

NEW! CUSTOMIZE YOUR MEMBERSHIP! See Inside for Details

WE ARE Y

PROGRAM & CLASS GUIDE

BEDFORD-STUYVESANT YMCA
WINTER/SPRING 2020

1121 Bedford Avenue
Brooklyn, NY 11216
718-789-1497
ymcanyc.org/bedstuy



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 80 FREE weekly group exercise classes	●	●
FREE YMCA Weight Loss Program	●	●
Y Fit Start (FREE 12-week fitness program)	●	●
Swimming Pool	●	●
Sauna and Steam rooms	●	●
Basketball court	●	●
Indoor running track	●	●
FREE WiFi	●	●
Customizable Family & Household Memberships		●
FREE Child Watch		●
FREE family classes		●
FREE teen orientation to the fitness center		●
FREE teen programs		●
Convenient family locker room		●



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Dear Bedford-Stuyvesant 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 – 11:00 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. In the background, another person is visible, also working out. The gym environment is dimly lit with warm overhead lights.

ADULTS

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

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

FREE CHILD WATCH

Free Child Watch at the YMCA is one of the many benefits of being a Y member. Kids ages 6 months to 6 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 80 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.

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.

H.I.I.T. ♦

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

Interval Training ♦

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

Kettlebells ♦

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

Kickboxing ♦

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

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.

CARDIO

Total Body Conditioning ♦

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

Cardio Kickboxing ♦

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

Hi-Lo Cardio ♦

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

Spin® ♦

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

Step ♦

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

MIND/BODY

Gentle Yoga ♦

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

Hatha Yoga ♦

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

Power Yoga ♦

An athletic-based yoga class with challenging movements.

Prenatal Yoga ♦

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

Vinyasa Yoga ♦

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

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

African Dance ♦

Learn traditional African dances, rhythms, and songs.

Belly Dance ♦

Dance to Middle Eastern rhythms while focusing on the core and emphasizing muscle isolations.

Line Dancing ♦

Learn the basics of new and classic line dances in this fun class that feels more like a party than a workout.

Salsa ♦

Learn Salsa basics to fun 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.

WATER FITNESS

Aqua Boot Camp ♦

This challenging water workout will put your strength and endurance to the test.

Aqua Jog ♦

Build up your endurance by walking, jogging, or running in the low-impact water environment.

Water Aerobics ♦

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

ACTIVE OLDER ADULTS

AOA Sit Fit ♦

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

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 our Healthy Lifestyles Director Alexa Batista at 212-912-2291 or abatista@ymcany.org to sign up 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 our Healthy Lifestyles Director Alexa Batista at 212-912-2291 or abatista@ymcany.org to sign up today!

Y Fit Start Program ♦

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

instruction, support, and motivation. The Y Fit Start Program will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12-week program includes four sessions with a Y Fit Start coach. Contact our Healthy Lifestyles Director Alexa Batista at 212-912-2291 or abatista@ymcany.org to sign up today!

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available. Contact the Membership Desk at 718.789.1497 or email abatista@ymcany.org to sign up today!

	Member	Community
1 session	\$72	\$85
5 sessions	\$345	\$420
8 sessions	\$535	\$626
10 sessions	\$654	\$767
24 sessions	\$1,393	\$1,633

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

Massage Therapy

The Bedford-Stuyvesant YMCA now offers Relaxing Swedish, Restorative Shiatsu, Sports, and Focused Deep Tissue Massage

Therapy. It's not just about pampering yourself. Massage is also effective in disease and injury prevention as well as performance optimization. Contact our Healthy Lifestyles Director Alexa Batista at 212-912-2291 or abatista@ymcany.org to sign up today!

	Member	Community
1 session	\$57	\$91
5 sessions	\$255	\$423
10 sessions	\$454	\$839

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.

SPORTS

We offer drop in pick up games for adult members. See our Basketball Court schedule for details. Days and times subject to change.

Adult Basketball (Ages 18+)

Adult Volleyball (Ages 18+)

Adult Soccer (Ages 18+)



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

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



LIVESTRONG AT THE YMCA

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

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

SIGN UP AT ymcanyc.org/livestrong

LIVESTRONG
FOUNDATION





AGES 0-4

KIDS & FAMILY

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

FREE CHILD WATCH

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

Child's Play (Ages 9 months - 4 years) ♦

Let your child enjoy free spirited and imaginative play in our child's play area. They can climb, crawl, and play. **ADULTS MUST STAY WITH THEIR CHILDREN**

Location: Community Room
 Thursday 11:15 am - 12:00 pm
 Sunday 11:15 am - 12:00 pm

Cost Per Visit

Member	FREE	Community	\$16
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Reading and Rhythm (Ages 4 months - 4 years) ♦

Stimulates imagination and emotional growth, and introduces toddlers to concepts like colors, letters, and shapes. This is a class for grown-ups and little ones to read and move. **ADULTS MUST STAY WITH THEIR CHILDREN**

Friday 11:15 am - 12:00 pm

SWIM

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)

Cost Per 8-Week Session

Member	\$121	Community	\$193
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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)

Cost Per 8-Week Session

Member	\$121	Community	\$193
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Family Recreational Swim

Supervised recreational swim for families promises to be a terrific time. An adult YMCA member must accompany children to swim time. Swim caps are required at all times. Children 8 and under must be within arms reach of an adult (18 years and older) in the water.

Monday-Sunday 3:30 pm - 4:55 pm
 Monday-Friday 6:30 pm - 7:25 pm

SPORTS

Parent and Me Yoga (Ages 6 - 18 months)

Great way to bond with your child, while gaining strength and vitality. Also, provides opportunity to build relationships with other new parents.

Monday 10:15 am - 11:00 am

Cost Per 8-Week Session

Member	\$90	Community	\$149
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Gym and Swim (Ages 1 - 3)

A great way to introduce your toddler to the gym and pool. After 25 minutes of structured games and activities, the class will transition to the pool for a parent/child swim lesson including songs, skills, and games. Parent participation required.

Sunday 2:00pm - 3:00pm

Cost Per 8-Week Session

Member	\$146	Community	\$204
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ARTS

Creative Movement (Ages 18 months - 3.5 years)

This class supports your child's growing awareness of his/her body's capacity to move in dynamic ways. Structured activities and exercises provide the foundation for developing a movement vocabulary and non-verbal expression of feeling and thought. Creative movement builds self-esteem and is a wonderful first adventure into locomotion.

Tuesday - 11:00 am - 12:00 pm

Cost Per 8-Week Session

Member	\$146	Community	\$204
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Tiny Toes (Ages 3 - 4)

The basics and more are introduced with patience and care, not to mention fun! For girls and boys.

Saturday 11:00 am - 11:45 am

Cost Per 8-Week Session

Member	\$120	Community	\$178
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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 6 months to 6 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 at PS 54

This program promotes social/emotional learning and academic support, with a focus on youth. The curriculum consists of a variety of academic, recreational, and values-based, hands-on activities, focusing on literacy, reading, and writing. For more information, contact Latisha Brown, Afterschool Coordinator lbrown@ymcany.org.

Monday - Friday 3:00pm - 6:00pm

Explorers Camp (Ages 5 - 6)

A fun summer is a springboard for an amazing school year! Explorers Camp is designed for children in kindergarten or entering 1st grade in September 2020. Structured Day Camp activities support the transition to full day school experience by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers participate in instructional swimming (once a week), indoor and outdoor physical fitness, interactive science, theme-based arts and crafts, read aloud literacy activities, and local outings. To develop their skill sets and comfort levels with city travel, campers will participate in at least one field trip by bus each session. Each session has a special theme, guest, or event, such as on-site magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

Cost Per 2-Week Session

Member	\$460	Community	\$537
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Swim Camp (Ages 8 - 13)

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 3 times a week, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

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

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

Cost Per 2-Week Session

Member	\$455	Community	\$522
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Sports Camp (Ages 7 - 12)

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, tennis, 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 (one time per week). Our activities and interactions emphasize building self-esteem and self-confidence

Cost Per 2-Week Session

Member	\$440	Community	\$501
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Visual and Performing Arts Camp (Ages 7 - 12)

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 and/or an art gallery for family and friends. When not creating art, our campers engage in Day Camp activities, including weekly field trips, sports, team-building activities, and swimming (one time per week). Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$440	Community	\$501
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SWIM

Swim Lesson Fees

Member	\$124	Community	\$200
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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)

“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

FITNESS & SPORTS

Fit Kids Run (Ages 5 - 12) ♦

This is a great class for kids who like to move. Your child will learn the basics of running and racing during this class, which takes place on our indoor track. Location: Track

Tuesday Ages 5-8 6:15 - 7:15 pm
 Thursday Ages 9-12 6:15 - 7:15 pm

Cost Per Visit

Member	FREE	Community	FREE
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Kids Yoga (Ages 5 - 12) ♦

Classes will include breath work, warm ups, Asanas, Sun Salutation flows, fun yoga games, and more. Students will be encouraged to use their imaginations in addition to balancing skills, strength, flexibility, coordination, and endurance. Location: Pfizer Room

Saturday 12:00 - 12:45 pm

Cost Per Visit

Family Members	FREE
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C.A.T.C.H. (Ages 5 - 12) ♦

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.

Tuesday 5:00 pm - 5:50 pm

Cost Per Visit

Member	FREE
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Seido Karate (Ages 5 - 12) ♦

Learn basic punches, strikes, blocks, and kicks while gaining focus, strength, and coordination. Please note that uniforms are an additional cost.

Youth Seido Karate (Ages 5 - 8)

Saturday 12:00 - 1:00 pm

Member	\$120	Community	\$183
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Adv. Seido Karate (Ages 9 - 12)

Saturday 1:00 - 2:00 pm

Member	\$124	Community	\$189
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Y Youth Basketball League (Ages 7-16)

The Bedford Stuyvesant Y's Winter/Spring Youth Basketball League emphasizes the importance of having fun and playing basketball, while also developing athletic and social skills, improving educational performance, team spirit, and learning about healthy lifestyles. Season runs January 25 through April 11.

Saturday 7-9 yrs 4:30 - 7:30 pm
 Saturday 10-13 yrs 1:30 - 3:30 pm
 Sunday 14-16 yrs 3:30 - 5:30 pm

Fees

Member	\$90	Community	\$90
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ARTS

Little Dancers (Ages 5 - 8)

Ballet is an essential foundation for all dance. Intermediate skills and more are introduced with patience and care, not to mention fun! Location: Community Room

Saturday 10:00 - 10:45 am

Cost Per 8-Week Session

Member	\$113	Community	\$178
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YMCA NEW AMERICANS WELCOME CENTERS

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

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

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



Healthy Kids Day[®]

**AWAKEN
SUMMER
IMAGINATION!**

Saturday April 18

**Free & open
to the public!**



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.

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

Y Scholars ♦

Y Scholars helps students and their parents realize that college is a real and attainable option. Through homework help, test prep, application support, High school & college tours, and more the Y supports Y Scholars through High school, college, and beyond. The program serves students enrolled in grades 6-8.

FITNESS & SPORTS

Teen Center (Ages 14-17) ♦

Teen Centers are open to program teens from and offer activities such as basketball, games, dance, swim, fitness, painting and more. Look for our monthly schedule located at the front desk. For more info, contact Jessica Joseph at: jjoseph@ymcany.org or 212-912-2282.

Friday 5:00 - 8:00pm

Teen Fitness 101 (Ages 12-17) ♦

Tweens and teens ages 12-17 must participate in a free one hour orientation session designed to introduce them to fitness center etiquette. They will also learn how use the strength training and cardiovascular equipment for a safe and effective workout. Appointments may be scheduled at the Welcome Center. Location: Fitness Center

Monday and Tuesday 4:00 - 5:00 pm

Thursday 5:00 - 6:00 pm

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, lunch with a professional mentor, 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. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime!

Cost Per 2-Week Session

Member	\$422	Community	\$484
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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)

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)

Aquatic Leaders Club: Lifeguard Development

Encourages leadership development in the area of aquatic safety with a goal to prepare and motivate participants to become lifeguards through a separate certification course. (See Swim section p. 22)

YMCA Lifeguard Certification

This is a national certification, which includes CPR, First Aid, and Oxygen. Participants must successfully complete prerequisite swim skills and be 16 years of age. (See Swim section p. 22)



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 on the grey metal grates of a swimming pool deck. The background shows the clear blue water of the pool with other swimmers and purple pool noodles. The overall scene is bright and positive, 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
<p>Endurance any stroke or combination of strokes, 25 yd.</p> <p>Front crawl rotary breathing, 15 yd.</p> <p>Back crawl 15 yd.</p> <p>Dive sitting</p> <p>Resting stroke elementary backstroke, 15 yd.</p> <p>Tread water scissor & whip kick, 1 min.</p> <p>Breaststroke kick, 15 yd.</p> <p>Butterfly kick, 15 yd.</p>	<p>Endurance any stroke or combination of strokes, 50 yd.</p> <p>Front crawl bent-arm recovery, 25 yd.</p> <p>Back crawl pull, 25 yd.</p> <p>Dive kneeling</p> <p>Resting stroke sidestroke, 25 yd.</p> <p>Tread water scissor & whip kick, 2 mins.</p> <p>Breaststroke 25 yd.</p> <p>Butterfly simultaneous arm action & kick, 15 yd.</p>	<p>Endurance any stroke or combination of strokes, 150 yd.</p> <p>Front crawl flip turn, 50 yd.</p> <p>Back crawl pull & flip turn, 50 yd.</p> <p>Dive standing</p> <p>Resting stroke elementary backstroke or sidestroke, 50 yd.</p> <p>Tread water retrieve object off bottom. tread 1 min.</p> <p>Breaststroke open turn, 50 yd.</p> <p>Butterfly 25 yd.</p>	 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. A benefit of family membership.

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.

Lesson Fees	
Member	\$121
Community	\$193

Water Discovery Parent/Child 6-18 months

Saturday 9:30 – 10:00 am
 Saturday 3:30- 4:00 pm
 Sunday 10:00 – 10:30 am
 Sunday 2:30 – 3:00 pm

Water Exploration Parent/Child 18-36 months

Saturday 9:30 – 10:00 am
 Saturday 3:30- 4:00 pm
 Sunday 9:30 – 10:00 am
 Sunday 2:30 – 3:00 pm

SWIM BASICS

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

Lesson Fees	3-5 yrs	5-17 yrs	Adult
Member	\$121	\$124	\$178
Community	\$193	\$200	\$259

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

Monday 5:00 – 5:30 pm
 Wednesday 4:30 – 5:00 pm
 Wednesday 5:40 – 6:10 pm
 Friday 4:30 – 5:00 pm
 Saturday 10:00 – 10:30 am
 Saturday 10:35 – 11:05 am
 Sunday 10:35 – 11:05 am
 Sunday 2:00 – 2:30 pm

Stage 1 Water Acclimation School Age Child (5-8 years)

Monday 5:00 – 5:45 pm
 Wednesday 5:45 – 6:30 pm
 Friday 5:00 – 5:45 pm
 Saturday 11:10 – 11:55 am
 Saturday 12:00 – 12:45 pm
 Sunday 11:10 – 11:55 am

Stage 1 Water Acclimation School Age Child (8-12 years)

Wednesday 5:00-5:45 pm
 Friday 5:45-6:30 pm
 Saturday 11:10 – 11:55 am
 Sunday 11:10 – 11:55 am

Stage 1 Water Acclimation Teen (12-17 years)

Saturday 12:50-1:35 pm

Stage 1 Water Acclimation Adult

Tuesday 7:30 – 8:30 pm
 Thursday 7:30 – 8:30 pm
 Saturday 2:30 – 3:30 pm
 Sunday 12:00 – 1:00 pm

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

Wednesday 4:30-5:00 pm
 Wednesday 5:05-5:35 pm
 Friday 4:30-5:00 pm
 Saturday 10:00-10:30 am
 Saturday 10:35 – 11:05 am
 Sunday 10:35 – 11:05 am
 Sunday 10:35 – 11:05 am

Stage 2 Water Movement School Age Child (5-8 years)

Wednesday 5:00 – 5:45 pm
 Friday 5:45 – 6:30 pm

◆ Included in Membership | Members get priority registration



Saturday 11:10 - 11:55 am
 Saturday 12:00 - 12:45 pm
 Sunday 11:10 - 11:55 pm

Stage 2
Water Movement
School Age Child (8-12 years)

Monday 5:45 - 6:30 pm
 Wednesday 5:00 - 5:45 pm
 Friday 5:45 - 6:30 pm
 Saturday 11:10 - 11:55 am
 Sunday 11:10 - 11:55 am

Stage 2
Water Movement
Teen (12-17 years)

Saturday 12:50 - 1:35 pm

Stage 2
Water Movement
Adult

Tuesday 7:30 - 8:30 pm
 Thursday 7:30 - 8:30 pm
 Saturday 2:30 - 3:30 pm

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

Wednesday 4:30 - 5:00 pm
 Friday 4:30 - 5:00 pm
 Saturday 9:30 - 10:00 am
 Saturday 10:00 - 10:30 am
 Saturday 10:35 - 11:05 am
 Sunday 10:00 - 10:30 am
 Sunday 10:35 - 11:05 am

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

Monday 5:00 - 5:45 pm
 Wednesday 5:45 - 6:30 pm
 Friday 5:00 - 5:45 pm
 Friday 5:45 - 6:30 pm
 Saturday 12:00 - 12:45 pm
 Saturday 1:40 - 2:25 pm
 Sunday 12:00 - 12:45 pm

Stage 3
Water Stamina
Teen (12-17 years)

Saturday 12:50-1:35 pm

Stage 3
Water Stamina
Adult

Tuesday 7:30 - 8:30 pm
 Sunday 1:00 - 2:00 pm

SWIM STROKES

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

Lesson Fees	3-5 yrs	5-17 yrs	Adult
Member	\$121	\$124	\$178
Community	\$193	\$200	\$259

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

Wednesday 4:30 - 5:00 pm
 Friday 4:30 - 5:00 pm
 Saturday 9:30 - 10:00 am
 Saturday 10:00 - 10:30 am
 Saturday 10:35 - 11:05 am
 Sunday 10:00 - 10:30 am

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

Monday 5:00 - 5:45 pm
 Wednesday 5:45 - 6:30 pm
 Friday 5:00 - 5:45 pm
 Saturday 12:00 - 12:45 pm
 Saturday 12:50 - 1:35 pm
 Saturday 1:40 - 2:25 pm
 Sunday 12:00 - 12:45 pm

Stage 4
Stroke Introduction
Teen (12-17 years)

Saturday 2:30 - 3:15 pm

Stage 4
Stroke Introduction
Adult

Tuesday 7:30 - 8:30 pm
 Sunday 1:00 - 2:00 pm

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

Monday 5:45 - 6:30 pm
 Wednesday 5:00 - 5:45 pm
 Friday 5:00 - 5:45 pm
 Saturday 1:40 - 2:25 pm
 Saturday 12:50 - 1:35 pm
 Sunday 1:05 - 1:50 pm

Stage 5
Stroke Development
Teen (12-17 years)

Saturday 2:30 - 3:15 pm

Stage 5
Stroke Development
Adult

Thursday 7:30 - 8:30 pm
 Sunday 1:00 - 2:00 pm

Stage 6
Stroke Mechanics
School Age Child (5-12 years)

Monday 5:45 - 6:30 pm
 Friday 5:45 - 6:30 pm
 Saturday 1:40 - 2:25 pm
 Sunday 1:05 - 1:50 pm

Stage 6
Stroke Mechanics
Teen (12-17 years)

Saturday 2:30 - 3:15 pm

Stage 6
Stroke Mechanics
Adult

Thursday 7:30 - 8:30 pm



PATHWAYS

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

Aquatics Conditioning (Ages 8-17)

Focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle

Monday 5:45 - 6:30 pm
 Saturday 2:30 - 3:15 pm

Lesson Fees

Member	\$124	Community	\$200
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Pre-Swim Team

(Ages 7-17/Summer Only) Twice a week

Friday 7:30 - 8:30 pm
 Saturday 8:00 - 9:00 am

Lesson Fees

Member	\$205	Community	\$270
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YMCA LIFEGUARD CERTIFICATION

YMCA Lifeguard Preparation (Ages 12-17)

Fees

Member	\$200
Community	\$250

YMCA Lifeguard Training (Ages 16-18+)

Fees

Member	\$300
Community	\$350

YMCA SWIM TEAMS

Swim Teams 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 Swim Team (Ages 7-17) Stage 6 and higher

Fees

Members Only	\$1,650
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Swim team duration: September thru June

Practice Schedule:

Tuesday/Thursday 5:00 - 6:30 pm
 Friday 7:30 - 9:00 pm
 Saturday 8:00 - 9:30 pm

Schedules is subject to change



SAFE POOLS HAVE RULES

GENERAL YMCA POOL RULES

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

YMCA FAMILY AND YOUTH SWIM RULES

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

NEW YORK CITY DEPARTMENT OF HEALTH CODE RULES

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

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

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





NYC YMCA
SUMMER CAMP

SUMMER CAMP

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

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

*Offers cannot be combined

DAY CAMP

Camp Season

June 29 – August 21 (Closed July 3)

Two-week sessions available

Camp Hours

9:00 am – 5:00 pm

Extended hours available.

For more information, visit ymcanyc.org/bedstuycamp

Explorers Camp (Ages 5 - 6)

A fun summer is a springboard for an amazing school year! Explorers Camp is designed for children in kindergarten or entering 1st grade in September 2020. Structured Day Camp activities support the transition to full day school experience by building social and emotional skills in a fun and nurturing environment, including a focus on classroom structure, transitional activities, and group play. Staff members experienced in engaging with this age group understand the importance of rich adult-child interactions and focus on building supportive, nurturing relationships with every camper. Campers participate in instructional swimming (once a week), indoor and outdoor physical fitness, interactive science, theme-based arts and crafts, read aloud literacy activities, and local outings. To develop their skill sets and comfort levels with city travel, campers will participate in at least one field trip by bus each session. Each session has a special theme, guest, or event, such as on-site magic show, live petting zoo, and the circus! Campers also enjoy our cool, air-conditioned classrooms and peanut/tree nut-sensitive facility.

Cost Per 2-Week Session

Member	\$460	Community	\$537
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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, lunch with a professional mentor, 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. Teen Camp creates memories, relationships, and experiences that they'll carry with them for a lifetime!

Cost Per 2-Week Session

Member	\$422	Community	\$484
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Swim Camp (Ages 8 - 13)

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 3 times a week, with stroke development and training tailored by age and skill level. Campers have the opportunity to progress through the different skill levels.

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

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

Cost Per 2-Week Session

Member	\$455	Community	\$522
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Sports Camp (Ages 7 - 12)

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, tennis, 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 (one time per week). Our activities and interactions emphasize building self-esteem and self-confidence

Cost Per 2-Week Session

Member	\$440	Community	\$501
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Visual and Performing Arts Camp (Ages 7 - 12)

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 and/or an art gallery for family and friends. When not creating art, our campers engage in Day Camp activities, including weekly field trips, sports, team-building activities, and swimming (one time per week). Our activities and interactions emphasize building self-esteem and self-confidence.

Cost Per 2-Week Session

Member	\$440	Community	\$501
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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

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.

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	Bed-Stuy Y	City-wide	Joiner's Fee
Adult (18 - 64)	\$62/mo.	\$109/mo.	\$100
Senior (65+)	\$51/mo.	\$89/mo.	\$100
NEW! Family & Household <i>See below for how to customize your membership!</i>	Starting at \$74/mo.	Starting at \$129/mo.	\$100
Teen (12 - 17)	\$175/yr.	n/a	\$100
Youth (up to 11)	\$130/yr.	n/a	\$100
Student <i>Any age, full time, 12+ credits, must bring copy of transcript</i>	\$51/mo.	\$89/mo.	\$100

*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.*

Bedford-Stuyvesant YMCA Family & Household Base Price – \$74/mo.

Membership Add-Ons*	Monthly Fee
Children (Ages 0-21)	Free
Young Adults (Ages 22-26)	\$10/mo.
Adults (Ages 27+)	Second Adult: \$36/mo. Third Adult: \$50/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 ymcany.org/family for more information and examples of how to use this membership to save.

STAFF LISTING

- Sonia Atherly, Executive Director
x 4007, satherly@ymcany.org
- Alexa Batista, Healthy Lifestyles Director
x 4011, abatista@ymcany.org
- Anderson Seales, Aquatics Director
x 4003, aseales@ymcany.org
- Evelyn Kay, Business Manager
x 4013, ekay@ymcany.org
- Frank Viscuso, Buildings Superintendent
x 4014, fviscuso@ymcany.org
- Jessica Joseph, Teen Coordinator
x 4023, jjoseph@ymcany.org
- Khadijah Frederick, Youth & Family Director
x 4004, kfrederick@ymcany.org
- Latisha Brown, Afterschool Coordinator
lbrown@ymcany.org
- Melinda Daniel, Summer Camp Director
x 4004, mdaniel@ymcany.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 8:00 AM - 8:00 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**
Thursday, November 26 7:00 AM - 3:00 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 \$10 replacement fee.

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. There is no charge to hold your membership. 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. Government-issued photo ID is required.

CAMERA POLICY

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

LOCKER ROOMS

- Individuals have the right to use the restroom or locker room that matches their gender identity or expression.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are over the age of five and of a different gender.
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Kit locker rental rates are \$80/year

CLASS CANCELLATION & INCLEMENT WEATHER POLICY

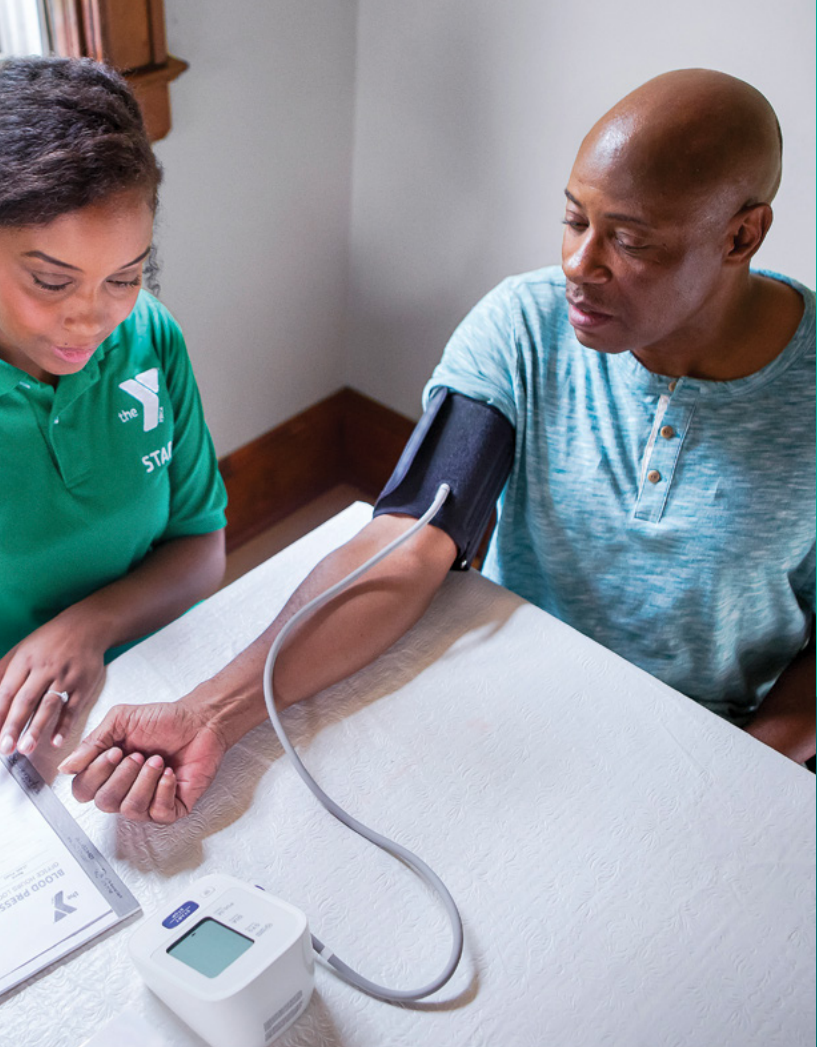
We make every effort to prevent class cancellations. In the event that we need to cancel a class, stay tuned to our social media as well as our mobile app for cancellation notifications.

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 for more information.

JOB OPPORTUNITIES

Visit 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.



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.

THE 2020 CENSUS IS COMING!

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

WHY IS IT IMPORTANT?

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

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

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



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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

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

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

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

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

PLEASE GIVE TODAY.
ymcanyc.org/give





BRANCH LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.912.2600

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
212.912.2490

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718.215.6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
212.912.2400

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11210
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
Brooklyn, NY 11222
212.912.2260

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
212.912.2230

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

Prospect Park YMCA

357 Ninth Street
Brooklyn, NY 11215
718.768.7100

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.551.9300

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.551.9350

Jamaica YMCA

89-25 Parsons Blvd.
Jamaica, NY 11432
718.739.6600

Long Island City YMCA

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

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA

207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/ South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/ North Shore Center

285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY

(SLEEPAWAY CAMP)

New York YMCA Camp

160 Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE

5 West 63rd Street
New York, NY 10023
212.630.9600



**YMCA OF GREATER
NEW YORK**

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

1121 Bedford Avenue
Brooklyn, NY 11216
718-789-1497
ymcanyc.org/bedstuy

 @BedStuyYMCA

 facebook.com/BedStuyYMCA

 @bedstuyy