

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y
**PROGRAM
& CLASS
GUIDE**

**WEST SIDE YMCA
WINTER/SPRING 2020**

5 West 63rd Street
New York, NY 10023
212-912-2600
ymcanyc.org/westside



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

WHY THE Y

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration	✓	✓
State-of-the-art fitness center	✓	✓
Over 100 FREE weekly group exercise classes	✓	✓
FREE YMCA Weight Loss Program	✓	✓
FREE Fitness consultation	✓	✓
Two swimming pools	✓	✓
Sauna and steam rooms	✓	✓
Athletic courts- including a basketball court, squash courts & racquetball/handball courts	✓	✓
Indoor running track	✓	✓
FREE Child Watch	✓	✓
FREE WiFi	✓	✓
FREE towel service	✓	✓
Customizable family & household memberships		✓
FREE family programs & classes		✓
FREE teen orientation to the fitness center		✓
FREE teen programs		✓
Convenient family locker room		✓

212-912-2600 WSYmembership@ymcanyc.org ymcanyc.org/westside
@westsideynyc facebook.com/westsideynyc @westsideynyc



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Dear West Side 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 – 8:00 PM
Saturday: 7:00 AM – 8:00 PM
Sunday: 8:00 AM – 8:00 PM

TEENS

Monday – Friday: 2:30 PM – 9:00 PM
Saturday: 7:00 AM – 8:00 PM
Sunday: 8:00 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. The background is slightly blurred, showing other gym equipment and a person in the distance.

ADULTS

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

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

TRY US FOR FREE

Not yet a member? Experience the Y for free! Try our state-of-the-art gyms, two pools, over 100 fitness classes, functional training center, and amenities like saunas and steam rooms for free with a guest pass. Inquire in person at our membership desk or download your free pass online: secure.ymcanyc.org/page/s/trythewestsidey

GROUP EXERCISE CLASSES

We offer over 100 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

CONDITIONING

Barre Workout ♦

Strengthen and tone your body with this ballet-inspired workout.

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.

Circuit Training ♦

A fast paced workout that will challenge you with different activity stations.

Core Training/ Express Core Training ♦

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

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!

Pilates Circuit ♦

Class combining Pilates Mat work and other functional training exercise techniques using a variety of equipment in a circuit format. *Please register at least 30 minutes before class by visiting or calling the 4th Floor ActivTrax Desk/ 212.912.2607.

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.

Train Like an Athlete ♦

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

TRX ♦

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

TRX Strength/ TRX H.I.I.T. * ♦

TRX Strength focuses on a full body workout designed to strengthen and tone the upper and lower body while focusing on the core. TRX H.I.I.T. utilizes high intensity strength and cardio work with recovery periods of low intensity.

*Please register at least 30 minutes before class by visiting or calling the 4th Floor

Upper Body Blast ♦

Focus on your upper body - arms, shoulders, chest, and back - with this strengthening workout.

CARDIO

Cardio Circuit ♦

This efficient and challenging form of cardio training uses a variety of exercises and workout stations.

H.I.I.T. ♦

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

Indoor Cycling ♦

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

Walk/Run Club ♦

Meet some walking or running partners in this club.

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!

Rowing Circuit ♦

A High-Intensity, Low Impact Training (HILIT) class that integrates rowing and resistance training to improve strength and endurance while burning fat and building muscle.

MIND/BODY

Ashtanga Yoga ♦

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

Ashtanga Yoga: MYSORE ♦

"Classical" yoga in the tradition of Sri K Pattabhi Jois. You work through the postures individually as guided by the instructor. Start and finish on your schedule to meet the needs of your practice. Beginners should allow about 30 minutes.

Chair Yoga ♦

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

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids can play in a fun, safe environment under the supervision of responsible YMCA staff members.

- Ages 1 to 7 years
- You may bring your child for a maximum of two hours per day
- Registration required (at our membership desk or by calling 212-912-2624)

HOURS*:

Monday-Thursday.....	9:00 AM-12:00 PM 5:30 PM-7:30 PM
Friday.....	9:00 AM-12:00 PM
Saturday.....	9:00 AM-2:00 PM
Sunday.....	10:00 AM-1:00 PM

* Hours subject to change. Please check our website or app for most current schedule.





Gentle Yoga ♦

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

Hatha Yoga ♦

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

Iyengar Yoga ♦

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

Restorative Yoga ♦

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

Vinyasa Yoga ♦

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

Feldenkrais Method ♦

The Feldenkrais Method® uses gentle movement and directed attention to increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement.

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.

Meditation ♦

Meditation uses techniques such as mindfulness and focusing one’s mind to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress and anxiety and promote well-being.

Nia ♦

A free-flowing movement class to stimulating music that combines elements of tai-chi, yoga, and dance. Individual expression is encouraged to achieve physical, mental, emotional, and spiritual fitness and well-being.

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.

MVe® Chair Pilates

(See mix and match semi-private packages for pricing)

A new equipment-based class uniting Pilates and group exercise. This workout combines strength, balance, endurance, and core stability while working on the Pilates MVe (Maximum Versatility exercise) chair. These workouts are fun, energetic, and produce great results. It’s a total body workout set to upbeat music!

DANCE

Afro Jazz ♦

A fun and energetic mix of African, Jazz, and Modern Dance.

Dance Party ♦

A fun choreographed aerobic workout to music.

Dancealates®:barre ♦

Dancealates® is a flowing, energizing workout that combines the core principles of Pilates with the strengthening, lengthening, and toning techniques found in traditional jazz and ballet barre workouts.

Masala Bhangra® ♦

Masala Bhangra is an Indian dance-based program, designed for people of all ages and fitness levels.

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.



TRY OUR FUNCTIONAL TRAINING CENTER

West Side’s New Functional Training Center offers a broad range of classes. Functional fitness exercises train your muscles to work together and strengthen them for daily tasks by simulating common movements you might do at home, at work, or in sports. It’s a great alternative to traditional strength training. Studies have shown that Functional Training can benefit your work out in many ways:

- Improved mobility
- Improved stability
- Reduced fall risk
- Improved hip and lower-back flexion
- Improved physical functioning
- Improved vitality
- Reduced body pain
- Fewer injuries than other strength training options

Classes Featuring TRX: Strength, Circuit, and H.I.I.T. classes. Check Group Ex schedule for up-to-date class days / times.

FREE CONSULTATIONS ARE AVAILABLE. Visit the 4th Floor Healthy Lifestyles Desk or email wsyhealthylifestyles@ymcanyc.org to schedule an appointment.

MARTIAL ARTS

Capoeira ♦

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility, and overall coordination and strengthen mental and physical concentration.

Karate ♦

A form of karate to develop physical conditioning, mental awareness, and self-defense strategies. Students will learn to develop speed, power, focus, and balance.

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 Dance ♦

A fun, low-impact choreographed aerobic workout to music in the water.

Water Aerobics ♦

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

YMCA Arthritis Aquatic Program ♦

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

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 Sit Fit ♦

Get fit while you sit in this chair exercise class that involves a combination of aerobic activity, strength building, and stretching.

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.

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.

ADULT WELLNESS	PACKAGE	MEMBER	COMMUNITY
MIX AND MATCH ONE-ON-ONE PACKAGES <small>*PERSONAL TRAINING, SQUASH, MASSAGE THERAPY</small>	Single	\$99	\$116
	5 Pack • save 5%	\$495 \$470	\$580 \$553
	10 Pack • save 10%	\$999 \$891	\$1,116 \$1,048
	20 Pack • save 20%	\$1,990 \$1,584	\$2,320 \$1,864
MIX AND MATCH SEMI-PRIVATE PACKAGES <small>*PRICE PER PERSON</small>	Single	\$74	\$87
	5 Pack • save 5%	\$370 \$353	\$435 \$415
	10 Pack • save 10%	\$740 \$668	\$870 \$786
	20 Pack • save 20%	\$1,480 \$1,188	\$1,740 \$1,398
ONE-ON-ONE PILATES	Single	\$109	\$128
	5 Pack • save 5%	\$545 \$518	\$640 \$608
	10 Pack • save 10%	\$1,090 \$981	\$1,280 \$1,152
	20 Pack • save 20%	\$2,180 \$1,744	\$2,180 \$2,560

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.

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 wsyhealthylifestyles@ymcanyc.org to schedule your appointment today!

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.

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 wsyhealthylifestyles@ymcanyc.org to sign up today!

Personal Pilates

(See mix and match for pricing)

Practiced faithfully, Pilates yields numerous benefits. Increasing lung capacity and circulation through deep, healthy breathing is a primary focus. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life.

Personal Training

(See mix and match for pricing)

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

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

– Rene, YMCA of Greater New York Member

Squash/Racquetball

(See mix and match for pricing)

Develop a skill that can last a lifetime with racquetball pro Stephen Arizmendi. With more than 20 years of competitive experience and a Master’s in Sports Management, Stephen knows all of the tricks of the game and how to teach them.

Massage Therapy

(See mix and match for pricing)

The West Side YMCA features massage therapy at affordable rates. Far beyond feeling good, massage has an impressive range of documented health benefits. A licensed and certified massage therapist not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow. Treat yourself to the benefits of massage today!

SPORTS

Adult Basketball (Ages 18+) ♦

A mildly competitive night of 5-on-5 organized pick-up basketball. Games are played to 12 points per game or 12 minute time cap. Sign up begins at 6:30 PM.

Thursday 6:30 PM – 10:00 PM

Racquetball Challenge Court ♦

Whether you’re a seasoned racquetball pro or just starting, come meet your match in our open challenge court on the 6th Floor Courts.

Mon/Wed/Fri 7:00 PM – 9:00 PM

Pickleball ♦

Pickleball players of all levels and abilities are invited to play in the gymnasium. The game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Monday & Thursday 10:00 AM – 12:30 PM

NEED MORE INFORMATION?
The Healthy Lifestyles team can help.
Contact: 212-912-2670 or
wsyhealthylifestyles@ymcanyc.org

SWIM

Adult Swim ♦

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

YMCA SWIM LESSONS

Swim Basics

Teaches personal water safety and the fundamentals of swimming. (See Swim section p. 32)

Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 33)

Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online. (See descriptions p. 7)

YMCA Arthritis Aquatic Program

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

Tuesday / Thursday 10:30 AM – 11:30 AM
Wednesday 11:30 AM – 12:30 PM

Fees: Included in membership;
Community \$ 125 Daily Fee

NEED MORE INFORMATION?
The Aquatics team can help.
Lessons: 212-912-2675 | bscott@ymcanyc.org
General Inquiries: Melanie Torres
212-912-2675 | torresm@ymcanyc.org



ARTS

WRITER'S VOICE

Founded in 1981, the West Side YMCA Writer's Voice is one of New York City's longest-running and well-respected creative writing programs. Each class offers writers a great opportunity to generate new or hone existing material with the support of our faculty and writing peers.

PLEASE CHECK OUR WEBSITE FOR MORE INFORMATION

Filling the Well

This is the perfect class for fiction writers who want to be writing but aren't, or those who feel stuck on a current project. This is a generating class in which students write new material or advance pre-existing short stories or novel chapters. The class provides weekly deadlines, through fun and challenging prompts to stimulate the imagination. Each class session is reserved for workshopping student work. The class works well for both beginning and more experienced writers who want to increase their creative output. Limited to 10. Instructor: Beth Bauman

Tuesday 6:45 PM-8:45 PM

Winter Session: Jan. 14-Feb 18
Spring 1 Session: March 3-April 7
Spring 2 Session: May 5-June 9

Fees: \$240 Members; \$353 Community

Intro to Fiction

In this class beginning and intermediate-level fiction students work toward building short stories and novel chapters by learning the elements of craft, which include conflict, tension, characterization, voice, setting, dialogue, and scene vs. summary. Class sessions will be devoted to craft lessons, studying excellent published works, and student exercises. In the final weeks of class students will present a longer piece. Whether you're a new beginner or want to sharpen your basic writing technique, this is the class for you. Student work is discussed in a warm and lively atmosphere. Limited to 8. Instructor: Beth Bauman

Wednesday 1:00 PM-3:00 PM

Winter Session: Jan. 15-Feb 19
Spring 1 Session: March 4-April 8
Spring 2 Session: May 6-June 10

Fees: \$240 Members; \$353 Community

Going Deeper

(Permission required)

This fiction workshop is for experienced writers looking for feedback on their short stories and novel chapters. In a warm environment, students will receive honest, detailed feedback and learn techniques to improve craft, deepen fiction, and identify and tackle common storytelling problems. Each student will get to submit two pieces for workshopping over the six weeks and must have work ready to present. This is a permission-only class and interested students will need to submit up to eight pages of a fiction-writing sample. Limited to 6 students. Instructor: Beth Bauman

Wednesday 6:45 PM-8:45 PM

Winter Session: Jan. 15-Feb 19
Spring 1 Session: March 4-April 8
Spring 2 Session: May 6-June 10

Fees: \$240 Members; \$353 Community

A Laughing Matter - Adding Humor to Your Writing

Humor is a skill that can come in mighty handy. Whether you're trying to punch up your online dating profile, become an amusing public speaker, write that memoir, craft essays, find success as a stand-up comedian, or publish the next (and first ever) Pulitzer Prize winning comic novel, this class is most definitely for you. Class will cover the different types of humor such as irony, sarcasm, satire and parody. Discussions about joke-writing, wordplay, incongruity, exaggeration and reversal will be illustrated with video clips of stand-up comics performing. Exercises and games will be used to enhance natural comic abilities. Fun assignments will help students learn techniques to add humor to their writing. Students will share their work in a friendly, supportive atmosphere. Free extra bonus included if you sign up now -- or at the last minute: it promises to be a lot of fun.

Topics Will Include:

- * Take My One-Liner, Please
- * Exaggeration: More Important Than Life Itself
- * Understatement: We'll Get To This If We Have Time
- * Observations about Observational Comedy
- * Irony - Not That It Matters
- * Sarcasm - Not That You Care
- * Satire in the Age of Fake News
- * Parody - The Best Way to Steal Material Without Getting Sued
- * Develop Your Comedy Persona (Can also be used for your online dating profile)
- * Free Association... Priceless



* How to Play with Your Words and Not Your Food

Instructor: Stephanie Lehman

Thursdays 6:30-8:30 PM

Spring 1 Session: March 12-April 23
(No class April 16)
Spring 2 Session: May 15-June 25
(No class May 28)

Fees: \$240 Members; \$353 Community

The Art & Craft of Novel Writing

You have an idea for a novel. Perhaps you've sketched out some characters or jotted down some scenes. Maybe you've written a few chapters, or a first draft -- or maybe you haven't been able to get started. This workshop will help you proceed from where you are, whether that's Square One or somewhere along the way. Writing a novel involves creating a world populated by compelling characters while making sure every moment brings the story to its fullest potential. This workshop will help you develop the skills to make that happen. Approaches to plotting will receive special attention. Other topics include voice, point of view, dialogue and theme. Each student will have a chance to submit one chapter, or about ten pages of work, every other week. These pages will be read by everyone in advance. Expect lively and friendly discussions by a small, supportive group. Appropriate for genre and literary fiction. Instructor: Stephanie Lehman

Mondays 6:30-8:30 PM

Spring 1 Session: March 9-April 20
(No class April 13)
Spring 2 Session: May 11-June 22
(No class May 25)

Fees: \$240 Members; \$353 Community

Telling Great Stories

Everyone has a story to tell. Whether you're a skilled practitioner polishing a piece or a beginner learning the craft, this workshop has something for you. Often, there isn't a big difference between fiction and nonfiction, and both formats are welcome here. Many writers begin with incidents that they remember, or situations that are happening now, and shape that material into stories. We will focus on elements of "creative" prose writing—plot, character, setting, voice, and beginnings and endings—through weekly prompts and detailed critiques. Exercises and works in progress will be reviewed in class in a friendly supportive atmosphere. Revisions of works in progress will be considered, as well. Often, work begun as an exercise grows into a longer piece after the class meeting. Each writer will receive one-to-one attention. The workshop is open to everyone. Instructor: Thaddeus Rutkowski

Mondays 6:30 PM–8:30 PM

Spring 1 Session: Feb 24–Apr 21

Fees: \$315 Members; \$468 Community

Life Stories

For people who have lived and worked and want to write about their childhood as well as their more recent past. Whether you are a published writer or last wrote in a childhood diary, you are welcome in this class. Mark Twain said, "The difference between the almost right word & the right word is the difference between lightning and lightning bug." Finding the right word is the goal of this workshop. Suggested weekly assignments will be given to help trigger memories. Along with weekly writing in class, everyone can bring in 2 pages to be critiqued each week by classmates and teacher. The teacher will also take home weekly work, which will be read and returned the following week. Instructor: Patty Dann

Tuesdays or Thursdays 10:00 AM–12:00 PM

Spring 1 Session: Feb 25–April 16

Spring 2 Session: April 28–June 28

Fees: \$315 Members; \$468 Community

The Art of Personal Narrative

This open-level class is for anyone interested in writing personal narrative in any form: memoir, creative nonfiction, or personal essay. Through insightful critique and focused discussion, we hone the tools of strong writing: distinctive voice, precise language, resonant imagery, vivid sensory description, dramatic scene and dialogue,

and inventive form. No pre-registration requirement: Open to All Levels. Limit of 7 students. Instructor: Mindy Lewis

Thursdays 6:45 PM–8:45 PM

Spring 2 Session: May 7–June 11

(6 weeks; 7 students max)

Fees: \$240 Members; \$353 Community

Shaping the Stories in Our Lives

Every life has stories worth writing. This class provides tools to overcome fear of the blank page and writing prompts to jump-start the creative process. Inspired by collaborative discussion and examples of great writing, participants will hone in on their stories and explore elements of craft. No pre-registration requirement: Open to writers of all levels. Limit to 8 Students. Instructor: Mindy Lewis

Tuesdays 2:00 PM –4:00 PM

Winter Session: Jan. 1–Feb 18 (7 weeks)

Fees: \$277 Members; \$402 Community

Spring 1 Session: March 3–April 21 (8 weeks)

Fees: \$315 Members; \$468 Community

Spring 2 Session: May 5–June 16 (7 weeks)

Fees: \$277 Members; \$402 Community

Advanced Memoir & Creative Nonfiction

(Instructor Permission Required)

Already working on a memoir, creative nonfiction, and/or a personal essay? This class will help take your writing to the next step by addressing issues of voice, style, structure, pacing, dramatic arc, and thematic focus. Each student will submit new or revised writing for critique, with the option of also working on query letters, book proposals, and chapter outlines. Pre-registration requirement: Instructor approval. Students who participate are eligible to partake in the student reading. Limit of 10 students. Instructor: Mindy Lewis

Wednesdays 6:45 PM–8:45 PM

Winter & Spring 1 Session: Jan. 8–Apr 22

(no class April 8; 10 students max)

Fees: \$583 Members; \$877 Community

Spring 2 Session: May 6–June 24

Fees: \$315 Members; \$468 Community

Jump into Memoir

Whether you're a new, continuing, or returning writer, take the plunge into memoir writing! This workshop will provide a supportive and stimulating springboard

for shaping the raw material of your life into short pieces worth sharing. Together we'll explore elements of craft, experiment with form, tackle obstacles to creativity, and inspire one another. Students who participate are eligible to partake in the December student reading. 7 Students max. Instructor: Mindy Lewis

Thursdays 6:45–8:45 PM

Spring 1 Session: March 12–April 9

Fees: \$200 Members; \$295 Community

Writing for Stage and Screen

In this workshop playwrights, screenwriters, TV, and musical theater writers revise works-in-progress or develop new ideas from conception to completion. Several active students are currently having works produced in NYC and abroad that were developed in class. Particular attention is paid to writing prompts and exercises that engage fundamentals of the craft of Dramatic Writing including; writing dramatic scenes, story structure, character, dialogue and revision. The instructor creates a supportive and participatory workshop environment. Students bring in new pages of their script-in progress on a weekly or biweekly basis and hear their material read out loud. In class writing exercises tailored to individual needs help students who do not yet have a script in progress. End of session presentations.

Opportunities available for readings of completed works and works-in-progress presented in the state of the art Off-Broadway Marjorie S Deane Little Theater located steps from our classroom. All levels are welcome. Instructor: Charlie Schulman

Mondays or Tuesdays 6:45 PM – 8:45 PM

Winter Session: Jan 6th/7th – Feb 10th/11th (6 weeks)

Fees: \$240 Members; \$353 Community

Spring 1 Session: Feb 24 and 25– April 20th, 21st (8 Weeks)

(No class March 16 and 17)

Spring 2 Session: April 27 and 28 – June 29th and 30th. (8 weeks)

(No Class May 18, 19, 25 or 26)

Fees: \$315 Members; \$468 Community

NEED MORE INFORMATION?
The Community Arts team can help.
Contact: Cassandra Richards:
212-912-2635 | crichards@ymcanyc.org

ADULT THEATER

Our program includes classes in acting and vocal music for adults. Our classes are led by experienced instructors who create a stimulating atmosphere with lively activities, discussion and insightful feedback.

YMCA Singer's Forum | Adults (all levels)

Enjoy singing in the shower? Looking for a place to practice new material for professional singing? For the novice or seasoned performer, Singers Forum is a friendly and supportive environment for anyone who loves to sing. Classes include group songs and warm-ups as well as individual vocal coaching. Developing confidence is the most essential part of a singers' success. Singers Forum is a low pressure and fun way to find this confidence and a unique opportunity to be a part of a new YMCA Community of Singers. Instructor: John Prestianni

Wednesday 5:30 PM-7:30 PM

Winter Session: Jan. 8-March 25
Spring 2 Session: April 11 -June 17

Fees: \$150 Members; \$702 Community

Reader's Theater | Older Adults 55+

A great class for theater enthusiasts to learn, explore, and experience dynamic new plays. Each week, the class reads a contemporary play cold from start to finish, developing character spontaneously. With the instructor's creative guidance, students learn to accumulate circumstances and make creative choices about character. At the conclusion of the cold reading, the class has a thoughtful discussion of the play, its cultural context, impact, and themes. No prior theater experience required. Maximum enrollment is 12 students. Instructor: Cynthia Mace

Tuesdays 1:00 PM - 4:00 PM

Winter Session: Jan. 7-Feb 18
Spring 1 Session: March 3-April 14
Spring 2 Session: April 28-June 9

Fees: \$260 Members; \$402 Community

Text In Action: Exploring Theatre Fundamentals

At its core, theatre is a series of actions moving through time and space. In this

class, we will create and explore action with established theatre texts. By providing a space for creative thinking, imaginative exercises, textual investigation and scene work, we will explore how dramatic text becomes action and movement in the theatre. Working on dramatic text and exploring characters has a way of providing us with a deeper insight into what makes us human and connects us as a larger community. This work serves to create an open-mindedness to world around us. We will have the opportunity to exercise and explore our inner soul, our humanity and our individual greatness through dramatic text. Those in our group will have the chance to experience inhabiting a character, moving through a scene, collaborating with scene partners and exercising emotional responses. Instructor: Steve Mazzaccone

Mondays or Tuesdays 6:45 PM- 8:45 PM

Winter Session: Jan 6th - Feb 17
Fees: \$260 Members; \$402 Community

Spring 1 Session: Feb 24th /25th - April 13th

Spring 2 Session: April 27th - June 22nd
Fees: \$300 Members; \$468 Community

ADULT VISUAL ARTS

Join our community and explore your creativity through a variety of classes in the visual arts. Artworks is a friendly, supportive studio with ample open time for you to practice as well as learn from others. View our monthly exhibits in our lobby cases of work by students and faculty members. Focus your body, calm your mind, and enrich your spirit...all part of the YMCA mission!

ARTWORKS SESSION DATES & FEES:

.....
Winter: January 13-February 29
Fees: \$258 Members; \$325 Community

Spring 1: March 2 -April 25
Fees: \$295 Members; \$370 Community

Spring 2: May 4-June 29
Fees: \$295 Members; \$370 Community

Drawing & Watercolor BEGINNING/INTERMEDIATE

Introduction to the basic techniques of drawing and watercolor. Our subjects will be still-life, art reproductions and photos. Supplies will be provided for the first class. Enjoy developing your rendering skills in a supportive environment. Instructor: Nan Carey

Saturdays 10:30 AM-1:00 PM

Winter, Spring 1 & 2 Sessions

Watercolor

INTERMEDIATE

This class is for playing with watercolor techniques with an emphasis on finding and developing your own personal style. Frequent subject materials include: still life set-ups and photos, but students are also encouraged to bring in personal projects. Some experience needed. Instructor: Bonnie Steinsnyder

Tuesdays 11:00 AM-12:30 PM

Tuesdays 1:00 PM-3:30 PM

Winter, Spring 1 & 2 Sessions

Beaded Jewelry

This five (5) week workshop is for beginners as well as those with some beading experience. Participants will learn a variety of popular beadwork stitches, which will then be applied to projects chosen by the instructor. Supplies will be available for purchase at the classes. Instructor: Carole Horn

Thursdays 1:00 PM-3:30 PM

Winter Session: March 12-April 9

Thursdays 1:00 PM-3:30 PM

Spring 1 Session: May 7-June 11

Fees: \$185 Members; \$230 Community

Stained Glass

Learn to create beautiful glass objects using this ancient craft. Students learn to create patterns, cut foil, and solder stained glass into a variety of useful and sculptural forms that include candle holders, night lights, mirrors, and light catchers. Ample individual assistance enables each person to pursue his/her individual projects. Instructor: Laurie Gregg

Wednesdays 1:00 PM-4:00 PM

Winter, Spring 1 & 2 Sessions



Mosaics

ALL LEVELS

Explore ancient and modern techniques for making mosaics using ceramic and glass shards as well as found objects. Participants will be guided to explore the many possibilities in producing one of a kind original mosaic art pieces from their unique vision. All are welcome to attend, no previous experience necessary to complete the work.

Thursdays 6:00 PM–8:30 PM

Winter, Spring 1 & 2 Sessions

Texture & Clay

In this class, we concentrate on all construction techniques for making vessels, sculptures, wall pieces, and tiles. Glazing and painterly surface techniques explored to enhance and embellish forms. Personal projects are encouraged and one-on-one help given as well as class demonstrations.

Instructor: Kate Missett

Wednesdays 12:00 PM–2:30 PM

Winter, Spring 1 & 2 Sessions

Paper Clay

In this class, we concentrate on new construction techniques for making vessels and sculptures utilizing paper clay. Personal projects are encouraged and one-on-one help given in addition to class demonstrations. Previous clay experience is required to take this course. Instructor: Lisa Chicoyne

Tuesdays 2:00 PM–4:30 PM

Winter, Spring 1 & 2 Sessions

Sources of Inspiration

INTERMEDIATE/ADVANCED

In this intermediate level handbuilding class, students pursue their own individual

handbuilding projects with occasional class assignments and demonstrations. Instructor critiques, slides, readings, films and field trips are also included. Must be skilled in working with clay. Instructor: Kate Missett

Mondays 12:30 PM–3:00 PM

Winter, Spring 1 & 2 Sessions

Explorations with Clay

BEGINNING/INTERMEDIATE WHEEL

Push your work forward by exploring functional forms in series. We will also work on altering forms and finish up with decorative and glaze techniques.

Instructor: Nanette Ronner

Saturdays 10:30 AM–1:00 PM

Winter, Spring 1 & 2 Sessions

Clay Decor

BEGINNING/INTERMEDIATE WHEEL

Learn basic throwing skills on the potter's wheel and glazing techniques. Create useful pottery items for your home and gifts!

Instructor: Nanette Ronner

Thursdays 11:00 AM–1:30 PM

Winter, Spring 1 & 2 Sessions

Wheel

INTERMEDIATE

This class will focus on developing sensitivity to the various internal relationships and subtleties of the vessel form. Weekly demos encourage expanding into new forms and personal expression on the wheel. Students will also work on individual projects to further develop their skills. Instructor: Dave Gibson

Wednesdays 10:00 AM–12:30 PM

Winter, Spring 1 & 2 Sessions

Wheel

BEGINNING/INTERMEDIATE

Beginners will learn the basic skills of throwing on the potter's wheel and glazing techniques. Intermediate students will work on individual projects to further develop their skills and unique personal expression. Demos and critiques will be given regularly.

Instructor: Outi Putkonen

Mondays 11:00 AM–1:30 PM

Tuesdays 6:30 PM–9:00 PM

Winter, Spring 1 & 2 Sessions

Wheel

INTERMEDIATE/ADVANCED

This classes explores advanced wheel techniques and the refinement of forms. Exploring combinations of studio glazes to create specialized effects. Previous throwing experience is necessary.

Instructor: Outi Putkonen

Tuesdays 10:30 AM–1:00 PM

Winter, Spring 1 & 2 Sessions

Zen of Pottery

BEGINNING/INTERMEDIATE

Investigate how the activity of making pottery can be a wonderful vehicle for quieting the mind. Working with clay can help us be more present and focused in the moment. In this class, we develop skills of working on the wheel while cultivating the practice of mindfulness.

Instructor: Julie Terestman

Mondays 7:00 PM–9:30 PM

Winter, Spring 1 & 2 Sessions

Mugs & More

BEGINNING/INTERMEDIATE

In this class, students learn and develop basic skills such as cylinders to make cups, vases, pitchers, and other forms as well as bowls, plates, and lidded jars. Beginners also learn about using the studio glazes for finishing their work. Instructor: Janet Belden

Wednesdays 6:30 PM–9:00 PM

Winter, Spring 1 & 2 Sessions

NEED MORE INFORMATION?

The Community Arts team can help.

Contact: Kate Missett

212-912-2638 | kmissett@ymcanyc.org

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

PLEASE GIVE TODAY.

ymcanyc.org/give





AGES 0-4

KIDS & FAMILY

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

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 1 to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

THE EARLY CHILDHOOD CENTER (6 MONTHS - 5 YEARS)

The Early Childhood Center is our child care center for children 6 months to 5 years of age. Designed to provide flexible child care for working parents, Early Childhood is open Monday through Friday from 8:00 AM to 6:00 PM.

Philosophy and Curriculum

The Early Childhood Center is committed to providing a safe, supportive living and learning environment for young children. Teachers create a warm and loving atmosphere while offering a developmentally-based, engaging curriculum, where children can play, discover and learn. The development of independence, trust and initiative is fostered through a balanced program of free play and structure, quiet and active play, and group and individual time. Learning centers in each room include writing, science, dramatic play, block building, library, art, music and manipulative materials. The children in the Early Childhood Center go outdoors each day and take advantage of the many play spaces in Central Park. In addition, there are special classes in swimming, science, music and art, depending on the days enrolled and the age of the child.

Facility

The Early Childhood Center has spacious, well-equipped classrooms. The facility is equipped with pediatric toilets in the classrooms, a resource/library room, an art room, a science room, and indoor playspaces. Children and parents enjoy recreational and educational opportunities throughout the YMCA, including use of one of the two pools, which are kept at a temperature comfortable for children; and gym, music and science classes. The children play outdoors in Central Park.

Staff

Each class has one lead teacher and two assistant teachers. The Early Childhood Center Program also has specialists in music, science, art, swimming, and movement.

Admissions

Parents may apply online through February 1, 2020. Once the completed application and \$75 application fee has been submitted to the YMCA, you will receive an email to arrange a small group tour of the facilities. Financial assistance is available, spaces may become available throughout the year. Please contact us for more information or visit ymcany.org/earlychildhoodcenter.

CO-OP NURSERY SCHOOL (2 - 5 YEARS)

Integrated within the Early Childhood Center program is our Co-op Nursery School, which offers a rich, supportive learning and socialization environment for young children. We believe strongly that young children learn through play and hands on experiences. Social, emotional, physical, and cognitive growth is fostered through a balanced, developmentally based program.

Philosophy and Curriculum

At the Co-op Nursery, we value each child's unique personality and temperament. Our daily program includes free-choice activities, outdoor play, group time, story time and music time. There are several special projects or activities daily including cooking, science, art, and field trips. Social development is at the core of our program. We want

EARLY CHILDHOOD CENTER OPTIONS

6 MONTHS - 5 YEARS OLD:

9:00 AM - 3:00 PM or

8:00 AM - 6:00 PM

2, 3, or 5 day schedules available

CO-OP NURSERY OPTIONS

2's:

2, 3 mornings

9AM-12PM

3's:

5 mornings

9AM-1PM

4's:

5 full days

9AM-3PM

our children to feel that they are liked, respected, and to be confident learners in their classrooms. As a part of the West Side YMCA, the school places great emphasis on physical development and community awareness. Unique to our program are weekly swim, music, science, and movement classes, depending on the days enrolled and the age of the child.

Program

The school operates from mid-September to mid-June and follows the school calendar recommended by ISAAGNY.

Staff

Each class has a one lead teacher, an assistant teacher and a Helping Parent. Many of the faculty members hold advanced degrees in Early Childhood Education or in a related field. The Co-op Nursery School also has specialists in music, science, art, swimming, and movement.



Facility

The Co-op Nursery School has spacious, well-equipped classrooms. Learning centers in each room include writing, science, dramatic play, block building, library, art, music, and manipulative materials. The facility is equipped with pediatric toilets in the classrooms, a resource/library room, an art room, and indoor playspaces. Children and parents enjoy recreational and educational opportunities throughout the YMCA, including use of one of the two pools, which are kept at a temperature comfortable for children; and gym, music and science classes. The children play outdoors in Central Park.

Admissions

Parents interested in the school can apply online starting in September and make an appointment for a tour. The school requires that each child participate in a playgroup experience with a member of our staff. After the school has received a completed application and \$75 fee, a date for the playgroup will be arranged with you by the school.

Financial assistance is available. Contact the school's office for an application. It does not discriminate in the administration of its educational policies, admissions policies, financial assistance program or other school-administered programs. For more information, please visit ymcanyc.org/earlychildhoodcenter or contact Early Childhood Coordinator Bridget Sieling at 212-912-2652 or bsieling@ymcanyc.org.

SUMMER CAMP

Kinder Camp (Ages 3-5)

SEE PAGE 39 FOR MORE INFORMATION

Kinder Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child's social, physical, and cognitive skill development.

FAMILY ENRICHMENT

Family Fun Fridays ♦

Does your family have a family night tradition, a special evening that you set aside to spend time together? Start by spending the first Friday of the month at the YMCA for Family Fun Friday. Each month there will be a new theme with games, activities, movies and snacks. Start the tradition now! Children must be accompanied by an adult.

Please see website for schedule.

5:30 PM - 7:30 PM | Room 504 + Playspace | FREE

Let's Get Ready!

(Ages 18-36 months)

A pre-nursery school class with hands-on activities and gradual separation from parents or caregiver. Activities include art, story time, singing, literacy development, free play, and snack. Caregiver participation is required.

Please see website for schedule.

Fees: \$1,445 Members; \$1,590 Community

Scientific Saturdays

These workshops are designed for adults and children exploring the world together as scientists. Children must be accompanied by an adult. Register at the Member Service Desk.

Please see website for schedule.

9:30 AM- 11:00 AM | Room 306 | \$25/child

SWIM

Family Swim ♦

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

Swim Starters (Ages 6 – 36 months)

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness through fun. Parents learn about water safety and drowning prevention and the importance of supervision of young children. (See Swim section p. 32)

Swim Basics (Ages 3 – 5 years)

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 32)

NEED MORE INFORMATION?

The Aquatics team can help.

Lessons: 212-912-2675 | bscott@ymcanyc.org

General Inquiries: Melanie Torres

212-912-2675 | torresm@ymcanyc.org

SPORTS

The Y offers an array of exciting sports programs for kids to learn the ins and outs of a sport they are passionate about, and classes can be progressive so they will develop skills and coordination over time.

Basketball (Ages 3-5 years)

Get the ball rolling! Kids will develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

Mondays or Wednesdays 3:30 PM-4:15 PM | Gymnasium

Fees: \$180 Members; \$242 Community

Gymnastics (Ages 3-5 years)

This program introduces tumbling, rhythmic movement as well as gymnastic skills and combinations to youth.

Tuesdays or Thursdays 3:30 PM-4:15 PM | Gymnasium

Fees: \$180 Members; \$242 Community | 1x/week

Soccer (Ages 3-5 years)

Get the ball rolling! Kids develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

Wednesdays 3:30 PM-4:15 PM | Gymnasium

Fees: \$180 Members; \$242 Community

Karate (Ages 3-5 years)

This program focuses on the development of discipline, fitness, coordination, teamwork, self-control, balance, and focus. It is a great program for your child to develop the fundamentals of martial arts.

Mondays 3:30 PM-4:15 PM | 2nd Fl Multipurpose Room

Wednesdays 3:30 PM-4:15 PM | 2nd Fl Multipurpose Room

Saturdays 3:30 PM-4:15 PM | 2nd Fl Multipurpose Room

Fees: \$180 Members; \$242 Community | 1x/week

Advanced Karate

Green belts and above. INSTRUCTOR APPROVAL REQUIRED.

Wednesdays 5:15 PM-6:15 PM | Martial Arts Studio

Fees: \$225 Members; \$300 Community

QuickStart Tennis (Ages 3-5 years)

The USTA QuickStart Tennis game format uses smaller courts, lower-bouncing balls and smaller racquets, which helps to make tennis fun for kids.

Mondays 3:30 PM-4:15 PM | Gymnasium

Fees: \$180 Members; \$242 Community



PRIVATE SESSION PACKAGES - AGES 3+

A YMCA certified instructor can be just what your child needs to get comfortable, hone their skills, and achieve their goals. Private sessions are designed to meet their needs and scheduled at a time that works best for you.

PRIVATE SESSIONS	PACKAGE	MEMBER	COMMUNITY
MIX AND MATCH ONE-ON-ONE PACKAGES	Single	\$99	\$116
	5 Pack • save 5%	\$495 \$470	\$580 \$553
	10 Pack • save 10%	\$999 \$891	\$1,116 \$1,048
	20 Pack • save 20%	\$1,990 \$1,584	\$2,320 \$1,864
MIX AND MATCH SEMI-PRIVATE PACKAGES <small>*PRICE PER PERSON</small>	Single	\$74	\$87
	5 Pack • save 5%	\$370 \$353	\$435 \$415
	10 Pack • save 10%	\$740 \$668	\$870 \$786
	20 Pack • save 20%	\$1,480 \$1,188	\$1,740 \$1,398

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.

Sports Bugs (Ages 3-5 years)

Kids break a sweat in this gym class which focuses on teamwork and learning the fundamentals of game play while building coordination, agility, strength, and balance.

Please see website for schedule.

Fees: \$285 Members; \$380 Community

Grown Up and Me Yoga

(Ages 6-12 months)

(Ages 18-24 months)

Join us on a journey through music, movement and art. Children express themselves through creative movement, singing, dancing, and exploring a variety of instruments.

Please see website for schedule.

Fees: \$220 Members; \$290 Community

Need more information?
The Healthy Lifestyles team can help.
Contact: 212-912-2670 | wsyhealthylifestyles@ymcany.org



ARTS

Beginners Ballet (Ages 3-5 years)

Your little one is introduced to simple stretches and ballet terminology, while incorporating movement in their own way through games and using props. Instructor: Corinne Shearer

Wednesdays 3:00 PM-3:50 PM | 2nd Floor Multipurpose
 Fees: \$285 Members; \$380 Community

Imagination Theater (Ages 3-5 years)

Drama-based activities and skill-building will help advance your child's ability to imagine new worlds, become incredible characters, and share fantastic stories. Instructor: Corinne Shearer

Fridays 3:00 PM-3:50 PM | Room 504
 Fees: \$285 Members; \$380 Community

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids can play in a fun, safe environment under the supervision of responsible YMCA staff members.



- Ages 1 to 7 years
- You may bring your child for a maximum of two hours per day
- Registration required (at our membership desk or by calling 212-912-2624)

HOURS*:

Monday-Thursday.....	9:00 AM-12:00 PM 5:30 PM-7:30 PM
Friday	9:00 AM-12:00 PM
Saturday	9:00 AM-2:00 PM
Sunday	10:00 AM-1:00 PM

* Hours subject to change. Please check our website or app for most current schedule.

Music and Movement

(Ages 12-24 months)

(Ages 12-36 months)

Children burn off energy using props, movement, games, and songs. Children are welcome to explore the room, participate in circle time and discover themselves.

Please see website for schedule.

Fees: \$220 Members; \$290 Community

SCIENCE

The Scientific Kid (Ages 3-5 years)

Discover your inner scientist as we explore science through activities and experiments. Ask questions, make predictions, seek answers, use your five senses, and have fun! Instructor: Mary Carson

Tuesdays 2:10 PM-3:00 PM | Room 303

Fees: \$310 Members; \$410 Community

LANGUAGE & LITERACY

Recipe for Fun (Ages 3-5 years)

A delicious class where future chefs learn to peel, chop, mash, grind, beat, measure, and season, then taste the results of their efforts. Students create a cookbook to share their creations with their families at home. YUM!

Thursdays 2:10 PM-3:00 PM | Room 305

Fees: \$370 Members; \$485 Community

Ready, Set, Read (Ages 3-5 years)

A reading readiness class, children are exposed to sight words, alphabet sounds, and sounding out words. These skills are intended to help your children begin to read and prepare for kindergarten.

Mondays & Wednesdays 2:10 PM-3:00 PM | Room 301

Fees: \$560 Members; \$730 Community

Spanish Class for Kids (Ages 3-5 years)

Children learn Spanish in this hands-on, interactive class using songs, a variety of games, movement, colorful visual aids, and practical conversation.

Tuesdays 2:10 PM-3:00 PM | Room 305

Fees: \$285 Members; \$380 Community

NEED MORE INFORMATION? The Early Childhood Team can help.

ymcany.org/earlychildhoodcenter
 or contact Bridget Sieling, Early Childhood Coordinator
 212-912-2652 | bsieling@ymcany.org

PARTY TIME

The Early Exploration Play Center

The Early Exploration Play Center is filled with all sorts of fun activities during all kinds of weather. With its vibrant colors and cushioned floor, kids will enjoy the indoor tree house!

Ages: 1-6 years old
Availability: 9:00 AM - 2:00 PM
 Saturdays or Sundays
Rates: \$500 for members
 \$600 for non-members
Contact: Bridget Sieling
 212-912-2652
 bsieling@ymcanyc.org

Drama or Dance Party

Offer your child a vivid journey through the imagination. We provide the space, you provide the inspiration, and together we create a fantastic party. Party package includes three hours in the space and one hour with a professional instructor incorporating technique, fun drama or dance games, and a mini performance.

Ages: 5.5-12 years old
Availability: 1 hour workshop
 3 hours total
Rates: Starting at \$575 for Members
 Starting at \$700 for Community
Contact: Meghan Murphy
 212-912-2634
 meghanm@ymcanyc.org

Pool Party

Splash and enjoy an hour of swimming in our heated pool with family and friends. Pool parties include party room for three hours and one hour of pool time with a certified instructor. Includes birthday shirt and cup.

Ages: 2+
Availability: 2:00-5:00 PM, 2:30-3:30 PM pool time
 Saturdays or Sundays
Rates: Starting at \$590 for Members
 Starting at \$720 for Community
Contact: The Aquatics Department
 212-912-2675
 bscott@ymcanyc.org



Enjoy a themed party with an hour of sports workshop in our gymnasium designed in gymnastics, karate, soccer, basketball, t-ball, sports training or a combo. Instructors will lead non-competitive games and give basic sport instruction. A party room will also be provided for food and fun!

Ages: 3-12 years old
Availability: 1 hour workshop
 3 hours total
Rates: Starting at \$575 for Members
 Starting at \$700 for Community
Contact: Healthy Lifestyles Department
 212-912-2607
 wsyhealthylifestyles@ymcanyc.org

Visual Art Birthday Party

Includes use of space and custom-designed arts workshop from puppets making, collage, snow globes, clay, and more. Instructor leads participants through an interactive activity inspired by the birthday child's interests.

Ages: 5.5-12 years old
Availability: 1 hour workshop
 3 hours total
Rates: Starting at \$575 for Members
 Starting at \$700 for Community
 *plus art materials
Contact: Meghan Murphy
 212-912-2634
 meghanm@ymcanyc.org

Are you looking for a place to host your next meeting or event? The West Side YMCA has meeting rooms that can accommodate a short-term, full-day or extended event, as well as photoshoots, film shoots, and holding areas. Come in to take a tour of all of the available spaces. Please provide the date and time you're interested in, the number of people you would like to host and the type of event.



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 1 to 7 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

SUMMER CAMP

Day Camp (Ages 5.5-11)

SEE PAGE 39 FOR MORE INFORMATION

Arts Camp (Ages 5-12)

SEE PAGE 40 FOR MORE INFORMATION

Sports Camp (Ages 7-12)

SEE PAGE 40 FOR MORE INFORMATION

SWIM

Family Swim ♦

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

Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 32)

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. 33)

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. 34)

Winter Aquatic Conditioning

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. (See Swim section p. 34)

Pre-Swim Team

A number of our branches field Swim Teams that compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship. (See Swim section p. 34)

NEED MORE INFORMATION?

The Aquatics team can help.

Lessons: 212-912-2675 | bscott@ymcanyc.org

General Inquiries: Melanie Torres at 212-912-2675 | torresm@ymcanyc.org

FITNESS & SPORTS

The Y offers an array of exciting sports programs for kids to learn the ins and outs of a sport they are passionate about, and classes can be progressive so they will develop skills and coordination over time.

Basketball

Get the ball rolling! Kids will develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

(Ages 6-8)

Mondays or Wednesdays 4:15 PM-5:15 PM | Gymnasium

(Ages 9-12)

Mondays 5:15 PM-6:15 PM | Gymnasium

Fees: \$ 180 Members; \$242 Community

Gymnastics

This program introduces tumbling, rhythmic movement, as well as gymnastic skills and combinations to youth.

(Ages 6-8)

Tuesdays or Thursdays 4:15 PM-5:15 PM | Gymnasium

(Ages 9-12)

Tuesdays or Thursdays 5:15 PM-6:15 PM | Gymnasium

Fees: \$ 180 Members; \$242 Community

Karate

This program focuses on the development of discipline, fitness, coordination, teamwork, self-control, balance, and focus. It is a great program for your child to develop the fundamentals of martial arts.

(Ages 6-8)

Mondays 4:15 PM-5:15 PM | 2nd Fl Multipurpose Room

Wednesdays 4:15 PM-5:15 PM | 2nd Fl Multipurpose Room

Saturdays 10:45 AM-11:15 AM | 2nd Fl Multipurpose Room

(Ages 9-12)

Mondays 5:15 PM-6:15 PM | 2nd Fl Multipurpose Room

Saturdays 11:45 AM-12:45 PM | 2nd Fl Multipurpose Room

Fees: \$ 180 Members; \$242 Community

“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

PRIVATE SESSION PACKAGES - AGES 3+

A YMCA certified instructor can be just what your child needs to get comfortable, hone their skills, and achieve their goals. Private sessions are designed to meet their needs and scheduled at a time that works best for you.

PRIVATE SESSIONS	PACKAGE	MEMBER	COMMUNITY
MIX AND MATCH ONE-ON-ONE PACKAGES	Single	\$99	\$116
	5 Pack • save 5%	\$495 \$470	\$580 \$553
	10 Pack • save 10%	\$999 \$891	\$1,116 \$1,048
	20 Pack • save 20%	\$1,980 \$1,584	\$2,320 \$1,864
MIX AND MATCH SEMI-PRIVATE PACKAGES <small>*PRICE PER PERSON</small>	Single	\$74	\$87
	5 Pack • save 5%	\$370 \$353	\$435 \$415
	10 Pack • save 10%	\$740 \$668	\$870 \$786
	20 Pack • save 20%	\$1,480 \$1,188	\$1,740 \$1,398

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.

Advanced Karate

Green belts and above. INSTRUCTOR APPROVAL REQUIRED.

Wednesdays 5:15 PM-6:15 PM | Martial Arts Studio

Fees: \$225 Members; \$300 Community

Squash for Youth (Ages 8-13)

Students will work on refining prior squash knowledge and reinforce fundamentals through clinics and game play with peers. Develop skills and camaraderie in a non-competitive, constructive environment.

Saturdays 12:00 PM-2:00 PM | 6th Floor Courts

Fees: \$405 Members; \$540 Community

Soccer (Ages 6-12)

Get the ball rolling! Kids develop skills, self-confidence, and teamwork in a non-competitive environment. Offering positive reinforcement and a low child-to-coach ratio to ensure that each child will improve his or her skills through engaging warm-up, activities, and games.

Wednesdays 4:15 PM-5:15 PM | Gymnasium

Fees: \$180 Members; \$242 Community

QuickStart Tennis (Ages 6-12)

The USTA QuickStart Tennis game format uses smaller courts, lower-bouncing balls and smaller racquets, which helps to make tennis fun for kids.

Mondays 4:15 PM-5:15 PM | Gymnasium

Fees: \$180 Members; \$242 Community

NEED MORE INFORMATION?

The Healthy Lifestyles team can help.
212-912-2670 | wsyhealthylifestyles@ymcanyc.org

ARTS PROGRAM

Do you have a child at home who loves to sing, dance and act? Well, our theater programming is the place for them! We offer programming that focuses on teaching basic performance techniques to beginners using our audition based program, and advanced performers to work on their techniques. Our staff is comprised of professionally-trained, working professionals who are dedicated to helping your performers learn and grow their self-confidence and performance techniques.

YOUTH THEATER

Kids Company Production (Ages 8-14)

Kids Company provides young people of all backgrounds and experience levels the opportunity to work with acting, dance, and musical theater professionals to develop skills in singing, acting, and choreography. Programs provide in-depth musical theater experiences that culminate in exciting fully developed performances. Each program session is modeled off of a professional rehearsal process and participants are required to make a commitment of attendance, punctuality, participation, and effort.

Our upcoming production is **Legally Blonde the Musical JR.**, which is based on the award-winning Broadway musical and the smash hit motion picture. It is a fabulously fun journey of self-empowerment and expanding horizons. The show's instantly recognizable songs are filled with humor, wit and sass — leaving cast members and audiences alike seeing pink!

REHEARSALS: Thursdays 4:30-7:30 PM & Sundays 1:00-4:00 PM, Starts January 5

TECH/DRESS REHEARSALS: March 7-10

PERFORMANCES: March 11-15

(Wed-Fri 7:00 PM, Sat 2:00 & 7:00 PM, Sun 1:00 & 4:00 PM)

Registration by audition only: <https://tinyurl.com/WSY-LBJA>

Fees: \$1409 Member; \$1750 Community

Kids Company Triple Threat (Ages 6-12)

This program is an excellent place for performers to develop skills, confidence, and technique in a supportive, dynamic and fun environment. Providing an enriching musical theater experience, working with professionals with an equal focus on dance, drama, and vocal music, that culminates in exciting original musical revue-style performance sourcing material from Broadway shows. Each program session is modeled off a professional rehearsal process and participants are required to make a commitment of attendance, punctuality, participation, and effort. Triple Threat focuses on each performer's individual skills offering an environment for optimal growth and showcasing your performer in their own spotlight.

Tuesdays 4:30 -6:30 PM | Starts January 7

Performance: Sunday, May 17 at 5:00 PM

\$1,236 Members; \$1,450 Community

Kids Company Studio Production (Ages 7-12)

An excellent place for more intermediate performers to develop skills, confidence, and technique in a supportive, dynamic and fun environment. Providing an enriching musical theater experience that culminates in an exciting mini scripted musical. Each program session is modeled off a professional rehearsal process and participants are required to make a commitment of attendance, punctuality, participation, and effort.

Wednesdays 4:30-7:00 PM Starts January 8

Performance: Sunday, May 17 at 5:00 PM

Members: \$1,334; Community: \$1,540

YOUTH DANCE

Our dance program is a great place for your young performer to learn more about technique and focus on bettering their form. All of our dance classes are taught by professionally trained dancers who are currently working in their field. Our teachers strive to share their knowledge and love of art form with young performers. During the course of the class, young dancer(s) will learn the basics and these will culminate into a dance performance at the end of the session.

Ballet

This ballet class is perfect for young dancers of any skill level! This class will be tailored to each student's abilities, while challenging them through classical barre exercises, across-the-floor combinations, and creative play. Dancers will learn basic ballet positions, balances, port-de-bras, short variations and modes of expression from the classical canon which will be showcased in a final performance in our theater.

(Ages 5-7) Mondays 4:00 PM-5:15 PM

Session One: January 6-March 20

Session Two: April 6- June 8

Session Two Performance Date: Friday, June 12 at 6:00 PM

(Ages 4-6) Saturdays 10:00 AM - 11:00 AM

Session one: January 11 - March 21

(no class Jan 18 and Feb 22)

Session two: March 28 - June 12

(no class April 11 and 18)

Session Two Final Performance: Friday, June 12, at 6:00 PM

Fees: \$350 Member; \$425 Community

Contemporary Dance (Ages 7-10)

In this exciting class, students will learn the basics of contemporary dance! Blending ideologies from modern dance and jazz, dancers will gain a skill set that features techniques by choreographers such as Isadora Duncan, Martha Graham, Lester Horton, Bob Fosse and Gus Giordano, as well as incorporating the styles of present day innovators. Through exercises in form as well as creative play and improvisation, this class will provide a versatile foundation for dancers of any level to explore contemporary choreography and will culminate with a final showcase in our theater.

Mondays 5:45 PM-6:45 PM

Session One: January 6-March 20

Session Two: April 6- June 8

Session Two Performance Date: Sunday, May 17 at 6:00 PM

Fee: \$350 Members; \$425 Community



Jazz (Ages 6-8)

Jazz up your Saturday! In this class, dancers will explore variations of jazz dance while developing a strong technical foundation. Each class will build on skills such as isolations, balances, turns, leaps, kicks, movement sequences, and performance dynamics. Performers will have the opportunity to showcase their new moves in our off-Broadway theater at the end of Session Two.

Saturdays 11:00 AM - 12:00 PM

Session one: January 11 - March 21 (no class Jan 18 and Feb 22)

Session two: March 28 - June 12 (no class April 11 and 18th)

Session Two Final Performance: Friday, June 12, at 6:00 PM

Fees: \$350 Members; \$425 community

YOUTH VISUAL ARTS

Our visual arts classes focus on introducing your younger artist to the techniques and mediums that can be used to create a wide variety of art. Our staff is comprised of professionally trained, working professionals who are dedicated to helping your young artist learn and grow their techniques and methods.

Clayworks (Ages 6-9)

A fun clay class designed especially for this age group. The children will explore the entire clay process including making, glazing and firing their work. Projects include boxes, lanterns, wall reliefs, mugs and sculptures. Instructor: Sybil Costello

Tuesdays 4:30 PM-5:45 PM

Winter, Spring 1 & 2 Sessions

Fee: \$150 Members; \$180 Community

NEED MORE INFORMATION?

The Community Arts team can help.

Cassandra Richards: 212-912-2635 | crichards@ymcany.org



AGES 11-19

TEENS

The West Side YMCA provides young people with a safe space to socialize, seek support and participate in activities that build self-esteem, prepare them for higher education and success as an adult. Our goal is to empower, inspire, and teach young people to be leaders. Teen Center programs are free to students with generous donor support of the Y's Annual Campaign.

LEADERSHIP & CIVIC ENGAGEMENT

Leaders Club ♦

6th - 12th grade

This program provides club members with opportunities for leadership training, personal growth, community service, and social development. Young people meet on a weekly basis in a small group of peers and advisors to map out career and educational goals, seek information, and share experiences related to self-improvement.

Teens Take the City ♦

6th - 12th grade

By working alongside local political leaders, teens have the chance to see how political decisions are made, and learn how to become effective agents of change. Writing legal memoranda, resolutions, and press releases gives teens hands on experience, and exposure to how the democratic process impacts NYC communities.

Teen Center ♦

6th - 12th grade

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

Hours: Monday-Friday | 3:00 PM-7:00 PM

COLLEGE ACCESS & CAREER READINESS

SAT Prep ♦

11th grade

Learn strategies and ways to improve your scores. Teens work on techniques suggested by Collage Board, the Princeton Review, and Kaplan for the Math and Reading section of the exam.

Teen Career Connection ♦

11th - 12th grade

TCC is an eight-week comprehensive summer internship program, providing NYC youth an unparalleled opportunity. Teens first go through two weeks of intensive professional development, followed by six weeks of hands-on learning experience at an organization/business matched to the student's career aspirations. In addition to the training and internship experience, teens are matched with a professional mentor who supports them throughout their time in the program. **To apply, visit our website: teencareerconnection.org.**

Rowe Scholars ♦

9th - 12th grade

High school students have the opportunity to participate in a workshop series on college prep and career readiness. Advisors provide guidance in navigating the intricacies of applying for college and preparing to join the workforce.

NEED MORE INFORMATION?

The Youth & Family Team Can Help

Contact Teen Program Director Amy Agosto
212-912-2617 | aagosto@ymcamyc.org



SUMMER CAMP

Teen Camp (Ages 12-14)

Teen Camp is for young people who are currently enrolled in middle school and is designed to immerse campers in a variety of fun activities that will keep them active, learning, and engaged during the summer months. Campers explore science, the arts, sports, and swimming, all with a focus on building skills, confidence, and strong peer relationships. During each session, campers will participate in community projects and citywide trips designed to engage teens in developing educational and career goals.

SEE PAGE 39 FOR MORE INFORMATION

FITNESS & SPORTS

Boosting Basics ♦

6th - 12th grade

Join the challenge and learn exciting new ways to work out. Led by a Y fitness coach, teens learn how to improve their fitness, strength and endurance in a fun and supportive environment.

Teen Fitness Consultation ♦

11-17 years

To start your teen's fitness experience off on the right foot, we require a teen orientation to teach them gym etiquette, the proper use of equipment, and to work out in a safe manner. Stop by the 4th floor desk to register.

Boot Camp ♦

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

Cardio Sculpt ♦

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

Circuit Training ♦

A fast paced workout that will challenge you with different activity stations.

Core Training ♦

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

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.

Train Like an Athlete ♦

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

TRX Circuit ♦

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

Upper Body Blast ♦

Focus on your upper body - arms, shoulders, chest, and back with this strengthening workout.

Interval Training ♦

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

Power Rowing ♦

This rowing cardio class is sure to challenge your entire body.

Afro Jazz ♦

A fun and energetic mix of African, Jazz and Modern Dance.

Dance Party ♦

A fun choreographed aerobic workout to music.

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.

Capoeira ♦

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

NEED MORE INFORMATION?

The Healthy Lifestyles team can help.

212-912-2670 | wsyhealthylifestyles@ymcanyc.org

SWIM**Family Swim** ♦

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

Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 32)

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. 33)

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. 34)

Pre-Swim Team

A number of our branches field Swim Teams that compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship. (See Swim section p. 34)

Winter Aquatic Conditioning

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. (See Swim section p. 34)

NEED MORE INFORMATION?

The Aquatics team can help.

Lessons: 212-912-2675 | bscott@ymcanyc.org

General Inquiries: Melanie Torres at 212-912-2675 | torresm@ymcanyc.org





ARTS

Do you have a teenager who loves to act or is interested in the technical aspects of theater? Our teen arts programming is the place for them! We offer programs that focus on teaching basic performance techniques in a collaborative environment. If your teen is not interested in performing on stage but is interested in learning about what goes on backstage, then Teen Tech is the perfect program for them!

TEEN TECH CREW (Ages 12-19 years)

In Teen Tech Crew, technical theater professionals teach weekly workshops in lighting, stage management, sound, costume, and scenic design. Students support Kids Company productions with their new learnings, and work backstage during Teen Theater Collective's dramatic play presentations. Teen Tech Crew is integrated fully into our Kids Company and our Teen Theater Collective productions, playing essential roles backstage, in the booth, and assisting with the building of scenery, props, and costumes.

Over the course of the year, students also create independent study projects in their areas of interest (lighting, sound, costume, stage management, scenic design) under supervision by a designated mentor, and share out their work in a special Teen Tech Presentation. **Teen Tech is free with support from the Annual Campaign.** Students who register for the program must make a commitment of attendance, punctuality, participation, and effort.

Fridays 4:30-6:30 PM | Starts January 10th
Tech Presentations: Sunday, May 3 at 3:00 PM

Teen Theater Collective (Ages 10-18 years)

In Teen Theater Collective, students rehearse and perform a classical theater production in the Marjorie S. Deane Little Theater, a unique opportunity for teens to develop their identity, grow as actors and artists, and build a community with their peers. Classes include the development of acting, improvisation, writing, directing, and performance skills, the development of original material through a series of dramatic explorations, improvisation structures, writing exercises, and more. The resulting performance presented is a product of the collective of teens, their strengths, personalities, passions, and pursuits.

This session's production is **The Man Who Came to Dinner** by Moss Hart and George S. Kaufman Sheridan—a brilliantly witty madcap play that manages to combine the sophistication of great comedic literature, the frenetic energy of the silliest farce, and a genuinely sweet heart into one of the most beloved comedies of the American theatre. Filled with fascinating character roles and winking homage to the intellectual and popular culture of the 1930s, this play is both a great period piece and a timeless classic.

Tuesdays 4:30-7:00 PM Starts January 7
Performances: May 16 at 2:00 & 6:00 PM

Fee: \$ 1,140 Members; \$ 1,275 Community

NEED MORE INFORMATION?

The Community Arts team can help.
 Meghan Murphy: 212-912-2634 | meghanm@ymcany.org

A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful, patterned swimsuit. She is leaning over the grey metal grates of a swimming pool. The water is a vibrant blue-green, and in the background, another person is partially visible, also in the water. The overall scene is bright and cheerful, capturing a moment of fun and activity.

SWIM

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

YMCA SWIM LESSONS

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

SWIM STAGE DESCRIPTIONS

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

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

- Lindsay, YMCA of Greater New York Member

STAGES OF LEARNING




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

I Infant & Toddler
6 mos.—3 yrs.

P Preschool
3—5 yrs.

S School Age
5—12 yrs.

A Teen & Adult
12+ yrs.

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

Swim Starters Lesson Fees	
Member	\$ 189
Community	\$ 242

Water Discovery

Parent/Child 6-18 months

Water Discovery

Parent/Child 12-36 months

Water Discovery

Parent/Child 18-36 months

Water Exploration

Parent/Child 6-18 months

Water Exploration

Parent/Child 12-36 months

Water Exploration

Parent/Child 18-36 months

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.

Swim Basics Lesson Fees	
Member	\$ 242
Community	\$ 320

Stage 1

Water Acclimation

Parent/Preschool Child (3-5 yrs)

Stage 1

Water Acclimation

Preschool Child (3-5 years)

Stage 1

Water Acclimation

School Age Child (5-8 years)

Stage 1

Water Acclimation

School Age Child (8-12 years)

Stage 1

Water Acclimation

Teen (12-17 years)

Stage 1

Water Acclimation Adult

Stage 2

Water Movement

Preschool Child (3-5 years)

Stage 2

Water Movement

School Age Child (5-8 years)

Stage 2

Water Movement

School Age Child (8-12 years)

Stage 2

Water Movement

Teen (12-17 years)

Stage 2

Water Movement

Adult

Stage 3

Water Stamina

Preschool (3-5 years)

Stage 3

Water Stamina

School Age Child (5-8 years)

◆ Included in Membership | Members get priority registration



Stage 3
Water Stamina
 School Age Child (8-12 years)

Stage 3
Water Stamina
 Teen (12-17 years)

Stage 3
Water Stamina
 Adult

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.

Swim Strokes Lesson Fees	
Member	\$242
Community	\$320

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

Stage 4
Stroke Introduction
 School Age Child (5-8 years)

Stage 4
Stroke Introduction
 School Age Child (8-12 years)

Stage 4
Stroke Introduction
 Teen (12-17 years)

Stage 4
Stroke Introduction
 Adult

Stage 5
Stroke Development
 School Age Child (5-8 years)

Stage 5
Stroke Development
 School Age Child (8-12 years)

Stage 5
Stroke Development
 Teen (12-17 years)

Stage 5
Stroke Development
 Adult



Stage 6
Stroke Mechanics
 School Age Child (5-8 years)

Stage 6
Stroke Mechanics
 School Age Child (8-12 years)

Stage 6
Stroke Mechanics
 Teen (12-17 years)

Stage 6
Stroke Mechanics
 Adult

PRIVATE SWIM LESSONS

A YMCA certified swim instructor can be just what you need to get comfortable in the water or help achieve your swimming goals. Your lesson is designed to meet your specific needs.

PRIVATE SWIM LESSONS	AGE	PACKAGE	MEMBER	COMMUNITY MEMBER
PRIVATE LESSONS	3+	Single	\$80	\$95
		3 Pack	\$210	\$250
		6 Pack	\$440	\$520
		12 Pack	\$835	\$1,005
SEMI-PRIVATE LESSONS *PRICE PER PERSON	3+	Single	\$63	\$72
		3 Pack	\$150	\$190
		6 Pack	\$330	\$393
		12 Pack	\$628	\$1,296

Sessions are nontransferable and nonrefundable. All packages expire 90 days from date of purchase. 24 hour notice of cancellation with the instructor is required to avoid being charged for the full session. For the safety and security of our members and program participants, only West Side YMCA staff may instruct private sessions. Prices for semi-private lessons are for each participant of the lesson.

PATHWAYS

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

Aquatics Conditioning

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. **Recommended age ranges:** school-age youth (8–12 yrs.), teens and adults (12+ yrs.), depending on swim ability

Aquatics Conditioning	Lesson Fees
Member	\$242
Community	\$320

YMCA SWIM TEAMS

Ages 6–18

A number of our branches field Swim Teams that compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

Bedford-Stuyvesant YMCA Piranhas

Cross Island YMCA Barracudas

Flushing YMCA Flyers

McBurney YMCA Manta Rays

West Side YMCA Piranhas

Pre-swim Team Lesson Fees	1 Day	2 Days
Member	\$205	\$385
Community	\$265	\$510

Swim Team	Fees
Member	\$2500/season



SAFE POOLS HAVE RULES

GENERAL YMCA POOL RULES

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

YMCA FAMILY AND YOUTH SWIM RULES

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

NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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



WEST SIDE SWIM LESSON GUIDE

We are dedicated to providing the best experience for our Aquatics Members and Community Participants. Here are some helpful tools to guide you through our swim lessons program.

Arriving for Class

- Program Participants please check in at the Security Desk when entering the building.
- Please arrive with enough time to scan your ID card at the Member Services Desk. If you do not have an ID card, please visit the Member Services Desk to obtain one for the class session.

Swim Lesson Policies

- Please wear a mandatory Swim Cap. They are available for purchase at the Member Services Desk.
- We ask that everyone showers before entering the pool. Showers can be found in the family locker room.
- Only Program Participants and staff are allowed on the pool deck. Caretakers are invited to watch the classes on the Program Lounge screens.
- Please don't forget to bring a lock if placing your belongings in a locker.
- Mid-Session Reports will be handed out the 5th week of class. Certificate of Achievement will be handed out on the last day of class.

Make-up Policy

- A makeup class will be given within the same session if there is an available space. All makeup class scheduling is managed by the Aquatics Department, which can be reached at 212-912-2675/212-912-2669 or 212-912-2677.
- In the event of an emergency cancellation, a credit or make-up class will be issued.

Registration Online and In-Person

- Please see the inside cover of the guide for Registration dates. You can register at the Member Services Desk or online at ymcanyc.org/locations/west-side-ymca/programs-and-classes/swimming/swim-lessons
- All updates will be noted on our bulletin board on both the Large and Small Pool Decks, as well as the mobile app. Please also check our website for updates: ymcanyc.org/westside/pages/pool-closures



Healthy Kids Day[®]

**AWAKEN
SUMMER
IMAGINATION!**

Saturday, April 18

**Free & open
to the public!**

DOWNLOAD OUR NEW APP



Attention iOS NYC YMCA App users!

Due to an Apple Store change, you'll need to download a new version of the YMCA app. Same app, same features, same YMCA!

DOWNLOAD AT ymcanyc.org/app



NYC YMCA
SUMMER CAMP

SUMMER CAMP

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

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

*Offers cannot be combined

DAY CAMP

Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

Camp Hours

9:00 AM – 5:00 PM

Extended hours available.

For more information, visit ymcanyc.org/westsidecamp

Kinder Camp (Ages 3-5)

Summer is the time to play, grow, and celebrate all the joys only summer can bring!

Kinder Camp is for children from age 3 up to 5 years old (entering Kindergarten in September 2020). Campers have the same fun as the big kids, but they stay closer to home and keep shorter hours. Kinder Camp provides our youngest campers with hands-on, experiential, fun activities planned to support each child’s social, physical, and cognitive skill development, preparing them for upcoming Pre-K For All (or other full-day) programming. Activities include swimming, outdoor play, music and movement, and interactive science, language, and literacy activities, with each week having its own theme. Staff members experienced in engaging with preschoolers understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Kinder campers enjoy campsite-based collaborations with child-friendly organizations and go on excursions within walking distance in their own communities. Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility. Each child receives a swimming lesson once a week. Children must be toilet trained prior to their start of camp, as per our DOH licensing.

Cost Per 2 Week Session

Member	\$1040	Community	\$1205
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Day Camp (Ages 5.5-11)

(Campers are divided into age groups with children within one to two years of their age)

There is an energy and magic to summer camp that cannot be replicated! Friends, experiences, and memories to last a lifetime!

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

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Each week features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons and recreational swim once a week at our on-premise pool. There are also weekly field trips. One field trip per session is done by bus or train where campers get a chance to learn about their



communities. Every two weeks, 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 of the activities are geared to be fun and build lifetime memories!

Cost Per 2 Week Session

Member	\$840	Community	\$980
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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 during. 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 (2 per week) designed to engage teens in developing their leadership skills, real-world experiences, career aspirations, and educational goals --- all while making friends and having fun. Included are workshops that explore resume building and interview dynamics, helping teens prepare for the years ahead of them. Teens engage with their local communities through community service projects. Teen Camp creates memories, relationships, and experiences that they will carry with them for a lifetime!

Cost Per 2 Week Session

Member	\$840	Community	\$980
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Arts Camp (Ages 5-12)

(5-6 , 7-9, 10-12 age groups)

Immerse your camper in the world of arts! Campers are grouped by age and receive specialist-led instruction in dance, drama, music, and visual arts. Campers learn different styles and techniques with a focus on foundational skill building, development of original material, rehearsal, and performance. Each two-week session culminates with a performance showcase for family and friends in the Marjorie S. Deane Little Theater.

When not creating art, our campers engage in Day Camp activities, including weekly field trips, sports, team-building activities, and swimming (two times per week).

Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member	\$1040	Community	\$1205
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Sports Camp (Ages 7-12)

(7-9 and 10-12 age groups)

Summer is amazing when you are active and have friends and coaches cheering you on!

Our Sports Camp is designed to enhance various sports skills and fundamentals in age-appropriate groups. Campers learn the history, rules, and key skills of baseball, basketball, soccer, and flag football, all while having fun and practicing their techniques in mini-games. They explore the values of teamwork, good sportsmanship, and motivating each other to succeed, while strengthening their appreciation for a strong work ethic. Sports Camp staff have a background and/or education in coaching sports.

When campers are not playing a sport, they engage in Day Camp activities, including weekly field trips, arts and crafts, and swimming (two to three times per week).

Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2 Week Session

Member	\$925	Community	\$1080
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WEST SIDE



LOCATION 

5 West 63rd Street
New York, NY 10023

CAMP EMAIL 

WSYCamp@ymcanyc.org

CAMP LEADERSHIP 

Amy Agosto, Camp Director 212-912-2617
Caroline Sanchez, Youth & Family Director 212-912-2640

DATES & HOURS 

June 29th–August 21, 2020 *(Closed July 4)*
 Session 1: June 29–July 10, 2020
 Session 2: July 13–24, 2020
 Session 3: July 27 – August 7, 2020
 Session 4: August 10–21, 2020

CAMP HOURS:
9:00 AM – 5:00 PM

EXTENDED DAY HOURS:
8:00 AM – 9:00 AM
5:00 PM – 6:00 PM

KINDER CAMP HOURS:
9:00 AM – 3:00 PM
 Extended Hour AM 8:00 AM – 9:00 AM
 Extended Hours PM 3:00 PM – 6:00 PM

SLEEPAWAY CAMP

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

Camp Season

June 28 – August 29

One- and two-week sessions available

For more information, visit ycamps.ymcanyc.org

TRADITIONAL SLEPAWAY 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 SLEPAWAY 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 SLEPAWAY CAMPS

World Volleyball Training Center (Girls, Ages 10-17)

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



International Judo Camp (Starting at Age 7)

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

World Teen Camp (Ages 12-16)

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

CODE OF CONDUCT

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

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

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

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

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





EXERCISING COURTESY

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

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

JOIN THE Y

MEMBERSHIP INFORMATION

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

MEMBERSHIP RATES

Membership Types	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 Types	West Side	Joiner's Fee
Teen (12 - 17)	\$40/mo	\$0
Youth (up to 11)	\$360/year	\$0

*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.*

West Side Y Family & Household Base Price – \$129/month

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$60/mo. Third Adult: \$85/mo.

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

Visit ymcanyc.org/family for more information and examples of how to use this membership to save.

STAFF LISTING

Senior Executive Director

Kathryn Colglazier 212-912-2610, kcolglazier@ymcanyc.org

Aquatics Director

Melanie Torres 212-912-2676, torresm@ymcanyc.org

Business Manager

Maria Rocha 212-912-2614, mrocha@ymcanyc.org

Community Arts Director

Cassandra Richards 212-912-2635, crichards@ymcanyc.org

Senior Director, Early Childhood

Lisa Pacheco 212-912-2650, lpacheco@ymcanyc.org

Guest Rooms Director

Francisca Infante 212-912-2625, finfante@ymcanyc.org

Interim Healthy Lifestyles & Sports Director

Jonathan Wood 212-912-2671, jwood@ymcanyc.org

Interim Senior Program Director/Membership Director

Chris Foster 212-912-2604, cfoster@ymcanyc.org

Senior Property Manager

Slawomir Bazylczyk 212-912-9721, sbazylczyk@ymcanyc.org

Senior Program Director

Caroline Sanchez 212-912-2640, csanchez@ymcanyc.org

Fund Development Director

Amanda Siebert 212-912-2613, asiebert@ymcanyc.org

Marketing & Communications Director

Michele Barber-Perry 212-912-2611, mbarberperry@ymcanyc.org

HOLIDAY HOURS

Christmas Eve – Tuesday, December 24 (7:00 AM – 3:00 PM)

Christmas Day – Wednesday, December 25 (Closed)

New Year's Eve – Tuesday, December 31 (7:00 AM – 3:00 PM)

New Year's Day – Wednesday, January 1 (7:00 AM – 8:00 PM)

Martin Luther King Jr. Day – Monday, January 20 (5:00 AM – 11:00 PM)

President's Day – Monday, February 17 (5:00 AM – 11:00 PM)

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

Independence Day – Saturday, July 4 (7:00 AM – 8:00 PM)

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

Thanksgiving Day – Thursday, November 26 (7:00 AM – 3:00 PM)

*All fee-based classes will be prorated in the event of holidays or other closings. All times are subject to change, please check our website or app for the most up to date information.



POLICY OF NON-DISCRIMINATION

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

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

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

MEMBERSHIP CARD

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

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

LOST CARDS

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

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

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

GUEST AND DAY PASSES

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

CAMERA POLICY

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

LOCKER ROOMS

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

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

Please visit our website and app for the most up to date information about our branch.

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

LIVESTRONG AT THE YMCA

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

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

SIGN UP AT ymcanyc.org/livestrong

LIVESTRONG
FOUNDATION



HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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



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
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