WINTER/SPRING 2015

PROSPECT PARK YMCA

PROSPECT PARK YMCA
357 Ninth Street
Brooklyn, NY 11215

P 718-768-7100
ymcanyc.org/prospectpark

New York City’s YMCA | WE’RE HERE FOR GOOD.”
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.
MEMBERSHIP
Join the Prospect Park 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 and locker rooms; priority registration for classes and programs; discounts on classes and fee-based programs; and six guest passes each year to share with friends.

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
Do you need someone to look after your child (6 months - 7 years) while you work out? We’re here for you! You may bring your child 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 only. Please register at Childwatch in advance and to inquire about hours and appointments.

VOLUNTEER OPPORTUNITIES
When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole.

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.
PROSPECT PARK Y INFORMATION

HOURS OF OPERATION
Monday-Friday: 5:00am-11:00pm
Saturday-Sunday: 6:00am-9:00pm

MEMBER SERVICE DESK
Monday-Friday: 8:00am-8:00pm
Saturday-Sunday: 9:00am-4:00pm

2014/2015 EARLY CLOSING DATES
Christmas Eve: Wednesday, December 24
Christmas Day*: Thursday, December 25
New Year’s Eve: Wednesday, December 31
New Year’s Day: Thursday, January 1
Easter: Sunday, April 5
Independence Day: Saturday, July 4

MODIFIED INSTRUCTIONAL CLASSES
Easter Weekend: Saturday-Sunday, April 4-5
Memorial Day Weekend: Saturday, May 23-Monday, May 25
Labor Day: Monday, September 7
Thanksgiving Day: Thursday, November 26
Thanksgiving Weekend: Friday-Sunday, November 27-29
*Facility closed

Please check ymcanyc.org/parkslopearmany or our mobile app for modified hours during holiday weekends.

2015 WINTER/SPRING REGISTRATION DATES

Winter – Session 1
January 2, 2015 - February 22, 2015
Registration Dates:
Members: December 20, 2014
Non Members: December 27, 2014

Spring – Session 1
February 23, 2015 - April 26, 2015
Registration Dates:
Members: February 7, 2015
Non Members: February 14, 2015

Spring – Session 2:
April 27, 2015 - June 21, 2015
Registration Dates:
Members: April 11, 2015
Non Members: April 18, 2015

Holiday Camp
Winter Break Camp:
February 16, 2015- February 20, 2015
Spring Break Camp
April 6, 2015 - April 10, 2015

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PROSPECT PARK Y LEADERSHIP

YOUTH AND FAMILY STAFF
Youth & Family Director: Jamel Davis
(212) 912-2587 jdavis@ymcanyc.org

New Americans Welcome Center
Coordinator: Nabila Khan
(212) 912-2375 nkhan@ymcanyc.org

Y Afterschool at PS 124
Site Director: Karina Montoya
(718) 788-0246 ext. 2041 kmontoya@ymcanyc.org

Y Afterschool at PS 200
Site Director: Kimberly Stephenson
(718) 621-5360 kstephenson@ymcanyc.org

Y Afterschool at PS 212
Site Director: Tiffany Brown
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Administrative Assistant: Lethicia Dieudonne
(212) 912-2368 ldieudonne@ymcanyc.org

COMMUNITY HOUSE STAFF
Director of Community House: Rose Milord
(212) 912-2383 rmilord@ymcanyc.org

SEAMEN’S HOUSE STAFF
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HEALTHY LIFESTYLES STAFF
Senior Program Director: Kathy Birro
(212) 912-2365 kbirro@ymcanyc.org

Program Director*: Sandy Phillips
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Aquatics Director: Meghan Gough
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Healthy Lifestyle Director: Michael Song
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ADMINISTRATIVE STAFF
Executive Director: Erika Rautenstrauch
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(212) 912-2381 smonk@ymcanyc.org

Contact Us  Phone: (718) 768-7100 | Web: ymcanyc.org/prospectpark

BOARD OF MANAGERS
The Prospect Park YMCA Board of Managers is a dedicated group of volunteers invested in our community. These leaders are comprised of a diverse group of individuals including community advocates, residents and local business owners to ensure our Y stays true to its mission while providing you with the highest quality service possible.

Chair
Jed Meyer

Immediate Past Chair
Martin Cottingham

Vice Chair
Mary Vines

Finance Committee Chair
Denis Rudder

Fund Development Committee Chair
Orville Dale

Program & Membership Committee Chair
Sharon Tepper

Annual Campaign Chair
Howard Caretto

Members at Large
Sandy DiTrapani
James Dopman
Katherine Harris
Kelly Hayes
Allan F. Kramer, II
Brian MacNeela
Thomas Miskel
Consuelo Seidel
HELP US KEEP OUR PROMISE

The Prospect Park and Park Slope Armory YMCAs are *Here for Good* every day of the year, and never more so than in challenging and uncertain times by continuing to offer life-enhancing Y programs to our community. The Annual Campaign is a way for us to give back to the community we have served for over 120 years. Your support of the YMCA Annual Campaign gives children and families in our community the chance to grow stronger in spirit, mind and body.

Last year we reached over 46,000 people, more than 17,000 of whom were local youth and teens. We are so grateful to be able to offer programs and participation to our community regardless of their ability to pay. In 2014, every child in our Lisa Beth Gerstman Special Needs Camp received at least 40% financial aid; we enrolled more than 500 children in our after school programs located in public schools throughout Brooklyn completely free of charge; we had the ability to provide financial assistance to hundreds of members in financial crisis; and served over 2,600 enrollments in our New Americans Welcome Center through free ESL, Computer Literacy, Job Readiness, and counseling services.

Without the support of our community through the Annual Campaign none of this would have been possible. Please consider investing in the future of our community by making a generous donation to the Annual Campaign this year.

To find out how you can contribute to the Annual Campaign and learn about other giving opportunities please contact Tara Hopkins, Communications & Fund Development Director, at (212) 912-2371 or thopkins@ymcanyc.org.

*With your help we can do so much more.*

Every dollar contributed to the Prospect Park YMCA Annual Campaign directly supports programs and memberships and is tax-deductible to the fullest extent of the law. None of the funds support administrative costs.
The local businesses right here in our community have joined the Prospect Park Y and Park Slope Armory Y in our promise to turn no one away due to the inability to pay. Look for the window cling next time you’re shopping in Park Slope and support the local businesses that support your local Y.

- 7th Avenue Copy Shop
  315 7th Avenue

- Bagel Pub
  287 9th Street

- Brooke’s Appliances
  378 7th Avenue

- ChipShop
  383 5th Avenue

- Townsley & Gay Realty
  177 7th Avenue

- Key Food
  493 5th Avenue

- Leopoldi’s True Value
  Hardware
  415 5th Avenue

- Pizza Plus
  359 7th Avenue

- Pizza Plus
  359 7th Avenue

- Salon Bohemia
  437 7th Avenue

- Scalino
  347 7th Avenue

- Stoop Juice
  443 7th Avenue

- The Bad Wife
  378 7th Avenue

- Christine’s Beauty Salon
  1602 10th Avenue

- Park Slope Driving School
  323 9th Avenue

- Mike Daddy’s Pizza
  449 7th Avenue

Be a part of the impact. Contact Tara Hopkins, Communications & Fund Development Director at (212) 912-2371 or thopkins@ymcany.org to learn how your business can become a partner in change.
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.

All YMCA camps are certified by the American Camping Association

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

REGISTER ONLINE AT YMCANYC.ORG/CAMP
Family fun for everyone! 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.

**PRENATAL**

**Prenatal Yoga**

This yoga class is especially kind and gentle to the body and is specifically designed to help expecting mothers feel more comfortable during pregnancy and prepare physically, mentally, emotionally and spiritually for labor, birth and motherhood.

Come join us to maximize your health, to heal yourself and clear the way for a new chapter in your life. This class is a wonderful opportunity for connecting with other pregnant women as well as individual time for private reflection.

- **Monday:** 11:15am–12:45pm
- **Wednesday:** 11:00am–12:30pm
- **Saturday:** 4:00pm–5:30pm

Members: Free, Non Members: $16/visit

**ADULT & CHILD FUN**

**Tot & Me Yoga**

(Babies 10 months–2 years)

Strengthen the bond between you and your child while getting fit at the same time! Parent/Tot yoga is also a great venue to develop lasting friendships with other parents and children.

- **Tuesday & Friday:** 11:00am–12:00pm

Members: Free, Non Members: $16/visit

**Story, Song & Shimmy**

(Birth–4 years with adult)

Bond with your little one while they develop social, motor and cognitive abilities. Stories and singing will be followed by fun and dancing with scarves and instruments.

- **Tuesday:** 3:30pm–4:15pm

Members: Free, Non Members: $16/visit

**FOR ADULT & BABY**

**Baby & Me Yoga**

(Babies 1–10 months)

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents.

- **Monday:** 1:00pm–2:00pm
- **Wednesday:** 2:05pm–3:05pm
- **Thursday:** 11:00am–12:00pm

Members: Free, Non Members: $16/visit

**Indoor Playground**

**Instructor to participant ratio is 1:35**

A motor development and movement awareness class where children will spend their time exploring the equipment, climbing, balancing, building, playing with balls, hoops and obstacle courses, while socializing with their peers.

- **Monday, Wednesday & Thursday:** 9:00am–11:30am

Members only up to 3 years with Adult
Family Art
(12 months–3 years with adult)
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.
**Monday & Wednesday: 10:00am–12:00pm**
Members: Free; Non Members: $14 visit
NON MEMBERS PLEASE REGISTER AT THE MEMBERSHIP DESK

**ARTS & CULTURE**

**Music**
(Ages 4–8 years)
**Instructor to participant ratio is 1:8**
A structured class designed to stimulate musical interpretation, coordination, listening skills and motor development.
**Wednesday: 3:45–4:25pm Ages 4–5 yrs**
Members: $141, Non Members: $181

**Beginner Youth Guitar**
(Ages 6–10 years)
**Instructor to participant ratio is 1:6**
Introduction and exploration of the instrument: electric or acoustic, taught in a fun, creative way. Technique, chords, melody, scale construction, finding notes, songs, reading music, tuning and more. Students will provide their own guitar.
**Wednesday: 4:30–5:30pm Ages 6–10 yrs**
Members: $155, Non Members: $185

**Tap Dance**
(Ages 3–7 years)
**Instructor to participant ratio is 1:10**
Learn rhythm while having fun in this early exploration into the word of tap!
**Tuesday: 3:00pm–3:40pm Ages 3–4 years**
3:45pm–4:25pm Ages 3–4 years
4:30pm–5:15pm Ages 5–7 years
Members: $90, Non Members: $140

**Tiny Toes Ballet**
(Ages 3–4 years)
**Instructor to participant ratio is 1:8**
Children will learn the fundamentals of ballet through awareness of body movement and creativity. While participating in exercise and dance sequences, participants will learn coordination while exploring various levels of movement that develop strength.
**Tuesday: 10:45am–11:25am**
3:45pm–4:25pm
4:30pm–5:10pm
**Friday: 3:00pm–4:25pm**
3:45pm–4:25pm
Members: $90, Non Members: $140

**Ballet**
(Ages 5–7 years)
**Instructor to participant ratio is 1:10**
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 movement.
**Wednesday: 4:30pm–5:15pm**
**Friday: 4:30pm–5:15pm**
Members: $90, Non Members: $140

**Imagination Theatre**
(Ages 3–7 years)
**Instructor to participant ratio is 1:8**
A great first theatre experience that uses stories as the basis for imaginative play. Participants will work with a different story each week to explore characters, settings, and plot. A wonderful way for children to learn to express their emotions and interact with their peers.
**Monday: 3:45pm–4:25pm Ages 3–4 years**
**Monday: 4:30pm–5:15pm Ages 5–7 years**
Members: $90, Non Members: $140
Sustainable Art
(Ages 4–8 years old)
Instructor to participant ratio is 1:8
Want your child to learn about social responsibility while having fun? Learn to make art that cares about the environment! In Sustainable Art children learn to manipulate materials we discard every day in order to create masterpieces. Projects give participants time to work independently and as a group.

Ages 4–5 years old:
Thursday: 3:45-4:30pm

Ages 6–8 years old:
Thursday: 4:45pm-5:30pm

Members: $106, Non Members: $166

Karate
(Ages 4 and up by skill)
Instructor to participant ratio is 1:15
Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. Level is determined by the instructor. Please note: There is a $40 fee for the karate uniform, and a belting fee for all those who qualify and choose to belt. The belting fee is set by the National Karate Association and goes towards registering your child into the Association.

Novice Level – Tuesday: 4:30pm-5:25pm
Thursday: 3:30pm-4:30pm

Intermediate – Thursday: 4:30pm-5:30pm

Members: $132, Non Members: $172

Y SPLASH WEEK
APRIL 6 - APRIL 10, 2015
FREE PROGRAM created to help people of all ages, especially children, to learn basic swimming skills and water safety practices.
More information available at the Member Service Desk
SPORTS

Soccer
(Ages 3-4 & 5-7 years)
Instructor to participant ratio is 1:8
Children’s soccer is an instructional class that teaches basic soccer skills, as well as a love for sport. Develops teamwork and participation in a fun, non-competitive environment.
Sunday: 9:00-9:45am Ages 3-4 years
10:00-10:45am Ages 5-7 years
Members: $106, Non Members: $141

Basketball
(Ages 5-10 years)
Instructor to participant ratio is 1:10
Children will learn the fundamentals of basketball through modified basketball activities and gain self-confidence while playing and making new friends.
Tuesday: 4:45pm-5:30pm Ages 5-7 years
Thursday: 4:45pm-5:30pm Ages 8-10 years
Members: $106, Non Members: $141

Multi-Sports
(Ages 4-7 years)
Instructor to participant ratio is 1:8
Not sure which sport your child has an interest in? Does your child have an interest in every sport? Multi-Sports is the class for you! This instructional class gives a taste of soccer, basketball and track in a fun play-filled environment. Children are introduced to basic skills for the various sports, as well as fun games to familiarize with the use of various sports equipment.
Tuesday: 10:00am-10:45am Ages 4-5 yrs
Thursday: 3:45pm-4:30pm Ages 4-5 yrs
Sunday: 11:00am-11:45am Ages 5-7 yrs
Members: $106, Non Members: $141

Contact Sandy Phillips, Program Director at (212) 912-2591 or cphillips@ymcanyc.org for more information about Family Programs and Family Fun Nights.

FREE FAMILY EVENTS
FOR THE COMMUNITY!

FAMILY FUN NIGHTS

The Prospect Park and Park Slope Armory YMCAs open their doors to every family! Family events include everything from movie nights and pajama parties, to family ping pong and concerts. Visit our website to see when the next Saturday family night will take place.
GYMNASTICS
Progressive Gymnastics Co-ed Program

Beginner Gymnastics
Instructor to participant ratio is 1:7
This co-ed class for children ages 6 and up focuses on increased use of each apparatus and learning basic gymnastics skills.
Monday: 4:00pm-5:00pm

Advanced Beginner Gymnastics
Instructor to participant ratio is 1:7
This co-ed class for children ages 6 and up focuses on basic floor and apparatus skills, increasing strength and endurance and preparation for the more rigorous intermediate program.
Monday: 5:00pm-6:00pm

Intermediate Gymnastics
GIRLS ONLY GYMNASICS
Instructor to participant ratio is 1:7
This girl’s intermediate gymnastics class builds on skills learned in the previous level and focuses on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movements.
Wednesday & Friday: 4:00pm-5:30pm

Advanced Intermediate Gymnastics
Instructor to participant ratio is 1:7
In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements.
Wednesday & Friday: 5:00pm-6:30pm

Girl’s Gymnastics Club
Instructor to participant ratio is 1:8
Girls who are currently in the advanced intermediate class and who qualify may participate. The club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition.
Monday, Wednesday & Friday: 5:00-7:00pm

<table>
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<tr>
<th>Class</th>
<th>Member Rate</th>
<th>Non Member Rate</th>
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<td>Gymnastics Club</td>
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Child Watch Program

Do you need someone to look after your child while you workout? We’re here for you! You may take your child to the Prospect Park YMCA Child Watch Program. Kids will enjoy creative play in a fun safe environment with responsible Prospect Park YMCA staff members. Child Watch is available to members during the hours of:

Monday–Friday: 8:00am – 8:00pm
Saturday: 9:00am – 2:00pm
Sunday: 9:00am – 1:00pm

Please call 212-912-2369 to reserve a space. The amount of children taken at any given time is limited according to the number of staff present.
MAKE A SPLASH

AQUATICS PROGRAMS

We offer the highest quality of lessons and activities in a safe, clean and cheerful atmosphere. A large variety of classes accommodate many different levels of ability and comfort for youth, families and individuals. Sessions run on an 8-week basis and class capacity is limited. Please check our website or the Member Service office for the most up to date class schedule.

Registration Policy:

- Automatic registration is available for members at a cost of $30 per year. This will automatically enroll your child for each session on the day and time you specify.
- Member registration allows Y members to register as of week 6 of the program session.
- Program member registration opens 1 week after member registration.

THE PARENT/CHILD AND PRESCHOOL AQUATIC PROGRAM

This program reaches children and parents early in their relationship. Parents are given guidance on how to develop their children’s abilities and how to protect their children from harm in, on, and around the water; children are given the chance to explore a new environment and to build skills that add to their self-confidence. Both benefit from taking part in an experience that lets them learn and have fun together in the water.

The skills taught in the Parent/Child and Preschool Aquatic Program center around five main components:

1. **Personal safety**: Activities that help increase awareness of personal safety issues for both the child and the family, including boating safety
2. **Personal growth**: Activities that help the child and the family grow in spirit, mind, and body, including character development
3. **Stroke development**: Activities that help develop swimming abilities so participants can move in the water safely
4. **Water sports and games**: Activities that help develop an appreciation of aquatic activities that may last a lifetime, including age-appropriate games and songs.
5. **Rescue**: Activities that build awareness of how to help others in aquatic emergencies

For more information about our Aquatics programs and private lessons, contact Aquatics Director, Meghan Gough, at 212-912-2379 or mgough@ymcanyc.org.
PARENT & CHILD SWIM
Ages 6–36 months with adult
Members: $112, Non Members: $184

**Shrimp (6–12 months)**
This is an introduction to the aquatic 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.

- **Monday:** 10:30am–11:00am
- **Wednesday:** 10:30am–11:00am
- **Friday:** 11:00am–11:30am
- **Saturday:** 8:30am–9:00am

**Inia (13–18 months)**
Children do more independent exploration of the aquatic environment with help from parents. The parents review and learn additional information about aquatic safety. The program provides opportunities for parent-child teams to socialize with each other.

- **Monday:** 10:30am–11:00am
- **Wednesday:** 10:30am–11:00am
- **Friday:** 11:00am–11:30am

**Perch (19–36 months)**
Children start moving more independently through the water under their parents’ guidance. Parents and children learn more about aquatic and boating safety. At this point the instructor begins to prepare the children to work directly with an instructor on their own.

- **Monday:** 10:30am–11:00am
- **Wednesday:** 10:30am–11:00am
- **Friday:** 11:00am–11:30am

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PARENT/CHILD YOGA & SWIM
Members: $137, Non Members: $206

**Inia Yoga and Swim**
Youth gym and swim class for 1-year olds and their parents or caregivers helps toddlers learn basic skills in the gym and gain confidence in the pool. A great opportunity to socialize and have fun!

- **Saturday:** 8:30am–9:30am

**Perch Yoga and Swim**
Youth Gym and Swim class for 2-year olds and their parents or caregivers combines age appropriate gym activities with water skills that begin to prepare children to work directly with an instructor on their own.

- **Saturday:** 9:00am–10:00am
  9:30am–10:30am

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PRE-SCHOOL GYM & SWIM CLASSES
Members: $137, Non Members: $206

**Pike Gym and Swim**
Instructor to participant ratio is 1:6
Youth gym and swim class for 3- to 5-year olds is an opportunity to practice basic skills in the gym and adjust to the water in a group setting. This swim level is designed for new swimmers and helps children develop independent movement with a floating device. This class teaches the basic paddle stroke and and kicking skills, pool safety and comfort in holding faces in the water while blowing bubbles and swimming.

- **Saturday:** 10:00am–11:00am
  10:30am–11:30am
  11:00am–12:00pm
  11:30am–12:30pm
Eel Gym and Swim
Instructor to participant ratio is 1:6
Youth gym and swim class for 3 to 5 year olds combines structured gym activities with an advanced beginner level swim class for this age group. This class reinforces Pike skills and is for children who are comfortable in the water. Children will gradually discontinue using floats and improve endurance and swimming skills. They will be able to swim the width of the pool without assistance by the end of this level.
Saturday: 10:00am-11:00am  
10:30am-11:30pm  
11:00am-12:00pm  
11:30am-12:30pm  
12:00pm-1:00pm

Ray Gym and Swim
Instructor to participant ratio is 1:8
Youth gym and swim class for 3- to 5-year-olds combines structured gym activities with a swim class in which children review previous skills and improve stroke skills and endurance by swimming on both their front and back. Children will also learn to tread water and will be able to swim across the pool on their front and back without assistance upon completing this level.
Saturday: 10:00am-11:00am  
11:30am-12:30pm

Starfish Gym and Swim
Instructor to participant ratio is 1:8
Youth gym and swim class for 3- to 5- year olds in which children review previous skills and improve stroke skills and endurance by swimming on both their front and back, and tread water while working on independence without a float. This is an advanced class for students that have completed Ray.
Saturday: 10:30am-11:30am

PRE-SCHOOL SWIM CLASSES
Members: $112, Non Members: $184

Pike with Parent
At this level, children usually begin attending classes without their parents. However for those who are not yet ready to do so we offer this adjustment level. It is designed to help children develop safe pool behavior, adjust to the water, and develop independent movement in the water teaching basic paddle stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.
Thursday: 10:30am-11:00am  
Friday: 10:30am-11:00am  
Sunday: 10:30am-11:00am  
11:00am-11:30am
Pike

**Instructor to participant ratio 1:6**

At this level, children usually begin attending classes without their parents. At this level, 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.

**Monday:** 4:00pm–4:30pm  
**Tuesday:** 10:00am–10:30am  
3:45pm–4:15pm  
**Wednesday:** 3:45pm–4:15pm  
**Thursday:** 3:45pm–4:15pm  
**Friday:** 11:00am–11:30am  
4:45pm–5:15pm  
**Sunday:** 10:30am–11:00am  
11:00am–11:30am

Eel

**Instructor to participant ratio 1:6**

This beginner level reinforces Pike skills and 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 15 feet without assistance by the end of this level.

**Monday:** 4:00pm–4:30pm  
**Wednesday:** 3:45pm–4:15pm  
**Thursday:** 3:45pm–4:15pm  
**Friday:** 11:00am–11:30am  
4:45pm–5:15pm

Ray

**Instructor to participant ratio 1:6**

At this Advanced Beginner level, children review previous skills, improve stroke skills, build endurance by swimming on their front and back, learn to tread water, and perform more progressive diving skills. Children can swim 20 feet on their front, side and back without assistance by the end of this level.

**Tuesday:** 4:00pm–4:30pm  
**Wednesday:** 3:45pm–4:15pm  
**Thursday:** 3:45pm–4:15pm

Starfish

**Instructor to participant ratio 1:6**

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 40 feet on the front, side and back without assistance at the end of this level.

**Monday:** 4:45pm–5:30pm  
**Thursday:** 4:15pm–5:00pm

**YOUTH AQUATICS PROGRAMS**

**Ages 6–12 with adult**

**Members:** $101, **Non Members:** $166

The YMCA helps youth develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction.

**Personal Safety:** Students learn to be safety conscious in and around water. The information forms the basis of accident prevention. Survival skills, self-rescue and boating safety are taught.

**Personal Growth:** In learning new skills students build self-esteem. They also learn the consequences of their choices in relation to water safety.

**Stroke Development:** Students are taught through stroke techniques. Paddling skills, treading, floating, basic rescue skills and safety using lifejackets are among those taught.

**Water Games:** Games are used to enhance skills learned. Retrieving objects underwater and passing a ball are examples of is taught.

**Rescue:** Students learn safety techniques – knowing when to yell for help, being able to go to an adult for assistance, reaching and throwing assists.
Polliwog (Beginner)
This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wetball movements.
Monday: 4:00pm-4:45pm
Tuesday: 3:45pm-4:30pm
Wednesday: 4:15pm-5:00pm
5:00pm-5:45pm
Thursday: 4:15pm-5:00pm
Friday: 4:45pm-5:30pm
Saturday: 1:15pm-2:00pm
2:00pm-2:45pm
Sunday: 11:30am-12:15pm
11:45am-12:30pm
12:15pm-1:00pm

Guppy (Advanced Beginner)
The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught, as well as some diving skills.
Monday: 4:00pm-4:45pm
Wednesday: 4:15pm-5:00pm
Thursday: 4:15pm-5:00pm
5:00pm-5:45pm
Friday: 4:00pm-4:45pm
Saturday: 2:00pm-2:45pm
2:45pm-3:30pm
3:30pm-4:15pm

Minnow (Adv. Beginner II)
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, wetball, and diving skills.
Tuesday: 4:00pm-4:45pm
5:15pm-6:00pm
Thursday: 5:45pm-6:30pm
Friday: 4:45pm-5:30pm
Saturday: 1:15pm-2:00pm
2:45pm-3:30pm
3:30pm-4:15pm

Fish (Intermediate)
Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They are introduced to the butterfly stroke. They continue learning additional synchronized swimming movements, wetball skills, and diving skills, and are introduced to the use of mask and fins.
Monday: 4:45pm-5:30pm
Tuesday: 4:30pm-5:15pm
Friday: 4:00pm-4:45pm
Saturday: 3:30pm-4:15pm
Sunday: 12:15pm-1:00pm

Flying Fish (Intermediate II)
At this advanced level, students work on refining their strokes and increasing their endurance. They develop the ability to perform more complex combinations of synchronized swimming movements, and develop better wetball playing skills. They also are introduced to the use of a snorkel.
Monday: 4:00pm-4:45pm
Tuesday: 5:15pm-6:00pm
Thursday: 4:00pm-4:45pm
Friday: 5:30pm-6:15pm
Saturday: 12:30pm-1:15pm
4:15pm-5:00pm
Shark (Advanced)
The students 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.

**Monday:** 4:45pm-5:30pm  
**Thursday:** 4:45pm-5:30pm  
**Friday:** 5:30pm-6:15pm  
**Saturday:** 4:15pm-5:00pm

## ADVANCED YOUTH AQUATICS CLASSES

**Members:** $109, **Non Members:** $179

**Porpoise (Advanced II)**
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.

**Wednesday:** 4:00pm-4:45pm  
**Saturday:** 4:15pm-5:00pm

**Competitive Skills & Drills**
The focus of this class is to build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts with an instructor on deck. Swim workouts include an average of about 1,000 to 2,000 yards. The lanes vary by the swimmers’ ability and speed. Teen Stroke Clinic is not a “learn to swim” program, but we do offer the opportunity for all levels to receive instruction on technique.

**CDS Level 1:**
**Wednesday:** 4:45pm-5:30pm  
**Friday:** 5:30pm-6:15pm

**CDS Level 2:**
**Tuesday:** 4:45pm-5:30pm

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**TEEN AQUATICS**  
**Members:** $107, **Non Members:** $178

**Teen Beginner (Teen Level 1)**
This class is for teens who have not had swimming lessons before or who are not comfortable in the water. Basic swimming and water safety skills are taught in a relaxed, fun way.

**Wednesday:** 5:00pm-5:45pm  
**Saturday:** 1:15pm-2:00pm

**Teen Intermediate (Teen Level 2)**
Teens continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught, as well as some diving skills.

**Saturday:** 12:30pm-1:15pm

**Teen Advanced (Teen Level 3)**
This is the initial intermediate level for students to further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn more synchronized swimming, wetball, and diving skills.

**Saturday:** 2:00pm-2:45pm
ADULT AQUATICS
Members: $125, Non Members: $190
The YMCA helps adults develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction.

Adult Beginner (Adult Level 1)
This class is for those who have not had swimming lessons before or who are not comfortable in the water. Basic swimming and water safety skills are taught in a relaxed, fun way.
Wednesday: 7:30pm-8:30pm
8:30pm-9:30pm
Thursday: 10:30am-11:30am
Sunday: 5:00pm-6:00pm

Adult Advanced Beginner (Adult Level 2)
Adults are acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle.
Tuesday: 8:30pm-9:30pm
Sunday: 6:00pm-7:00pm

Adult Intermediate (Adult Level 3)
Adults continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke.
Thursday: 8:30pm-9:30pm

Adult Advanced (Adult Level 4)
This class works on further refining your front crawl, breast stroke, backstroke, butter fly and flip turns. You will also increase your endurance.
Tuesday: 6:30am-7:30am
Thursday: 8:30pm-9:30pm

Aquacise for Adults
Aquacise for adults incorporates stretching and aerobic and muscle conditioning exercises with a focus on improving overall condition.
Monday: 9:00am-10:00am
11:30am-12:30am
Tuesday: 7:30pm-8:30pm
Wednesday: 11:30am-12:30pm
Thursday: 9:00am-10:00am
Friday: 9:00am-10:00am
11:30am-12:30pm
Sunday: 9:00am-12:30pm
Members: Free
Non Members: $84 1x wk / $128 2x wk
$160 3x wk / $170 4x wk
$180 5x wk / $190 6x wk

AquaZumba
Zumba in the water! Aqua exercise class for adults to move to the beat of the music with intense, aerobic and muscle conditioning session that strives to attain new levels of fitness.
Friday: 9:00am-10:00am
Thursday: 9:00am-10:00am
Members: Free, Non Members: $79

PRIVATE AND SEMI-PRIVATE SWIM LESSONS
Improve your swimming skills with the personal attention of a YMCA certified swim instructor! Private and Semi-Private lessons are for people of all ages who are interested in developing their water skills and safety on all levels. All lessons are 30 minutes long and Semi-Private lessons are limited to 2 participants only.

Private
Members: Six 30-min lessons $260
Non-Member: Six 30-min lessons $363

Semi-Private
Members: Six 30-min lessons $353
Non-Member: Six 30-min lessons $508
CELEBRATE WITH US

BIRTHDAY PARTIES

Have your birthday party at the Prospect Park YMCA! We offer room and pool rentals on Sundays. Please contact Meghan Gough at 212-912-2379 or mgough@ymcanyc.org for booking your party at the Prospect Park YMCA.

**Room Rentals:** Sundays from 2:15pm–6:15pm
- Members: $179 for first hour / $68 for each additional hour
- Non Members: $226 for first hour / $110 for each additional hour

**Pool Rental:** Sundays from 3:00pm–4:00pm
- Members: $235, Non Members: $310

INVITE YOUR FRIENDS TO JOIN THE Y!

REFER YOUR FRIENDS TO THE YMCA AND IF THEY JOIN, YOU’LL RECEIVE A MEMBER REWARD CARD FOR FREE Y GEAR.

VISIT THE MEMER SERVICE DESK FOR REFERRAL FORM AND MORE INFORMATION

CHECK OUT ALL OUR NEW COOL Y GEAR AT ymcanyc.org/reward
Give them a challenge! The Y-MVP Eight-Week Fitness Challenge puts teens (ages 12 – 17) on a fitness path by engaging them in fun physical activities and teaching them skills to develop exercise routines that work for them.

Y-MVP participants meet as a class for 90 minutes once a week, for eight weeks, during out-of-school hours, and are expected to complete an additional 60-minute “fitness mission” in between classes. The program is reinforced with:

✓ Game-like activities to keep participants active and engaged
✓ Access to a fun web application to create personalized workout routines and track progress
✓ A system of digital badges that sets a clear fitness pathway
✓ Weekly rewards to incentivize engagement
✓ A trained coach that provides guidance and individualized support

This training program will be offered FREE to the first 25 youth that sign up.

REGISTRATION IS REQUIRED! SIGN UP EARLY. AVAILABILITY IS LIMITED.
FOR MORE INFORMATION CONTACT: SANDY PHILLIPS AT CPHILLIPS@YMCANYC.ORG

Y-MVP is an anti-obesity initiative of the YMCA of Greater New York. Exercise is key to prevent and fight diseases, and necessary to reduce high levels of obesity amongst New York City children. Tell a teen about the benefits of Y-MVP, help us spread the word and build a community of strong kids that values healthy living.
Y AFTER SCHOOL PROGRAM

The literacy-based academic support program (offered in under-resourced NYC public schools in grades K–5) builds study skills and helps with homework through Project-Based Learning and Balanced Literacy Activities, using reading, writing and conversation to address literacy challenges among public school students. As in any Y program, health education and recreation opportunities are central! With off-site locations from Park Slope to Coney Island, Y After School helps hundreds of kids from K-5 continue to grow in spirit, mind and body in the critical 3:00-6:00pm hours. Y Afterschool is absolutely free of charge through donations to the Annual Campaign.

Y ACADEMIC SUPPORT

This program is available to students that attend the Hellenic Classical Charter School and provides two hours of homework help. The homework help session runs from 3:30pm-6:00pm from Monday thru Friday and costs $175 per month throughout the academic year.

To find out more about our Afterschool programs and off-site locations, please contact Jamel Davis, Youth & Family Director at 212-912-2587 or jdavis@ymcanyc.org.
JOIN THE ADVENTURE

SUMMER DAY CAMP

No matter which camp you choose for your child, the Park Slope Armory YMCA provides a healthy and happy atmosphere. Through games, crafts and field trips our curriculum focuses on healthy lifestyles, leadership skills and education enrichment to help beat summer brain drain. All of our YMCA Day Camps are licensed by the NYC Department of Health and Accredited by the American Camping Association (ACA).

Mid Winter Recess: February 16–20, 2015
Spring Recess: April 6–10, 2015

Summer Camp Sessions:
Session I
6/29-7/10 9:00am-5:00pm
Session II
7/13-7/24 9:00am-5:00pm
Session III
7/27-8/7 9:00am-5:00pm
Session IV
8/10-8/21 9:00am-5:00pm

HOLIDAY CAMP
AGES 5–12 YEARS OLD
Counselor to Child Ratio is 1:7 for ages 5-9 and 1:10 for ages 10-12 years
When public schools are closed, where can your children go? They can go to Park Slope Armory YMCA Holiday Camp! Children ages 5–12 participate in arts and crafts, sports, swimming, trips and special activities. Each Holiday Camp day takes place between 9:00am and 5:00pm. Parents provide a bag lunch and swim suit (pending pool availability). The Park Slope Armory YMCA follows the Department of Education’s school schedule. Early drop-off at 8:00am and late pick-up at 6:00pm is available for an additional fee.
Members: $215 per session
Non Members: $275 per session

SUMMER CAMP

FULL DAY KINDERCAMP
AGES 4 1/2 – 5 YEARS OLD
Counselor to Child Ratio is 1:5
Kindercamp is designed for children entering Kindergarten in September 2014 and is tailored to little bodies and big imaginations. This program provides instructional swimming, trips, indoor & outdoor group plays activities and theme-based arts & crafts that focus on enhancing the social skills and team work abilities of young children.
Members: $508 per session
Non Members: $581 per session

EXPRESS CAMP
AGES 6–8 YEARS OLD
Counselor to Child Ratio is 1:7
Express Camp is designed for the younger camper. Campers participate in arts and crafts, group games, sports, health & fitness, character development activities, and recreational reading. Children also take part in instructional swimming one day per week and in weekly field trips to nature centers, museums, and local events. As part of our Express Camp, campers also take mini-trips to local playgrounds.
Members: $457 per session
Non Members: $570 per session
PROGRESSIVE SWIM CAMP
AGES 7–9 AND 10–12 YEARS OLD  Counselor to Child Ratio is 1:7 for ages 7–9 years and 1:10 for 10–12 years
The Prospect Park YMCA is a leader in youth swim and has helped generations of children become outstanding swimmers. Progressive Swim Camp is designed for children of all levels. Campers are grouped according to skill proficiency and mastery. Children also participate in programs such as group games, environmental studies, arts & crafts, health, nutrition and exercise. Trips are incorporated into the program to balance the week’s activities. Swim instruction takes place 4 days per week.
Members: $508 per session
Non Members: $581 per session

ADVENTURE CAMP
AGES 9–11 YEARS OLD  Counselor to Child Ratio is 1:10
Adventure Campers take part in a balance of scheduled and optional instructional swimming, arts & crafts, music and environmental science, there is also a wide array of sports, creative arts and character development activities. Field trips throughout the metropolitan area, theme days, and special events offer children a well-rounded summer experience. The program also continues the “R&R” (recreational reading) component helping kids to maintain sharp reading skills throughout the summer months.
Members: $457 per session
Non Members: $570 per session

SPORTS CAMP
AGES 7–12 YEARS OLD  Counselor to Child Ratio is 1:7 for 7–9 years and 1:10 for 10–12 years
This program is available to children 7–12 years old. Campers are paired by age group. The focus will be on all sports with an emphasis on good sportsmanship, teamwork and safe play. The campers will engage in sports-themed activities as well as trips and arts & crafts.
Members: $508 per session
Non Members: $581 per session

TEEN CAMP
AGES 12–14 YEARS OLD  Counselor to Child Ratio is 1:12
This special program offered to 12–14 year olds. It is designed specifically with teens in mind. It provides a safe, fun environment where teens are able to make new friends, learn more about themselves, and work on exciting projects helping teens become tomorrow’s leaders. Activities include organized sports, swimming, leadership training, arts & crafts, community service and many interesting trips.
Members: $457 per session
Non Members: $518 per session

LISA BETH GERSTMAN CAMP
AGES 5–12 YEARS OLD  Counselor to Child Ratio is 1:2
This 3-week camp runs July 13 to July 31, 2014 and is a fully integrated program for children with physical disabilities ages 5–12 years old. Special needs children will have an opportunity to experience summer camp activities which include swimming, trips, and arts and crafts. The program operates for three weeks. We believe every child deserves the opportunity to participate in a safe, caring, and FUN learning environment.
Members: $684 per session
Non Members: $684 per session

Need to drop off early or pick-up late? No problem.

Summer Camp:
$70 charge per camper per two-week session.

Holiday Camp:
$24 charge per camper

To learn more about camp, contact Jamel Davis, Youth and Family Director at (212) 912–2587 or jdavis@ymcanyc.org.
GROWING STRONG

TEEN PROGRAMS

The Prospect Park YMCA prepares teens for success in life through free 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 encourage competence and confidence in youth. The YMCA seeks to prevent violence, criminal activity, educational failure, substance abuse, and teen pregnancy through its youth programs.

TEEN LEADERSHIP AND SERVICE

Teens Take the City
AGES 13–18 YEARS OLD
The purpose of the Teens Take the City program is to facilitate the exposure of students to the function of New York City government through an engaging civics curriculum that emphasizes academic, social and leadership skill building. Teens Take the City is different from all other teen leadership programs because it is designed to give teens the tools they need to become active influences in their community. The program teaches teens all about New York City government and gives all participants the opportunity to research and debate topics of their choosing. Through the program, teens learn to take action in their community and in the halls of city government.

Wednesday: 4:30pm–6:00pm

Youth & Government
AGES 14–18 YEARS OLD
The YMCA Youth and Government program will teach young people how laws are created and passed, and how to successfully champion issues teens think are important. Teens will learn how to debate and formulate winning arguments as an attorney or a legislator. After one year in the program, teens you will know more about politics and law than most adults. Through Youth and Government, teens can join other young people from YMCA’s and high schools from all over the State for a three day event in Albany, New York’s State Capital in March. Teens debate current state issues, participate in mock trials, and get to know future leaders. The Prospect Park YMCA has added the expertise of Howard Caretto, a YMCA Board Member and Attorney to help guide students through the bill writing process and assist in preparing for the State Youth and Government.

Tuesday: 4:30pm–6:00pm

Teen Center
AGES 12–18 YEARS OLD
Teen Center is a fun and safe space for teens to socialize, exercise and have a positive interaction with peers and YMCA counselors. Teen Center is open to teens from local communities and offers activities such as sports, fitness, arts and discussion groups. Teen Centers encourage more than 6,500 teens ages 12–18 to interact in a safe and positive social setting.

Friday: 6:00pm–10:00pm

For more information on Teen Development Programs, please contact Jamel Davis, Youth & Family Director, at (212) 912-2587 or jdavis@ymcanyc.org
Leaders Club
AGES 13–18 YEARS OLD
The Leaders Club is a national program of the YMCA which provides club members with opportunities for leadership training, personal growth, service to others and social development. Leaders Club is one the YMCA’S most intensive and comprehensive teen programs. Teens meet once a week working closely with their peers and an advisor on skill and character building activities, as well on planning and organizing club projects. By connecting with adult advisors, teens have role models and mentors who can have a positive impact on their lives. The Leaders Club program provides a safe haven for young people where they can become confident and competent young adults with a sense of connection to their communities. The goal of Leaders is to promote and enhance the personal growth and skills of young people in order to develop strong leaders who will be a positive force in their communities.
Friday: 4:30pm–6:00pm

YOUTH & TEEN FITNESS
Y-MVP
AGES 12–17 YEARS OLD
Y-MVP is an innovative eight-week training program that uses game-like activities to help teens become and stay physically active. The program includes an app to track workout progress, and a digital badge system that moves teens along a clear path to achieving goals and increasing levels of Moderate to Vigorous Physical activity.
Friday: 4:30pm–6:00pm (12–14 years old)
6:30–8:00pm (15–17 years old)

For more information about Fitness Center for Youth and Teens, please contact Sandy Phillips, Program Director, at (212) 912-2591 or cphillips@ymcanyc.org.

Fitness Center for Youth and Teens
The Fitness Center is available to 12– to 17-year olds who are YMCA members, under the following conditions:
Required orientation courses must be completed.
Teens must present ID cards and course completion cards to floor trainer on duty prior to working out.

Teens ages 12–15 may use fitness areas at designated times only:
Monday–Friday 3:30pm – 5:30pm
Saturday–Sunday 12:00pm – 2:00pm

Teens ages 16 and 17 must complete a one-hour orientation prior to using the fitness areas. All teens must have a parental consent form on file prior to utilizing the facility.
Teens may not bring guests under the age of 18 into the facility.
No exceptions to these policies will be made. We thank you for your cooperation.

For more information about Fitness Center for Youth and Teens, please contact Michael Song, Healthy Lifestyles Director, at (212) 912-2587 or msong@ymcanyc.org.
You may know the Y for our pools, classes, gyms, basketball courts or summer camps, but in New York City the Y is so much more. We also offer transformative programs in teen leadership, afterschool learning, work readiness, cultural assimilation and international exchange for young New Yorkers.

All of it free or at low cost for those who need it most.

That’s where you come in. Help us make the city stronger as we reach people of all ages and all backgrounds in every borough. When you volunteer or give, you’re building a stronger New York City.

With your help we can do so much more.

The Y. So Much More™

Please give today.
ymcanyc.org/give

New York City’s YMCA | WE’RE HERE FOR GOOD™
Program Goal and Vision

Our Program Philosophy is to empower the immigrant community through instructional, recreational, referral and family support services resulting in their increased access to community resources and services and an improved quality of life. Our long term vision is to mobilize the low-income immigrant communities in New York City towards economic self-sufficiency, self advocacy and self-reliance encouraging them to become productive members of our society.

Accomplishments

Each year we have accommodated over 2,800 enrollments in classes, workshops, referrals, trips and family events; 71% of students have achieved educational gain; 98% of students have retained, improved or obtained jobs; 88% of students have entered or enrolled in post secondary/GED Programs; 100% of students have passed their naturalization test and interview; our students have been selected for publication in the Literacy Review of NYU; and added offsite Literacy/Beginners, Conversation and Health and Wellness Orientation classes.

Program Components

The New Americans Welcome Center is a multilingual information resource and referral center that provides immigrants with a wide array of instructional, vocational, recreational, family support, and human services. Our year-round classes include English as a Second Language, Citizenship Preparation, Job Readiness/Computer Literacy, Conversation group, and Cultural Orientation.

Location: Prospect Park YMCA

Beginners ESL (I, II): Monday, Tuesday, Wednesday & Thursday 6:15pm-9:15pm
Computer Literacy/Job Readiness: Monday & Wednesday 6:00pm-9:00pm
Literacy/Beginners’ Level: Monday, Tuesday, Wednesday & Thursday 6:00pm-9:00pm
Citizenship Prep: Saturday 10:30am-4:30pm
Amigos Group: Monday & Wednesday 5:00pm-6:00pm

Location: Park Slope Armory YMCA

Intermediate ESL (III, IV): Monday & Wednesday 6:15pm-9:15pm

2015 Sessions:

Winter: January 5–March 28, 2015         Summer: July 6– September 26, 2015
Spring: April 7– June 27, 2015          Fall: October 5–December 26, 2015

Registration is open throughout the year. Please contact New Americans Welcome Center Coordinator, Nabila Khan to schedule an introductory appointment at (212) 912-2375 or nkhan@ymcanyc.org.
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 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-Fit 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 Membership Desk. **This program is FREE**

**Personal Training**
Looking for a new challenge or need some additional motivation? A certified YMCA Personal Trainer can be just what you need. Our friendly and experienced personal trainers hold national training certifications guaranteeing our members the highest quality in customized fitness programs. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

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

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<tr>
<th># Sessions</th>
<th>1</th>
<th>3</th>
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<tr>
<td>Member</td>
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**Personal Training 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 nonrefundable and valid for one year from date of purchase. Only YMCA training staff is permitted to conduct personal training sessions within the facility.

**PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.**

For more information, contact Michael Song, Healthy Lifestyles Director, at (212) 912-2587 or msong@ymcanyc.org or speak with a Member Service representative.
GROUP EXERCISE

**Belly Dance**: Learn the art of belly dancing while increasing core strength and flexibility.

**Boot Camp**: A circuit training workout that challenges your entire body, utilizing calisthenics such as push-ups, jumping jacks, crunches, and other body weight exercises.

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

**Circuit Training**: 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 of abdominal exercises defines, strengthens and stabilizes your torso.

**Hatha Yoga**: A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen and condition.

**Hip Hop**: A cardiovascular workout using Hip Hop dance music. This class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

**Iyengar Yoga**: A form of yoga known for precision, alignment and focus on individual postures and their benefits.

**P.A.C.E. AOA**: People with Arthritis Can Exercise; the ideal beginning exercise class for individuals with arthritis and active older adults.

**Pilates Mat**: Based on original Pilates technique, this class focuses on the body’s core stability. Enhance your control, stability, coordination, endurance, balance, strength, and flexibility.

**Power Yoga**: A more athletic–based yoga class with challenging movements.

**Prenatal Yoga**: Expectant mothers learn to stretch, strengthen, focus and relax. This class helps prepare you physically and mentally for the experience of childbirth.

**Salsa Fusion**: A combination of Salsa and Mambo dance moves. All are welcome.

**Samba Dance**: A dance class workout with a focus on Brazilian samba movements and rhythm.

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

**Step**: A high energy class that uses raised step benches with moderate choreography to increase cardiovascular fitness.

**Step & Tone**: This class is divided with step for a portion of class and then toning for the second portion of class. This is a whole body workout.

**Tai Chi**: An ancient form of mind body exercise that creates balance and symmetry using a series of flowing movements bringing strength and flexibility to the body.

**Total Body Conditioning**: A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

**TRX Circuit**: A circuit training workout that challenges your entire body utilizing calisthenics such as push-ups and jumping jacks, combined with TRX suspension training.

**Vinyasa Yoga**: Flowing sequences of yoga poses linked together with an emphasis on breathing techniques.

**Zumba**: ZUMBA is a Latin and International music class that utilizes dance themes that create a dynamic, exciting, effective fitness program. Great for all levels.
OLDER ADULT GROUP EXERCISE
Older adult group exercise classes are excellent for rehabilitation, building and maintaining strength and flexibility and just feeling great! Classes are subject to change or cancellation without notice.

P.A.C.E.
People with Arthritis Can Exercise is a chair-based fitness class for older adults and individuals with arthritis.
**Monday:** 9:45am-10:45am
**Members:** Free, **Non Members:** $42 per 8-week session or $3 per class

Older Adult Yoga
Older adult yoga class teaches the basics of yoga with a gentle approach.
**Wednesday:** 9:45am-10:45am
**Members:** Free, **Non Members:** $42 per 8-week session or $3 per class

Older Adult Pilates
Based on original Pilates technique, this class focuses on the body’s core stability. Enhance coordination, endurance, balance, strength and flexibility.
**Wednesday:** 10:30am-11:30am (Chair)
11:30am-12:30pm (Mat)
**Friday:** 9:45am-10:45am (Chair)
**Members:** Free, **Non Members:** $42 per 8-week session or $3 per class

Senior Dance
Dance style aerobic class based on various forms of Latin movements and rhythms.
**Thursday:** 9:45am-10:45am
**Members:** Free, **Non Members:** $42 per 8-week session or $3 per class

AOA Combo Classes
P.A.C.E.
**Monday:** 9:45am-10:45am
Older Adult Aquacise
**Monday:** 11:00am-11:30am

A.O.A. Yoga
**Wednesday:** 9:45am-10:45am
Older Adult Aquacise
**Wednesday:** 11:00am-11:30am
**Members:** Free, **Non Members:** $6 per class

ADULT SPORTS
Co-ed Volleyball Club
Co-ed volleyball is available to intermediate and advanced players. The session includes warm-ups and recreational games.
**Tuesday:** 8:30pm-11:00pm
**Thursday:** 8:30pm-11:00pm
**Members:** Free

Adult Open Gym Basketball
Adult open gym is co-ed and available to members only. Please see gymnasium schedule.

The Y Fit Start program is free with membership!

To schedule an appointment, speak to a representative at the Member Service Desk.
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 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
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. Joiner fees are non-refundable.

MEMBERSHIP CARDS
The Branch membership card must be presented and scanned in order to gain access into the YMCA facility.

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

LOST CARDS Please let us know if your card is lost or stolen. There is a $10 fee to issue a replacement card.

MEMBERSHIP CANCELLATION
Cancellation of membership requires a fifteen (15) day written notice prior to the monthly draft date. Retroactive credits, refunds or discounts will not be provided upon membership cancellation.

MEMBERSHIP RENEWAL
Group discounts are not automatically renewed and membership will revert to full price upon automatic renewal. Please present proof of discount at least 7 days prior to renewal to maintain discount.

MEMBERSHIP TRANSFER
Membership and program privileges are not transferable from one person to another. Membership may be transferred from one branch to another within the YMCA of Greater New York.

MEMBERSHIP HOLDS
Members may put their membership on hold for 1 - 3 months maximum during any calendar year. A monthly $10 hold fee will be charged and is payable in full upon freezing. All membership privileges will be suspended while your membership is on hold. A seven (7) day written notice is required prior to month draft date.

GUEST AND DAY PASSES
All YMCA members are given 6 complimentary guest passes per year to help introduce the Y to friends and associates. Guests must be accompanied by a member and be 18 years and over. Government issued photo ID is required. Branch members are welcome to visit other YMCA locations within NYC 10 times per year at no charge.
MEMBERSHIP INFORMATION

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 will be added to the payment amount.

FINANCIAL ASSISTANCE
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. The YMCA provides financial assistance towards memberships, programs and services for those who are facing financial difficulties. Financial assistance is supported though our generous community of Annual Campaign supporters.

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.

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. Call ahead to check on individual branch policies.

CHANGING ROOMS & LOCKERS
Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility. The YMCA does not assume responsibility for loss or theft of personal property. Our family-friendly changing rooms are a good alternative for parents who wish to accompany their child that is over the age of five and of the opposite gender.