**FAMILY FUN FRIDAYS**

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

5th Floor 504 & Playspace
6:00 - 8:00 PM
- October 5, 2012
- November 2, 2012
- December 7, 2012
FREE

**BOO FEST**

Join us for a fantastic fun filled afternoon for your little ones. The day will include Arts, Crafts, and Games, A Bouncy House, treats and so much more!

4th Floor Gym
2:00 - 5:00 PM
October 27, 2012
FREE

**PARENTS’ NIGHT OUT**

Your children can be left in our care for a night of fun, games and pizza. We will keep them entertained while you have a night out or an opportunity to get some of your holiday shopping done.

6:00 - 9:00 PM
December 14, 2012
4 - 10 yrs.
Fee: $30 per child (Member Only)

**FAMILY AQUATICS**

The YMCA is the pioneer in swimming lessons and water safety. We offer a variety of progressive aquatics programs for all ages and fitness levels. YMCA Swim instruction is delivered in a student-centered, caring atmosphere with well-trained instructors who give personalized attention.

Lessons are designed to be developmentally appropriate and to quickly and effectively teach skills and encourage students to develop a lifelong interest in aquatics. All fee-based programs are subject to change or cancellation based on enrollment.

Makeup sessions are available only when approved by Aquatics Director. Medical documentation will be required. For more information, please contact Eric Klimowich, Aquatics Director at 212-912-2675 or at eklimowich@ymcany.org.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
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<th>NON-MEMBER</th>
</tr>
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<tr>
<td>SESSION 5</td>
<td>September 4 - October 28</td>
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<tr>
<td>SESSION 6</td>
<td>October 29 - December 21</td>
<td>$150</td>
<td>$200</td>
</tr>
</tbody>
</table>

*Prices will be prorated if class falls on a holiday. Please check Page 5 for list of holidays.*
The primary objective is to get both the parent and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach his or her child to be safer in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water such as kicking, arm strokes, and breath control. Activities are based on the developmental abilities of the child. The Parent-Child program has four levels, all determined by age. Classes meet once per week. Parent or guardian must be able to participate with child in the water.

**SHRIMP | 6 – 12 mos.**

Babies start to become comfortable in the water and curious about blowing bubbles. Songs incorporate gestures that encourage them to scoop.

**SESSIONS 4**
- Tuesday: 9:00 – 9:30 AM
- Wednesday: 9:30 – 10:00 AM
- Saturday: 10:30 – 11:00 AM
- Sunday: 9:30 – 10:00 AM

**SESSION 5&6**
- Monday: 12:00 – 12:30 PM
- Tuesday: 10:30 – 11:00 AM
- Saturday: 9:30 – 10:00 AM
- Sunday: 11:00 – 11:30 AM

**KIPPER | 12 – 28 mos.**

This class is a sheer treat for little ones. Tots start to blow bubbles scoop the water, and kick. They are encouraged to float on their backs and do push offs.

**SESSIONS 4**
- Tuesday: 9:00 – 9:30 AM
- Wednesday: 9:30 – 10:00 AM
- Saturday: 10:30 – 11:00 AM
- Sunday: 9:30 – 10:00 AM

**SESSION 5&6**
- Monday: 10:30 – 11:00 AM
- Tuesday: 11:00 – 11:30 AM
- Wednesday: 12:00 – 12:30 PM
- Saturday: 10:00 – 10:30 AM
- Sunday: 10:30 – 11:00 AM

**INIA | 20 – 36 mos.**

This class helps children develop stronger kicks, increase arm motion and coordinate arm and leg action. Children are encouraged to practice blowing bubbles and learn face dips.

**SESSIONS 4**
- Tuesday: 9:30 – 10:00 AM
- Thursday: 9:00 – 9:30 AM
- Saturday: 11:00 – 11:30 AM
- Sunday: 10:00 – 10:30 AM

**SESSION 5&6**
- Monday: 11:00 – 11:30 AM
- Tuesday: 11:30 AM – 12:00 PM
- Wednesday: 9:30 – 10:00 AM
- Saturday: 10:30 – 11:00 AM
- Sunday: 10:00 – 10:30 AM

**PERCH | 30 mos. – 4 yrs.**

In this class children are taught additional swimming techniques. The emphasis is on correct body position and progressive independent swimming.

**SESSIONS 4**
- Tuesday: 9:30 – 10:00 AM
- Thursday: 9:00 – 9:30 AM
- Saturday: 11:00 – 11:30 AM
- Sunday: 10:00 – 10:30 AM

**SESSION 5&6**
- Monday: 11:30 AM – 12:00 PM
- Tuesday: 12:00 – 12:30 PM
- Saturday: 11:00 – 11:30 AM
- Sunday: 10:30 – 11:00 AM

Please Note:
- All participants must wear a swim cap.
- All children must wear a swim diaper if not fully toilet trained.
- Please do not feed children 30 minutes prior to entering class.
- Make-ups are only given to those with medical or family emergencies (documentation required).
- Only one make-up class per session if slot is available. They must be approved and scheduled with Aquatics Director in advance.
The West Side YMCA Co-op Nursery School was founded in 1964 by a group of parents in the Lincoln Center area who wanted greater involvement in their children’s first school experience. Starting from a single classroom with 30 children, one teacher, and a daily parent assistant, the school today comprises 10 classes serving 130 children between the ages of 2.5 to 5 yrs.

**PARENT INVOLVEMENT**

The Co-op Nursery values the presence and involvement of parents. Parents have the child’s extraordinary opportunity to share their child’s school experience, to form strong relationships with the teachers and witness the energy and excitement of and Early Childhood classroom. By participating in the classroom on a regular basis, parents are able to see curriculum develop, to see the children interact and to gain a true understanding of the work of a teacher and the value of their child’s school experience. In the 3’s and 4’s classrooms “Helping Parent” begins in October, with each family participating on a rotating basis. “Helping Parent” in the 2’s program begins in January. Each family can expect to be a “Helping Parent” every 3 to 4 weeks. In addition to the “Helping Parent” responsibility, every Co-op family serves on one of several school committees, which sponsor school events and strengthen the school community.

**PHILOSOPHY AND CURRICULUM**

We believe strongly that young children learn through their play and hands on experiences. The Co-op Nursery School offers a rich, supportive learning and socialization environment for young children. Social, emotional, physical and cognitive growth is fostered through a balanced, developmentally based program

For our youngest children, this means a special emphasis on the process of separation, adjustment to the school routine, and discovering the joys of new friends, teachers, activities and language. The 3 year-olds continue on this same journey, strengthening and refining social and physical skills, enjoying their role as a member of a group and the pure joy of discovering learning. The 4 year-olds relish their place in being the “big kids” at the Co-op. They love their independence, being the role model, and learning.

At the Co-op Nursery, we value each child’s unique personality and temperament. Children need time to explore, experiment and play in their own way. Our daily program includes free-choice activities, outdoor play, group time, story time and music time. In addition to plenty of open-ended play, there are several special projects or activities daily including cooking, science, art and field trips.

Social development is at the core of our program. We want our children to feel that they are liked, respected and to be confident learners in their classrooms.

As a part of the West Side YMCA, the school places great emphasis on physical development and community awareness. Unique to our program are weekly swim, music and science classes.

**FACILITY**

Housed in the West Side YMCA – an architectural treasure! The Co-op Nursery School has six spacious, well-equipped classrooms. Children and parents enjoy recreational and educational opportunities throughout the YMCA, including use of one of the two pools, which are kept at a temperature comfortable for children; and gym, music and science classes. The children play outdoors on the rooftop playground or in Central Park.

In September 2001, the West Side YMCA new McBurney Annex was completed and by September 2001 the Co-op Nursery moved into six state of the art classrooms. The new facility is equipped with:

- Classrooms with pediatric toilets
- Resource/library room
- Art Room
- Indoor and outdoor play space
STAFF
Each class has a one head teacher, an assistant teacher and a “Helping Parent”. Many of the faculty members hold advanced degrees in Early Childhood Education or in a related field. The Co-op Nursery School also has specialists in music, science, art, gym and swimming.

PROGRAM
The Co-op Nursery School operates from mid-September to mid-June and follows the school calendar recommended by the Parent’s League of New York. Two-year-old children attend school either two or three mornings a week or three afternoons. Three year-olds attend either five mornings or three afternoons a week and four year-olds attend five full days a week.

ADMISSIONS
Parents interested in the school should call in the Fall prior to the September entry to make an appointment for a tour. The school requires that each child participate in a playgroup experience with a member of our staff. After the school has received a completed application and fee, a date for the playgroup will be arranged with you by the school.

Financial assistance is available. Contact the school’s office for an application. All applications are due by December 1st. The school welcomes students of any race, color, gender, religion and national or ethnic origin. It does not discriminate in the administration of its educational policies, admissions policies, financial assistance program or other school-administered programs.

Application Fee: $75

<table>
<thead>
<tr>
<th>Age</th>
<th>Days of the Week</th>
<th>AM/PM</th>
<th>Price</th>
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<tr>
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<tr>
<td>4 yrs.</td>
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TENDER CARE | 6 MO. – 5 YRS.

Tender Care, is our child care center for children six months through 5 years of age, opened in 1986 at the West Side YMCA. Designed to provide flexible child care for working parents, Tender Care is open Monday – Friday from 8 AM to 6 PM.

Approximately 60 percent of the children attend the center on a full-time basis, leaving openings in each classroom for families that need part-time care. The children in the Tender Care program are divided into three age groups – Tender Care I with children ages 6 months – 2 years, Tender Care II with children 2 – 3.5, and Tender Care III with children 3.5 – 5 years. These groups provide children with a classroom experience that best meets their developmental needs.

PHILOSOPHY AND CURRICULUM
Tender Care is committed to providing a safe, supportive living and learning environment for young children. It offers a nurturing, yet challenging program for children who are enrolled on a full-time basis, as well as an early group experience for children who attend part-time. Teachers create a warm and loving atmosphere while offering a developmentally-based, engaging curriculum, where children can play, discover and learn.

Tender Care values each child’s unique personality and temperament. The development of independence, trust and initiative is fostered through a balanced program of free play and structure, quiet and active play, and group and individual time. Learning centers in each room include science, dramatic play, block building, library, art, music and manipulative materials. The children in Tender Care go outdoors each day and take advantage of the many play spaces in Central Park. In addition, there are special classes in swimming, science, gym, music and art.

Social development is at the core of our program. We want our children to feel that they are liked, respected and an integral part of the life in the classroom. Tender Care functions as a close-knit community of teachers, children and families. Each child develops a strong sense of community and belonging. Tender Care at the West Side YMCA is an experience unmatched by any other child care center in the area.

FACILITY
Tender Care has 5 spacious, well-equipped classrooms.

In September 2001, once the West Side YMCA’s new McBurney Annex was completed, Tender Care acquired five state-of-the-art classrooms with:
- Pediatric toilets
- Resource/library room
- Art Room
- Indoor and outdoor play space

STAFF
Each class has a one head teacher and two assistant teachers. Many of the faculty members hold advanced degrees in Early Childhood Education or in a related field. The Tender Care Program also has specialists in music, science, gym, art and swimming.

ADMISSIONS
Parents may call or stop by the YMCA for an application the week of September 24th. Applications are due back to the YMCA by January 18th. Once the completed application has been returned to the YMCA, a staff person will contact you to arrange a small group tour of the facilities. After the tour, your child’s name will be placed on a waiting list and every effort will be made to enroll your child as soon as a space becomes available.

Financial assistance is available. Contact the school for an application.

Application Fee: $75

Tender Care I | 6 mos. – 2 yrs.

<table>
<thead>
<tr>
<th># of Days</th>
<th>8 AM - 6 PM</th>
<th>9 AM - 3 PM</th>
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<tbody>
<tr>
<td>2 Days</td>
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<td>5 Days</td>
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Tender Care II & III | 2 – 3.6 yrs. & 3.6 – 4 yrs.

<table>
<thead>
<tr>
<th># of Days</th>
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<th>9 AM - 3 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Days</td>
<td>$900</td>
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<tr>
<td>3 Days</td>
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</tr>
<tr>
<td>5 Days</td>
<td>$2,000</td>
<td>$1,675</td>
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</tbody>
</table>
EARLY CHILDHOOD ARTS

PLEASE SEE PAGE 5 FOR REGISTRATION AND SESSION DATES, AS WELL AS A LIST OF HOLIDAYS.

In each class you will experience:
• Intentionally small class sizes that nurture an ensemble-based group
• Supportive instruction, participant-centered inquiry, and group reflection
• New, creative challenges
• An understanding and appreciation of different learning levels and capacities

For more information:
Please contact Danabelle Denis at 212-912-2635 or ddenis@ymcanyc.org.

All The World’s A Stage | 4 & 5 yrs.

Drama-based activities and skill-building will help advance your child’s ability to imagine new worlds, become incredible characters, and share fantastic stories. Maximum enrollment is 12 students.

5th Floor Playspace
Tuesday  2:15 – 3:00 PM

Fees: $135 Member  $190 Non-Member

EARLY CHILDHOOD AQUATICS
THE PRICES BELOW ALSO APPLY TO YOUTH AND TEEN AQUATICS CLASSES

This is a child’s first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming. They also learn about pool safety, boating safety, and the use of personal flotation devices. Children are assigned to classes according to their ability. All classes meet once per week. Makeup sessions are available only when approved by Aquatics Director. Medical documentation will be required. For more information, please contact Eric Klimowich, Aquatics Director at 212-912-2675 or at eklimowich@ymcanyc.org.

PLEASE SEE PAGE 5 FOR A LIST OF HOLIDAYS AND REGISTRATION DATES.

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<td>October 29 - December 21</td>
<td>$190</td>
<td>$254</td>
</tr>
</tbody>
</table>

*Prices will be prorated if class falls on a holiday.
PIKE | 3 – 5 yrs.
Beginner I
This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of Instructional Flotation Devices and Personal Flotation Devices, and comfort with holding the face in the water while blowing bubbles and swimming.

SESSIONS 4
Monday 9:00 - 9:30 AM
Monday 4:00 - 4:30 PM
Wednesday 9:00 - 9:30 AM
Friday 3:30 - 4:00 PM
Saturday 9:00 - 9:30 AM
Saturday 11:30 AM – 12:00 PM
Sunday 9:00 – 9:30 AM
Sunday 11:00 – 11:30 AM

SESSIONS 5&6
Monday 2:30 - 3:00 PM
Tuesday 10:00 – 10:30 AM
Tuesday 5:00 - 5:30 PM
Wednesday 5:00 - 5:30 PM
Friday 3:30 - 4:00 PM
Saturday 9:00 - 9:30 AM
Saturday 11:30 AM – 12:00 PM
Sunday 9:00 - 9:30 AM

EEL | 3 – 5 yrs.
Beginner II
This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFDs. Children can swim across the pool without assistance by the end of this level.

SESSIONS 4
Monday 9:00 - 9:30 AM
Wednesday 9:00 - 9:30 AM
Friday 3:30 - 4:00 PM
Saturday 9:00 - 9:30 AM
Sunday 9:00 - 10:00 AM

SESSIONS 5&6
Monday 3:00 - 3:30 PM
Tuesday 9:30 - 10:00 AM
Tuesday 5:30 - 6:00 PM
Wednesday 4:30 - 5:00 PM
Thursday 5:30 - 6:00 PM
Friday 3:30 - 4:00 PM
Saturday 9:00 - 9:30 AM
Sunday 9:00 - 9:30 AM

RAY | 3 – 5 yrs.
Beginner I
At this level children review previous skills, improve stroke skills, learn more personal, safety, and rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

SESSIONS 4
Wednesday 4:00 - 4:30 PM
Friday 4:00 - 4:30 PM
Saturday 11:00 - 11:30 AM
Sunday 9:30 - 10:00 AM

SESSIONS 5&6
Monday 3:30 - 4:00 PM
Wednesday 5:30 - 6:00 PM
Thursday 5:00 - 5:30 PM
Friday 4:00 - 4:30 PM
Saturday 10:15 - 10:45 AM
Sunday 9:30 - 10:00 AM

STARCISH | 3 – 5 yrs.
Advanced Beginner II
Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

SESSIONS 4
Monday 4:00 - 4:30 PM
Wednesday 5:30 - 6:00 PM
Friday 4:00 - 4:30 PM

SESSIONS 5&6
Monday 4:00 - 4:30 PM
Wednesday 5:30 - 6:00 PM
Thursday 5:00 - 5:30 PM
Friday 4:00 - 4:30 PM
Saturday 10:15 - 10:45 AM
Sunday 9:30 - 10:00 AM

Please Note:
• All participants must wear a swim cap.
• All children must wear a swim diaper if not fully toilet trained.
• Please do not feed children 30 minutes prior to entering class.
• Make-ups are only given to those with medical or family emergencies (documentation required).
• Only one make-up class per session if slot is available. They must be approved and scheduled with Aquatics Director in advance.
DRAWING AND PAINTING | 6 - 8 yrs.
A class that is more technically focused for participants interested in learning or honing art techniques that will take them on a journey from sketch to painting. Supplies included. Maximum enrollment is 10 students per class.

Joy Langer
Tuesday 4:00 - 5:00 PM

CLAYWORKS | 6 - 8 yrs.
In this class children will have fun exploring the entire process of art making with clay, from a block of clay to a finished piece. Participants are given the creative space and individual coaching to create objects such as fantasy sculptures, animals, boxes, bowls or other functional objects. Supplies included. Maximum enrollment is 10 students per class.

Mary Marino
Thursday 4:15 - 5:30 PM

EXPLORATIONS IN CLAY | 10 - 13 yrs.
Pursue creative projects while developing ceramic techniques. Class will be tailored to student interests but will include vessel making, and surface decoration with slips and glazes as well as exposure to various cultural traditions in clay.

Mary Marino
Tuesday 4:15 - 5:45 PM

BUDDING ARTISTS: GROWN UP AND ME | 3 - 7 yrs.
Support your child’s artistic and creative growth by enrolling them in a fun, developmentally appropriate art class. Young artists will explore materials and art concepts such as clay, paint, print making, collage, sculpture, color mixing, line, shape, texture, and more.

Amy Delahunty
Saturday 10:00 - 10:45 AM 3 & 4 yrs.
11:00 - 11:45 AM 5 - 7 yrs.
With Caregiver
Drop-off optional

TEACHERS

Amy Delahunty
holds a Masters degree in Art Education from Teachers College and a bachelors degree from Parsons School of Design. She was certified through New York State in K-12 visual arts. She has taught in several Manhattan private schools, the Guggenheim Museum and the Metropolitan Museum.

Joy Langer
BFA, The Art Institute of Boston at Lesley University, Teaching YM-YWHA Boston, Big Hands muralist internship, LEAP-NYC teaching artist in residence.

Mary Marino
One of New York City’s newest youth performing arts company, Kids Company provides young people of all backgrounds and experience levels the opportunity to work with industry musical theater professionals to develop skills in singing, acting, and choreography. Kids Company is made up of children and teens ages 6 through 14 who will learn and grow together as an ensemble to create fully realized musical productions performed in the Marjorie S. Deane Little Theater.

Each week of the program your child will attend two show rehearsals and a Triple Threats musical theater class to help develop their technique in acting, voice, and movement/dance. At the end of the program, you’ll get to watch them sing and dance live in front of a public audience.

“My child’s confidence has improved tremendously during her time with Kids Company. She loves being with the company members and staff each week. This is an outlet for her away from school to express herself and be with adults and kids who allow her to be herself. Thank you!” – Kids Company Parent

“It gives my child a place to really showcase her talent and to do something that she really enjoys and makes her happy and it makes me proud as well as delights me just to witness it.” – Kids Company Parent

KIDS COMPANY FALL PRODUCTION
Performance Dates*: November 28 – December 2, 2012

Instructors: John T. Prestianni and Alana Marie Urda
Thursday 4:30 – 7:30 PM
Sunday 12:45 – 3:45 PM (Starts September 13)

Fees: $1000 Member $1200 Non-Member
(Additional $50 Costume Fee)

Registration requirement(s): Ages 6 to 14 yrs., must audition prior to registration. Registration due at the first Parent’s Meeting on September 13, 2012. Please note that after the first rehearsal, the policy is that all Kids Company participants are responsible for full financial commitment of the program—even if they leave the company. No refunds will be provided after the first rehearsal. All levels welcome. Maximum enrollment is 30 performers.
KIDS COMPANY HOLIDAY SHOWCASE

Wednesday 4:30 – 7:30 PM (Starts September 12)

Fees:  $385 Member  $465 Non-Member
(Additional $25 T-Shirt Fee)

Registration requirement(s): Ages 6 to 14 yrs., must audition prior to registration. All levels welcome. Maximum enrollment is 30 performers. All levels welcome.

A great opportunity for young performers of all levels who want to share their passion for musical theater out in the community. Participants will work as an ensemble to develop their singing and dancing skills and learn a one-of-a-kind showcase of holiday musical numbers that will be offered to the Upper West Side community and beyond!

### Important Kids Company Dates*

<table>
<thead>
<tr>
<th>Meeting</th>
<th>Date/ Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mandatory Parent Meeting</td>
<td>Thursday, September 13</td>
<td>4:30 PM</td>
</tr>
<tr>
<td>First Rehearsal</td>
<td>Thursday, September 13</td>
<td>4:30 PM</td>
</tr>
<tr>
<td>Rehearsals/ Triple Threats</td>
<td>Sundays, Thursdays</td>
<td>12:45 – 3:45 PM, 4:30 – 7:30 PM</td>
</tr>
<tr>
<td>Rehearsal/Tech Weeks</td>
<td>November 12 – 27 (Break for Thanksgiving)</td>
<td>Availability required daily starting at 4:30 PM. No absences unless in emergency situation.</td>
</tr>
<tr>
<td>Performance</td>
<td>Wednesday, November 28</td>
<td>7:00 PM</td>
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<tr>
<td></td>
<td>Thursday, November 29</td>
<td>7:00 PM</td>
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<tr>
<td></td>
<td>Friday, November 30</td>
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<td></td>
<td>Saturday, December 1</td>
<td>2:00 PM &amp; 7:00 PM</td>
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<tr>
<td></td>
<td>Sunday, December 2</td>
<td>2:00 PM</td>
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<tr>
<td>Strike and Wrap Up</td>
<td>Sunday, December 2</td>
<td>3:30 – 7:30 PM</td>
</tr>
</tbody>
</table>

*All dates/times subject to change

Please contact Danabelle Denis for audition and program information: 212-912-2635 or ddenis@ymcany.org.
GROWING STRONG

STRONG KIDS/YOUTH SPORTS

PLEASE SEE PAGE 5 FOR REGISTRATION AND SESSION DATES, AS WELL AS A LIST OF HOLIDAYS.

STRONG KIDS PROGRAMMING

ALL STRONG KIDS PROGRAMMING IS FREE TO STRONG KIDS CARD HOLDERS.

NEW! MIGHTY MILERS | 5 – 12 yrs.
A marathon program where children run or walk regularly and learn how to integrate healthy habits into their lifestyle. Mighty Milers gives kids the opportunity and encouragement to get moving, release energy, improve fitness and health, and strive for individual goals!

SECTIONS 5&6
Gymnasium Tyree
Tuesday & Thursday 3:30 - 4:15 PM

NEW! HEALTHY Y KIDS | 5 – 12 yrs.
Healthy Y Kids is a program that will impact young people’s development and engage them in activities that promote healthy lifestyles. The program includes participation in fun fitness activities, healthy eating and building positive relationships; all of which help children and families develop healthy skills for life.

SECTIONS 5&6
Multi-Purpose Studio Laura
Friday 4:30 - 5:30 PM

NEW! YOUTH RACQUETBALL CLINICS
Racquetball in a group setting allows your child to learn the skills of being a team player. Each clinic will consist of 4-6 children participating in skill building and game playing, along with the personal instruction from a Racquetball professional.

Racquetball Courts Stephen Arizmendi
12:00 - 1:00 PM 11 – 14 yrs.
1:00 - 2:00 PM 15 – 17 yrs.
Saturday May 5 June 23
July 28 August 18
September 22 October 20
November 17 December 15

NEW! FAMILY OUTDOOR FUN
This program provides families time to be together, be outside and be active while exploring the wild side of Central Park. Through age-appropriate activities, children will learn about living things that call NYC home and the challenges they face as the seasons change.

Main Lobby/Central Park Andy
10:00 - 11:00 AM 3 - 5 yrs.
11:00 AM - 12:00 PM 6 - 12 yrs.
Saturday May 26 June 9
September 15 October 13
November 17 December 15

YOUTH SPORTS/WELLNESS PROGRAMS

NEW! RACQUETBALL PRIVATE LESSONS
Taught by Racquetball Pro Stephen Arizmendi. Stephen has been teaching and playing competitive Racquetball for over 25 years. Not just a game, Racquetball became his lifestyle, paving the way for a Bachelor’s Degree, a NYS teaching certificate in Physical Education and a Master’s in Sports Management from Brooklyn College. His credentials include Certification by the Professional Association of Racquetball Instructors in the early 80’s, training at the U.S. Olympic Training Center in Colorado, 20 years as the club Pro at the 92nd St. Y, 3 second place national finishes, 2007 & 2009 Northeast Regional Champion 40+ division, and 20 years of competitive experience as an Open Division Player. For more information contact Tamara Heisler, Healthy Lifestyles Director, at 212-912-2670 or theisler@ymcanyc.org. By appointment.

Racquetball Courts (6th Floor) Stephen Arizmendi

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18 | WEST SIDE Y SUMMER/FALL 2012
PROGRAMS RUNNING SESSIONS 4, 5, & 6

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

Group Ex Studio | Melvin
---|---
Monday & Wednesday | 3:00 – 4:00 PM | 3 – 5 yrs.
Monday & Wednesday | 4:00 – 5:00 PM | 6 – 12 yrs.
Fees:
1 class/week | $135 Member | $185 Non-Member
2 classes/week | $142 Member | $192 Non-Member

ZUMBATOMIC® | 4 – 12 yrs.
Zumbatomic classes are high-energy fitness parties, packed with specially choreographed, kid-friendly routines and all the music kids love. Zumbatomic increases kids’ focus and self-confidence, boosts metabolism and enhances coordination.

Mind/Body Studio | Casie
---|---
Friday | 3:30 – 4:15 PM | 4 – 8 yrs.
Friday | 4:15 – 5:00 PM | 9 – 12 yrs.
Fees: | $135 Member | $185 Non-Member

PROGRAMS RUNNING SESSIONS 5 & 6

QUICKSTART TENNIS
The USTA QuickStart Tennis game format uses smaller courts, lower-bouncing balls and smaller racquets helps to make tennis fun and increases the likelihood that kids will come back to play again and again.

Gymnasium | Rob & Laura
---|---
Monday | 4:30 – 5:15 PM | 6 – 8 yrs.
Wednesday | 4:30 – 5:15 PM | 9 – 14 yrs.
Thursday | 3:30 – 4:15 PM | 3 – 5 yrs.
Fees: | $135 Member | $185 Non-Member

NEW! YOGA FOR KIDS
Yoga For Kids balances quiet and active poses with simple meditation, breathing and rest. Children can easily follow the Certified Yoga Instructors’ directions, learning the names of body parts, their locations and functions.

Mind/Body Studio | Class meets once a week
---|---
Monday | 4:00 – 5:00 PM | 6 – 8 yrs.
Friday | 4:00 – 5:00 PM | 9 – 12 yrs.
Fees:
1 class/week | $135 Member | $185 Non-Member

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

Gymnasium | Rob & Laura
---|---
Fees: | $135 Member | $185 Non-Member

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

Gymnasium | Rob & Laura
---|---
Wednesday | 3:30 – 4:15 PM | 3 – 5 & 6 – 12 yrs.
Fees: | $135 Member | $185 Non-Member

GYMNASTICS
This program introduces tumbling, rhythmic movement and education to preschoolers and gymnastic skills and combinations to youth.

Gymnasium | Kathy
---|---
Tuesday & Thursday | 3:30 – 4:30 PM | 3 – 5 yrs.
Tuesday & Thursday | 4:30 – 5:30 PM | 6 – 12 yrs.
Fees:
1 class/week | $135 Member | $185 Non-Member
2 classes/week | $142 Member | $192 Non-Member
### Youth Aquatics

**For Pricing and Session Dates Please Refer to Page 13; For Registration Dates See Page 5.**

Lessons are developmentally appropriate and designed to quickly and effectively teach skills. Finally, safety is a high priority. All fee-based programs are subject to change or cancellation based on enrollment.

For more information, please Eric Klimowich, Aquatics Director at 212-912-2675 or at eklimowich@ymcany.org.

<table>
<thead>
<tr>
<th>Pollwog</th>
<th>6 - 11 yrs.</th>
<th>Introductory Level</th>
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<tbody>
<tr>
<td>This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wetball (lead-up game to water polo) movements. Children can swim across the pool without assistance by the end of this level.</td>
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<tr>
<th>Guppy</th>
<th>6 - 11 yrs.</th>
<th>Beginning Skill Level</th>
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<tr>
<td>The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught, as well as some diving skills. Children can swim a length of the pool without assistance at the end of this level.</td>
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<th>Minnow</th>
<th>6 - 11 yrs.</th>
<th>Intermediate Skill Level</th>
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<tr>
<td>This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, wetball, diving, personal safety, and boating and rescue skills.</td>
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<th>Fish</th>
<th>6 - 11 yrs.</th>
<th>Intermediate Skill Level</th>
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<tr>
<td>At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They are introduced to the butterfly stroke. They continue learning additional synchronized swimming movements, wetball skills, and diving skills; they continue learning personal safety, boating, and rescue skills; and they are introduced to the use of a mask and fins.</td>
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<th>Flying Fish</th>
<th>6 - 11 yrs.</th>
<th>Advanced Swimmer Level</th>
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<tr>
<td>At this advanced level, students work on refining their strokes and increasing their endurance. They develop the ability to perform more complex combinations of synchronized swimming movements and develop better wetball playing skills. They also are introduced to the use of a snorkel, and they learn more about boating safety, personal safety, and rescue procedures.</td>
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<th>Shark</th>
<th>6 - 11 yrs.</th>
<th>Advanced Swimmer Level</th>
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<tr>
<td>The students at this level continue to improve their strokes, with starts and turns, and they are introduced to inverted breaststroke, the trudgen crawl, and the overarm sidestroke. Opportunities are provided for further work on synchronized swimming, wetball, and skin diving.</td>
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Please Note:

1. All participants must wear a swim cap.
2. All children must wear a swim diaper if not fully toilet trained.
3. Please do not feed children 30 minutes prior to entering class.
4. Make-ups are only given to those with medical or family emergencies (documentation required).
5. Only one make-up class per session if slot is available. They must be approved and scheduled with Aquatics Director in advance.
The West Side YMCA provides young people with a safe space to socialize, seek support and participate in activities that build self-esteem, prepare them for higher education and success as an adult. Through the various programs and workshops our goal is to empower, inspire and teach young people to be leaders. Based on the YMCA theory of building the complete and balanced individual, the West Side YMCA offers programs that build the spirit, mind and the body of all young people. As part of the Youth & Family Department, the Teen Center works intentionally to build the developmental assets of young people as they transition into adulthood.

During the school year, the West Side YMCA is open to teens on Monday-Friday: 2:30-6:30 PM, and Saturday and Sunday: 8:00 AM – 7:45 PM. As members of our FREE Strong Kids Program, teens are eligible to use our fitness center, participate in activities such as basketball, dance, health & wellness and swimming, as well as enroll in classes designed specifically for their age group. Not a Strong Kids member? Come talk to us, it’s easy!

All Fall Teen programs will begin the week of October 1st, 2012 – specific dates and time TBD.

Please contact Jackie Mancini, Teen Director at 212-912-2665 or jmancini@ymcanyc.org for more information.
WEST SIDE Y TEEN LOUNGE | 13 – 18 yrs.

Want to make new friends? The Y provides a supervised safe haven where teens engage in activities in a drop-in, informal setting which enhances social and recreational skills. Pool, ping pong, music, homework help, Teens will and movie nights followed by teen led discussions.

Tuesday, Thursday & Friday  3:30 – 6:30 PM
Wednesday  5:30 – 6:30 PM

LEADERS CLUB | 13 – 18 yrs.

This program provides club members with opportunities for leadership training, personal growth, community service and social development. Young people meet on a weekly basis in a small group with peers and advisors to work on skills and character building activities. Together they map out career and educational goals, seek information and share experiences related to self-improvement. Leaders Club also offers the opportunity to travel on overnight trips to meet with other Y teen groups in the northeast.

Tuesday  4:00 – 5:30 PM

TEENS TAKE THE CITY | 13 – 18 yrs.

Teens Take the City (TTC) will give students the unique opportunity to gain hands on experience about how decisions are made that directly impact their daily lives. The program will not only focus on the ways in which the democratic process impacts NYC communities, but also on how teens themselves can be effective agents of change. By working alongside local political leaders teens will have the chance to get their voices heard through the writing of legal memoranda, resolutions, and press releases. Teens Take the City will be specifically designed to pique the interest of New York City teens and activate a new generation of civically minded, thoughtful, devoted, and dedicated New Yorkers.

Wednesday  4:00 – 5:30 PM

LIVING THE LIFE | 13 – 18 yrs.

Living the Life is a YMCA social support group which focuses on vulnerable populations, primarily the LGBTQ community and their allies. The group is youth led and adult supported, through a partnership with Live Out Loud. It works to provide a consistent space for teens within YMCA programs to meet each week and express themselves, their concerns, and be a part of a supportive community. The group gathers to discuss current social issues, hear speakers, and offers opportunities for socialization and community involvement including an LGBTQ Prom, and fun service projects that support Human Rights! Whether you are an LGBTQ teen, or a friend to the community looking to make more friends, we’d love to see you there! Questions about how you can get involved? Call Jackie Mancini, Teen Director at 212-912-2665.

Thursday  4:00 – 5:30 PM

WEST SIDE ALL STARS | 13 – 18 yrs.

Love Basketball, and want more time to play? West Side All Stars is an opportunity to play with a team right here at the YMCA! The all-stars travel to other YMCAs in the five boroughs for challenges—Other branches think they have what it takes to defeat us, so we need your help to defend the name of West Side! Weekly practices and drills in a relaxed setting are less formal than league basketball, but are intended to hone your skills, and help you make new friends who love to play, like you! Interested? Call Jackie Mancini, Teen Director at 212-912-2665.

Fall Practice times TBA
TEEN ARTS

TEEN TECH CREW (TTC) I | 13 - 18 yrs.

An introduction to careers in technical theater that will provide participants behind-the-scenes experiences into creating the technical aspects of a Kids Company show from the ground up. Teens will interact and learn from a variety of industry professionals in areas such as set and prop design, lighting design, sound design, costume design, and stage management. Participants who complete TTC I can move on to TTC II where teens choose to specialize in certain technical areas of interest and apprentice under those professionals. Pre-registration requirement(s): Application & interview required. Maximum enrollment is 15 participants.

Tuesday 4:30 - 7:30 PM
(Plus additional hours closer to production and Tech Week)

For more information or to apply, please contact Steven McIntosh at 212-912-2633 or smcintosh@ymcanyc.org.

TEEN SPORTS

TEEN FITNESS 101 AND 201

Teens ages 12-17 are required to have an orientation prior to using the fitness facility. The West Side YMCA offers two complimentary fitness orientations with one of our fitness instructors to learn the safety, etiquette, and proper use of all cardiovascular and strength equipment. Appointments are scheduled at the 3rd Floor Customer Service Center. Come dressed in workout attire and meet your fitness instructor here. For more information about Teen Sports, please contact Tamara Heisler at 212-912-2670 or theisler@ymcanyc.org.

Teen Fitness 101

This course will introduce teens to the fitness facility. Teens will learn proper gym etiquette, safety and proper use of all cardiovascular equipment and strength machines in the circuit room. Successful completion of this course allows access to these rooms as well as the gymnasium.

Teen Fitness 201

This course will introduce teens to the free weight room. Teens will learn proper free-weight room etiquette, safety and basic lift techniques using various forms of free weights and cable machines. Successful completion of this course allows access to the free weight room.
NEW! TEEN GROUP EXERCISE CLASSES

TEEN SPIN
A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

Spin Studio    Erica/George
Monday         4:00 – 5:00 PM
Wednesday      4:00 – 5:00 PM

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

Multi-Purpose Studio    Melvin
Monday         5:00 – 6:00 PM
Wednesday      5:00 – 6:00 PM

TEEN BOOTCAMP
An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

Group Exercise Studio    Rael
Tuesday         4:00 – 4:45 PM

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

Group Exercise Studio    Rael/Brian
Tuesday         4:45 – 5:00 PM
Thursday        4:45 – 5:00 PM

TEEN HIP HOP DANCE
A cardiovascular workout using urban upbeat Hip Hop music. The class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

Group Exercise Studio    Brian
Thursday        4:00 – 4:45 PM

TEEN TOTAL BODY CONDITIONING
A full body workout designed to strengthen and tone the upper and lower body using hand-held weights.

Group Exercise Studio    Kathy
Friday           4:00 – 5:00 PM

TEEN OPEN GYM BASKETBALL
Play half court or full court. Play is determined on a first come first served basis. Emphasis is placed on participation, fun, and meeting new friends. So take your best shot and check the gym schedule for open court times.

Gymnasium    Staff
Monday         5:30-6:30 PM
Tuesday        5:30-6:30 PM
Wednesday      5:30-6:30 PM
Thursday       5:30-6:30 PM
Friday         3:30-6:45 PM
Saturday       2:00-4:00 PM

THE MELLIS YOUTH HANDBALL PROGRAM | 12 – 17 yrs.
The Mellis Youth Handball program will provide youth the ability to receive the guidance and accessibility necessary to develop and maintain a love of the game. It allows youth the opportunity to learn and compete in a safe and structured environment under the supervision and instruction of a trained handball instructor. It also provides physical activity for youth which supports the West Side Y’s mission to combat childhood obesity in NYC. In New York City, handball is the #1 sport with over 10,000 regular youth players. FALL SESSION ONLY

Squash/Racquetball/Handball Courts
Tuesday       4:00-5:30 PM
Thursday      4:00-5:30 PM
Fees:         $25 for Member & Non-Member
TEEN AQUATICS

FOR PRICING AND SESSION DATES PLEASE REFER TO PAGE 13; FOR REGISTRATION DATES SEE PAGE 5.

TEEN/ADULT BEGINNER | 12 yrs. +
For the absolute non-swimmer that is afraid and uncomfortable in water. We will start in the shallow end of the pool with the very basics, such as putting your face in the water and blowing bubbles. Class will progress through the basics of swimming, learning how to float and propel yourself in the water.

Small Pool
Monday, Tuesday, Thursday 7:00 – 8:00 PM
Saturday 9:30 – 10:30 AM Session 4 ONLY
12:00 – 1:00 PM Sessions 5&6 ONLY

TEEN/ADULT INTERMEDIATE | 12 yrs. +
In this class, students are able to swim the full length of the small pool and are comfortable in deep water. You will improve the front crawl and other strokes.

Monday & Tuesday  7:00 – 8:00 PM  Small Pool
Thursday  7:00 – 8:00 PM  Large Pool

TEEN/ADULT ADVANCED | 12 yrs. +
Students are ready to swim laps. The class is geared toward stroke development and conditioning. Classes consist of warm-up, drills, technique, intervals, flip turns and diving. Discover the enjoyment of a great workout.

Large Pool
Wednesday  7:00 – 8:00 PM

PIRANHAS SWIM TEAM | 6 – 18 yrs.
The Piranhas swim team is a competitive, age group team. Workouts include endurance, speed, and drill technique. The Piranhas practice 3 times a week for 1.5 hours each practice and dry land twice a week. Lead by Head Coach Hugo Salhuana, the Piranhas compete with other Ys, clubs and attend other invitational every month. The Piranhas have attended the NY State YMCA Championships every year since 1999 and YMCA Nationals 3 times. To try out for the team, you must schedule an appointment with the Aquatics Office, 212-912-2675. Each applicant will need a swim test, medical and approval to be on the team.

Dates: September 2012 – June 2013
Monday, Wednesday and Friday  4:00 – 5:30 PM
Fee: $1,945

PRIVATE LESSONS | 3 yrs. +
If you or your child is a little anxious around the water or just want to improve your swimming skills, a YMCA certified swim instructor can be just what you need to get comfortable in the water or help you achieve your swimming goals. Your swim instructor will cater the lessons to specifically meet your needs and help you to develop a lifelong interest in aquatics. For more information contact Eric Klimowich, Aquatics Director, at 212-912-2675.

Sessions are nontransferable and nonrefundable. All packages will expire one-year (12 months) from date of purchase. 24-hour Cancellation Policy: 24-hour notice of cancellation with the instructor is required to avoid being charged for the full session.

Private Lessons | All session are 1/2 hour

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Semi-Private Swim Lessons | All session are 1/2 hour

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Prices for Semi-Private Lessons are for each participant of the lesson.

Please note: For the safety and security of our members and program participants only West Side YMCA staff may instruct in our pools.