

DISCOVER YOUR Y

BRONX YMCA 2017 SUMMER | FALL PROGRAM GUIDE



**Now
Interactive!**

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register for a class**

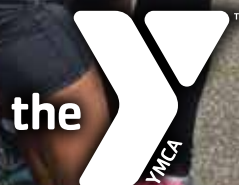


**2 Castle Hill Avenue
Bronx, NY 10473**

P 212-912-2490

ymcanyc.org/bronx

New York City's YMCA | WE'RE HERE FOR GOOD.™



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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.™**



BRONX YMCA INFORMATION

STAFF LISTING

Sharlene Brown, MSOL – Executive Director
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Nadia Arroyo – Aquatics Director
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Bharathi Iyer – Membership Director
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Stefany Navarro – Youth and Family Director
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Franklin Belen – Property Manager
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Deborah Adams – Executive Assistant
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Erika Hernandez – Healthy Lifestyles
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Dorothy Kardash – HR Assistant
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Jasmine Marsh – Membership Coordinator
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Cherrita Turner – Teen Coordinator
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Thomas McTernan – Business Manager
212-912-2490, tmcternan@ymcanyc.org

Carla Singleton – Communications /Outreach
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Sarah Thompson – Glebe Center Coordinator
718-829-1564, sthompson@ymcanyc.org

Selenie Villar – NAWC Coordinator
718-829-1564 ext. 3, svillar@ymcanyc.org

HOURS OF OPERATION

Monday – Friday: 5:30 AM – 10:00 PM
Saturday – Sunday: 7:00 AM – 8:00 PM

Fitness Center Hours

Monday – Friday: 5:30 AM – 10:00 PM
Saturday – Sunday: 7:00 AM – 8:00 PM

Pool Hours

Monday – Friday: 5:30 AM – 9:30 PM
Saturday – Sunday: 7:00 AM – 7:30 PM

HOLIDAY HOURS

Memorial Day
Monday, May 29 7:00am–8:00pm

Independence Day
Tuesday, July 4 7:00am–8:00pm

Labor Day
Monday, September 4 7:00am–8:00pm

Thanksgiving Day
Thursday, November 23 7:00am–3:00pm

Christmas Eve
Sunday, December 24 7:00am–3:00pm

Christmas Day
Monday, December 25 Closed

New Year's Eve
Sunday, December 31 7:00am–3:00pm

New Year's Day
Monday, January 1, 2018 8:00am–8:00pm

2017 SUMMER | FALL SESSION & REGISTRATION DATES

SUMMER REGISTRATION DATES

Member: June 17, 2017
Non-Member: June 24, 2017

SESSION DATES:
July 3, 2017 – August 27, 2017

FALL I REGISTRATION DATES




Member: August 19, 2017
Non-Member: August 26, 2017

SESSION DATES:
September 5, 2017 – October 29, 2017

FALL II REGISTRATION DATES

Member: October 14, 2017
Non-Member: October 21, 2017

SESSION DATES:
October 30, 2017– December 24, 2017

Contact Us Phone: 212-912-2490 | E-mail: bronxymca@ymcanyc.org | Web: ymcanyc.org/bronx
 [facebook.com/bronxymca](https://www.facebook.com/bronxymca)  [@bronxymca](https://twitter.com/bronxymca)  [@bronxymca](https://www.instagram.com/bronxymca)



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GET ENGAGED

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

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

MEMBERSHIP

Join the Bronx 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 programs with a fee; 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 (ages 2-11) while you work out? We’re here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available to members only. Please register at the Member Services Desk in advance.

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 at one of our sites throughout the five boroughs and at our upstate New York YMCA Camp.

FEES				
Membership Types	Bronx YMCA	Joiner’s Fee	City-Wide	Joiner’s Fee
Youth (up to 11)*	\$180/yr	n/a	n/a	n/a
Teen (12 – 17)	\$228/yr.	n/a	n/a	n/a
Student**	\$42/mo.	\$42.50	\$79/mo.	\$125
Adult (18 – 64)	\$52/mo.	\$85	\$98/mo.	\$125
Senior (65+)	\$42/mo.	\$42.50	\$79/mo.	\$125
Family I***	\$65/mo.	\$85	\$116	\$125
Family II****	\$94/mo.	\$85	\$174	\$125

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



JOINING THE CAUSE

MEMBERSHIP INFORMATION



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.

MEMBERSHIP CARDS

A VALID MEMBERSHIP CARD must be presented and scanned in order to gain access into a Bronx 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 15 day written notice prior to the monthly draft date and cannot be done over the phone. For additional information, please contact Bharathi Iyer, Membership Director at 212-912-2496 or iyerb@ymcanyc.org.

MEMBERSHIP TRANSFER

Membership and program privileges are not transferable from one person to another.

MEMBERSHIP HOLDS

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

PAYMENT OPTIONS & INFORMATION

- Membership dues must be up-to-date in order to use facility.
- Rates and schedules are subject to change.
- Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express and Discover cards.
- Monthly payments are payable by credit card or bank draft only (excluding Discover). 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.

GUEST AND DAY PASSES

All adult YMCA members are given 6 complimentary guest passes per year to help introduce the Y to friends and associates. An adult YMCA member may bring a maximum of two guests per day. Branch members are welcome to visit other YMCA locations within NYC 10 times per year at no charge. Day passes are available to purchase. **Guests 18 years and older must provide valid state ID.**

ADULT 1 DAY GUEST PASS – \$25
YOUTH 1 DAY GUEST PASS – \$5
TEEN 1 DAY GUEST PASS – \$10

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.

MEMBERSHIP INFORMATION...

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.

LOCKER ROOMS & LOCKERS

- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Our family-friendly locker room is a good alternative for parents who wish to accompany their child that is over the age of five and of the opposite gender.

PROGRAM REFUND PROCEDURES

- Refunds will be made only if the Bronx YMCA cancels a class.
- Credit may be issued for a class withdrawal with approval of the program director. Credit may be issued for a class withdrawal with approval of the program director. Credits are valid for 1 year from the date of issue.
- The Bronx YMCA reserves the right to cancel any program that fails to meet enrollment requirements.
- All make up classes must be completed by the end of the current session and approved by the program director.
- Refunds are made by check 30 days from the date of approval.

YOUTH AND TEEN POLICY

Youth members 11 and under must be actively supervised at all times by Parents/Guardians. Teens 12-17 years of age must have a signed parental consent form on file and attend a Youth Fitness Orientation session prior to using the fitness equipment without supervision. Appointments for a Fitness Orientation can be made at the Member Services Desk.

CELL/CAMERA PHONES

Cellular and/or camera phones are not permitted in or around the following areas:

- Fitness equipment
- Pool
- Aerobic Studios
- Gymnasium
- Locker Rooms

PETS AND BICYCLES POLICY

Animals are not permitted in the facility, unless they are service animals. Bicycles are not permitted in the facility and should be securely locked to bike racks located directly in the parking lot.



OUR NEW APP KEEPS YOU ON TRACK!

The easiest way to find your favorite fitness class is right in your pocket. Stay connected and access important information when you want it, where you want it—even on the go! The Y mobile app features include:

- Group exercise schedules
- Calendar reminders
- Program registrations
- Facility hours and alerts/notifications
- Digital facility check-ins
- Apple wallet barcodes
- And more!



NOW AVAILABLE TO DOWNLOAD



GET THE APP AT ymcanyc.org/app
SELECT YMCA OF GREATER NY-> BRONX YMCA

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



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

JUMP IN COOL OFF

AQUATIC PROGRAMS



New York City’s YMCAs have taught people how to swim for over 150 years, and we strive to provide individuals the opportunity to enter the water in a safe and fun environment. Swimming is one of the most effective tools in developing the spirit, mind and body!

Schedules are available at the Member Services Desk, and on our website: ymcanyc.org/bronx

PRIVATE SWIMMING LESSONS

Receive **one-on-one** attention from one of our certified instructors. You may schedule your appointment with the Aquatics Director, Nadia Arroyo, by calling 212-912-2490 or via email at narroyo@ymcanyc.org.

For pricing, please inquire at the Member Service Desk.

*Private swimming lessons are 30-minutes in length.

SEMI-PRIVATE SWIMMING LESSONS

Receive **two-to-one** attention from one of our certified instructors. You may schedule your appointment with the Aquatics Director, Nadia Arroyo, by calling 212-912-2490 or via email at narroyo@ymcanyc.org.

For pricing, please inquire at the Member Service Desk.

*Private swimming lessons are 30-minutes in length.

PARENT/CHILD AND PRESCHOOL AQUATIC PROGRAMS

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!

(8) 30-Minute Lessons	Member	Community
	\$110	\$153

Shrimp (6-8 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.

Kipper (9-12 months)

This level continues to provide positive aquatic experiences for parents and infants. The infants learn basic water skills and have fun playing with toys and flotation devices. Parents review and learn more about basic aquatic safety.

Inia (13-18 months)

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

Perch (19-36 months)

Children start moving more independently through the water under their parents’ guidance. Parents learn more about aquatic and boating safety, and children begin to learn something about these topics as well. At this point the instructor begins to prepare the children to work directly with an instructor on their own.

PRESCHOOL SWIM CLASSES (3-5 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, boating safety, and the use of personal flotation devices.

(8) 30-Minute Lessons	Member	Community
	\$110	\$153

Pike with Parent (Beginner, Level 1)

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.

Pike (Beginnger, Level 1)

At this level, children usually begin attending classes without their parents. This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

Eel (Beginnger, Level 2)

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 15 feet without assistance by the end of this level.

Ray (Advanced Beginner, Level 1)

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 20 feet on their front, side and back without assistance by the end of this level.

Starfish (Advanced Beginner, Level 2)

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.

YOUTH AQUATICS (6-12 years)

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

(8) 50-Minute Lessons	Member	Community
	\$120	\$183

Polliwog (Beginnger)

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.

Guppy (Advanced Beginner, Level 2)

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.

Minnow (Advance Beginner, Level 2)

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.

Fish (Intermediate, Level 1)

At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They are introduced to the butterfly stroke. They continue learning additional synchronized swimming movements, wetball skills, and diving skills, and are introduced to the use of mask and fins.

Flying Fish (Intermediate, Level 2)

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, learn to dive off a one-meter board, and develop better wetball playing skills. They also are introduced to the use of a snorkel.

Shark (Advanced, Level 1)

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.

Porpoise (Advanced, Level 2)

At this final level, students are exposed to a wide range of aquatic experiences through a class and club format. In class these advanced swimmers learn new strokes and rescue skills, as well as develop volunteerism and leadership skills. Through the club, they try various aquatic sports and games, with club members forming smaller groups to explore different aquatic pursuits in more depth.

TEEN AQUATICS (13-17 years) and ADULT AQUATICS (18 and Older)

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

(8) 50-Minute Lessons	Member	Community
	\$120	\$183

Beginner

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.

Advanced Beginner

Students 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, and some synchronized swimming and wetball movements.

‘Liking’ The BRONX YMCA on Facebook is also a great way to stay connected on the latest news and updates!
[Facebook.com/BronxYMCA](https://www.facebook.com/BronxYMCA)



Intermediate
Students 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.

Advanced
This class works on further refining strokes. They also learn more synchronized swimming, wetball, and diving skills.

PORPOISE CLUB
In this class we build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. Workouts swim an average of about 1,000 to 2,000 yards.

# of Days	Member Rates	Community
1 Day	\$155	\$195
2 Days	\$210	\$250
3 Days	\$260	\$300



Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
Included with membership!

YOUTH AQUA FIT (7–17 years)
Jump into this fun and invigorating water aerobics class with one of our energized instructors.

AQUA AEROBICS (16 and Older)
Low to high-impact aerobics classes held in the shallow end of the pool. These classes utilize resistance and buoyancy of the water to tone the muscles while protecting the joints. Great for all ages.

ADAPTIVE AQUATICS
This program introduces participants with special needs to the fun and exciting world of water. This program will introduce participants to the water through safety education, water adjustment, swimming skill development, socialization and life-skill development in a safe and fun aquatic environment. It also enhances the quality of the participants’ athletic skills. Please check the swim lesson schedule for details.

(8) 50-Minute Lessons	Member	Community
	\$85	\$130

LAP SWIMMING
Unless otherwise noted, there is at least one lane open at all times, please review our lap lane etiquette guidelines posted in the pool area.

FAMILY/RECREATIONAL SWIMMING
Available daily; please review our pool guidelines before hopping in!

REGISTER AT:
register.ymcanyc.org



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
12. **Photography in and around the pool area is prohibited.**

BRONX YMCA NEW AMERICANS WELCOME CENTER

Located at 2125 Glebe Avenue, Bronx, NY 10462

The YMCA of Greater New York is committed to serving the immigrant population of the City, and, in response to their needs, has opened New Americans Welcome Center to help immigrants achieve literacy, cultural competence, and self-sufficiency.

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
- TASK (GED) Preparation

TO REGISTER OR FIND OUR MORE INFORMATION:

Selenie Villar, NAWC Coordinator, svillar@ymcanyc.org
 Danielle Rucker, NAWC Counselor, drucker@ymcanyc.org
 Ariel Quinones, Assistant, aquinones@ymcanyc.org,
 718-829-1564 (Selenie: ext. 2, Danielle: ext. 3)

www.ymcanyc.org



TAKE CONTROL

Visit www.nyc.ydiabetes.com today!

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

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.

The national price for the program is \$429.00 per person. Check with your health insurance provider to see if the cost is covered. Financial assistance is also available. For any additional information please call Jordan Correa at 212-630-9619.

*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 Jordan Correa at 212-630-9619 or email jcorrea@ymcanyc.org

GROWING STRONG

YOUTH & FAMILY PROGRAMS



The Bronx YMCA provides after school, day and weekend programming for youths ages 3 to 18 years. The Youth Department offers programs to introduce a wide range of fun and stimulating classes to help build a healthy mind, body and spirit.

Program fees are non-refundable and class make-ups are only available if the YMCA cancels. All programs are 8 weeks long and \$90 for members and \$120 for non-members (for the entire 8-week session) unless otherwise noted.

Schedules are available at the Member Services Desk, our website ymcanyc.org/bronx. Please refer to page 3 for registration & session dates.

8 Classes	Members	Community
	\$90	\$120

DANCE CLASSES

Ballet (3-12 years)

Students will be dancing and learning all basic techniques and steps such as the plié, tendu, rande de jambe and many more of this long and highly progressive genre.

Hip-Hop (3-12 years)

Students will be exposed to different hip-hop genres such as popping, locking and other modern hip-hop styles. Student will express themselves through this free style of dance.

Creative Movement (12 months-5 years)

An introduction for toddlers to the basics of dance. Pre-schoolers will explore dance as a tool for self-expression using rhythm games, songs, and stories. They will learn balance, coordination, and develop basic locomotive skills.

Salsa (8 & older)

This progressive class will help introduce basic steps, turns, shines, and shimmies. Our excellent salsa instructor will help you learn a traditional style of dance with enthusiasm and flare.

FITNESS CLASSES

Kidsercise (5-12 years)

A fun and energizing children's fitness class that incorporates components of a not so typical gym class. **Included with membership.**

Youth Spin @ (8-12 years)

A great cardio workout for youth of simulated road bike riding to energizing music, appropriate for all fitness levels.

ZUMBA® Kids & Kids Jr (4-12 years)

Designed especially for kids, ZUMBA® Kids / Jr classes are high-energy fitness parties, packed with specially choreographed, kid-friendly routines and all the music kids. **Included with membership.**



Follow us on Instagram to see photos of some of our classes!

[instagram.com/bronxymca](https://www.instagram.com/bronxymca)

SPORTS

Sports Sampler (3-4 years)

This is a proven instructional program designed to prepare kids for sports without the threat of competition or fear of getting hurt. Parents work with their children in a supportive environment to learn all of the basic skills, from dribbling and throwing, to kicking and batting.

Flag Football (6-17 years)

Learn the basics, improve your football skills and make new friends! The focus is on teamwork in a positive and structured environment. In addition, children will have an opportunity to develop leadership skills and build self-esteem as they improve their technique.

REGISTER AT:
register.ymcanyc.org



New Age Tae Kwon Do (3 years and older)

Learn punches, strikes, blocks and kicks while gaining focus, strength and coordination. Tae Kwon-Do at the YMCA is all about teamwork, mutual respect and patience.

Soccer (3-12 years)

We get the ball rolling and develop and improve children's skills through engaging warm-ups, activities and games, all while having fun! Through programs like youth soccer, we nurture kids' sense of self-confidence and introduce them to the concept of teamwork in a supportive noncompetitive environment.

Basketball (3-18 years)

Basic skills such as dribbling, shooting, and proper defense will be introduced. Children will learn how to respect one another and the importance of teamwork on and off the court.



YOUTH ARTS!

MINI MOZART!

An introductory to the keyboard instrument in which students will learn to read music while learning the fundamentals of the keyboard.

*Private lessons available for keyboard and guitar instruments.

Contact gcornielle@ymcanyc.org

Ages: 5-12 years

Members: \$105 | Non-members: \$135



YOUNG PICASSO!

Exploring all different drawing and painting techniques using different media such as a variety of pencils, pastels, watercolor and acrylics. Students will find their individual expression through art and develop technical skills with rendering and color.

Ages: 5-12 years

Members: \$95 | Non-members: \$125



FAMILY

Family Ties:

Family Ties is a new program designated to promoting health, education, and togetherness for the entire family through new and fun experiences. Activities are designed for family and friends to enjoy.

Sundays 2pm-4pm

Open to the entire community - Members and Non-members are invited.

CHILD CARE

Y Afterschool

Over 200 kids spend 3:00 - 6:00pm of every school day with our caring, supporting staff at local sites.

Y After School is geared to further enriching kids' academic development, engaging them in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members.

PS 14 3041 Bruckner Blvd, Bronx NY 10461

PS 76 900 Adeo Avenue, Bronx NY 10469

PS 93 1535 Story Avenue, Bronx NY 10451

PS 106 2120 St. Raymonds, Bronx NY 10462

PS 108 1166 Neill Avenue, Bronx NY 10461

PS 154 333 East 135th Street, Bronx NY 10454

Holiday Camp

When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Holiday Camp is geared to engaging kids in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Open to children 5-12. A recent medical form must be on file for your child to attend in accordance to DOH standards.

For more information contact the Youth & Family Director, Stefany Navarro at 212-912-2494 or at snavarro@ymcanyc.org.

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 2-11 year old under the care of our trained (and background checked) staff in Child Watch, we can give you two hours of peace of mind to work out, take a class or just relax at the branch!

MONDAY - THURSDAY: 5:00pm - 8:30pm
SATURDAY: 10am - 2pm

*First time registrants must see the front desk, after that just give us a call an hour ahead to reserve a space for your child!



'Liking' The BRONX YMCA on Facebook is also a great way to stay connected on the latest news and updates!
[Facebook.com/BronxYMCA](https://www.facebook.com/BronxYMCA)



CELEBRATE WITH US!

ROOM RENTALS AND PARTIES!

Want to have that special party for your child or other special someone? Well look no further than the Bronx YMCA to provide treasured moments!

ROOM RENTAL |

Want to throw a Baby Shower, Bridal Shower, Surprise Party for that special someone, but don't want to do it in your own house? We have a variety of rental options:

Multi-Purpose Room Rental: MEMBERS: \$120/hour | NON-MEMBERS: \$150/hour

*Occupancy should not exceed more than 50 people

MUNCH CENTER (GYMNASIUM) RENTAL:

Members: \$150/hour; Non-members: \$200/hour

*Occupancy should not exceed more than 150 people

Picnic Area: MEMBERS: \$200/hour | NON-MEMBERS: \$250/hour

*Occupancy should not exceed more than 100 people

**Only available during the summer months

POOL PARTIES | 5 yrs+

MEMBERS: \$300 | NON-MEMBERS: \$375

*Occupancy should not exceed more than 20 people

Enjoy an hour of swimming in our pool with family and friends and an hour in our MPR. Children unable to swim independently including those that require assistance from flotation devices must be accompanied in the water by a parent or guardian. This will count toward your total participants. You can also request structured pool games at just an additional \$60 cost.

***Children 9 years and under need to be accompanied by an adult in the pool**

Rentals include tables, chairs, and stereo for music. Please note that we only host rentals on Fridays, Saturdays, and Sundays and a **3-4 week notice is required for booking!**

For inquiries, please contact Jasmine Marsh, Membership Coordinator, at 212-912-2490 Ext. 0235 or jmarsh@ymcanyc.org



YOU NEVER STOP GROWING

Bronx YMCA – Glebe Avenue Senior Center

The Bronx YMCA sponsors the Glebe Avenue Senior Center located at 2125 Glebe Avenue between Westchester and Lyon Avenues. Programming is offered for free.

ACTIVITIES OFFERED INCLUDE:

- Arts & Crafts, and Knitting classes
- Socialization Holiday Celebrations
- Field Trips
- Special Events
- Games (ex. Billiards, Bingo)
- Nutrition Educational Workshops
- Computer Literacy
- SilverSneakers®
- Volunteer Opportunities
- Conversational Spanish
- SHOPP Classes



HOT NUTRITIOUS LUNCHES ARE ALSO AVAILABLE.

For more information contact Sarah Thompson at 718-829-1564, fax 718-829-8129, or email sthompson@ymcanyc.org

**MONDAY-FRIDAY
9:30am-3:30pm**

EMPOWERING YOUTH

TEEN PROGRAMS

FOR YOUNG PEOPLE AGES 13–18

The Bronx YMCA provides young people with a safe space to socialize, seek support and participate in activities that build self-esteem, prepare them for higher education and success as an adult. through the various programs and workshops our goal is to empower, inspire and teach young people to be leaders.

Based on the YMCA theory of building the complete and balanced individual, the Bronx YMCA offers programs that build the spirit, mind and the body of all young people. As part of the Youth & Family department, the Teen Center works intentionally to build the developmental assets of young people as they transition into adulthood.

Most teen programs run concurrently with school year. Please contact, Cherrita Turner at cturner@ymcanyc.org for more information.



ROWE Scholars

The YMCA of Greater New York believes that all youth should feel they have the option to choose college, the skills to gain entry to a college of their choice and the ability to succeed once enrolled. The ROWE Scholars Program will help all students and their parents realize that college is a real and attainable option. One of the most distinguishing features of the ROWE Scholars design is that we start to work with youth and their families as early as age 12 (6th grade), preparing them for success in middle and high school and thinking about college in very concrete ways.

Teens Take the City

Teens Take the City is a dynamic leadership development program that offers teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teens engage in community mapping to figure how to better their community, they work in small groups to identify a policy proposal/resolution idea, they develop a policy proposal that is debated for other teens at City Hall, learn the history and function of NYC government, and meet and interview a NYC official.

Leaders Club

Leaders Club is one of the YMCA's most intensive and comprehensive teen programs, providing club members with opportunities for leadership training, service learning experiences, college and career exploration all lead by the student participants. Participants also have the opportunity to go on rallies (team/leadership building camping trips) throughout the year.

Teen Center

A weekly teen night for youth in the community (ages 12–18) to be free to play basketball, volleyball, video-games, dance, arts and crafts, ask for homework help, and participate in special events. Teens must present valid student identification and register prior to participating in Teen Center.



Teen Camp:

July 3rd – August 25th

A specialized teen camp which focuses on arts, sports and leadership development. The activities offered are sports, visual arts, dance, spoken word and swimming, as well as some special activities.

Our Teen Camp is in a city-wide collaboration project with YMCA Teen Camps from 5 different branches in NYC. Each session, there will be a theme-based collaborative trip, such as the Amazing Race (a scavenger hunt through Manhattan, in competition with the other branches), Spirit Day, Olympic Games and The World Day of Youth and the United Nations. We will also be going on other trips such as Sony Wonders, field days in the park, and completing service learning projects.



INTERNATIONAL SERVICES GROWING OUR FUTURE GLOBAL LEADERS

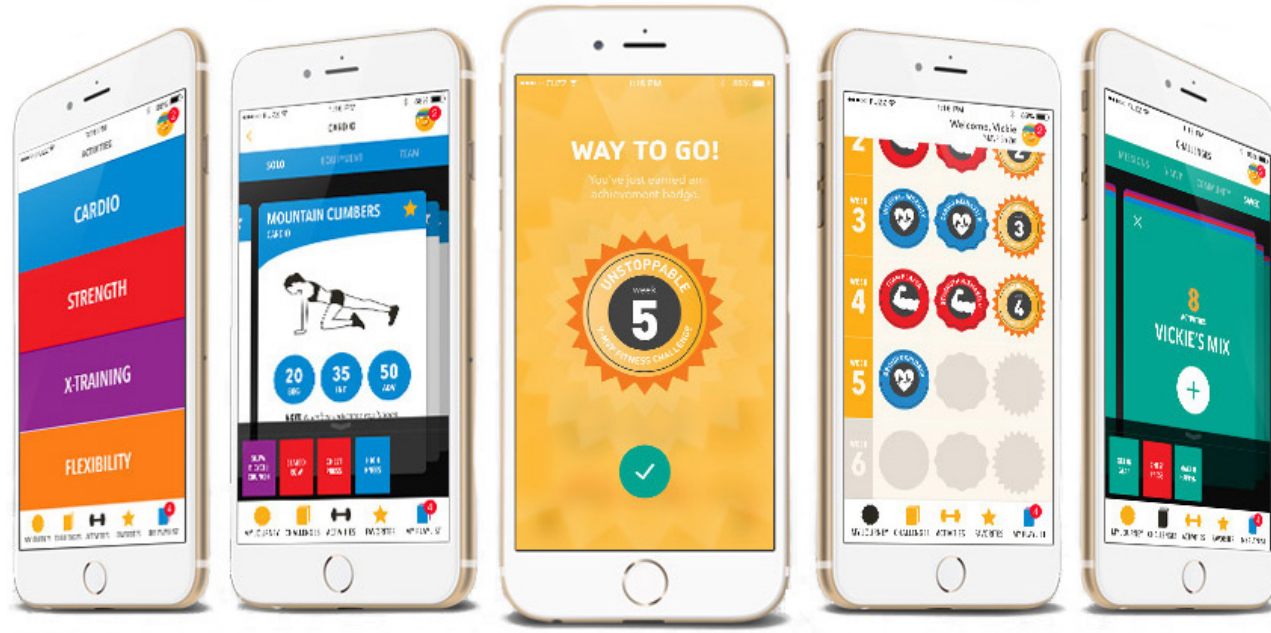
The YMCA offers life-changing cultural exchange programs for young people globally. Working within the YMCA network – with our local, national and international partners – we bring people together through our various programs: **Y Global Teens, Y Global Leaders, Y-to-Y Partnerships, UN Relations, and volunteer programs.**

Since 1911, our programs have been working to build global citizens by enhancing mutual understanding, fostering the exchange of ideas, and bringing people together for peace.

**For more information contact:
Rayda Marquez at 212.875.4333 or
rmarquez@ymcanyc.org**



GET YOUR FITNESS ON



The Y-MVP app is a collection of FREE, fun, fitness challenges to help you get greater amounts of **Moderate** to **Vigorous Physical** activity.

- Build customized workout playlists choosing from 150+ cardio, strength, x-training and flexibility activities
- Set a personal goal, track your time, and record your workout playlists
- All activities include on-screen instruction and a range of intensity and duration levels
- Challenge yourself with playlists created by Y Fitness Coaches
- Earn digital badges that recognize your hard work

Ready to get started?

DOWNLOAD AT ymcanyc.org/ymvp



New York City's YMCA | WE'RE HERE FOR GOOD.®



NOVEMBER 10-12, 2017
GREENKILL RETREAT CENTER - NEW YORK Y CAMP, HUGUENOT, NY

Need a break from your daily routine? Immerse yourself in a fall weekend filled with inspiration, creativity and recreation. Hike in the woods, relax your body and mind, create a work of art, zip through trees, share laughs around the fire, and you'll leave restored and ready to take on the world.

From the moment you arrive until the time you leave, there'll be a full agenda of activities to keep you engaged, informed and entertained. Although activities vary from year to year, here's a sample selection of what you can expect during your stay:

- Inspiring Speakers
- Health and Wellness Sessions
- Yoga
- Dance
- Arts and Crafts
- Hiking and Outdoor Activities
- Canoeing
- Evening Festivities



SPACE IS LIMITED - REGISTRATION BEGINS AUGUST 15TH
www.nyycamp.org 845-858-2200 camps@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.

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

Schedules are available at the Member Services Desk, online, on our mobile application, or you can call Erika Hernandez at 212-912-2498.

PERSONAL & GROUP TRAINING

Looking for a new challenge or need some additional motivation? A certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

Training sessions are one (1) hour in length. For pricing and more information please contact our Member Services Desk.

Contact Erika Hernandez, ehernandez@ymcanyc.org for appointments.

Personal Training Session 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.

Y Fit Start Program

If you've been thinking about exercising but don't know where to begin, the Y Fit Start Program is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. Y Fit Start will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals.

The 12 week program includes four sessions with a Y Fit Start Coach. Please sign up at our Membership Desk. This program is FREE for all YMCA members!

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.

GROUP EXERCISE CLASSES

✈ **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.

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

✈ **CIZE®** - A professionally choreographed dance program created by world-famous choreographer and fitness trainer, Shaun T. The class breaks down dance routines, step-by-step, so that anyone can dance.

Body Shred - JILLIAN MICHAELS BODYSHRED™ is a high intensity and endurance based 30 minute workout. Utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs. You will shed fat and define muscle.

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

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

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

✈ **Kettlebells** - This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

✈ **Kundalini Yoga** - Kundalini Yoga focuses on psycho-spiritual growth and the body's potential for maturation, giving special consideration to the role of the spine and the endocrine system in the understanding of yogic awakening.

✈ **PIYO®** - During this 60-minute fitness class, we combine the stretch and challenge of yoga with the strength and core of pilates into an awesome workout. A great class for beginning, intermediate and advanced fitness levels.

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

Ultimate Abs - Our most challenging ab workout - this intense class is all about your core.

New Age Tae Kwon Do - A Korean martial art that is a particularly aggressive form of karate, that utilizes punches, jabs, chops, blocking and especially powerful & leaping kicks which are all taught by Master George Somersall.

Stretching - An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

✈ **SilverSneakers®** - A gentle cardiovascular workout with seated and standing options designed to meet the fitness needs of people 55 years and older by minimizing impact, promoting muscular strength and bone density.

✈ **Spin®** - A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level.

✈ **Total Body Conditioning** - A full body workout designed to strengthen and tone the upper and lower body using hand-held weights.

✈ **Zumba®\ Zumba® Gold** - 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.

Tabata Bootcamp® - A Japanese work-out originated from the world of athletes, high intensity interval for all levels. 20 seconds of exercise with 10 seconds of rest, repeating the exercise.

REGISTER AT: register.ymcanyc.org



EXERCISING COURTESY

To make your YMCA experience safe and enjoyable, we ask all members to abide by the YMCA Code of Conduct and exhibit the values of caring, honesty, respect, and responsibility



- 1. Get oriented.** Not sure how to use the equipment or what you should be doing? Orientations are free for all members!
- 2. Speak up.** Report any incidents or accidents to a uniformed staff member immediately. Notify a staff member if equipment is not working properly.
- 3. Be safe.** Appropriate clothing and footwear for exercise are required. Sandals, open-toed shoes, and street clothing, or other clothing that restricts movement are not allowed.
- 4. Get a buddy.** We strongly encourage working out with a partner and using a spotter when training with free weights.
- 5. Keep it simple.** Our fitness equipment was not designed for the use of straps, belts, chains, ropes, and other devices designed for pulling or pushing the equipment. Doing so will compromise the stability of fitness center equipment and your own safety.
- 6. Please help keep facilities clean and safe** by wiping off equipment after use, returning all equipment to its proper place, picking up personal items, and removing plates from weight lifting bars when you are finished. Do not bring food, open containers, or coffee cups into the fitness center.
- 7. Give others a turn** by respecting the 30-minute time limit on all cardiovascular equipment if others are waiting.
- 8. Lock it up.** Daily lockers are reserved for your personal items while you are in the Y. Items may be left overnight in rented lockers only. Please visit the front desk for more information on monthly locker rentals.
- 9. Youth are welcome.** Before using the Fitness Center, children ages 12 to 17 must complete an orientation session and submit a signed parental consent form to staff.
- 10. Hang it up.** For your security and safety and the consideration of others, please refrain from cell phone use in the fitness facilities.

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.

EVENTS

ANNUAL COMMUNITY EXTRAVAGANZA!

Saturday, September 16th
12pm-4pm

HALLOWEEN PARTY!

Friday, October 27th
6pm-9pm



BRUNCH WITH SANTA!

Saturday, December 16th
10am-1pm



SAVE THE DATE!
Thursday
September 7th, 2017

Please join us for our
BRONX YMCA
BON APPETIT FUNDRAISER

Thursday, September 7th, 2017

6:00pm - 9:00pm
Restaurant Tasting Program
A selection of food and wine from some of the best restaurants in the Bronx and beyond!

Bronx YMCA
2 Castle Hill Avenue
Bronx, NY 10473

Ticket Price \$100 per person



“Please give to the Y today
because it literally does
change people’s lives.”

**Dominique Phillips
& Imani Allen**
Manhattan

Your Help Makes All the Difference

When you give to the Annual Campaign, you provide a child or a family the chance to move ahead. New York City’s YMCA never turns anyone away.

Your kindness creates a new range of opportunities and promise for the people of New York City.

Please — be your best you.

Give today.
ymcanyc.org/give



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



LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA

273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA

180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA

125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA

5 West 63rd Street
New York, NY 10023
212.875.4100

BRONX BRANCH

Bronx YMCA

2 Castle Hill Avenue
Bronx, NY 10473
718.792.9736

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA

1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA

2980 West 29th Street
Brooklyn, NY 11224
718-215-6900

Dodge YMCA

225 Atlantic Avenue
Brooklyn, NY 11201
718.625.3136

Flatbush YMCA

1401 Flatbush Avenue
Brooklyn, NY 11201
718.469.8100

Greenpoint YMCA

99 Meserole Avenue
New York, NY 11222
718.389.3700

North Brooklyn YMCA

570 Jamaica Avenue
Brooklyn, NY 11208
718.277.1600

Prospect Park YMCA

357 Ninth Street
New York, NY 11215
718.768.7100

Park Slope Armory YMCA

361 15th Street
Brooklyn, NY 11215
212.912.2580

QUEENS BRANCHES

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
718.479.0505

Flushing YMCA

138-46 Northern Blvd.
Flushing, NY 11354
718.961.6880

Jamaica YMCA

89-25 Parsons Blvd.
New York, NY 11423
718.739.6600

Long Island City YMCA

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

Ridgewood YMCA

69-02 64th Street
Ridgewood, NY 11385
212.912.2180

Rockaway YMCA at

Arverne by the Sea

207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES

Broadway YMCA

651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA

3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/

South Shore Center

3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

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2 Castle Hill Avenue
Bronx, NY 10473

P 212-912-2490

E BronxYMCA@ymcanyc.org

W ymcanyc.org/Bronx

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 facebook.com/BronxYMCA

 instagram.com/BronxYMCA



EXPERIENCE THE Y.

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