	\$865
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## Swim Camp (Ages 5-11)

Freestyle! Butterfly! Backstroke! YMCA Swim Camp, open to current kindergarteners through 6th grade students, combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 4 times a week, with stroke development and training tailored by age and skill level! Campers have the opportunity to progress through the the different skill levels.

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

Swim campers participate in core traditional camp activities, including sports, field trips, and literacy activities. Our activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

#### SWIM CAMP A | Ages 5-6

\*Participants must have completed Kindergarten

Member	\$902	Community	\$1,016
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#### SWIM CAMP B | Ages 7-8

Member	\$877	Community	\$989
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#### SWIM CAMP C | Ages 9-11

Member	\$877	Community	\$989
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## Dance Camp (Ages 7-9)

Can you feel the rhythm? Dance Camp is for all youth who have a passion for the art of dance. Our skilled instructors work with all different levels of dancers, from beginner to advanced, and start each session with warm-ups to get the body ready for the technical skills being taught. Each class includes across-the-floor drills, technique and a routine, and also emphasizes key values to the dance community such as class etiquette and performance readiness. Makeup and costuming are taught, and each session ends with a performance showcase for family and friends.

Dance includes: Jazz, Musical Theater, Hip Hop, Ballet, and Tap. Proper attire is required to make sure each dancer is equipped and ready to learn to the best of their ability. When campers are not dancing, they engage in Day Camp activities, including weekly field trips, and arts and crafts. All activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

Member	\$755	Community	\$857
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## Sports Camp (Ages 5-8)

Summer is amazing when you are active and have friends and coaches cheering you on! Our Sports Camp, open to current kindergarteners through 6th grade students, is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of various sports such as baseball, basketball, and soccer, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports.

When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, and arts and crafts. All activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

#### SPORTS CAMP A | Ages 5-6

\*Participants must have completed Kindergarten

Member	\$788	Community	\$893
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#### SPORTS CAMP B | Ages 7-8

Member	\$763	Community	\$865
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## Basketball Camp (Ages 7-11)

Non-stop action and high-scoring games make basketball one of the most exciting sports out there! Did you know the game of basketball was created in 1891 at a YMCA by Dr. James Naismith? Our Basketball Camp is designed to help players perfect their dribbling, passing, shooting, defense, and offense skills, according to their age and level of expertise. All ability levels are welcome.

Campers learn the history and rules, all while practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. The skills and habits emphasized in our basketball camp are designed to help campers become the most complete player possible.

Basketball Camp staff have a background and/or education in coaching basketball. When campers are not playing basketball, they engage in Day Camp activities, including weekly field trips, and arts and crafts. All activities and interactions emphasize building self-esteem and self-confidence.

### Cost Per 2 Week Session

Member	\$755	Community	\$865
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### Science Camp with Mad Science of New York (Ages 7-9)

In collaboration with Mad Science of New York, Vanderbilt YMCA is happy to introduce Science Camp. Grab your lab coat, goggles and your curiosity as we engage in scientific explorations! Science Camp's curriculum emphasizes creativity and hands-on learning in an environment that encourages teamwork, problem solving, and responsibility.

The key topics of Science Camp are:

- **Red Hot Robots:** Take a journey through circuitry and sensors. Explore several different types of robots.
- **NASA: Journey into Outer Space!** Comets, planets, stars, and more are all waiting to be discovered. Learn about the four forces of flight and the challenges of space travel as you construct your own rockets and participate in a launch.
- **Secret Agent Lab: Suspects! Schematics! and Sleuths!** Connect the dots using science to help solve a crime in this hands-on investigation of the science of sleuthing.
- **Bugs, Bird, Beasts & Beyond!** Explore the natural world and its adaptations. Make casts of animal tracks, build a bird feeder, and mix your own seed blend to attract specific bird species.
- **Crazy Chemworks:** Come and spark imaginative learning with a week of Mad Chemistry. Watch as we combine elements and make them fizz, crackle, and change color!

#### Cost Per 2 Week Session

Member	\$1,016	Community	\$1,126
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### Counselor-In-Training Program (Ages 15-17)

Our C.I.T. program is for building tomorrow's leaders. Teens that are involved in this amazing program gain job readiness skills and work experience. Our C.I.T. participants work alongside our experienced Summer Camp Staff learning the fundamentals of lesson planning, group facilitation, and program planning, concurrently enjoying all the camper activities of dancing, trips, sports, and so much more! All participants receive training in program safety and participate in service-learning projects. This camp is great for teens looking for work experience and/or community service opportunities.

#### Cost Per 2 Week Session

Member	\$755	Community	\$865
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## SLEEPAWAY CAMP

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

### Camp Season

June 28th – August 29th

One- and two-week sessions available

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



# Healthy Kids Day®

**AWAKEN  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**



## THE 2020 CENSUS IS COMING!

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

### WHY IS IT IMPORTANT?

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

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

For more information, visit [ymcanyc.org/census](https://ymcanyc.org/census) or email [census@ymcanyc.org](mailto:census@ymcanyc.org).



# CODE OF CONDUCT

**At the YMCA of Greater New York, creating a safe and welcoming environment is a team effort.**

**We ask everyone — staff, members, and guests — to follow our Code of Conduct, which is based on our core values of caring, honesty, respect, and responsibility.**

- 1. Speak** in respectful tones; refrain from the use of vulgar or derogatory language; and dress appropriately.
- 2. Resolve** conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
- 3. Respect** others by refraining from intimate behavior in public; abstain from contact of a sexual nature.
- 4. Respect** the property of others; never engage in theft or destruction.
- 5. Create** a safe, caring environment; never carry illegal firearms or devices.
- 6. Participate** in programs to build a healthy spirit, mind, and body; never engage in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
- 7. Adherence** to the YMCA Code of Conduct and regulations is essential.

**Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all.**

*Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.*





# EXERCISING COURTESY

To make your YMCA experience safe and enjoyable, please review the following tips.

1. **Get oriented.** Not sure how to use the equipment or what you should be doing? Orientations are free for all members!
2. **Speak up.** Report any incidents or accidents to a uniformed staff member immediately. Notify a staff member if equipment is not working properly.
3. **Be safe.** Appropriate clothing and footwear for exercise are required. Sandals, open-toed shoes, and street clothing, or other clothing that restricts movement, are not allowed.
4. **Get a buddy.** We strongly encourage working out with a partner and using a spotter when training with free weights.
5. **Keep it simple.** Our fitness equipment was not designed for the use of straps, belts, chains, ropes, and other devices designed for pulling or pushing the equipment. Doing so will compromise the stability of fitness center equipment and your own safety.
6. **Please help keep facilities clean and safe** by wiping off equipment after use, returning all equipment to its proper place, picking up personal items, and removing plates from weight lifting bars when you are finished. Do not bring food, open containers, or coffee cups into the fitness center.
7. **Give others a turn** by respecting the 30-minute time limit on all cardiovascular equipment if others are waiting.
8. **Lock it up.** Daily lockers are reserved for your personal items while you are in the Y. Items may be left overnight in rented lockers only. Please visit the front desk for more information on monthly locker rentals.
9. **Youth are welcome.** Before using the Fitness Center, children ages 12 to 17 must complete an orientation session and submit a signed parental consent form to staff.
10. **Hang it up.** For your security and safety and the consideration of others, please refrain from cell phone use in the fitness facilities.

# JOIN THE Y

## MEMBERSHIP INFORMATION

At the YMCA, you're not just a member of a gym, you're part of a community that is here for all New Yorkers. The Y's flexible memberships are designed to meet your needs, including new customizable options for your family or household. Become a member and start achieving your goals today!

### MEMBERSHIP RATES

Membership Types	Vanderbilt Y
Youth (up to 11)	\$210/yr.
Teen (12-17)	\$35/mo.

Membership Types	Vanderbilt Y / City-wide	Joiner's Fee
Adult (18 - 64)	\$109/mo.	\$125
Senior (65+)	\$89/mo.	\$125
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$129/mo.	\$125
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$89/mo.	\$125

\*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE

### CUSTOMIZE YOUR MEMBERSHIP!

Start with the Family & Household membership, which includes one adult. Then add a partner, child, young adult, grandparent, roommate, or a caregiver — all at reduced rates.\*

#### Vanderbilt YMCA Family & Household Base Price – \$129/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$63/mo. Third Adult: \$87/mo.

\*SOME LIMITS APPLY. A MAXIMUM OF THREE INDIVIDUALS 18-26 CAN BE ADDED TO A MEMBERSHIP. A MAXIMUM OF TWO ADDITIONAL ADULTS 27+ CAN BE ADDED. THE FAMILY & HOUSEHOLD MEMBERSHIP IS NOT AVAILABLE ONLINE DUE TO THE CUSTOMIZABLE OPTION. FINANCIAL ASSISTANCE IS AVAILABLE.

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

### STAFF LISTING

**Anita Harvey – Senior Executive Director**  
212-912-2510, [aharvey@ymcanyc.org](mailto:aharvey@ymcanyc.org)

**Janet LoCurto – Reservations Sales Center Regional Director**  
212-912-2509, [jlocurto@ymcanyc.org](mailto:jlocurto@ymcanyc.org)

**Enrique Colon – Residence Director**  
212-912-2506, [ecolon@ymcanyc.org](mailto:ecolon@ymcanyc.org)

**Adam Gruberger – Senior Program Director**  
212-912-2523, [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org)

**Ivy Guerra – Aquatics Director**  
212-912-2536, [iguerra@ymcanyc.org](mailto:iguerra@ymcanyc.org)

**Pablo Hernandez – Senior Property Director**  
212-912-2514, [phernandez@ymcanyc.org](mailto:phernandez@ymcanyc.org)

**Balan Iyer – Senior Finance Director**  
212-912-2511, [biyer@ymcanyc.org](mailto:biyer@ymcanyc.org)

**Wendy Lee – Director of Early Childhood & Youth Programs**  
212-912-2517, [wlee@ymcanyc.org](mailto:wlee@ymcanyc.org)

**Ana Medina – Teen Director**  
212-912-2557, [amedina@ymcanyc.org](mailto:amedina@ymcanyc.org)

**Robin Nathaniel – Youth and Family Director**  
212-912-2559, [rnathaniel@ymcanyc.org](mailto:rnathaniel@ymcanyc.org)

**Angel Osorio – Membership Sales & Engagement Director**  
212-912-2508, [aosorio@ymcanyc.org](mailto:aosorio@ymcanyc.org)

**Teil Samuels – Youth & Sport Director**  
212-912-2520, [tsamuels@ymcanyc.org](mailto:tsamuels@ymcanyc.org)

**Johnny Santana – Fund Development & Communications Director**  
212-912-2526, [jsantana@ymcanyc.org](mailto:jsantana@ymcanyc.org)

### HOLIDAY HOURS

#### Christmas Holiday

Tuesday, December 24th 5:00 am – 3:00 pm  
Wednesday, December 25th CLOSED

#### New Year's Eve

Tuesday, December 31st 5:00 am – 3:00 pm  
Wednesday, January 1st 5:00 am – 8:00 pm

#### Memorial Day

Monday, May 25th 5:00 am – 8:00 pm

Note: All fee-based classes will be prorated in the event of holidays or other closings. On the above holiday, all fitness, aquatics, preschool, dance youth and adult classes are canceled. Only the East pool will be open. Family swim will take place in lane 1.

## 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. Membership privileges are surrendered while your membership is on hold. Holds require a 15 day written notice prior to the monthly draft date. A monthly hold fee of \$10 will be charged and all membership privileges will be suspended while your membership is on hold.

## PAYMENT OPTIONS & INFORMATION

- Membership fees must be up-to-date in order to use facility.
- Rates and schedules are subject to change.
- 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.
- If a check is returned for insufficient funds, a service fee of \$30 will be added to the payment amount.

## 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 website to introduce the Y to friends and associates. Day Passes are available to purchase. Valid government-issued photo ID is required.

## 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

## PROGRAM POLICIES

### PROGRAM CANCELLATIONS

In order to ensure quality programming, the YMCA may cancel any program that does not meet enrollment requirements. Refunds will be issued for any classes canceled for low enrollment.

## PROGRAM WITHDRAWALS

Program fees are not refundable. Upon withdrawal from a program prior to the starting date, a credit will be issued less a \$15 service fee. During the first and second week of the program session, a credit may be requested in writing to the appropriate department head. No credit will be granted after the second week. All given credits are valid for one year from the date of issue.

## MISSED CLASSES

Credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class. Please note there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.

## PRIVATE LESSONS

A client may cancel directly with the trainer/swim instructor/ massage therapy without penalty by giving 24-hour notice. If notice is not given within a 24-hour period, the client will be charged for the session. All packages are valid from the date of purchase. Personal training, massage and private swim fees are non-refundable. Only YMCA training staff are permitted to conduct personal training/swim lesson/massage therapy sessions within the facility.

## YOUTH SPORTS, DANCE AND KARATE CLASSES

In order to insure a safe and productive environment for participants, parents/guardians/caregivers are required to stay within the designated waiting area.

## STROLLER STORAGE

For safety reasons, strollers are not permitted in the pool area or SC hallways. Stroller storage is provided for your convenience by the elevator on the first floor and on weekends in the Game Room located on the SC level.

## 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. Please contact [pcrawford@ymcanyc.org](mailto:pcrawford@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.

# BRANCH LEADERSHIP

## 2020 BOARD OF MANAGERS

The Vanderbilt Board of Managers is composed of volunteers who are representatives of our membership: community leaders, residents, and business owners from Manhattan's East Side neighborhoods and concerned, civic-minded people. This committed group of individuals sets policies, advises, and assists the Vanderbilt YMCA management.

**Chairman**  
Andrew Curtis

**Vice Chairman**  
Richard Wasserman

### Members

Mike Beck

Kyle Benedetti

Vickie Burns

Emily Daniels

Roseland Davis

Jacqueline Edwards

Anne Fulford

Margaret Hirce

Charles King

Ari Kramer

Joseph McGowan

Marlene Regalado

Juan Rodriguez

Ami Sha

Douglas Tough

## 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. For more information, please contact Adam Gruberger at [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org) or 212-912-2523.

[ymcanyc.org/livestrong](http://ymcanyc.org/livestrong)





# 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.

**Vanderbilt YMCA**

224 East 47<sup>th</sup> Street  
New York, NY 10017  
212-912-2500

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



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