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.
DISCOVERING WELLNESS

ADULT/OLDER ADULT WELLNESS PROGRAMS

How do you define wellness? Whatever your goals, the Y is ready to support you on your journey toward improved health.

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.

Y FIT START PROGRAM

This program is FREE for all YMCA members.

PERSONAL TRAINING

Whether you’re just starting or seeking to maximize your workout, our trainers will help you reach your individual goals. Our trainers are certified from the American Council on Exercise (ACE), American Council on Sports Medicine (ACSM), Aerobic Fitness Association of America (AFAA). For more information on personal training contact Zuni Diaz at 212 912-2239 or zdiaz@ymcanyc.org.

PERSONAL TRAINING SESSION CANCELLATIONS & POLICIES

A client may cancel directly with the trainer without penalty by giving 24 hours notice. If notice is not given within a 24-hour period, the client will be charged for the session. All sessions are valid for one year from date of purchase. Only YMCA training staff is permitted to conduct personal training sessions within the facility.

CANCELLATIONS & POLICIES

A client may cancel directly with the trainer without penalty by giving 24 hours notice. If notice is not given within a 24-hour period, the client will be charged for the session. All sessions are valid for one year from date of purchase. Only YMCA training staff is permitted to conduct personal training sessions within the facility.

# Sessions 10 15 20
Member $480 $630 $730

All personal training sessions are one (1) hour in length.

Y FIT START PROGRAM

Our goal is to help you reach yours.

The Y Fit Start Program is FREE with membership! To schedule an appointment, speak to a representative at the Member Services Desk.

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM. Schedules are available at the Member Services Desk.

ADULT/OLDER ADULT WELLNESS PROGRAMS

Group Exercise Classes

The North Brooklyn YMCA offers over 60 group fitness classes each week, so you are sure to find a class that fits you. Whether you are looking for an intense, heart pounding cycle class or a relaxing, centering pilates class, we have what you need.

CHOREOGRAPHED CARDIO CLASSES

Pound®

Pound® is a full body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movement, plyometrics and isometric poses into a 45 minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music!

Soca Afro-bics

The class is high-energy and high-powered rhythmic experiences, accompanied by soca music, the sweet sounds of the Caribbean. This class is rooted in the spirit of carnival and it fuses many Afro styles, including soca dance. The class provides members with a new and exciting way to move, sweat, jump and shrink your waist! Learn great choreography and have an amazing experience!

Zumba®

Zumba® is a fusion of Latin and International music, utilizing dance themes 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.

CARDIO STRENGTH CLASSES

Total Body Conditioning

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

Kettlebells

Kettlebell training is a total body workout with a blend of strength and cardio. Establish safe and proper techniques to execute dead lifts, swings, grinds and more.

Circuit Training

An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of drills, exercises, and self-defense techniques. Impact.

ATHLETIC CARDIO CLASSES

Boot Camp

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

Cardio Kickboxing

This high energy class combines muscle conditioning with kickboxing combinations of punches and kicks in a variety of drills, exercises, and self-defense techniques.

Spinning®

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. Please see group fitness schedule for additional information regarding our various spin offerings.

Insanity®

This is a total body, circuit training workout that uses only your body weight as resistance. You'll be working as hard as you can for 3-minute intervals, separated by short 30-second periods of rest.

MIND & BODY CLASSES

Gentle Yoga

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

Power Yoga

A more athletic-based yoga class with challenging movements.

FLEXIBILITY, BALANCE AND CORE CLASSES

Core Training

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

Mat Pilates

This class is designed to restore muscular balance, improve posture, help prevent injury and build strength and flexibility. All levels welcome.
ADULT RECREATIONAL PROGRAMS & ADULT AQUATIC PROGRAMS

RECREATIONAL PROGRAMS

Open Court Racquetball, Paddleball, Handball
Play is determined on a first-come, first-serve basis. Emphasis is placed on participation, fun and meeting new friends. Enjoy! Please see the gym schedule for open gym times.

Coed Volleyball
Volleyball, another sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. Learn the basics or play competitively. Please see gym schedule for volleyball times.

ADULT AQUATIC PROGRAMS

Adult Aquatics Classes
MCA aquatics is about water safety, skill development and fun for everyone. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

Beginner/Intermediate/Advanced Swim Instruction
Saturday, Sunday & Wednesday 10:30am – 11:30am
Member: $93 | 8 week session
Program Member: $143 | 8 week session

Aqua Fitness Classes
The following water exercise classes are fun for adults of all ages and physical fitness levels. Equipment is provided.
Classes run in 8 week session lengths.

Aqua Jog
Aquatics exercise class done in deep water for adults with prior water exercise experience. This is a high-level, intense, aerobic and muscle conditioning session that strives to attain new levels of fitness.
Monday, Wednesday, Friday 9am – 10:00am
Member: FREE

Beginning Adult Arthritis Exercise Class
Meeting three mornings a week, this class takes joints and muscles through a full range of motion workout.
Wednesday 10:30am – 11:30am
Member: FREE

Private Swim
Private swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will work to introduce basic swimming and water safety skills, provide comfort and safety in deep water, while challenging the participant to reach for the goals set at the beginning of the first lesson. Class begins with basic breathing techniques, followed by floating and treading of water in shallow and deep ends. Students then progress to strokes like the front crawl, breast stroke, and back stroke. To schedule a session, please contact Heidi Ortiz 212-912-2242 or hortiz@ymcanyc.org

HALF HOUR SESSIONS
# Lessons 2 3 4
Member: $73 $93 $118
Program Member: $153 $193 $233

Private Lesson Cancellations & Policies
A client may cancel directly with the instructor without penalty by giving 24 hours notice. If proper notice is not given, the client will be charged for the session. All sessions are valid for one year from date of purchase.
Only YMCA instructors are permitted to conduct private swim sessions within the facility.

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

Silver Sneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

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

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

Socializing and keeping active have proven to produce positive effects on the health of older adults, and exercises have proven to promote mental agility in addition to longevity and good health.

For more information, please contact Zuni Diaz at 212-912-2230 ext 4709 or zdiaz@ymcanyc.org.

RECREATIONAL PROGRAMS

Open Court Basketball
Play is determined on a first-come, first-serve basis. Emphasis is placed on participation, fun and meeting new friends. Enjoy! Please see the gym schedule for open gym times.

Coed Volleyball
Volleyball, another sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. Learn the basics or play competitively. Please see gym schedule for volleyball times.

ACTIVE OLDER ADULT GROUP EXERCISE

The North Brooklyn YMCA takes pride in leading our members down a fulfilling path to wellness where they can focus not only on the body but the mind as well. Our goal is to offer the highest level of opportunities for Older Adults to bring fulfillment into their lives. Whether it be one of our well attended group exercise classes or one of the many events we offer, YMCA programs strengthen the whole person.

Socializing and keeping active have proven to produce positive effects on the health of older adults, and exercises have proven to promote mental agility in addition to longevity and good health.

For more information, please contact Zuni Diaz at 212-912-2230 ext 4709 or zdiaz@ymcanyc.org.

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, this 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 Deziel at 212-912-2524 or email: ymcdpp@ymcanyc.org
PLAY TOGETHER

FAMILY PROGRAMS AND ACTIVITIES

The North Brooklyn 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
Share quality time with the whole family. Spend a couple of hours playing games and activities together.
Saturday 2:00pm - 5:00pm
Free for Members

Game room
The North Brooklyn YMCA provides a safe haven where youth and their families can engage in recreational activities such as: table tennis, air hockey, board games, Wii sports fitness games. For the safety of all members, youth ages 10 and younger must be accompanied by an adult.
Monday – Friday 4:00pm - 9:00pm
Saturday 12:00pm - 5:00pm

Family Recreational Swim
Swim & play together as a family. Please refer to current pool schedule for days and times. On holidays and abbreviated public schools days family recreational swim hours may be extended.
FREE for Members

For more information & registration, please contact Michael Garcia Sr Youth & Family Director michaelg@ymcanyc.org 212-912-2234

NORTH BROOKLYN YMCA FAMILY EVENTS

The Y has always been a place where families can play and be active together, and that’s more important than ever. Does your family have a family night tradition? A special evening that you set aside to spend time together? We invite our family members to start spending more family time together.

Family Fun
Share quality time with the whole family. Spend a couple of hours playing games and activities together.
Saturday 2:00pm - 5:00pm
Free for Members

Game room
The North Brooklyn YMCA provides a safe haven where youth and their families can engage in recreational activities such as: table tennis, air hockey, board games, Wii sports fitness games. For the safety of all members, youth ages 10 and younger must be accompanied by an adult.
Monday – Friday 4:00pm - 9:00pm
Saturday 12:00pm - 5:00pm

Family Movie Night
Join us as we eat popcorn and watch a great movie on the big screen.
Tuesday March 15, 2016 6:30pm - 7:00pm
Join us as we eat popcorn and watch a great movie on the big screen.

Family Spring Craft Night
A fun filled craft night that will offer a little something for everyone. Families will have the opportunity to take home their crafts or decorate the Y with them.
Tuesday April 12, 2016 6:30pm - 8:00pm
Join us as we play a variety of themed basketball activities and games.
Tuesday May 10, 2016 6:30pm - 7:00pm
Join us as we play a variety of themed basketball activities and games.
Tuesday June 14, 2016 6:30pm - 8:00pm
Join us as we play a variety of themed basketball activities and games.

Family Recreational Swim
Swim & play together as a family. Please refer to current pool schedule for days and times. On holidays and abbreviated public schools days family recreational swim hours may be extended.
FREE for Members

NORTH BROOKLYN YMCA WINTER/SPRING 2016

PARENT & CHILD AQUATICS CLASSES
AGES 6 MONTHS - 36 MONTHS

YMCA aquatics are about water safety, skill development and fun for everyone. We have an aquatic program for every skill level and interest. Our programs are about more than just techniques and skills; they are about building friendship, developing self-esteem and creating positive experiences that last a lifetime.

Our 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 the child to be safer in and around the water. Classes are designed to allow the child to have fun 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 develop-mental abilities of the child.

SHRIMP (6-8 Months)
Introduce babies and parents to an aquatic environment. Encourage developmentally appropriate expectations by parents of babies enrolled in water enrichment programs. Introduce basic aquatic safety to parents.

KIPPER (9-12 Months)
Provide a positive and friendly aquatic environment that will encourage babies and parents to enjoy themselves while learning about the water. Introduction of basic water skills such as kicking, breath control and body control.

INIAS (13-18 Months)
Encourage children’s limited but growing independence in the water under the watchful eyes of the parents. Encourage children to make purposeful movements in the water and movements in response to visual or verbal cues.

PERCH (19-36 Months)
Encourage children to explore their aquatic environment and their own skills in the water with their parents help. This will introduce or enhance basic aquatic safety for parents and children.

Gym & Swim
In the first half hour, parent and child participate in songs and activities as they play together in our Gymnasium. Then the pair will discover buoyancy and beginning movement in the water, such as kicking, arm strokes, and breath control. Classes enhance your child's social, physical, gross motor and cognitive development, through self-discovery, interaction with new friends, songs and games!
Saturday: Gym 9:30am – 10:00am
Pool 10:00am - 10:30am
Member: $ 93 | 8 week session
Program Member: $136 | 8 week session
Swim only
Discover buoyancy and beginning swim techniques. Classes enhance your child’s social, physical, gross motor and cognitive development, through self-discovery, interaction with new friends, songs and games!
Sunday: 10:00am - 10:30am
Member: $ 73 | 8 week session
Program Members: $106 | 8 week session
**PRESCHOOL AQUATICS CLASSES**
**AGES 3 TO 5 YEARS**

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, floating safety, and the use of personal floatation devices.

**BEGINNER LEVEL**

**Pike**
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.

**Eels**
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**
Children at this level review previously learned skills and refine their strokes, personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children can swim the length of the pool on their front and back at the end of this level.

**ADVANCED LEVEL**

**Ray**
At this level children review previous skills, improve stroke 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.

**SUN** 9am–12pm.
**FRI** 6pm – 9pm

**JOIN THE Y**

FOR THE TOTAL WORKOUT

Join the Y and enhance your life. Whether you’re looking to get healthy, stay fit, meet people, or just decompress and recharge the Y is for you.

**MEMBERSHIP INCLUDES:**
- Tons of FREE adult group exercise classes per week
- State-of-the-Art cardio fitness centers
- Strength Training and free weight rooms
- Swimming Pools
- Ladies Steam and Men’s Sauna Rooms
- Y-Fit Start: a free 12 week program of individual exercises designed for new and returning exercisers
- Free supervised child watch
- Priority online program registration
- Free WiFi
- Free guest passes to share with your friends and family

The option for a Citywide membership allows you to use any of the other YMCAs in the boroughs, each of which offers quality facilities and programs ... and a swimming pool.

**CHILD WATCH**
You can’t be the best parent you can be unless you take care of your own health, spirit, mind and body. With your child (ages 6 months to 7 years) under the care of trained staff, you can get up to two hours of peace of mind to work out, take a class, or just relax in the steam room. Reservations are required. During peak times, reservations must be made up to one hour in advance of each session of each day. We engage and nurture young children with positive experiences that encourage them to learn, grow, and thrive.

**Note:** child (ages 6 months to 7 years) under the care of trained Child Watch, you can get up to two hours of peace of mind to work out, take a class, or just relax in the steam room. Reservations are required. During peak times, reservations must be made up to one hour in advance of each session of each day. We engage and nurture young children with positive experiences that encourage them to learn, grow, and thrive.

**Make-up Policy—** North Brooklyn YMCA does not supply makeups for missed lesson or late arrivals of the student: EXCEPT:

- Lessons missed due to pool problems or unscheduled closing of the facility.
- Lessons missed due to instructor absence or tardiness (10 minutes or more).
- With a Doctor’s note after first cancellation

Please contact Heidi Ortiz at 212-912-2242 hortiz@ymcanyc.org for more information on youth aquatics programs.

**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 fundraiser, 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.

**MEMBERSHIP TYPES**

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>North Brooklyn</th>
<th>Citywide</th>
<th>Joiner’s Fee*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (up to 11)</td>
<td>$115/mos.</td>
<td>n/a</td>
<td>$125</td>
</tr>
<tr>
<td>Teen (12 - 17)</td>
<td>$216/mos.</td>
<td>n/a</td>
<td>$33</td>
</tr>
<tr>
<td>Student</td>
<td>$37/mos.</td>
<td>$79/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Adult (18 - 64)</td>
<td>$48/mos.</td>
<td>$98/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$37/mos.</td>
<td>$79/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Family I***</td>
<td>$55/mos.</td>
<td>$116/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Family II****</td>
<td>$77/mos.</td>
<td>$174/mos.</td>
<td>$85</td>
</tr>
</tbody>
</table>

*City-wide joiners fee is $12 5
**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
**Children under 12 must be accompanied by an adult when using the facility

**DUES**

- **Members:**
  - $93
  - $136

- **Program Members:**
  - $106

- **Members:**
  - $93
  - $136

- **Program Members:**
  - $106

**Joiner’s Fee:**

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>North Brooklyn</th>
<th>Citywide</th>
<th>Joiner’s Fee*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (up to 11)</td>
<td>$115/mos.</td>
<td>n/a</td>
<td>$125</td>
</tr>
<tr>
<td>Teen (12 - 17)</td>
<td>$216/mos.</td>
<td>n/a</td>
<td>$33</td>
</tr>
<tr>
<td>Student</td>
<td>$37/mos.</td>
<td>$79/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Adult (18 - 64)</td>
<td>$48/mos.</td>
<td>$98/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$37/mos.</td>
<td>$79/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Family I***</td>
<td>$55/mos.</td>
<td>$116/mos.</td>
<td>$85</td>
</tr>
<tr>
<td>Family II****</td>
<td>$77/mos.</td>
<td>$174/mos.</td>
<td>$85</td>
</tr>
</tbody>
</table>

*City-wide joiners fee is $12 5
**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
**Children under 12 must be accompanied by an adult when using the facility

**SUMMER/FALL 2015 | 11**
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 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 CARD
MEMBERSHIP CARD: The Branch membership card must be presented and scanned in order to gain access into a YMCA facility.

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

LOST CARDS: Please let us know if your card is lost or stolen. There is a fee to issue a replacement card. 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. Membership privileges are surrendered 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 back draft is returned for insufficient funds a service fee of $15.00 may be added to the payment amount.

GUEST AND DAY PASSES
Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free passes are available on the YMCA web site to introduce the Y to friends and associates. Day Passes are available to purchase. Please check our schedule for usage times.

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

LOCKER ROOMS
Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility. See membership department to rent lockers for 1 year.

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

JOIN THE Y
MEMBERSHIP INFORMATION

SAVE TIME—REGISTER ONLINE!
2016 WINTER/SPRING SESSION & REGISTRATION DATES

WINTER PROGRAM SESSION DATES:
JANUARY 4, 2016 – FEBRUARY 28, 2016
Registration Dates: Members: December 19, 2015
Mon Members: December 26, 2015

SPRING PROGRAM SESSION DATES:
February 29, 2016 – April 24, 2016
Registration Dates: Members: February 13, 2016
Mon Members: February 20, 2016

SPRING 2 PROGRAM SESSION DATES:
May 2, 2016 – June 26, 2016
Registration Dates: Members: April 9, 2016
Mon Members: April 16, 2016

Y SPLASH WEEK
APRIL 25 – 29, 2016
FREE PROGRAM created to help people of all ages, especially children, to learn basic swimming skills and water safety practices.
For information contact the Member Service Desk.
GROWING STRONG
YOUTH AND TEEN PROGRAMS

The North Brooklyn YMCA provides after school, day and weekend programming for youths ages 3 to 18 years. We offer a host of programs that promote healthy spirit, mind and body through intellectual, social and recreational activities. The programming objective is to provide tools and resources that enhance children’s individual skills and talents as well as teach young people cultural diversity, and understanding of all people. The YMCA is a safe haven for all youth.

Basketball
Learn and master the basics of passing, dribbling and shooting. Practice your offense and defense in fun scrimmages.

- Saturdays, 12:00pm - 1:00pm (6-12 yrs)
- Members: $85
- Program Members: $137

Seido Karate
Using SEIDO martial art principles, participants develop and strengthen their ability to focus on tasks and goals, exercise self-discipline, improve self-esteem, and learn the "non-quit-spirit" of the martial arts that they need to combat the challenges of daily living and achieving success.

- Mondays, Tuesdays, Wednesdays
- 5:00pm - 6:00pm (7-9 yrs) & 6:00pm - 7:00pm (10-12yrs)
- Members: Free
- Program Members: $137

Craft Connection
Arts and crafts activities for children ages 7-12. Projects include paint, clay, coloring, drawing and jewelry making.

- Note: Parents must register their children BEFORE each session.
- Saturdays, 11:00am - 12:15pm (5-7 yrs)
- Members: Free
- Program Members: $137

Y Kids Zone
Group structured activities for elementary aged children designed for fitness, fun, and fellowship. Activities and games include indoor obstacle course, beanbag races, Hot Potato, Helicopter, Limbo, Pizza Tag and more all offered within 45 minute segments.

- Note: Parents must register their children BEFORE each class.
- Mondays, Tuesdays, Wednesdays
- 5:00pm - 6:00pm (7-9 yrs) & 6:00pm - 7:00pm (10-12yrs)
- Members: FREE

Ballet
Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun! For girls and boys!

- Saturdays
- 10:00am - 10:45am (5-6 yrs)
- 11:00am - 11:45am (7-11 yrs)
- Members: $105
- Program Members: $180

YOUTH AQUATICS (AGES 6 –12)

Participants are taught not only swimming skills, but also how to enjoy aquatic activities throughout their lives. Skills include personal safety, survival and rescue skills, water sports and games. Program content is designed to develop a healthy spirit, mind and body for all. The purpose of the program is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level when he or she can safely and proficiently perform the skills within his or her level. New participants can be tested to assure proper placement.

BEGINNER LEVEL

Polliwog
Polliwog is the beginning level for school-aged children. It gets children acquainted with the pool, the use of floatation devices and front and back floating. By the end of this level, participants should know the front paddle stroke, side and back paddle, and some synchronized swimming and wet ball movements.

Guppy
Participants practice and build upon basic skills, performing more skills without a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke and elementary backstroke. Synchronized swimming, wet ball and diving skills are introduced.

INTERMEDIATE LEVEL

Minnow
This is the initial intermediate level. Children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. More wet ball, diving skills and synchronized swimming are taught.

Fish
Students work to perform the crawl stroke, backstroke, back crawl stroke and sidestroke, with turns. They are introduced to the butterfly stroke. They continue learning synchronized swimming movements, wet ball skills, and diving skills and are introduced to the use of mask and fins.

ADVANCED LEVEL

Flying Fish
Students work on increasing endurance and refining strokes. They develop the ability to perform more complex combinations of synchronized swimming, learn to dive off a one-meter board and develop better wet ball skills. They also are introduced to the use of a snorkel.

Shark
Students continue to improve strokes, with starts and turns, and are introduced to the crawl, the inverted breaststroke, and the overarm sidestroke. Students further focus on synchronized swimming, wet ball and skin diving.

Porpoise
Students are exposed to a wide range of aquatic practices, including new strokes, rescue, 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.

*Make-up Policy– North Brooklyn YMCA does not supply makeup for missed lesson or late arrivals of the student: EXCEPT:
- A. Lessons missed due to pool problems or unscheduled closing of the facility.
- B. Lessons missed due to instructor absence or tardiness (10 minutes or more).
- C. With a Doctor’s note after first cancellation

NORTH BROOKLYN YMCA WINTER/SPRING 2016
**TEEN PROGRAMS FOR YOUNG PEOPLE**
**AGES 12-18**

**TEEN WELLNESS**
Teens age 12 -18 may use the Fitness Center unaccompanied by an adult on weekdays from 2:00pm-9:00pm and 8:00am – 9:00pm on the weekends. Before using the Fitness Center equipment, teens must participate in a fitness orientation. Sign up for an orientation anytime at the Member Service Desk.

**TEEN AQUATICS**
YMCA aquatics is about water safety, skill development and fun for everyone. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

**Teen Swim Lessons**
This class is for young adults with moderate swim experience. Participants learn basic water safety skills and basic strokes that will help them become comfortable in the pool. Prerequisite required.

- **Member:** $93 | 8 week session
- **Program Member:** $138 | 8 week session
- **Wednesday:** 6:30pm – 7:15pm

**Private Swim**
Private swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will work to introduce basic swimming and water safety skills, provide comfort and safety in deep water, while challenging the participant to reach for the goals set at the beginning of the first lesson. Class begins with basic breathing techniques, followed by floating and treading of water in shallow and deep ends. Students then progress to strokes like the front crawl, breast stroke, and back stroke. To schedule a session, please contact Heidi Ortiz at 212-912-2242 or hortiz@ymcanyc.org.

- **Half hour sessions.**
- **# Lessons** 2 3 4
- **Member:** $70 $90 $115
- **Program Member:** $150 $190 $230

**Leaders Club**
A nationally recognized core YMCA teen program provides participants with opportunities for leadership training, personal growth, service to others and social development. Teens meet on a weekly basis in small groups, working closely with their peers and an adult advisor on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service and goal-setting. Leaders Club helps teens ages 12-17 to find the leader within.

- **Wednesday, 5:30pm - 7:30 pm FREE**

**Teens Take the City**
Builds on the YMCA’s rich tradition of engaging young people in public service by introducing youth to the workings of the democratic process with a focus on city government. Group lessons and activities prepare teens for participation and leadership in the political process as well as fostering responsible citizenship through increased awareness of social issues. Teens Take the City engages teens ages 12 -17 in taking an active role in solving issues facing their community.

- **Tuesday, 5:30pm - 7:30 pm FREE**

**THE NORTH BROOKLYN YMCA**
**PREPARES TEENS FOR SUCCESS IN LIFE**

The North Brooklyn YMCA prepares teens for success in life through programs that build self-esteem and teach important life skills using an asset based approach. The YMCA believes that enhancing literacy, emphasizing service learning, and teaching healthy behavior and positive values builds competence and confidence in youth. For additional information or to register please contact, Dwayne Douglas, Teen Coordinator, at 212 912-2230 or ddouglas@ymcanyc.org.
CELEBRATE WITH US
SPACE RENTAL

Want to have that special event for your child or special someone but do not know where? Looking for the perfect place to have your special event? Look no further. Let the Y help you capture treasured moments.

POOL PARTY RENTAL
Enjoy an hour of swimming in our heated 20-yard pool with family and friends. Pool parties include 1 hour in the pool and prices are based upon 25 participants in the water. Up to 5 additional participants requires an extra lifeguard at an additional charge. Children 8 years and younger MUST be accompanied in the water by a parent or guardian. This will count toward your total participants. All participants for the pool activity must wear swim caps. Renter is responsible for all decoration, paper goods, food, cake and beverages. Please note that set up and clean up are included in the time.
*Pool Only: $275 per hour (up to 25 swimmers)

ROOM RENTAL
Room rentals are in our Multipurpose Studio, Classroom Room or our East New York Community Center. Our spaces hold a maximum of 40-100 people. We provide tables and chairs. A refrigerator is available. Renter is responsible for all decoration, paper goods, food, cake and beverages. Please note that set up and clean up are included in the rental time.
Classroom: $125 per hour (40 people maximum)
Multipurpose Room Rental: $250 per hour or (40-100 people)
ENY Community Center: $275 per hour
A $125.00 non-refundable deposit is required when booking a rental, which may be applied towards the rental fee. Balance for rental is due a minimum of one week before event.

SUMMER CAMP
WHERE KIDS GO TO GROW

YMCA Summer Camp is the perfect place to meet new friends, participate in sports and creative arts, explore science and technology, swim, go on field trips, learn about nature, build core values, appreciate culture and diversity, build academic skills AND — of course — have fun.

The Y offers DAY AND SPECIALTY CAMPS in NYC’s five boroughs and SLEEPAWAY CAMP in upstate New York.

TAKE ADVANTAGE OF OUR 10% EARLY BIRD AND SIBLING DISCOUNTS ON DAY CAMP!

REGISTER AT YMCANYC.ORG/CAMP
OUR GOAL IS TO HELP YOU REACH YOURS.

The Y Fit Start program is free with membership!

To schedule an appointment, speak to a representative at the Member Service Desk.

IT’S NEVER TOO EARLY TO REGISTER FOR YMCA SUMMER CAMP!

YMCA Summer Camp is the perfect place to meet new friends, participate in sports and creative arts, explore science and technology, swim, go on field trips, learn about nature, build core values, appreciate culture and diversity, build academic skills AND — of course — have fun.

The Y offers DAY AND SPECIALTY CAMPS in NYC’s five boroughs and SLEEPAWAY CAMP in upstate New York.

Camp Starts Tuesday, July 5th!

REGISTER ONLINE AT YMCANYC.ORG/CAMP
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.

register.ymcanyc.org

DOWNLOAD THE Y MOBILE APP
The easiest way to find your favorite fitness class is right in your pocket. Download the Y mobile app to:

• Search & Add Classes To Your Calendar
• Share on Facebook, Twitter, and Foursquare
• Get Facility Status (Closings)
• Find Programs, Events, & Camp Info

GET THE APP AT ymcanyc.org/app
IT’S ABOUT THE WHOLE PERSON

LIVESTRONG 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 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:
Judy Ouziel at 212-912-2524 or email jouziel@ymcanyc.org

TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!

Visit the member service desk or go to ymcanyc.org for more information.

YMCA NEW AMERICANS WELCOME CENTERS

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
- High School Equivalency Test (formerly GED) Preparation

FOR REGISTRATION/PRE-TESTING & CLASS SCHEDULE, GO TO
www.ymcanewamericans.org
TEENS!
ARE YOU READY FOR THE
Y-MVP FITNESS CHALLENGE?

WHAT IS Y-MVP?
- Y-MVP is a FREE 8 week program that combines fun fitness activities with an interactive app
- Classes are led by a Y-MVP fitness coach once a week for 90 minutes
- Earn prizes for completing fitness missions
- Access to the fitness center during teen hours

WHY SHOULD YOU SIGN UP?
- Use a really cool app to track your workouts
- Learn how to improve your fitness, strength and endurance
- Workout in a program uniquely designed for teens
- Get Fit. Make Friends. Have Fun!

WHO SHOULD SIGN UP?
- Middle and High Schoolers
- All levels of fitness welcome

Pick up and application from the front desk or email ymvp@ymcanyc.org
For more information on Y-MVP please visit ymca.org/ymvp

Group Personal Training
at The North Brooklyn YMCA

Whether you’ve just started exercising or want to maximize your workout, our trainers are here to support you in reaching our goals.

All trainers maintain current certification
From the American Council on Exercise (ACE), American College on Sports Medicine (ACSM) or the Aerobics Fitness Association of America (AFAA).

BY APPOINTMENTS
Number of Participants: 2–4

<table>
<thead>
<tr>
<th>Group rates Per Person:</th>
<th>10 Sessions</th>
<th>15 Sessions</th>
<th>20 Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 people</td>
<td>$360</td>
<td>$470</td>
<td>$545</td>
</tr>
<tr>
<td>3 people</td>
<td>$240</td>
<td>$315</td>
<td>$365</td>
</tr>
<tr>
<td>4 people</td>
<td>$180</td>
<td>$236</td>
<td>$274</td>
</tr>
</tbody>
</table>

Have questions?
Please Contact Zuni Diaz
Healthy Lifestyles Coordinator
212-912-2239
zdiaz@ymcanyc.org

North Brooklyn YMCA
570 JAMAICA AVE, BKLYN, NY 11208 | YMCA.NYC.ORG/NBY | 212-912-2230

GET THE APP AT ymcanyc.org/app
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.** Daily lockers are reserved for your personal items while you are in the Y. Items may be left overnight only in rented lockers. Please speak with a Member Service Representative for more information on monthly locker rentals.
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.

New York City’s YMCA | WE’RE HERE FOR GOOD.*

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth.

SWIM SAFELY

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 life jackets 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 aquatics 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. **All questions regarding the Aquatics policies/procedures should be directed to the Aquatics Director.**
At the YMCA, creating a safe and welcoming environment is a team effort. We ask everyone—staff, members and guests—to follow our Code of Conduct, which is based on our core values of caring, honesty, respect and responsibility.

1. Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
2. Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
3. Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
4. Respecting the property of others; never engaging in theft or destruction.
5. Creating a safe, caring environment; never carrying illegal firearms or devices.
6. Participating in programs to build a healthy spirit, mind and body; never engaging in the use, dispensing or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
7. Adherence to the YMCA Code of Conduct and regulations is essential.

Cooperation among staff, members and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.
WELCOME TO THE NORTH BROOKLYN YMCA

NORTH BROOKLYN YMCA
570 Jamaica Avenue,
Brooklyn, NY 11208
P: 212-912-2230
E: northbrooklyn2@ymca.org
W: ymcanyc.org/northbrooklyn
F: www.facebook.com/northbrooklynymca

DOWNLOAD OUR MOBILE APP
AND LIKE US ON FACEBOOK TO
STAY UPDATED WITH ALL OF OUR
UPCOMING EVENTS, PROGRAM
CHANGES, AND BRANCH CLOSURES