

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

# PROGRAM & CLASS GUIDE

CASTLE HILL YMCA  
WINTER/SPRING 2020

2 Castle Hill Avenue  
Bronx, NY 10473  
212-912-2490  
[ymcanyc.org/castlehill](http://ymcanyc.org/castlehill)



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

# WHY THE Y

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

AMENITIES, PROGRAMS, AND CLASSES	ADULT/SENIOR MEMBERSHIP	FAMILY MEMBERSHIP
Member discounts and priority registration	●	●
State-of-the-art fitness center	●	●
Over 60 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
One Indoor & Two Outdoor Swimming Pools	●	●
Sauna	●	●
Basketball court	●	●
FREE Parking Lot	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●
FREE Child Watch		●

212-912-2490 [ymcanyc.org/castlehill](http://ymcanyc.org/castlehill)

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**Dear Castle Hill 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: 5:30 AM - 10:00 PM  
Saturday - Sunday: 7:00 AM - 8:00 PM

## 2020 SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

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

### WINTER SESSION DATES

January 2, 2020 - February 23, 2020

### SPRING I REGISTRATION DATES

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

### SPRING I SESSION DATES

February 24 - April 26, 2020

### SPRING II REGISTRATION DATES

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

### SPRING II SESSION DATES

April 27 - June 21, 2020

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

# ADULTS

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

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

## **FREE CHILD WATCH**

**Free Child Watch at the YMCA is one of the many benefits of being a Y member.** Kids ages 2-12 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

## GROUP EXERCISE CLASSES

We offer over 60 FREE group fitness classes for people of all ages and abilities. See our full schedule online.

### CONDITIONING

#### Boot Camp ♦

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

#### 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.

#### Deep Definitions ♦

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

#### 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!

#### Lower Body Blast ♦

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

#### Stretching ♦

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

#### Tabata ♦

Non-stop action - a Tabata is a short 20 second interval followed by 10 seconds of rest. Intervals are stacked in cycles of eight.

#### Total Body Conditioning ♦

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

#### Ultimate Abs ♦

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

#### Upper Body Blast ♦

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

### CARDIO

#### Cardio Kickboxing ♦

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

#### H.I.I.T. ♦

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

#### Spin® ♦

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

#### Zumba® Step ♦

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

### MIND/BODY

#### Chair Yoga ♦

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

#### Gentle Yoga ♦

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

#### Hatha Yoga ♦

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

#### Kundalini Yoga ♦

A system of yoga and meditation that promotes health, happiness, and spiritual awareness, combining breathing, movement, stretching, and sound.

#### 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.

#### PiYo™ ♦

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

#### Pilates Mat ♦

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

#### Zumba® ♦

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

### MARTIAL ARTS

#### Tae Kwon Do

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

"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

## WATER FITNESS

### Aqua Zumba® ♦

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

### Water Aerobics ♦

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

## ACTIVE OLDER ADULTS

### Zumba® Gold ♦

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

### SilverSneakers® Circuit ♦

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

### SilverSneakers® Classic ♦

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

### SilverSneakers® Splash ♦

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance, and coordination.

### SilverSneakers® Yoga ♦

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





## WELLNESS PROGRAMS

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

### New Member Orientation ♦

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

### YMCA Weight Loss Program ♦

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge. For 12 consecutive weeks, participants meet in small groups for 1-hour per week. Contact Erika Hernandez at [Ehernandez@ymcanyc.org](mailto:Ehernandez@ymcanyc.org) to sign up today!

### Y Fit Start Program ♦

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, the Y Fit Start Program is for you. It's designed for those new to exercising or those who haven't exercised for some time and want

instruction, support, and motivation. The Y Fit Start Program will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12 week program includes four sessions with a Y Fit Start coach. Please sign up for the Y Fit Start Program at our Membership Desk.

### Personal Training

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

# of Sessions	Length of Time	
	60 mins	30 mins
(1)	\$70	-
(6)	\$330	\$180
(12)	\$480	\$330

\*For members only

## 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. 16)

### Swim Strokes

Builds stroke technique and endurance to foster swimming as part of a healthy lifestyle. (See Swim section p. 16)

### 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. 16)

### Water Fitness Classes ♦

Classes are scheduled throughout the day. Please see our pool schedules online.

## SPORTS

### Adult Basketball (Ages 18+)

Basketball season consists of 6-8 weeks of regular season games plus a single elimination playoff series and championship game. For more information about our basketball league, please contact Erika Hernandez at [Ehernandez@ymcanyc.org](mailto:Ehernandez@ymcanyc.org).



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 2-12 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.



**FAMILY**

**Cost Per 8-Week Session**

Member	\$108	Community	\$140
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**Toddler Play (Ages 12 months-5 years)**

An introduction for toddlers to the basics of dance, STEM and ART. Pre-schoolers will explore the arts as a tool for self-expression using rhythm games, songs, and stories. Children learn balance, coordination, and develop basic locomotive skills.

**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. 16)

**Swim Basics (Ages 3 – 5)**

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. 16)

**SPORTS**

**Ballet/Tap (Ages 3-5)**

The basics of ballet and tap are introduced with patience and care, not to mention fun! Our programs nurture kids' sense of self-confidence and introduce them to positive fun activities that build athletic, social and interpersonal skills.

**Hip Hop (Ages 3-5)**

This introductory-level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment, and offers a new set of combinations and routines every time

**Little Kickers (Ages 3-6)**

Instructional program designed to prepare kids for soccer without the threat of competition or fear of getting injured. Parents follow along with children to learn all of the basic skills, such as dribbling, passing, and shooting the ball.

**Tae Kwon Do (Ages 4-5)**

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. TKD at the Y is all about teamwork, respect and patience not combat or self-defense.

**SUMMER CAMP**

**Kinder Camp (Ages 4-6)**

Let a fun summer be a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten in September 2020. Structured Day Camp activities support the transition to or from kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers participate in instructional swimming (twice a week), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in one trip per session by bus. Each session has a special theme, guest, or event, such as on-site magic show, live petting zoo, and live interactive performances! Campers also enjoy our cool, air-conditioned classrooms and peanut-free/nut-sensitive facility.

**Cost Per 2-Week Session**

Member	\$470	Community	\$485
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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 2-12 years can play in a fun, safe environment under the supervision of responsible YMCA staff members for up to two hours per day while you work out or take a class.

## AFTERSCHOOL & SUMMER CAMP

### Y Afterschool

The best of Castle Hill Y is available afterschool at a number of schools in the area. Afterschool provides students with the opportunity to choose from specialized classes designed to nurture the student’s spirit, mind and body. For information about the various Y Afterschool Programs, contact Youth & Family Director Stefany Navarro at [Snavarro@ymcanyc.org](mailto:Snavarro@ymcanyc.org).

### Day Camp (Ages 7-12)

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

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Each session features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons twice a week at our on-premise pool. There are also bi-weekly field trips done by school bus 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	\$455	Community	\$475
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### Swim Camp (Ages 7-12)

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

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

When they are not swimming, campers participate in core traditional camp activities, including sports, field trips, art, and literacy activities. All activities and interactions emphasize building self esteem and self-confidence.

#### Cost Per 2-Week Session

Member	\$520	Community	\$540
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### STEAM Camp (Science, Technology, Engineering, Arts, Math) (Ages 7-12)

Grab your lab coat, goggles and your curiosity as we engage in scientific explorations. Campers team up with fellow engineers to design a bridge, participate in an unforgettable dinosaur dig, and build and launch a model rocket—all while exploring the science behind the projects. The STEAM Camp (Science, Technology, Engineering, Arts and Math) is an interactive, project-based, creative learning experience that includes science, arts, and technology. STEAM Camp’s curriculum emphasizes creativity and hands-on learning in an environment that encourages teamwork, problem solving, and responsibility. STEAM Campers also participate in Day Camp activities, including bi-weekly field trips, sports, team-building activities, and swimming (twice per week).

#### Cost Per 2-Week Session

Member	\$520	Community	\$540
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### Inclusion Camp (Ages 6-12)

A special summer awaits those enrolled in Inclusion Camp. This camp brings a fun and inclusive recreational experience to children with different abilities. This unique camp gives children with special needs the same experience as other campers. Children with different abilities and their peers are developing together to participate in recreational activities such as swimming, arts and crafts, educational activities, reading, physical fitness, and more. This camp features one staff for every three campers.

The Castle Hill YMCA reserves the right to recommend a camper for the Lisa Beth Gerstman Camp due to child’s development needs. Parent must contact branch to be interviewed by the Day Camp Director.

#### Cost Per 2-Week Session

Member	\$600	Community	\$650
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**“I’ve been a YMCA member for 25 years. It’s been our family’s go-to place since my daughter was old enough to bounce a ball. She’s done basketball, dance, karate, summer camp, the list goes on. The Y is truly a staple in our community.”**

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

**Lisa Beth Gerstman Camp For Children With Special Needs (Ages 6-12)**

This camp is made possible through the generous support of the Lisa Beth Gerstman Foundation. Its donation has offset the expenses of staffing required to serve children with special needs.

This camp is a fully integrated program for children of different abilities, giving them the opportunity to participate in enriching activities specifically designed to foster each child’s success. Campers experience a variety of summer camp activities, including trips with wheelchair accessible transportation, swimming (twice a week), and adaptive physical activities and arts and crafts. We believe every child deserves the opportunity to participate in a safe, caring, and fun learning environment. Our small camper to staff ratio (ranging from 1:1 to 1:3) ensures that each camper receives individualized attention each day. All of our caring staff are trained by year-round YMCA leadership staff and are required to have previous experience as paraprofessionals. This camp runs for any three-week session options within the time period of: 07/13- 08/21. Parent must contact the branch to be interviewed by the Day Camp Director.

**Cost Per 3-Week Session (Session 2-4, Full Day)**

Member	\$1,800	Community	\$1,950
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**SWIM**

**Family Swim ♦**

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

**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. 16)

**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. 16)

**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. 16)



**FITNESS & SPORTS**

**Cost Per 8-Week Session**

Member	\$108	Community	\$140
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\* Different pricing applies

**Ballet/Tap**

The basics of ballet and tap are introduced with patience and care, not to mention fun! Our programs nurture kids’ sense of self-confidence and introduce them to positive fun activities that build athletic, social and interpersonal skills.

**Basketball**

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

**CATCH (Coordinated Approach To Child Health) ♦**

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

**Dance Team \***

Our Dance team’s purpose is to provide a dance experience that includes: accelerated instruction, increased performance opportunities, and development of proper placement, technique, discipline, strength and performance skills. Our Team of dancers will have the opportunity to travel to outside locations and perform in different dance competitions as well as events.

**Hip Hop**

This introductory-level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment, and offers a new set of combinations and routines every time.

**Soccer Team \***

This program is perfect for players looking for a more competitive soccer environment with 3 weekly practices and small sided games to enhance player development. Training focuses on technical skill development as well as tactical ideas.

**Tae Kwon Do**

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. TKD at the Y is all about teamwork, respect and patience—not combat or self-defense.

**ARTS**

**Young Picasso \***

Exploring all different art techniques using a variety of pencil, pastels, painting, and arts and crafts. Students will find their individual expression through art and develop technical skills.



# Healthy Kids Day<sup>®</sup>

**AWAKEN  
SUMMER  
IMAGINATION!**

**Saturday April 18**

**Free & open  
to the public!**



## THE 2020 CENSUS IS COMING!

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

### WHY IS IT IMPORTANT?

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

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

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





AGES 12-17

# TEENS

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

## LEADERSHIP & CIVIC ENGAGEMENT

### Leaders Club ♦

Tomorrow's leaders can get started in our leadership incubation program. These clubs give teens the opportunity to improve their leadership and social skills, while giving back to the community.

### Teens Take the City ♦

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

### Youth & Government ♦

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

### Global Teens ♦

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

## COLLEGE ACCESS & CAREER READINESS

### Rowe Scholars ♦

Rowe Scholars helps students and their parents realize that college is a real and attainable option. Through homework help, test prep, application support, college tours, and more the Y supports Rowe Scholars through college and beyond. The program serves students enrolled in grades 6-12.

### Rowe Scholars Location:

1619 Boston Road, Bronx NY 10460. For more information, contact Bobby-Ann Campbell at BaCampbell@ymcany.org.

## FITNESS & SPORTS

### Cost Per 8-Week Session

Member	\$108	Community	\$140
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\* Different pricing applies

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

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

### Teen Center (Ages 12 - 17) ♦

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

### Youth Basketball League

Children will learn the fundamentals of the sport, along with being able to compete with their peers. Instructors will prepare kids for real-time competition by teaching skills such as dribbling, shooting, formations, plays, endurance performance, defense and offense.

### Dance Team \*

Our Dance team's purpose is to provide a dance experience that includes: accelerated instruction, increased performance

opportunities, and development of proper placement, technique, discipline, strength and performance skills. Our Team of dancers will have the opportunity to travel to outside locations and perform in different dance competitions as well as events.

### Hip Hop

This introductory-level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment, and offers a new set of combinations and routines every time

### Soccer Team \*

This program is perfect for players looking for a more competitive soccer environment with 3 weekly practices and small sided games to enhance player development. Training focuses on technical skill development as well as tactical ideas

### Tae Kwon Do

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. TKD at the Y is all about teamwork, respect and patience—not combat or self-defense.

## SUMMER CAMP

### Teen Camp (Ages 13 - 16)

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

### Cost Per 8-Week Session

Member	\$415	Community	\$435
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## SWIM

### Swim Basics

Students learn personal water safety skills and achieve basic swimming skills through two benchmark skills: Swim, Float, Swim and Jump, Push, Turn, Grab. (See Swim section p. 16)

### 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. 16)

### 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. 16)

A young girl with a joyful expression is the central focus, wearing a bright green swim cap and a colorful floral swimsuit. She is leaning over the edge of a pool, her arms resting on the grey slatted deck. The background shows the clear blue water of the pool with some purple pool toys and another person's head visible in the distance.

# SWIM




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



# YMCA SWIM LESSONS

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

## SWIM STAGE DESCRIPTIONS

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

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

– Lindsay, YMCA of Greater New York Member

# STAGES OF LEARNING

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

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

**P** Preschool  
3—5 yrs.

**S** School Age  
5—12 yrs.

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

**SWIM STROKES**

Skills to support a healthy lifestyle

**PATHWAYS**

Specialized tracks

<p><b>4</b> <b>STROKE</b> <b>INTRODUCTION</b></p> <p><b>P S A</b></p>	<p><b>5</b> <b>STROKE</b> <b>DEVELOPMENT</b></p> <p><b>S A</b></p>	<p><b>6</b> <b>STROKE</b> <b>MECHANICS</b></p> <p><b>S A</b></p>
<p><b>Endurance</b> any stroke or combination of strokes, 25 yd.</p>	<p><b>Endurance</b> any stroke or combination of strokes, 50 yd.</p>	<p><b>Endurance</b> any stroke or combination of strokes, 150 yd.</p>
<p><b>Front crawl</b> rotary breathing, 15 yd.</p>	<p><b>Front crawl</b> bent-arm recovery, 25 yd.</p>	<p><b>Front crawl</b> flip turn, 50 yd.</p>
<p><b>Back crawl</b> 15 yd.</p>	<p><b>Back crawl</b> pull, 25 yd.</p>	<p><b>Back crawl</b> pull &amp; flip turn, 50 yd.</p>
<p><b>Dive</b> sitting</p>	<p><b>Dive</b> kneeling</p>	<p><b>Dive</b> standing</p>
<p><b>Resting stroke</b> elementary backstroke, 15 yd.</p>	<p><b>Resting stroke</b> sidestroke, 25 yd.</p>	<p><b>Resting stroke</b> elementary backstroke or sidestroke, 50 yd.</p>
<p><b>Tread water</b> scissor &amp; whip kick, 1 min.</p>	<p><b>Tread water</b> scissor &amp; whip kick, 2 mins.</p>	<p><b>Tread water</b> retrieve object off bottom. tread 1 min.</p>
<p><b>Breaststroke</b> kick, 15 yd.</p>	<p><b>Breaststroke</b> 25 yd.</p>	<p><b>Breaststroke</b> open turn, 50 yd.</p>
<p><b>Butterfly</b> kick, 15 yd.</p>	<p><b>Butterfly</b> simultaneous arm action &amp; kick, 15 yd.</p>	<p><b>Butterfly</b> 25 yd.</p>



COMPETITION



LEADERSHIP



RECREATION

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

## ADULT & FAMILY SWIM ♦

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

## SWIM LESSONS

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

### PARENT/CHILD AND PRECHOOL

#### (Up to Age 5)

Member	\$126
Community	\$173

### YOUTH/TEEN/ADULT

Member	\$133
Community	\$198

### ADAPTIVE AQUATICS/ SKILLS AND DRILLS

Member	\$133
Community	\$198

### PRIVATE LESSONS

	# of Lessons		
	1	4	6
Member	\$65	\$210	\$300
Community	\$85	\$310	\$400

### PATHWAYS

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

#### Water Aerobics

##### Teen (12-17) & Adult

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

#### Lifeguard Preparation

##### Teen (12-17) & Adult

This program is designed to help participants build their strength, endurance, and ability to prepare them for the lifeguarding class.

#### YMCA Lifeguard Training

##### Teen (16-17) & Adult, Fee-based

The YMCA offers a full YMCA of the USA Lifeguard training course that includes CPR for the Professional Rescuer (CPRO) and First Aid, equipment-based rescues for

aquatic environments, accident prevention, and decision-making skills. Participants must be 16 years old by the end of the class. Attendance, full participation, and successful completion of written tests and performance of all water skills are required. For more information, contact Nadia Arroyo at [Narroyo@ymcany.org](mailto:Narroyo@ymcany.org).

### Competitive Skills & Drills

Skills and Drills is a structured program for advanced swimmers (ages 9-12) not participating on a competitive swim team. In Skills and Drills, swimmers have the opportunity to improve their strokes, turns and endurance. For more information, contact Nadia Arroyo at [Narroyo@ymcany.org](mailto:Narroyo@ymcany.org).

♦ Included in Membership | Members get priority registration



# SAFE POOLS HAVE RULES

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## GENERAL YMCA POOL RULES

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

## YMCA FAMILY AND YOUTH SWIM RULES

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

## NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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



NYC YMCA  
SUMMER CAMP

# SUMMER CAMP

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

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

\*Offers cannot be combined

# DAY CAMP

## Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

## Camp Hours

9:00 am – 4:00 pm

Extended hours available.

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

## Kinder Camp (Ages 4–6)

Let a fun summer be a springboard for an amazing school year! Kinder Camp is designed for children entering kindergarten in September 2020. Structured Day Camp activities support the transition to or from kindergarten by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers participate in instructional swimming (twice a week), indoor and outdoor physical fitness, interactive science, literacy activities, theme-based arts and crafts, and local outings. To develop their skill sets and comfort levels with city travel, campers participate in one trip per session by bus. Each session has a special theme, guest, or event, such as on-site magic show, live petting zoo, and live interactive performances! Campers also enjoy our cool, air-conditioned classrooms and peanut-free/nut-sensitive facility.

### Cost Per 2-Week Session

Member	\$470	Community	\$485
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## Day Camp (Ages 7–12)

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

Our Day Camp includes a wide range of sports, instructional swimming, arts and crafts, and themed days such as “Superhero Day.” Each session features a different theme, such as Harry Potter, Star Wars, or Pokémon, where science, technology, engineering, and math (STEM) activities are geared towards the specified theme. Campers have swim lessons twice a week at our on-premise pool. There are also bi-weekly field trips done by school bus 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	\$455	Community	\$475
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## Teen Camp (Ages 13 - 16)

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

### Cost Per 8-Week Session

Member	\$415	Community	\$435
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**Swim Camp (Ages 7-12)**

Freestyle! Butterfly! Backstroke! Cannonball! YMCA Swim Camp combines the traditional fun of Day Camp with a specialized focus on skills and learning related to aquatic activities. Our campers develop a lifetime love for the water, and a deep understanding of water safety and responsibility. Campers swim 2 times a day, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

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

When they are not swimming, campers participate in core traditional camp activities, including sports, field trips, art, and literacy activities. All activities and interactions emphasize building self esteem and self-confidence.

**Cost Per 2-Week Session**

Member	\$520	Community	\$540
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**STEAM Camp (Science, Technology, Engineering, Arts, Math) (Ages 7-12)**

Grab your lab coat, goggles and your curiosity as we engage in scientific explorations. Campers team up with fellow engineers to design a bridge, participate in an unforgettable dinosaur dig, and build and launch a model rocket—all while exploring the science behind the projects. The STEAM Camp (Science, Technology, Engineering, Arts and Math) is an interactive, project-based, creative learning experience that includes science, arts, and technology. STEAM Camp’s curriculum emphasizes creativity and hands-on learning in an environment that encourages teamwork, problem solving, and responsibility. STEAM Campers also participate in Day Camp activities, including bi-weekly field trips, sports, team-building activities, and swimming (twice per week).

**Cost Per 2-Week Session**

Member	\$520	Community	\$540
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**Inclusion Camp (Ages 6-12)**

A special summer awaits those enrolled in Inclusion Camp. This camp brings a fun and inclusive recreational experience to children with different abilities. This unique camp gives children with special needs the same experience as other campers. Children with different abilities and their peers are developing together to participate in recreational activities such as swimming, arts and crafts, educational activities, reading, physical fitness, and more. This camp features one staff for every three campers.

The Castle Hill YMCA reserves the right to recommend a camper for the Lisa Beth Gerstman Camp due to child’s development needs. Parent must contact branch to be interviewed by the Day Camp Director.

**Cost Per 2-Week Session**

Member	\$600	Community	\$650
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**Lisa Beth Gerstman Camp For Children With Special Needs (Ages 6-12)**

This camp is made possible through the generous support of the Lisa Beth Gerstman Foundation. Its donation has offset the expenses of staffing required to serve children with special needs.

This camp is a fully integrated program for children of different abilities, giving them the opportunity to participate in enriching activities specifically designed to foster each child’s success. Campers experience a variety of summer camp activities, including trips with wheelchair accessible transportation, swimming (twice a week), and adaptive physical activities and arts and crafts. We believe every child deserves the opportunity to participate in a safe, caring, and fun learning environment. Our small camper to staff ratio (ranging from 1:1 to 1:3) ensures that each camper receives individualized attention each day. All of our caring staff are trained by year-round YMCA leadership staff and are required to have previous experience as paraprofessionals. This camp runs for any three-week session options within the time period of: 07/13- 08/21. Parent must contact the branch to be interviewed by the Day Camp Director.

**Cost Per 3-Week Session (Session 2-4, Full Day)**

Member	\$1,800	Community	\$1,950
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**SLEEPAWAY CAMP**

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

**Camp Season**

June 28 – August 29

One- and two-week sessions available

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





## TRADITIONAL SLEEPAWAY CAMPS

### Camp Greenkill (Ages 7-13)

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

### Camp Talcott (Ages 9-14)

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

## TEEN SLEEPAWAY CAMPS

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

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

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

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

## SPECIALTY SLEEPAWAY CAMPS

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

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



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

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

### World Teen Camp (Ages 12-16)

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

# EVENTS

Snow Tubing – Sunday, January 19, 2020

Valentine's Day Dance – Friday, February 14, 2020

March Madness Silent Disco – Saturday, March 13, 2020

Easter Eggstravaganza – Saturday, April 11, 2020

Healthy Kids Day & Safety Around Water Day – Saturday, April 18, 2020



SAVE THE DATE JUNE 2020  
**SUMMER NIGHT CRUISE FUNDRAISER**  
*Marina Del Rey*

# BIRTHDAY PARTIES

Looking for space to celebrate with your family and friends? At the Castle Hill YMCA, you can host a birthday party, pool party, baby shower, or business event. For more information please call and leave a detailed voicemail or email Jasmine Marsh at [jmarsh@ymcanyc.org](mailto:jmarsh@ymcanyc.org).

## Munch Center (100 people max.)

Fee	
3 Hours	\$600
6 Hours	\$1,000

## Multi-Purpose Room (50 people max.)

Fee	
1 Hours	\$180
3 Hours	\$525
6 Hours	\$960

## Pool Party (25 people max. in pool)

Fee	
1 Hour in the pool/ 2 hours in the Multipurpose Room	\$575

## Picnic Area\* (100 people max.)

Fee	
1 Hours	\$220
3 Hours	\$645
6 Hours	\$1,260

\*Only Available during the summer months

## YMCA NEW AMERICANS WELCOME CENTERS

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

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

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



# 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	Castle Hill Y	Joiner's Fee	City-wide	City-wide Joiner's Fee
Adult (18 - 64)	\$57/mo.	\$100	\$109/mo.	\$125
Senior (65+)	\$47/mo.	\$45	\$89/mo.	\$125
<b>NEW! Family &amp; Household</b> <i>See below for how to customize your membership!</i>	Starting at \$71/mo.	\$100	Starting at \$129/mo.	\$125
Teen (12 - 17)	\$23/mo.	n/a	n/a	\$125
Youth (up to 11)	\$220/yr.	n/a	n/a	\$125
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$47/mo.	\$45	\$89/mo.	\$125

\*MEMBERSHIP RATES & OFFERS SUBJECT TO CHANGE

### CUSTOMIZE YOUR MEMBERSHIP!

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

#### Castle Hill Y Family & Household Base Price – \$71/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$31/mo. Third Adult: \$46/mo.

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

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

### STAFF LISTING

- Sharlene Brown – Executive Director  
212-912-2490, [Sbrown@ymcanyc.org](mailto:Sbrown@ymcanyc.org)
- Nadia Arroyo – Aquatics Director  
212-912-2492, [Narroyo@ymcanyc.org](mailto:Narroyo@ymcanyc.org)
- Eslam Hassan – Property Manager  
212-912-2490, [Ehassan@ymcanyc.org](mailto:Ehassan@ymcanyc.org)
- Erika Hernandez – Healthy Lifestyles  
212-912-2498, [Ehernandez@ymcanyc.org](mailto:Ehernandez@ymcanyc.org)
- Bharathi Iyer – Membership & Sales Engagement Director  
212-912-2496, [Iyerb@ymcanyc.org](mailto:Iyerb@ymcanyc.org)
- Dorothy Kardash – Human Resources  
212-912-2495, [Dkardash@ymcanyc.org](mailto:Dkardash@ymcanyc.org)
- Jasmine Marsh – Membership Coordinator  
212-912-2490, [Jmarsh@ymcanyc.org](mailto:Jmarsh@ymcanyc.org)
- Tom McTernan – Business Manager  
212-912-2490, [Tmcternan@ymcanyc.org](mailto:Tmcternan@ymcanyc.org)
- Stefany Navarro – Youth & Family Director  
212-912-2494, [Snavarro@ymcanyc.org](mailto:Snavarro@ymcanyc.org)
- Lisa Neal – Summer Day Camp Director  
212-912-2490, [Lneal@ymcanyc.org](mailto:Lneal@ymcanyc.org)
- Carla Singleton – Communications/Outreach  
212-912-2493, [Csingleton@ymcanyc.org](mailto:Csingleton@ymcanyc.org)
- Selenie Villar – Center Director  
718-829-1564, [Svillar@ymcanyc.org](mailto:Svillar@ymcanyc.org)

### HOLIDAY HOURS

- Christmas Eve  
Tuesday, December 24, 2019 8:00 AM – 3:00 PM
- Christmas Day  
Wednesday, December 25, 2019 CLOSED
- New Year's Eve  
Tuesday, December 31, 2019 8:00 AM – 3:00 PM
- New Year's Day  
Wednesday, January 1, 2020 8:00 AM – 8:00 PM
- Memorial Day  
Monday, May 25, 2020 8:00 AM – 8:00 PM
- Independence Day  
Saturday, July 4, 2020 8:00 AM – 8:00 PM
- Labor Day  
Monday, September 7, 2020 8:00 AM – 8:00 PM



## POLICY OF NON-DISCRIMINATION

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

## MEMBERSHIP CANCELLATION

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

## MEMBERSHIP TRANSFER

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

## MEMBERSHIP GUARANTEE

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

## MEMBERSHIP CARD

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

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

## LOST CARDS

Please let us know if your card is lost or stolen. There is a fee of \$10 for a replacement card.

## 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. Guests must be 18 years or older and have a valid, state-issued photo ID to be admitted into the building. Free pass holders are limited to 3 visits per year. Day Passes are available to purchase at the following rates:

- Adult 1-Day Guest Pass: \$25
- Teen 1-Day Guest Pass: \$15
- Youth 1-Day Guest Pass: \$10

During the summer months, Absolute Member Privilege is in effect, therefore, Guest and Day Passes are not accepted on weekends and holidays.

## 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

Follow us on social media for updates.

## 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@ymcany.org](mailto:volunteer@ymcany.org) for more information.

## JOB OPPORTUNITIES

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

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

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



## LIVESTRONG AT THE YMCA

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

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

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

**LIVESTRONG**  
FOUNDATION





# GLEBE SENIOR CENTER

## ACTIVITIES OFFERED INCLUDE:

- Arts & Crafts, and Knitting
- Socialization Holiday Celebrations
- Field Trips
- Games (Billiards, Bingo)
- Nutrition Educational Workshops
- Computer Literacy
- SilverSneakers®
- Volunteer Opportunities
- More

**HOT NUTRITIOUS LUNCHES ARE ALSO AVAILABLE.**

For more information, contact:  
Selenie Villar at 718-829-1564,  
or email [Svillar@ymcanyc.org](mailto:Svillar@ymcanyc.org).

**MONDAY-FRIDAY  
9:30AM-3:30PM**



## HOW TO CONTROL YOUR BLOOD PRESSURE

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

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

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

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

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

## PLEASE GIVE TODAY.

[ymcanyc.org/give](https://ymcanyc.org/give)





# 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

### Castle Hill YMCA

2 Castle Hill Avenue  
Bronx, NY 10473  
212.912.2490

## BROOKLYN BRANCHES

### Bedford-Stuyvesant YMCA

1121 Bedford Avenue  
Brooklyn, NY 11216  
718.789.1497

### Coney Island YMCA

2980 West 29th Street  
Brooklyn, NY 11224  
718.215.6900

### Dodge YMCA

225 Atlantic Avenue  
Brooklyn, NY 11201  
212.912.2400

### Flatbush YMCA

1401 Flatbush Avenue  
Brooklyn, NY 11210  
718.469.8100

### Greenpoint YMCA

99 Meserole Avenue  
Brooklyn, NY 11222  
212.912.2260

### North Brooklyn YMCA

570 Jamaica Avenue  
Brooklyn, NY 11208  
212.912.2230

### Park Slope Armory YMCA

361 15th Street  
Brooklyn, NY 11215  
212.912.2580

### Prospect Park YMCA

357 Ninth Street  
Brooklyn, NY 11215  
718.768.7100

## QUEENS BRANCHES

### Cross Island YMCA

238-10 Hillside Avenue  
Bellerose, NY 11426  
718.551.9300

### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718.551.9350

### Jamaica YMCA

89-25 Parsons Blvd.  
Jamaica, NY 11432  
718.739.6600

### Long Island City YMCA

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

### Ridgewood YMCA

69-02 64th Street  
Ridgewood, NY 11385  
212.912.2180

### Rockaway YMCA

207 Beach 73rd Street  
Arverne, NY 11692  
718.215.6950

## STATEN ISLAND BRANCHES

### Broadway YMCA

651 Broadway  
Staten Island, NY 10310  
718.981.4933

### South Shore YMCA

3939 Richmond Avenue  
Staten Island, NY 10312  
718.227.3200

### YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue  
Staten Island, NY 10312  
718.948.3232

### YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue  
Staten Island, NY 10304  
718.981.4382

## HUGUENOT, NY (SLEEPAWAY CAMP)

### New York YMCA Camp

160 Big Pond Road  
Huguenot, NY 12746  
845.858.2200

## ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600



**YMCA OF GREATER  
NEW YORK**

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

2 Castle Hill Avenue  
Bronx, NY 10473  
212-912-2490  
[ymcanyc.org/castlehill](http://ymcanyc.org/castlehill)

 @castlehillymca

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

 @castlehillymca