WHY WE’RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen
We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community’s health and well-being
In neighborhoods across the five boroughs, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, nearly 400,000 youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors
The YMCA has been listening and responding to New York City’s most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve.

We’re Here for Good. It’s been the signature phrase of New York City’s YMCA since early 2008, and it describes the Y’s commitment to building the foundations of—and strengthening—our communities, through nurturing the potential of every child and teen, improving community health and well-being and providing opportunities to give back and support neighbors.

We’re here for you and your family. We’re here for the community. We’re here for good.

New York City’s YMCA | WE’RE HERE FOR GOOD.”
GET ENGAGED

We know firsthand how difficult it can be to find balance in life. That’s why we’re here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive.

With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too. Here are some of the ways you can get involved:

MEMBERSHIP
Join the Chinatown YMCA and become part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to the facility’s Fitness Center, Gym, Pool and Locker rooms; priority registration for classes and programs; discounts on classes and programs with a fee; and six guest passes each year to share with friends.

The option for a city-wide membership allows you to use any of the other Greater NY YMCAs each of which offers quality facilities and programs.

CHILD WATCH
Do you need someone to look after your child (ages 9 mos - 11 yrs) while you work out? We’re here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available to members. Reservations required. Please contact Member Services at least 24 hours in advance to register.

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 Strong Kids Campaign fund-raiser, you can make a difference for our Y and the community as a whole.

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

### FEES

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Chinatown Y</th>
<th>City-wide</th>
<th>Joiner's Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (up to 11)*</td>
<td>$165/yr</td>
<td>n/a</td>
<td>$75</td>
</tr>
<tr>
<td>Teen (12 - 17)</td>
<td>$39/mo</td>
<td>n/a</td>
<td>$75</td>
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<tr>
<td>Student***</td>
<td>$69/mo</td>
<td>$78/mo</td>
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<tr>
<td>Adult (18 - 64)</td>
<td>$86/mo</td>
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<tr>
<td>Senior (65+)</td>
<td>$69/mo</td>
<td>$78/mo</td>
<td>$125</td>
</tr>
<tr>
<td>Family I (1 Adult &amp; kids)***</td>
<td>$96/mo</td>
<td>$114/mo</td>
<td>$125</td>
</tr>
<tr>
<td>Family II (2 Adults &amp; kids)****</td>
<td>$147/mo</td>
<td>$172/mo</td>
<td>$125</td>
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</table>

*Children under 12 must be accompanied by an adult when using the facility
**Any age, full time, 12+ credits, must bring copy of transcript
***1 Adult and kids under 18 years, living in the same household
****2 Adults and kids under 18 years, living in the same household
EVERY ONE IS WELCOME

We’re proud to ensure that the YMCA is accessible to everyone, and we never want anyone to be turned away for an inability to pay. Don’t hesitate to ask about financial assistance for programs or membership. We’re happy to help.

We’re able to open our doors to all thanks to a community of generous supporters to our annual Strong Kids Campaign. Contributions to Strong Kids enable us to offer a number of our programs and services at low or no cost, and to make assistance available to make participation affordable.

The Y is more than a membership card. We’re bigger than the programs we offer in our facility or around the community. Will you help us as a donor or volunteer fund-raiser to ensure that everyone can be a part of the Y?
STAFF LISTING

Jeannette Corey - Executive Director
212-912-2465, jcorey@ymcanyc.org

Miguel Garcia - Aquatics Director
212-912-2480, mgarcia@ymcanyc.org

Madhur Patel - Aquatics Coordinator
212-912-2484, mpatel@ymcanyc.org

Brian Koehler - Director of Member Services and Healthy Lifestyles
212-912-2464, bkoehler@ymcanyc.org

Janet Martinez - Healthy Lifestyles Coordinator
212-912-2462, mjanet@ymcanyc.org

Marjorie Tapia – Membership Coordinator
212-912-2460, marjoriet@ymcanyc.org

Mei-Ling Poon – Business Manager
212-912-2469, mpoon@ymcanyc.org

Debbie Dowd - Human Resources Coordinator / Administrative Assistant
212-912-2463, ddowd@ymcanyc.org

Katrina del Pilar - Senior Youth and Family Director
212-912-2466, kdelpilar@ymcanyc.org

Phil Morgan - Property Director
212-912-2320, pmorgan@ymcanyc.org

HOURS OF OPERATION

Monday – Friday: 6:00 am - 11:00 pm
Saturday: 7:00 am - 9:00 pm
Sunday: 7:00 am - 8:00 pm

TEEN HOURS

Monday – Friday: Teen Members between the age of 12 – 17 are welcome in the facility after 2:30 pm on school days.

POOL HOURS

Mon. - Wed. & Friday: 6:00 am - 10:45 pm
Thursday: 5:45 am - 10:45 pm
Saturday: 7:00 am - 8:45 pm
Sunday: 7:00 am - 7:45 pm

HOLIDAY HOURS

Labor Day
Monday, September 2 7:00 am - 8:00 pm

Thanksgiving
Thursday, November 21 7:00 am - 3:00 pm

Christmas Day
Wednesday, December 25 Closed

(Please check ymcanyc.org/chinatown or our mobil app for holiday hour reminders or changes. On these holidays, group exercise classes will be limited.)

2013 FALL SESSION & REGISTRATION DATES

SESSION 4 REGISTRATION DATES
Members: June 8, 2013
Non-Members: June 15, 2013

SESSION 4 DATES
June 24, 2013 - August 18, 2013

BREAK DATES
August 18, 2013 - September 2, 2013

SESSION 5 REGISTRATION DATES
Members: August 17, 2013
Non-Members: August 24, 2013

SESSION 5 DATES

SESSION 6 REGISTRATION DATES
Members: Oct. 12, 2013

SESSION 6 DATES

BREAK DATES
December 22, 2013 - January 1, 2014

SITE CONTACTS

Beacon Center
Youth and Family / Beacon Director: Lisa Garcia
100 Hester Street | 212-219-8393
lgarcia@ymcanyc.org

Family Support Program
Program Director: Narcisa Loza
100 Hester Street | 212-219-8393
nloza@ymcanyc.org

Cornerstone Program at Two Bridges Community Center
Center Director: Chi Yung
286 South Street | 212-385-9352
cyung@ymcanyc.org

School Age Childcare
and Day Camp Programs
Senior Youth and Family Director: Katrina del Pilar
100 Hester Street | 212-334-3945
kdelpilar@ymcanyc.org

New Americans Welcome Center
Program Coordinator: Jie Ling Chen
100 Hester Street | 212-219-8393
jchen@ymcanyc.org

Contact Us  Phone: (212) 912-2460 | Email: Chinatown@ymcanyc.org | Web: ymcanyc.org/Chinatown

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Fitness 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. Appointments can be scheduled at the Member Services Desk.

Member Help a Member Mentor Program
Start off with a new friend at your new Y! Let us pair you with a current Y member who will help get you started off on the right foot! Your new buddy will take you through a new member orientation, show you around the facility as often as you like and even encourage you to try out a new class. Not only are the staff here to help, so is your neighbor. Schedule a time to meet your new mentor at the Member Services Desk today!

Y Personal Fitness Program
If you’ve been thinking about exercising but don’t know where to begin, the Y Personal Fitness 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 Personal Fitness 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 Personal Fitness Coach. Please sign up for Y Personal Fitness at our Member Services Desk. This program is FREE for all YMCA members.

Fitness Consultation
Meet with a certified personal trainer to learn your fitness needs and how to achieve them. This includes a series of tests and measurements that help determine your physical fitness level. These tests calculate cardiovascular endurance, muscular endurance, body composition, and flexibility as guided by the YMCA and the American College of Sports Medicine (ACSM). To book an appointment, contact Janet Martinez at 212-912-2462 or mjanet@ymcanyc.org.

Adult Sports
Have fun and get fit together! We host Basketball, Handball, Badminton and Volleyball games during the week in our gym. Check out the current session gym activity schedule and drop in to meet some new members, learn a new sport and have fun. Ask our Member Services Desk about other sports leagues available with our community partners, including Indoor Soccer, Volleyball, and Inner Tube Water Polo.
**STRENGTH TRAINING**

For more information about our Adult Strength Training programs, please contact Janet Martinez at 212-912-2462 or mjanet@ymcanyc.org.

**PERSONAL TRAINING**

Looking for a new challenge or need some additional motivation? A 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. Unused sessions will expire one year from the date of purchase.

<table>
<thead>
<tr>
<th># Sessions</th>
<th>Member</th>
<th>Non-Members:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single 1 Hour Session</td>
<td>$75</td>
<td>$90</td>
</tr>
<tr>
<td>Package of 6 sessions</td>
<td>$350</td>
<td>$375</td>
</tr>
<tr>
<td>Package of 12 sessions</td>
<td>$620</td>
<td>$720</td>
</tr>
<tr>
<td>Package of 24 sessions</td>
<td>$1,150</td>
<td>$1,400</td>
</tr>
</tbody>
</table>

Special Introductory Package
Let us get you started on your way to a new you! This introductory special is for new members or members who have never purchased personal training packages before. This package is (3) one hour sessions for $150.

**CORE TRAINING**

A Personal Trainer will work with you in ½ hour sessions to build, sculpt, tone and strengthen your mid-section. If you want to get rid of those extra inches around your waist line, this is the workout for you. Note: All core sessions are 30 minutes long. Sessions are non-transferable.

<table>
<thead>
<tr>
<th># Sessions</th>
<th>Member</th>
<th>Non-Members:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single ½ Hour Session</td>
<td>$35</td>
<td>$50</td>
</tr>
<tr>
<td>Package of 5 sessions</td>
<td>$165</td>
<td>$275</td>
</tr>
<tr>
<td>Package of 12 sessions</td>
<td>$300</td>
<td>$480</td>
</tr>
</tbody>
</table>

**SMALL GROUP PERSONAL TRAINING | NEW CLASS!**

Do you want personal attention with the camaraderie and energy you experience in group fitness classes? You will use equipment and exercises common with strength training workouts, with a progressive and individualized approach in this small, high energy class led by a nationally certified Personal Trainer. Class size needs a minimum of (3) participants with a maximum of (6) participants, to ensure we give more personalized attention and training to everyone.

**PARTNER TRAINING**

Enjoy the benefits of personal training and save a few dollars while you’re at it by sharing your experience with a friend. Sign up for personal training with a partner and our trainers will help you both to reach your fitness goals.

<table>
<thead>
<tr>
<th># Sessions</th>
<th>½ Hour</th>
<th>1 Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Session</td>
<td>$65</td>
<td>$100</td>
</tr>
<tr>
<td>Package of 6 sessions</td>
<td>$360</td>
<td>$540</td>
</tr>
<tr>
<td>Package of 12 sessions</td>
<td>$660</td>
<td>$960</td>
</tr>
</tbody>
</table>

Personal Training Tidbits - We are here for you! We understand that your schedule may change, but please notify us within 24 hours to cancel your session so we can find a better day or time that will work for you. If we do not hear from you and you need to miss a session, we will need to charge you for that missed session time. We want you to succeed, so please make sure to use your sessions within one year from the date of purchase. We take our training personal and in order to maintain a high level of safety and individualized attention, we ask that you only work with YMCA certified personal training staff within our facilities.

**SPORTS AND CONDITIONING**

**ADVANCED TAI CHI WITH FAN**

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense. This advanced class will build in and use fan styles and techniques.

Friday 10:00 -11:00 am
Members: $120 – 1x a week | Non-Members: $160 – 1x a week

**KENPO JIU-JITSU FOR SELF-DEFENSE | NEW CLASS!**

Taught by Sifu Jack Shamburger, retired Marine Corps weapons expert and Head Instructor of the Chinese Hawaiian Kenpo Academy, along with his staff, this Martial Arts training program teaches the ability to defend oneself in confrontations. The course includes boxing skills, traditional martial arts weapons and tournament competition. This is a progressive belt rank course. Kenpo uniforms will be available for purchase from the instructor.

Tuesday & Friday 5:00 – 6:00 pm
Members: $190 – 2x a week | Non-Members: $240 – 2x a week

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10:00 – 11:00 am</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:00 – 8:00 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 – 11:00 am</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:00 – 8:00 pm</td>
</tr>
</tbody>
</table>

Members: $180 – 1x a week | Non-Members: $235 – 1x a week
Members: $275 – 2x a week | Non-Members: $360 – 2x a week
SUPERFIT KICKBOXING | NEW CLASS!
An exciting, rigorous workout for men, women and teens. This course covers American and Thai kickboxing as well as US Marine style conditioning. Sifu Jack Shamburger, retired US Marine and Head Instructor of the Chinese Hawaiian Kenpo Academy, created this program and has been teaching it in New York, including at New York University, for over 25 years.

Tuesday 6:00 – 7:00 pm
Saturday 11:00 – 12:00 pm

Members: $120 – 1x a week
$175 – 2x a week
Non-Members: $160 – 1x a week
$240 – 2x a week

ADULT ARTS

BELLY DANCING
Get ready to choreograph dance steps to Middle Eastern rhythms and movements. This progressive dance movement class will focus on your core muscles, emphasizing muscular isolations.

Wednesday 7:00 – 7:45 pm

Members: $60 – 1x a week | Non-Members: $75 – 1x a week

MIXED MOVEMENT | NEW CLASS!
Instructor Dawn Crandell has created a high energy experience open to all levels by drawing on her own background in dance, including: contemporary, West African, house and strong improvisation skills. Class begins with a thorough warm up with stretching, then continues with a balance of set choreographed phrases of “mixed movement”, all while adding sections of improvisation. In both the choreography and the improv, the focus will be on finding and/or developing one’s own style of movement.

Sunday 4:00 – 5:00 pm

Members: $85 – 1x a week | Non-Members: $100 – 1x a week

LANGUAGE CLASS | NEW CLASS!
Learn some new conversation skills in Cantonese, Mandarin and Spanish! Look for flyers with upcoming language classes!
AQUATICS PROGRAMS

Our Aquatics staff wants to build that splash of confidence in all of you! These classes are designed to challenge you, to focus you and to support you. While we hope to run every class that we offer, there is a minimum enrollment for group classes. If we can't run the class you want, we will let you know and help you choose another one that's just right for you. Choosing the best swim class can be complicated. We are glad to help. If you need more information or have any questions, contact Madhur Patel at 212-912-2484 or at mpatel@ymcanyc.org.

PRIVATE SWIMMING LESSONS

Let our caring, experienced aquatics team support you in achieving your individual swimming goals. Private lessons target your strengths as a swimmer and allow you and your instructor to develop an individualized plan for what you want to get better at. Lessons are offered in 30-minute sessions, but you can decide if you want to add another 30 minutes for a longer work-out. You’re welcome to invite friends or family members to join you for a semi-private lesson. Private lessons are all about you. We’re available to help you plan what will best help you become the swimmer you want to be.

# Sessions | Members | Non-Members:
--- | --- | ---
Private single session | $55 | $75
Package of 8 sessions | $320 | $440
Package of 12 sessions | $420 | $575
Semi-private single session | $45/person | $65/person
Semi-private package of 8 sessions | $280/person | $320/person
Semi-private package of 12 sessions | $360 /person | $420/person

ADULT GROUP SWIM LESSONS

ADULT SWIM LESSONS SESSION DATES & TIMES:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>7:00 – 7:45 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 – 7:45 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 – 9:45 am</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 – 9:45 am</td>
</tr>
</tbody>
</table>

Members: $130 – 1x a week | Non-Members: $180 – 1x a week

BEGINNER I

Our aquatics team wants everyone to share their love of the water. This class is tailored for adults just getting started. Jump into this class and learn how to float, kick, breathe in the water and do the backstroke. Our instructors will make sure you’re comfortable as you learn to enjoy our crystal clear pool. We offer lots of swim class options for adults. If you need help deciding what level is just right for you, we’re glad to help.

BEGINNER II

This class will help you really get moving in the pool. You’ll learn how to tread water, the freestyle stroke, how to coordinate side breathing and will focus on perfecting your backstroke. We offer lots of swim class options for adults. If you need help deciding what level is just right for you, we’re glad to help.

INTERMEDIATE | LEVEL III

This class will give you that extra splash of swimming confidence you are looking for! Learn the breaststroke, the sidestroke and how to tread water for more than minute. Build your under water endurance under the guidance of our encouraging aquatics staff. We offer lots of swim class options for adults. If you need help deciding what level is just right for you, we’re glad to help.

ADVANCED | LEVEL IV

This class will get you swimming like Dana Torres! Build your endurance while you learn to do the breaststroke with glide and the butterfly stroke. We offer lots of swim class options for adults. If you need help deciding what level is just right for you, we’re glad to help.
GROUP EXERCISE

All Exercise Classes are FREE for YMCA members!

BOOT CAMP - Get moving with this efficient circuit training workout that challenges your entire body utilizing calisthenics such as pushups, jumping Jacks, crunches and other body weight exercises. No coordination required!

CARDIO INTERVAL CONDITIONING - Supercharge your fitness with this challenging class of high speed and high intensity intervals. Your workout will alternate short periods of both upper and lower body conditioning, while using an assortment of fitness equipment.

CARDIO KICKBOXING INTERVAL - This high energy class combines muscle conditioning with kickboxing combinations of punches and kicks in an easy to follow choreography. Combined with intervals of weight training and power moves sure to make you sweat.

CARDIO INTERVAL CIRCUIT TRAINING - Supercharge your fitness with this challenging class of high speed and high intensity intervals. This is an efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

CIRCUIT TRAINING - This is an efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

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

CORE AND STRETCH TRAINING - This class focuses on abdominal, back and core muscle training. Work your core using a combination of Pelvic and Kegel techniques for stabilization as well as intertwining stretch movements to improve the body’s overall functional strength and flexibility.

FAMILY YOGA – A fun-filled yoga class where the entire family can relax and have a good time. This class can help you and your children find strength, flexibility and a feeling of calm. Children age 3 years or older can attend with an adult.

FAMILY ZUMBA® - Family Zumba® is a high-energy dance fitness class packed with specially choreographed, family-friendly routines! Parents love Zumba® because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Children (ages 4-12) must be accompanied by an adult.

HATHA YOGA – A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels are welcome.

JUNGLE BOOT CAMP - This high energy class will use a combination of weights, resistance bands and body weight exercises, which will push your body to the next level. Get ready to test your skills, involving cardiovascular drills similar to basketball training, as well as core exercises, giving you a total body work out.

MAT PILATES - Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility. All levels welcome.

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

SPINNING® - A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

TEEN STRENGTH TRAINING (Ages 12-17 years) - This beginner to moderate level class is designed to help teens gain strength and muscle endurance, while working with a combination of free weights, kettlebells and body-weight exercises.

TEEN YOGA (Ages 12-17 years) - A beginner yoga class for teens that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition.

TAI CHI – Tai Chi is an ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

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

VINYASA YOGA - This relaxing class is a flowing sequences of yoga poses linked together by an emphasis on breathing technique.

WATER WORKOUT – Enjoy a splash of a workout! This cardiovascular water exercise class for men and women of all ages is a low-impact program that encourages individuals to use both shallow and deep water. A variety of workouts are used to keep you moving. Water dumbbells and noodles are used during the workout for added resistance and intensity. The class offers a refreshing way to improve cardiovascular, respiratory and muscular function without impact on the joints.

ZUMBA® - ZUMBA is a fusion of Latin and International music, utilizing dance themes such as salsa, merengue, cumbia & reggaeton that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.
CELEBRATE WITH US

BIRTHDAY PARTIES

Chinatown YMCA Youth and Family staff host birthday parties for your children and friends! Parties are held on the weekends. Choose from the Basic or Plus Party packages listed below. All party packages include fun games, music and activities to your choosing, as well as swim caps for the swim parties! For more information please contact us at 212-475-5008 or houstonstreetcenter@universitysettlement.org.

GYMNASİUM SPACE PARTY RENTALS

GYM PARTY I - Party rate is based on 15 children. Three (3) hours in ½ of the gym, 3,200 SQ FT.

Members: $580 | Non-Members: $645

GYM PARTY II - Party rate is based on 20-25 children. Three (3) hours in the full gym, 6,400 SQ FT.

Members: $865 | Non-Members: $950

SWIMMING POOL PARTY RENTALS:

SWIM PARTY I - Party rate is based on 12 children ages 1-7 or 20 children 8 and older. 60 minutes in the pool & three (3) hours in ½ of the gym, 3,200 SQ FT.

Members: $780 | Non-Members: $870

SWIM PARTY II - Party rate is based on 12 children ages 1-7 or 20 children 8 and older. 60 minutes in the pool & three (3) hours in the full gym, 6,400 SQ FT.

Members: $1,054 | Non-Members: $1,175
PLAY TOGETHER

FAMILY/EARLY CHILDHOOD PROGRAMS

The Chinatown YMCA creates meaningful experiences for every member of your family. Enjoy lower rates on all youth programs and activities and access to free special events with a family membership. Family fun for everyone!

FAMILY PROGRAMS

CHILD WATCH (AGES 1 – 11 YEARS)
Do you need someone to watch your child while you work out? You may leave your child for a maximum of two hours per visit. Your child will enjoy creative play, coloring, story time, music and other fun activities in a safe environment with a responsible Chinatown YMCA staff member. Please register your child at the Member Service Desk no later than 24 hours in advance.

Monday – Friday  9:00 – 11:30 am
Tuesday / Wednesday / Thursday  6:00 – 8:00 pm
Saturday  12:00 – 2:00 pm

Members: Free | Non-Members: N/A

CYCLE KIDS (AGES 8 – 12 YEARS)  | NEW CLASS!
Get on your bikes and ride! This fun family class, (requires one parent per child,) will learn bike skills, road safety, nutrition, and literacy. We will provide the kids’ bikes to use and the adults will get a FREE two month CitiBike Membership, so they can bring their own bike to class. We’ve got your heads covered with a FREE helmut, too! Now, start peddling your way to a healthier lifestyle. Session 5 classes will begin Saturday, September 14th.

Saturday  11:15 – 12:15 pm

Members: $85 – 1 x week | Non-Members: $150 – 1 x week

FAMILY ZUMBA®
Children (ages 4–12), Family Zumba®—Is a high-energy dance fitness class packed with specially choreographed, family-friendly routines! Parents love Zumba® because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Family Zumba® rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience. Children must be accompanied by an adult.

Sunday  2:30 – 3:30 pm

Members: Free | Non-Members: N/A

FAMILY SUPPORT PROGRAM
Our Family Support Program is dedicated to strengthening families in need. Life comes with lots of stresses and this program is designed to help families manage them. If your family needs help, we provide one on one support from one of our caring staff members, parenting skills workshops and resources and referrals for individual and family counseling, immigration services, medical services and housing resources. We work with families to build the skills they need to be better parents and better partners and to promote the healthy development of children. Our staff can talk to you in English, Chinese and Spanish. Give our program director, Narcisa Loza, a call at 212-219-8393 or reach out to her at nloza@ymcanyc.org if this program sounds right for you.

If you are interested in making donations of new or gently used toys, books or children’s clothes, we will gladly accept them to our Family Support Program, reach out to Narcisa Loza at nloza@ymcanyc.org to arrange to drop them off.

Members: Free | Non-Members: Free
FAMILY NIGHT

Family Nights are a special time for families to have fun and create memories that last a lifetime. Check the current session’s family schedule for when the next themed family night is happening! We want your family to have fun together, so please make sure all children are accompanied by an adult during all Family Night activities.

Family Members: Free | Non-Members: $25 per family

FAMILY YOGA

A fun-filled yoga class where the entire family can relax and have a good time. This class can help you and your children find strength, flexibility, and a feeling of calm. Children age 3 years or older can attend and must be accompanied by an adult.

Sunday 1:00 – 2:00 pm

Members: Free | Non-Members: N/A

PARENT’S NIGHT OUT (AGES 1 – 11 YEARS)

Treat yourself to a night out and let us take over for the night! Our youth specialists will provide a fun night of games and activities for your children. The first Friday of every month is your new favorite night out! Pre-registration needs to be completed one-week prior to the first Friday night out to ensure we are all set-up for fun!

First Friday of every month 6:00 – 9:00 pm

Members: $20 per child, per night out | Non-Members: N/A

SUNDAY STRONG KIDS FAMILY PROGRAM

Fun Family Activities for Children (and Adults!) of all ages. Spend time with your family while you get to know your neighbors. Games, arts & crafts, and music.

Sunday 3:00 – 6:00 pm

Members: Free for family memberships and Strong Kids members | $12 Youth members

Non-Members: $20

PARENT/CHILD PROGRAMS

BUILD AND PLAY!

Bring your little one to the Y to explore a new way to play! With support from one of our caring, creative staff members, your child can create a new play space each visit using Imagination Playground blocks. Created by award winning architect David Rockwell, these blocks are designed to unlock your child’s creativity. Imaginative brain work plus open ended physical activity equals the perfect way to spend time with your child!

Tuesday 9:00 – 10:00 am
Wednesday 2:30 – 3:30 pm
Friday 4:30 – 5:30 pm

Members: $100 – 1 x a week | Non-Members: $135 – 1 x a week

INDOOR PLAYGROUND

This is the ideal way to get children moving in a safe indoor play space. We know how small New York City homes can be. Let your children have the run of 3,200 square feet of gym space with other children their age. Indoor Playground provides families the chance to get to know each other while running, jumping, climbing, balancing, and playing with balls.

Monday – Friday 10:00 – 12:00 pm

Members: Free
Non-Members: $10 – per visit, $85 – for 10 visits

LET’S MAKE ART (AGES 1 – 5 YEARS)

This class will provide parents and children the opportunity to explore artistic media together. Art increases focus, hand to eye coordination, and problem solving skills - and it’s exciting! Be warned, this class can get messy.

Friday 10:00 – 10:45 am (1 – 2 years)
11:00 – 11:45 am (3 – 5 years)

Members: $115 – 1 x week | Non-Members: $165 – 1 x week

MANDARIN FOR LITTLE ONES (AGES 1 – 3 YEARS)

Learning a new language opens a child’s brain up in wonderful ways. Exposing a child to a new culture teaches cross-cultural sensitivity and compassion. Learn Mandarin alongside your child under the instruction of a well trained teacher from Bilingual Birdies. Children and their grown-ups will learn this incredible language through interactive songs, dance and puppetry!

Monday 9:15 – 10:00 am

Members: $280 – 1 x a week | Non-Members: $320 – 1 x a week
**SHAKE YOUR SILLIES (AGES 6 - 36 MONTHS)**
An ideal class for babies and toddlers, Shake Your Sillies is a structured class designed to stimulate coordination, listening skills, balance, musical interpretation, creative movement and motor development in our youngest participants.

Monday
10:00 - 10:45 am (18 - 36 months)
11:00 - 11:45 am (6 – 18 months)

Members: $90 – 1 x a week | Non-Members: $135 – 1 x a week

**CREATIVE MOVEMENT (AGES 1 - 6 YEARS)**
Get your little one starting to move while building their balance and improving their reflexes. Interactive activities, music, and props will provide multiple ways for young participants to develop a kinesthetic understanding of how they can move their bodies through space.

Thursday
3:30 - 4:30 pm (4 – 6 years)
Friday
11:30 - 12:30 pm (1 – 3 years)

Members: $90 – 1 x a week | Non-Members: $135 – 1 x a week

**EARLY CHILDHOOD PROGRAMS**

**PRE-BALLET (AGES 3 – 5 YEARS)**
This class focuses on classical ballet with barre and center work that develops strength, body alignment, flexibility and musicality. Younger children learn to develop coordination and body awareness through these basic ballet movements.

Monday
3:30 - 4:30 pm

Members: $90 – 1 x a week | Non-Members: $135 – 1 x a week

**QUICKSTART TENNIS (AGES 3 – 10 YEARS) | NEW CLASS!**
This class is a kid-friendly approach to learn the basics of tennis. Our partner, Tennis Innovators, utilizes the QuickStart Tennis Format, which maximizes skill learning with colorful balls, smaller-sized racquets and nets. All levels welcome.

Friday
3:30 - 4:30 pm
Friday
4:30 - 5:30 pm
Saturday
10:00 - 11:00 am

Members: $265 – 1 x a week | Non-Members: $300 – 1 x a week

**SPORTS BUGS (AGES 3 – 5 YEARS)**
Young children are introduced to a wide range of sport activities in this fun and exciting class. Activities include tee ball, basketball, soccer, kickball, football, and golf. Children learn the basic fundamentals of the sports, as well as social skills and the importance of being a good sport.

Saturday
10:00 – 11:00 am

Members: $90 – 1 x a week | Non-Members: $135 – 1 x a week

**TUMBLE BUGS (AGES 2 – 5 YEARS)**
Children develop balance, flexibility and strength as they learn tumbling skills. Activities help build large and small muscle skills, as well as important social skills. Advanced class is by invitation only. Must complete a full session of regular classes.

Tuesday
3:00 – 3:45 pm (3 – 5 years)
5:00 – 5:45 pm (2 – 3 years)

Members: $90 – 1 x a week | Non-Members: $135 – 1 x a week

**AQUATICS PROGRAMS**
Our Aquatics staff wants to build that splash of confidence in all of you! These classes are designed to challenge you, to focus you and to support you. While we hope to run every class that we offer, there is a minimum enrollment for group classes. If we can’t run the class you want, we will let you know and help you choose another one that’s just right for you. Choosing the best swim class can be complicated. We are glad to help. If you need more information or have any questions, contact Madhur Patel at 212-912-2484 or at mpatel@ymcanyc.org.

**PRIVATE SWIMMING LESSONS**
Let our caring, experienced aquatics team support you in achieving your individual swimming goals. Private lessons target your strengths as a swimmer and allow you and your instructor to develop an individualized plan for what you want to get better at. Lessons are offered in 30-minute sessions, but you can decide if you want to add another 30 minutes for a longer work-out. You’re welcome to invite friends or family members to join you for a semi-private lesson. Private lessons are all about you. We’re available to help you plan what will best help you become the swimmer you want to be.

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<thead>
<tr>
<th># Sessions</th>
<th>Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
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**PARENT-CHILD SWIM LESSONS**

What’s more fun than swimming with your child? Our parent-child classes are the perfect way for you and your child to get moving. Work alongside our aquatics staff to help your child get comfortable in the water and to begin to learn swimming skills. Another benefit of these fun, developmentally appropriate classes? You’ll make some new friends, too!

**PARENT-CHILD SWIM LESSONS SESSION DATES & TIMES:**

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<tr>
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Members: $130 – 1x a week | Non-Members: $180 – 1x a week

**SHRIMP/KIPPER (AGES 6 – 12 MONTHS)**

This is an introduction to the aquatics environment for parents and their infants. Parents are encouraged to develop appropriate expectations for their children’s performance in the water. They learn basic aquatic safety and have a positive experience with their children that can help them grow closer.

**INIA (AGES 13 – 18 MONTHS)**

Children do more independent exploration of the aquatic environment with help from parents. The parents review and learn more about aquatic safety. The program provides opportunities for parent-child teams to socialize with each other.

**PERCH (AGES 19 – 36 MONTHS)**

Children start moving more independently through the water under their parents’ guidance. Both parents and children will learn more about aquatic and boating safety. In this class, the instructor begins to prepare the children to work directly with an instructor independently of a parent.

**PRESCHOOL SWIM LESSONS**

Children ages three to five years experience their first swim class without parental assistance. The children are taught the basic skills that are the building blocks of swimming. They also learn to be comfortable and safe both in and around the water.

**PRESCHOOL SWIM LESSONS SESSION DATES & TIMES:**

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Members: $130 – 1x a week | Non-Members: $180 – 1x a week

**PIKE (AGES 3 – 5 YEARS)**

At this level, children usually begin attending classes without their parents. 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, and comfort in holding their faces in the water while blowing bubbles and swimming.

**EEL (AGES 3 – 5 YEARS)**

At this level, children review previous skills, improve stroke skills, build endurance by swimming on their front and back, and learn to tread water. Children can swim across the pool on their front and back without assistance by the end of this level.

**RAY (AGES 3 – 5 YEARS)**

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to flutter kick, dive, float, and perform the progressive paddle stroke. Children can swim across the pool without assistance by the end of this level.

**STARFISH (AGES 3 – 5 YEARS)**

Children at this level review previously learned skills and refine their crawl and back strokes and floating skills. They also learn underwater swimming skills. Children can swim the length of the pool on the front and back at the end of this level.
GROWING STRONG

YOUTH AND TEEN PROGRAMS

Our Y is committed to providing children and teens with a wide variety of programs that promote health and well-being. Our programs offer positive, fun activities that build athletic, academic, social and interpersonal skills. At the Y, kids learn to share, learn about sportsmanship and most importantly, learn how to be themselves! We are happy to offer programs for youth at our Houston Street location, our Hester Street location, in local public schools and community centers and at our sleepaway camp.

CAMPS

HOLIDAY CAMP (AGES 5 - 11 YEARS)
Holiday Camp is offered on days that school is closed for children ages 5 through 11. Children will participate in arts and crafts, sports, swimming, field trips and special activities. Each Holiday Camp day takes place between 9:00 am and 6:00 pm; extended day (8:00 am start) is available. You do not need to worry about food for the day because we will provide a tasty breakfast, hot lunch and a healthy snack. Please provide a swim suit, a swim cap and a towel to use at the swimming pool. Holiday Camp will follow the Department of Education’s school schedule for the day. (Holiday Camp will not be offered if there are less than 8 participants registered.) For more information, contact us at the School Age Child Care Office at 212-334-3945.

- Half Day Members: $6 | Program Members: N/A
- Full Day Members: $15 | Program Members: $28

SLEEPAWAY CAMP
Our New York YMCA Camp in upstate Huguenot isn’t the only Y outside Chinatown, but it’s the one that you want when you want your child to make friends and memories for a lifetime. Visit newyorkymcacamp.org to learn more.

TWO BRIDGES

Cornerstone Program @ Two Bridges Community Center
286 South Street NY, NY 10002
Telephone # 212.385.9352 | Fax # 212.791.6726
Program Director: Chi Yung | cyung@ymcanyc.org

The Cornerstone Community Center provide engaging activities year-round for adults and young people. Programs are free of charge and located at 25 New York City Housing Authority (NYCHA) Community Centers throughout the five boroughs. Cornerstone adult programs are designed to enhance skills and promote social interaction, community engagement, and physical activity.

The Chinatown Y Cornerstone Program @ Two Bridges Community Center offers after school, holiday and summer camp programming for children ages five to twelve and learning, recreational and community activities for teens and adults.

AFTER SCHOOL (AGES 5 - 12 YEARS)
Monday - Friday 2:30 - 6:00 pm

TEEN PROGRAMS (AGES 13 - 18 YEARS)
Monday - Friday 6:00 - 10:00 pm
Saturday 1:00 - 5:00 pm

FAMILY PROGRAMS
Saturday 10:00 am - 1:00 pm
Y AFTER SCHOOL & SCHOOL PROGRAMS

Y AFTER SCHOOL AT PS 126 (GRADES K – 5)
Supported by the NYC Department of Education, this free program is for students grades K through 5 at PS 126 and meets from 2:45 pm - 5:45 pm. All activities are designed to build literacy skills and students will be engaged in hands-on activities that are project based, enriching and lots of fun. Some of the activities will include arts and crafts, sports, homework assistance and much more! Students will also participate in journal writing, daily exercises and recreational reading. Extra opportunities are given in the choice of a weekly club to participate even more in fitness, dance and sports. The Y After School program provides children with the opportunity to learn and have fun at the same time. For more information, contact Judy Guan at 212-334-3945, 212-912-2458 or fguan@ymcanyc.org.

Y AFTER SCHOOL AT MS 131 & MANHATTAN CHARTER SCHOOL (GRADES K – 5)
Two additional Y After School programs are located at Manhattan Charter School (MCS) and MS 131. Manhattan Charter School is for current students enrolled at MCS, however MS 131 is open to the community from any school. Both programs serve grades K through 5 with a primary focus on homework assistance. At MS 131, the Y will pick up children from the surrounding elementary schools to make sure everyone interested can participate. Some of the activities will include arts and crafts, sports, homework assistance and much more! Students will also participate in journal writing, daily exercises and recreational reading. Extra opportunities are given in the choice of a weekly club to participate even more in fitness, dance and sports. The Y After School program provides children with the opportunity to learn and have fun at the same time. For more information, contact Judy Guan at 212-334-3945, 212-912-2458 or fguan@ymcanyc.org.

MCS 3:30 – 6:00 pm
MS 131 2:30 – 6:30 pm

Members: $200 | Program Members: $220

SWIM FOR LIFE
Swim for Life is a unique program partnership between our Y and second grade classes at local public schools. We provide each participating class with eight weeks of swim instruction during the school day! The children build their aquatics skills and their self-confidence with each lesson. One of our second graders said it best, "I love the YMCA swimming pool!" If you are interested in this program for your child or your school, tell your school’s principal to reach out to our Aquatics Director, Miguel Garcia. He can be reached at 212-912-2480 or at migarcia@ymcanyc.org.

BEACON CENTER AT M.S. 131

100 Hester Street, NY, NY 10002
Telephone # 212-219-8383
Center Contact: Lisa Garcia at lgarcia@ymcanyc.org and Tiffany Williams at twilliams@ymcanyc.org.

The Chinatown YMCA Beacon Center at MS 131 is a totally FREE community center. We provide community access to a wide variety of school-based educational, recreational and counseling services and create a safe haven and nurturing environment for neighborhood youth and adults in Lower Manhattan with an emphasis for the Chinatown/Lower East Side communities. This program is a collaborative effort between the New York City Department of Youth and Community Development and the Chinatown YMCA. The Beacon Center has been serving the communities of in Lower Manhattan with quality programming and services since 1994.

AFTER SCHOOL PROGRAM (GRADES 6 – 8)
Participants engage in a curriculum specifically designed to cover all six core areas (Academic Enhancement, Career Awareness/School to Work Transition, Life Skills, Community Building, Recreation and Culture/Arts) over the course of the school year. Activities include: homework help, tutoring, specialized study groups, sports, arts and crafts, computers, drama, basketball, teen discussion groups, and dance.

Monday - Thursday 2:30 – 6:00 pm

DECEMBER, FEBRUARY & APRIL RECESS CAMP (GRADES 5 – 8)
Teens spend holiday breaks taking part in activity-filled days. Activities include: indoor and outdoor sports, art, computers, game room, movies, video games, field trips, photography, etc.

December/February/April recess breaks from school 12:00 – 6:00 pm

TEENS TAKE THE CITY
Teens Take the City is a dynamic leadership development program that offers NYC teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teens engage in community mapping to figure out how to better their community, work in small groups to identify a law to address the issue, develop a policy proposal that is debated for other teens at City Hall, learn the history and function of NYC government, and meet and interview a NYC official. Once students have developed a policy proposal, they will implement their initiatives in their community through youth-lead service learning activities. Talk about social responsibility at its best!

LEADERS CLUB
You can meet many of tomorrow’s leaders today in our leadership incubation program that gives teens the opportunity to improve their leadership and social skills, while giving back to the community. Teens meet on a weekly basis in small groups to develop and implement projects aimed at providing valuable service to their local community.

15 | CHINATOWN YMCA FALL 2013
AQUATICS PROGRAMS
Choosing the best swim class can be complicated. We are glad to help. If you need more information or have any questions, contact Madhur Patel at 212-912-2484 or at mpatel@ymcanyc.org.

PRIVATE SWIMMING LESSONS
Let our caring, experienced aquatics team support you in achieving your individual swimming goals. Private lessons target your strengths as a swimmer and allow you and your instructor to develop an individualized plan for what you want to get better at. Lessons are offered in 30-minute sessions, but you can decide if you want to add another 30 minutes for a longer workout. You’re welcome to invite friends or family members to join you for a semi-private lesson. Private lessons are all about you. We’re available to help you plan what will best help you become the swimmer you want to be.

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YOUTH SWIM LESSONS

YOUTH SWIM LESSONS SESSION DATES & TIMES:

**Polliwog, Guppy, Minnow**
Tuesday 4:15 - 5:00 pm
Wednesday 4:15 - 5:00 pm
Friday 4:15 - 5:00 pm
Saturday 10:00 - 10:45 am
Sunday 10:00 - 10:45 am

**Fish, Flying Fish, Shark and Comp. Swim & Drills**
Tuesday 5:15 - 6:00 pm
Wednesday 5:15 - 6:00 pm
Friday 5:15 - 6:00 pm
Saturday 12:15 - 1:00 pm
Sunday 12:15 - 1:00 pm

Members: $130 - 1x a week | Non-Members: $180 - 1x a week

POLLIWOG (AGES 6 - 11 YEARS)
This is the beginning level for school-age children. This class gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, children should know the front paddle stroke, side and back paddle, and some synchronized swimming and wet ball movements.

GUPPY (AGES 6 - 11 YEARS)
The children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wet ball skills are taught. Prerequisite: Swim 25 yards front crawl with rotary breathing, flutter kick and good arm stroke. Swim back crawl 25 yards with a good flutter kick and arm stroke.

MINNOW (AGES 6 - 11 YEARS)
This is the initial intermediate skill. 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, and wetball. Prerequisite: Swim 50 yards front and back crawl. Swim 25 yards of elementary backstroke, sidestroke and breaststroke. Knowledge of diving.

FISH (AGES 6 - 11 YEARS)
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 and wetball skills, and are introduced to the use of mask and fins. Prerequisite: Swim 100 yards, front and back crawl with well-developed strokes. Swim 25 yards of breaststroke and 50 yards of elementary backstroke.

FLYING FISH (AGES 6 - 11 YEARS)
At this advanced level, children 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 are also introduced to the use of a snorkel. Prerequisite: Swim 200 yards front crawl, 100 yards back crawl and 50 yards each of breaststroke, sidestroke, and elementary backstroke.

SHARK (AGES 6 - 11 YEARS)
The children at this level continue to improve their strokes, with starts and turns, and are introduced to the inverted breaststroke, the crawl, and the overarm sidestroke. Opportunities are provided for further work on synchronized swimming, wetball, and skin diving. Prerequisite: Swim 200 yards individual medley. All strokes must be smooth and consistent. Must have strong flip turns.

COMPETITIVE SWIM AND DRILLS (AGES 6 - 11 YEARS)
At this final level, students are exposed to a wide range of aquatic experiences through a class and club format. In class, these advanced swimmers learn new strokes and rescue skills, as well as develop volunteerism and leadership skills. Through the club, they try various aquatic sports and games, with club members forming smaller groups to explore different aquatic pursuits in more depth.
**TEEN SWIM LESSONS**

**TEEN SWIM LESSONS SESSION DATES & TIMES:**

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**Members: $130 – 1x a week | Non-Members: $180 – 1x a week**

**BEGINNER I**
Youth in this class have little or no experience in the water. Students cannot swim a body length, float or swim on their front/back and /or feel comfortable putting their face in the water. Youth learn front and back float, recovery from swimming/floating, proper kicking technique, breathing, swimming arm and leg coordination, basic backstroke and some comfort in the deep water.

**BEGINNER II**
Youth learn the form for freestyle, side breathing coordination, backstroke, able to switch from freestyle to backstroke without touching the floor, treading water, swim 25 yards without stopping using freestyle and backstroke. Prerequisites: Able to swim 15 yards with face in the water, breathing, float/kick on back, somewhat comfortable in the deep end. Youth learn the form for freestyle, side breathing coordination, backstroke, able to switch from freestyle to backstroke without touching the floor, treading water, swim 25 yards without stopping using freestyle and backstroke.

**INTERMEDIATE | LEVEL III**
Youth learn good freestyle/backstroke form, learn breaststroke, sidestroke, dolphin kick, tread water for over a minute, surface dives, endurance. Prerequisites: Able to swim 25 yards on front and back and be comfortable in the deep end. Prerequisites: Able to swim 25 yards on front and back and be comfortable in the deep end.

**ADVANCED | LEVEL IV**
Youth develop endurance, freestyle and backstroke form, breaststroke with glide, butterfly. Prerequisites: Able to swim 25 yards on front and back with good form, basic knowledge of other strokes, tread water with confidence.

**LIFEGUARDING SKILLS AND TECHNIQUES (AGES 12-16 YEARS)**
Participants will be introduced to lifeguarding skills and knowledge needed to prevent and respond to aquatic emergencies. You will be provided with a shirt, whistle, and pocket face mask. YOU WILL NOT BE OFFICIALLY CERTIFIED TAKING THIS COURSE. It is only an introduction to the skills and techniques needed to become a lifeguard. Class will be held in both water and dry land.

**YOUTH & TEEN PROGRAMS**

**ADVANCED BALLET (AGES 5 – 11 YEARS)**
This class focuses on classical ballet with barre and center work that develops strength, body alignment, flexibility and musicality. Children learn to develop coordination and body awareness through more advanced ballet movements.

**Members: $90 – 1x a week | Non-Members: $135 – 1x a week**

**BASIC BALLET (AGES 5 – 11 YEARS)**
This class focuses on classical ballet with barre and center work that develops strength, body alignment, flexibility and musicality. Younger children learn to develop coordination and body awareness through these basic ballet movements.

**Members: $90 – 1x a week | Non-Members: $135 – 1x a week**

**B-BALL JR. (AGES 7-11 YEARS)**
This program emphasizes the importance of having fun, while playing basketball. This program also helps develop athletic and social skills, improving educational performance and learning about healthy lifestyles. Besides learning the basic skills of basketball, different type of games will be added, to make this class super fun!

**Members: $90 – 1x a week | Non-Members: $135 – 1x a week**

**CYCLE KIDS (AGES 8-12 YEARS) | NEW CLASS!**
Get on your bikes and ride! This is a fun class where kids will learn bike skills, road safety, nutrition, and literacy. We will provide the kids’ bikes to use and a FREE helmet, too! Now, start pedaling your way to a healthier lifestyle. Session 5 classes will begin Wednesday, Sept. 18th.

**Members: $75 – 1x a week | Non-Members: $125 – 1x a week**

**LIFEGUARDING SKILLS AND TECHNIQUES (AGES 12-16 YEARS)**
Participants will be introduced to lifeguarding skills and knowledge needed to prevent and respond to aquatic emergencies. You will be provided with a shirt, whistle, and pocket face mask. YOU WILL NOT BE OFFICIALLY CERTIFIED TAKING THIS COURSE. It is only an introduction to the skills and techniques needed to become a lifeguard. Class will be held in both water and dry land.

**Members: $150 – 1x a week | Non-Members: $200 – 1x a week**
KENPO JIU-JITSU FOR SELF-DEFENSE (AGES 12 - 17 YEARS) | NEW CLASS!
Taught by Sifu Jack Shamburger, retired Marine Corps weapons expert and Head Instructor of the Chinese Hawaiian Kenpo Academy, along with his staff, this Martial Arts training program teaches the ability to defend oneself in confrontations. The course includes boxing skills, traditional martial arts weapons and tournament competition. This is a progressive belt rank course. Kenpo uniforms will be available for purchase from the instructor.

Tuesday & Friday 5:00 – 6:00 pm

Members: $190 – 2x a week | Non-Members: $240 – 2x a week

SUPERFIT KICKBOXING (AGES 12-17 YEARS) | NEW CLASS!
An exciting, rigorous workout for men, women and teens. This course covers American and Thai kickboxing as well as US Marine style conditioning. Sifu Jack Shamburger, retired US Marine and Head Instructor of the Chinese Hawaiian Kenpo Academy, created this program and has been teaching it in New York, including at New York University, for over 25 years.

Tuesday 6:00 – 7:00 pm
Saturday 11:00 – 12:00 pm

Members: $120 – 1x a week
$175 – 2x a week
Non-Members: $160 – 1x a week
$240 – 2x a week

MARTIAL ARTS (AGES 5 – 11 YEARS)
Children learn basic martial arts techniques and their application in both sports and self-defense. The class helps children improve concentration, build good sportsmanship and character while improving coordination, reflexes, and overall health and fitness.

Saturday 10:00 - 11:00 am (beginners)
11:00 - 12:00 pm (intermediate)

Members: $90 – 1x a week | Non-Members: $135 – 1x a week

MIXED MOVEMENT (AGES 12 - 17 YEARS) | NEW CLASS!
Instructor Dawn Crandell has created a high energy experience open to all levels by drawing on her own background in dance, including: contemporary, West African, house and strong improvisation skills. Class begins with a thorough warm up with stretching, then continues with a balance of set choreographed phrases of “mixed movement”, all while adding sections of improvisation. In both the choreography and the improv, the focus will be on finding and/or developing one’s own style of movement.

Sunday 4:00 – 5:00 pm

Members: $85 – 1x a week | Non-Members: $100 – 1x a week

QUICKSTART TENNIS (AGES 3-10 YEARS) | NEW CLASS!
This class is a kid-friendly approach to learn the basics of tennis. Our partner, Tennis Innovators, utilizes the QuickStart Tennis Format, which maximizes skill learning with colorful balls, smaller-sized racquets and nets. All levels welcome.

Friday 3:30 – 4:30 pm
Friday 4:30 – 5:30 pm
Saturday 10:00 – 11:00 am

Members: $265 – 1x a week | Non-Members: $300 – 1x a week

STEADY BUCKETS BASKETBALL (AGES 5 – 18 YEARS)
A progressive training program that improves speed, strength, and basic basketball skills, Steady Buckets helps children and teens improve skills for competitive play. Our experienced, skilled Steady Buckets coach individualizes instruction so that every child gets what he or she needs to build skills and confidence while having fun. Steady Buckets is a co-ed program, but we know that girls sometimes like to play basketball with other girls. To accommodate this, our coach offers a session for girls only. Our goal is to get everyone playing, getting fit, and making friends!

Monday 4:00 – 5:30 pm - Girls
5:00 – 6:30 pm - Boys
Sunday 9:00 – 10:30 am - Girls
9:30 – 11:00 am - Boys

Members: $175 – 1x a week
$315 – 2x a week
$25 per class (drop-in)
Non-Members: $200 – 1x a week
$380 – 2x a week
$30 per class (drop-in)

TEEN GROUP EXERCISE

TEEN STRENGTH TRAINING (AGES 12-17 YEARS)
This beginner to moderate level class is designed to help teens gain strength and muscle endurance, while working with a combination of free weights, kettlebells and body-weight exercises.

Wednesday 6:00 – 6:45 pm

Members: Free | Non-Members: N/A

TEEN YOGA (AGES 12-17 YEARS)
A beginner yoga class for teens that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition.

Friday 8:00 – 9:00 pm

Members: Free | Non-Members: N/A
Our multilingual resource and referral centers provide immigrant families 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
- GED Preparation

For more information contact:
Jie Ling Chen
Program Coordinator
Chinatown YMCA
New Americans Welcome Center
100 Hester Street
New York, NY 10002
(212) 219-8393
MISSION
The YMCA of Greater New York is a community service organization that promotes positive values through programs that build spirit, mind and body, welcoming all people with a focus on youth.

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 GUARANTEE
Membership in the YMCA is fully guaranteed. Members who are not completely satisfied with their YMCA membership are entitled to a refund of any unused portion of their membership. The joiner’s fee is non-refundable.

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

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

LOST CARDS Please let us know if your card is lost or stolen. There is a fee to issue a replacement card.

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 HOLDS
Members may put their membership on hold for 1 – 3 months during any calendar year. A monthly hold fee will be charged and all membership privileges will be suspended while your membership is on hold.

PAYMENT OPTIONS & INFORMATION
• Membership dues must be up-to-date in order to use facility.
• Rates and schedules are subject to change.
• Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express and Discover cards.
• Monthly payments are payable by credit card or bank draft only. There is no cash option for monthly payments.
• If a check or an automatic bank draft is returned for insufficient funds a service fee of $15.00 will be added to the payment amount.

ONLINE MEMBER SERVICES
We now offer online registration for convenient program and membership registration! Access us online at www.ymcanyc.org/Chinatown. Visit the Member Services Desk for more information about how to access your account and register for classes on the web. On the Chinatown YMCA website, members can:

• View information about all fitness classes offered at the Chinatown YMCA
• Make membership and after-school program payments
• Search for classes/services at all YMCAs throughout the city
• Download the latest pool, gym, and group fitness schedules
• Online program registration

CAMERA/DIGITAL DEVICE USAGE 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.
MEMBERSHIP INFORMATION

LOCKER ROOMS & LOCKERS
- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility. We also offer lockers for rent, small lockers are $12 per month, and large lockers are $17 per month.
- Our family-friendly locker room is a good alternative for parents who wish to accompany their child that is over the age of five and of the opposite gender.

YMCA “AWAY” POLICY
Away (Always Welcome at the YMCA) As a YMCA member, you have access to YMCA locations across the country and around the world. You must present a valid YMCA ID to be eligible to use Away privileges. Call ahead to check on individual branch policies.

GUEST AND DAY PASSES
All YMCA members are given six complimentary guest passes per year to help introduce the Y to friends and associates. Branch members are welcome to visit other YMCA locations within NYC 10 times per year at no charge. Day passes are available to purchase. Government issued photo ID is required. All guests need to be 18 years of age, or accompanied by their parent, (who must remain in the building.)

ABOUT THE CHINATOWN YMCA
The Chinatown YMCA co-owns and co-operates The Houston Street Center with University Settlement. Since the opening of its doors in 2006 the center has quickly become a Lower East Side hot spot, with state-of-the-art recreational and educational facilities. From swimming and fitness programs, to dynamic after-school and older adult programs, to free community events, this 44,000 square-foot center provides services for people of all ages. For the thousands who use our facility, the Houston Street Center has been the home of new ideas, inspiring events, new experiences and just plain fun.

- Collegiate-size Swimming Pool
  (25 yards • 6 lanes • 72 laps = 1 mile)
- Regulation-size Gymnasium
- Handball Wall with 2 Courts
- Cardiovascular Center
- Men's and Women's Locker Rooms
- Family/Special Needs Locker Room
- Boy's and Girl's Locker Rooms
- 2 Cross Courts for Basketball/Volleyball
- Observation Lounge
- Strength Training Center
- Aerobics Studio
- Saunas

The Y Personal Fitness program is FREE with membership! To schedule an appointment, speak to a representative at the Member Service Desk.
TAKE CONTROL

YOU CAN REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA’S DIABETES PREVENTION PROGRAM.

If you are at high risk for type 2 diabetes, the YMCA’s Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

PROGRAM GOALS:
- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a healthcare provider.

*Asian individual(s) BMI > 22
†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

For more information contact Judy Ouziel at 212-912-2524 or email ymcdpp@ymcanyc.org

IT’S ABOUT THE WHOLE PERSON

LIVE STRONG AT THE YMCA

HEALTH & WELL-BEING FOR CANCER SURVIVORS

The Y and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

Participants work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

FOR MORE INFORMATION CONTACT:
Brian Koehler
Director of Member Services and Healthy Lifestyles
212-912-2464 or bkoehler@ymcanyc.org
Everyone’s safety is important to us, especially children. We ask that all abide by our pool guidelines.

1. Street shoes are not allowed on the pool deck.
2. Everyone in the pool must wear a swim cap.
3. Children 8 years old and younger must be within arm’s length of a parent/adult guardian when in the pool.
4. Children between the ages of 9 and 11 must have a parent/adult guardian on the pool deck or viewing area at all times.
5. All non-swimmers must remain in the shallow area.
6. Any child wearing a flotation device must remain in the shallow area. Backpacks/bubbles and lifejackets are provided as a flotation device to non-swimmers.
7. Infants and children who are not fully toilet trained must wear a swim diaper.
8. Breath holding during any aquatic activity is not allowed as it can lead to person blacking out.
9. Inflatable rings, balls, noodles or other large pool toys are not permitted.
10. Instructional swim aids (kick boards/barbells pull buoys/noodles) are only for class use.
11. Safety is our top priority. No running, jumping, diving or rough play of any kind is allowed.
12. Let’s keep our pool clean. Please don’t spit, blow your nose or urinate!
13. Eating and pools don’t go together. Refrain from eating before swimming. Don’t bring any food or glass bottles into the pool area.
14. A warm, soapy shower is required before entering the pool.
15. All questions regarding the Aquatics policies/procedures should be directed to the Aquatics Director or Executive Director.
EXERCISING COURTESY

While you’re improving your life, help others grow strong too. We ask you to follow the Y Code of Conduct and exhibit the values of caring, honesty, respect and responsibility while you’re here.

1. **Get oriented.** Not sure how to use the equipment or what you should be doing? Orientations are free for all members!
2. **Just ask.** We’re here to help!
3. **If there’s a problem** with any of the equipment or the facility, please let a staff person know. **If there’s an incident or accident,** contact a uniformed staff person immediately.
4. **Be safe.** Wear appropriate clothing and footwear. (Open-toed shoes, over-restrictive or street clothes are not allowed.) Have a spotter help you with free weights. Warm up before and cool down after exercise. Make sure you’ve had enough to eat and drink before exercising to prevent dizziness or lightheadedness. If you are experiencing dizziness, pain or unusual discomfort at any time, stop the exercise and ask staff for help.
5. **Help us keep the Y clean.** Wipe off equipment after each use. Return all equipment when finished with it. Take your personal items with you. Remove the plates from lifting bars when you’re done. Don’t bring food, open containers or coffee cups into the center.
6. **Give others a turn.** The equipment is here for everyone to use. Please respect the 30-minute time limit on cardio equipment if others are waiting, and follow any posted sign-up procedures.
7. **Storing your stuff.** Lockers in the center are only meant for your personal items while you are in the Y. Items may not be left overnight.
8. **Youth are welcome** after completing an orientation and submitting a signed parental consent form. (ages 12-17)
9. **Get personal.** Personal trainers are available. Ask a staff person for more information.
10. **Hang it up.** For your safety and in consideration for others, please refrain from cell phone use while in the fitness facilities.
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

International YMCA
5 West 63rd Street
New York, NY 10023
212.727.8800

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
212.875.4100

BRONX BRANCH
Bronx YMCA
2 Castle Hill Avenue
Bronx, NY 10473
718.792.9736

BROOKLYN BRANCHES
Bedford-Stuyvesant YMCA
1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Dodge YMCA
225 Atlantic Avenue
Brooklyn, NY 11201
718.625.3136

Flatbush YMCA
1401 Flatbush Avenue
Brooklyn, NY 11201
718.469.8100

Greenpoint YMCA
99 Meserole Avenue
New York, NY 11222
718.389.3700

North Brooklyn YMCA
570 Jamaica Avenue
Brooklyn, NY 11208
718.277.1600

Prospect Park YMCA
357 Ninth Street
New York, NY 11215
718.768.7100

Park Slope Armory YMCA
361 15th Street
Brooklyn, NY 11215
212.912.2580

QUEENS BRANCHES
Cross Island YMCA
238-10 Hillside Avenue
Bellerose, NY 11426
718.479.0505

Flushing YMCA
138-46 Northern Blvd.
Flushing, NY 11354
718.961.6880

Jamaica YMCA
89-25 Parsons Blvd.
New York, NY 11423
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

STATEN ISLAND BRANCHES
Broadway Center YMCA
651 Broadway
Staten Island, NY 10310
718.981.4933

Counseling Service Branch
South Shore Center/Administrative
3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

South Shore Center YMCA
3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

HUGUENOT, NY
New York YMCA Camp
Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE
5 West 63rd Street
New York, NY 10023
212.630.9600
ONLINE REGISTRATION is
SMARTER.
STRONGER.
FASTER.

Just like YOU!
Take a look at our website and
get acquainted with our ONLINE
REGISTRATION! By logging on to our
website you will be able to find all we
offer by a click of a button.

ymcanyc.org/chinatown