



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DISCOVER YOUR Y

## JAMAICA Y WINTER/SPRING 2018

89-25 Parsons Boulevard  
Jamaica, NY 11432  
718-739-6600  
[ymcanyc.org/jamaica](http://ymcanyc.org/jamaica)

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



# GET INVOLVED

JOIN US TO HELP  
NEW YORKERS SUCCEED

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## GIVE YOUR FELLOW NEW YORKERS A CHANCE TO THRIVE

Visit [www.ymcanyc.org/give](http://www.ymcanyc.org/give) to support  
our nonprofit mission.

## VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email [volunteer@ymcanyc.org](mailto:volunteer@ymcanyc.org) to learn more.

## FOLLOW US

Check Facebook, Twitter, and Instagram for the  
latest updates on everything happening at  
New York City's YMCA.



## OUR VISION

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Active, engaged New Yorkers  
building stronger communities.

## OUR MISSION

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We're here for all New Yorkers —  
to empower youth, improve health,  
and strengthen community.



# JAMAICA Y INFORMATION

## STAFF LISTING

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Housing Director  
ACQC/ HRA / Samaritan Village

## BOARD OF MANAGERS

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Bernard Warren  
Paul Williams

*Junior Board Member\**

## HOURS OF OPERATION

Monday – Friday: 5:00 AM – 10:00 PM  
Saturday: 6:30 AM – 8:00 PM  
Sunday: 8:00 AM – 8:00 PM

## HOURS OF OFFICE

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

## HOLIDAY HOURS

**Christmas Eve**  
Sunday, December 24 7:00 AM – 3:00 PM

**Christmas Day**  
Monday, December 25 Closed

**New Years Eve**  
Sunday, December 31 7:00 AM – 3:00 PM

## New Years Day

Monday, January 1 8:00 AM – 8:00 PM

## Memorial Day

Monday, May 28 7:00 AM – 8:00 PM

Note: All fee-based classes will be prorated in the event of holidays or other closings.

## 2018 WINTER/SPRING SESSION & REGISTRATION DATES

### WINTER REGISTRATION DATES

Member: December 16, 2017  
Community: December 23, 2017

### SESSION DATES:

January 2, 2018 – February 25, 2018

### SPRING I REGISTRATION DATES

Member: February 10, 2018  
Community: February 17, 2018

### SESSION DATES:

February 26, 2018 – April 22, 2018

### SPRING II REGISTRATION DATES

Member: April 14, 2018  
Community: April 21, 2018

### SESSION DATES:

April 30, 2018 – June 24, 2018

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## CONTACT US

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[ymcanyc.org/jamaicaymca](http://ymcanyc.org/jamaicaymca)

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# JOIN THE Y

## FOR THE TOTAL WORKOUT

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.

### FEES

Membership Types	Jamaica YMCA	Joiner's Fee	City-wide Fee	Queens-wide Fee	Joiner's Fee*
Family II (2 adults/kid)	\$90/mo	\$65	\$173/mo	\$121/mo	\$125
Family I (1 adult/kid)	\$65/mo	\$65	\$115/mo	\$96/mo	\$125
Adult (18 - 64)	\$55/mo	\$65	\$98/mo	\$68/mo	\$125
Older Adult (65+)	\$45/mo	\$65	\$79/mo	\$55/mo	\$125
Student	\$45/mo	\$65	\$79/mo	\$55/mo	\$125
Teen (12 - 17)	\$34.50/8mo   \$276/yr	\$35	n/a	n/a	n/a
Youth (up to 11)	\$63/3mo   \$189/yr	n/a	n/a	n/a	n/a

\*125 joining fee applies to City-wide and Queens-wide

### MEMBERSHIP

Join the Jamaica 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 Queens-wide or City-wide membership allows you to use any of the other YMCAs. Each of which offers quality facilities and programs... and swimming pool (except Ridgewood and Flatbush YMCA).



# 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.



# DISCOVER WELLNESS

## 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.**

### Fitness Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Appointments can be scheduled at the Member Services Desk.

### Y Fit Start Program

If you've been thinking about exercising but don't know where to begin, the Y FitStart 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 FitStart 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 FitStart Coach. Please sign up for Y FitStart at our Membership Desk. This program is FREE for all YMCA members.

### Personal Training

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

#### Special Introductory Package

Let us get you started on your way to a new you! This introductory special is for new members or members who have never purchased personal training packages before. This package is (3) one hour sessions for \$110.00

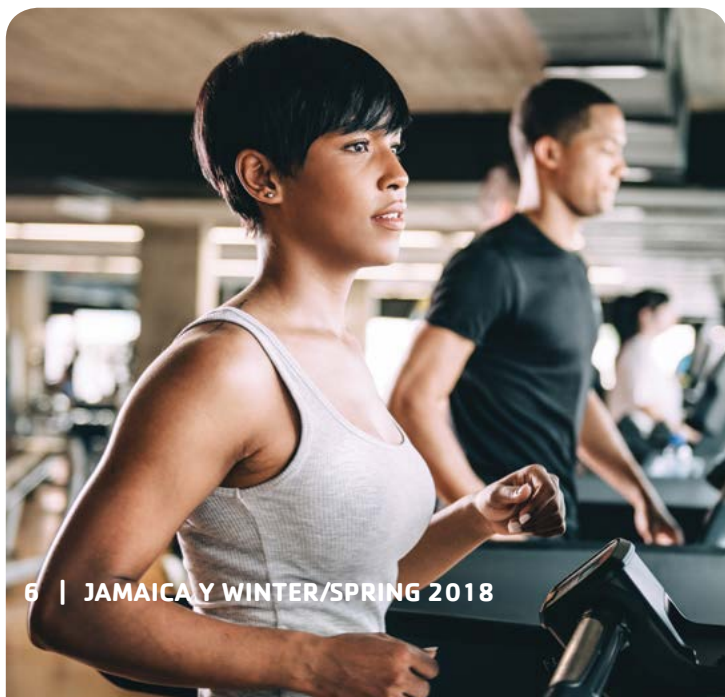
#### Personal Training Introduction Pricing

# Sessions	1	5	10
Member	\$50	\$235	\$440
Non-Member	\$70	\$300	\$550

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

#### Personal Training Session Cancellations & Policies

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



# GROW HEALTHY TOGETHER

## GROUP EXERCISE PROGRAMS

**All Adult Exercise Classes for FREE for YMCA members! Please discuss any physical limitations or medical conditions that might affect your workout with the instructor-this includes being new to the class or exercise form. PLEASE ARRIVE TO CLASS ON TIME-latecomers may be denied admittance to class after start time.**

### CONDITIONING

#### Body Shred™

Jillian Michael's BODY SHRED™ is a high intensity and endurance based 30 Minute workout. [INTERMEDIATE TO ADVANCED](#)

#### Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises. [INTERMEDIATE TO ADVANCED](#)

#### H.I.I.T.

Supercharge your fitness with this challenging class of high speed, high intensity work with alternative recovery periods of low intensity. [INTERMEDIATE TO ADVANCED](#)

#### Kettlebell

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training. [INTERMEDIATE TO ADVANCED](#)

#### Total Body Conditioning

A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment. [BEGINNER TO INTERMEDIATE.](#)

#### Ultimate Abs

Our most challenging ab workout this intense class is all about your abs. [BEGINNER TO INTERMEDIATE.](#)

### CARDIO

#### Cardio Sculpt

Work up a sweat with this intense fusion of cardio drills and strength training. [INTERMEDIATE](#)

#### Drums Alive®

Using rhythm as the source of inspiration, Drums Alive® combines the benefits of a traditional Physical fitness program along with the positive benefits of music and rhythm. [INTERMEDIATE](#)

#### Kickboxing

This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout. [INTERMEDIATE](#)

#### Low Impact Cardio

Get a cardio challenge with minimal impact on bone and joints. [BEGINNER TO INTERMEDIATE.](#)

#### Spin®

An intense cardio workout of simulated road bike riding to energizing music. [BEGINNER TO ADVANCED](#)

### MIND/ BODY

#### 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. [ALL LEVELS](#)

# GROUP EXERCISE CON'T

## Pi-Yo™

PiYo™ speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. **BEGINNER TO INTERMEDIATE**

## Restorative Yoga

A yoga class focused on your inner energy and well being. **ALL LEVELS**

## Vinyasa Yoga

Flowing sequences of yoga poses linked together by an emphasis on breathing technique. **BEGINNER TO INTERMEDIATE**

## DANCE

### Afro-Caribbean

Dance and move to the fun Soca music of the Caribbean! **BEGINNER AND ADVANCED**

### Belly Dance

A dance movement class that focuses on the core muscles, emphasizing on muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements and combinations. **BEGINNER AND ADVANCED**

### Bollywood

A fun dance class to Indian rhythms and music. **ALL LEVELS**

### Gospel Dance

Is a Christian expression of prayer or worship through body movement. The dancers will respond with an appropriate dance which flows out of the music and enhances the prayer or worship experience. **ALL LEVELS**

### Soca Dance Party

A high intensity dance Fitness class fused with African dance, African music, West Indian dance and Soca music. **ALL LEVELS**

### Zumba®

Zumba® takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. **BEGINNER TO INTERMEDIATE**

## AQUA FITNESS

### Water Aerobics

An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility. **BEGINNER**

### Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! **BEGINNER TO INTERMEDIATE**

## MARTIAL ARTS

### Tai Chi

An ancient form of mind and body exercise that uses purposeful, slow movements in a form of meditation for relaxation, health and self-defense. **ALL LEVELS**

## ACTIVE OLDER ADULTS

### Silver Sneakers®

Cardio Get Up & Go with an aerobics class, safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. **BEGINNER**

### Silver Sneakers®

Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation

### Silver Sneakers®

Classic Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and /or standing support. **BEGINNER**

### Silver Sneakers®

Classic Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. **BEGINNER**



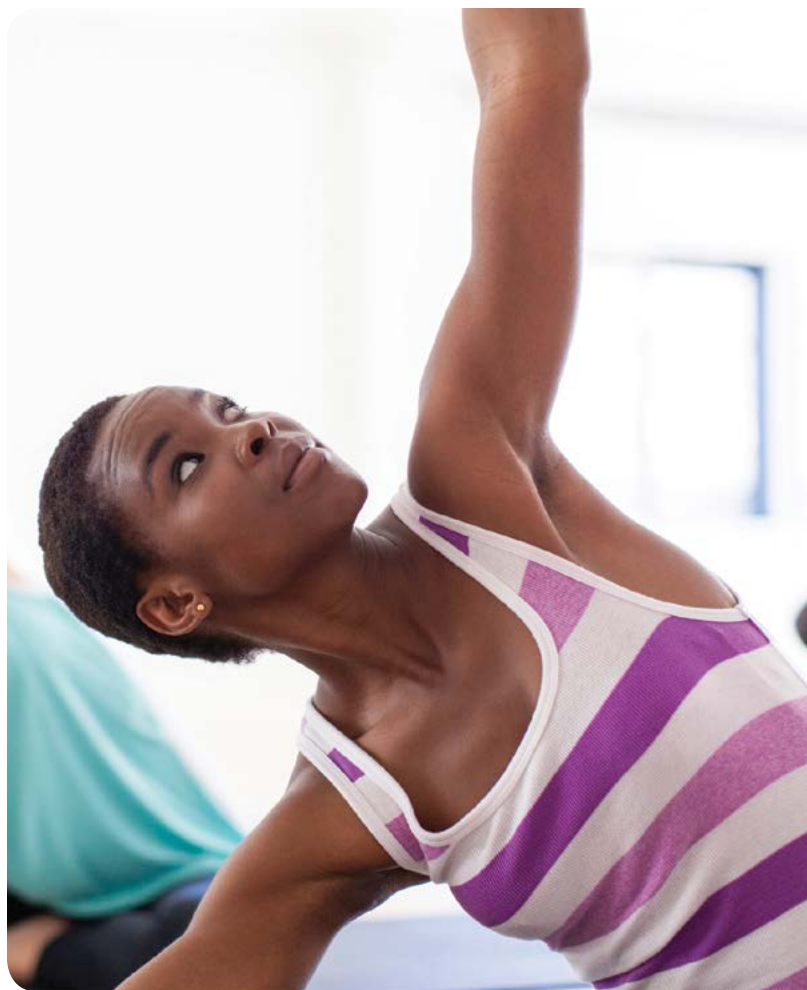
## Y FIT START PROGRAM

Our Y Fit Start program will support you in building a regular exercise routine by starting slowly, setting realistic goals and figuring out what works best for you. The Y Fit program is 12 weeks of individual exercise designed for new and returning exercisers. During the 12 weeks, you will have four (4) appointments with a Y Fit Coach to provide you with personal attention and extra motivation to help keep you on track. We're committed to supporting you, and best of all, it's all free with membership.

**REGISTER AT THE MEMBER DESK!**

## THINGS TO REMEMBER

- Please be on time for classes.
- Proper workout attire is required (sweats, tights, biking shorts, T-shirts, sneakers).
- No food, drink or chewing gum allowed in the Fitness Areas.
- No glass bottles of any kind in the Fitness Area.
- No cell phones should be answered during class, please be courteous and step outside of the class when answering your cell phone.
- No gym bags, pocketbooks or coats are allowed in Fitness Areas.
- Please use lockers and a secure lock. Control Desk has safe deposit boxes for your small items i.e. cell phone, wallet, and keys.



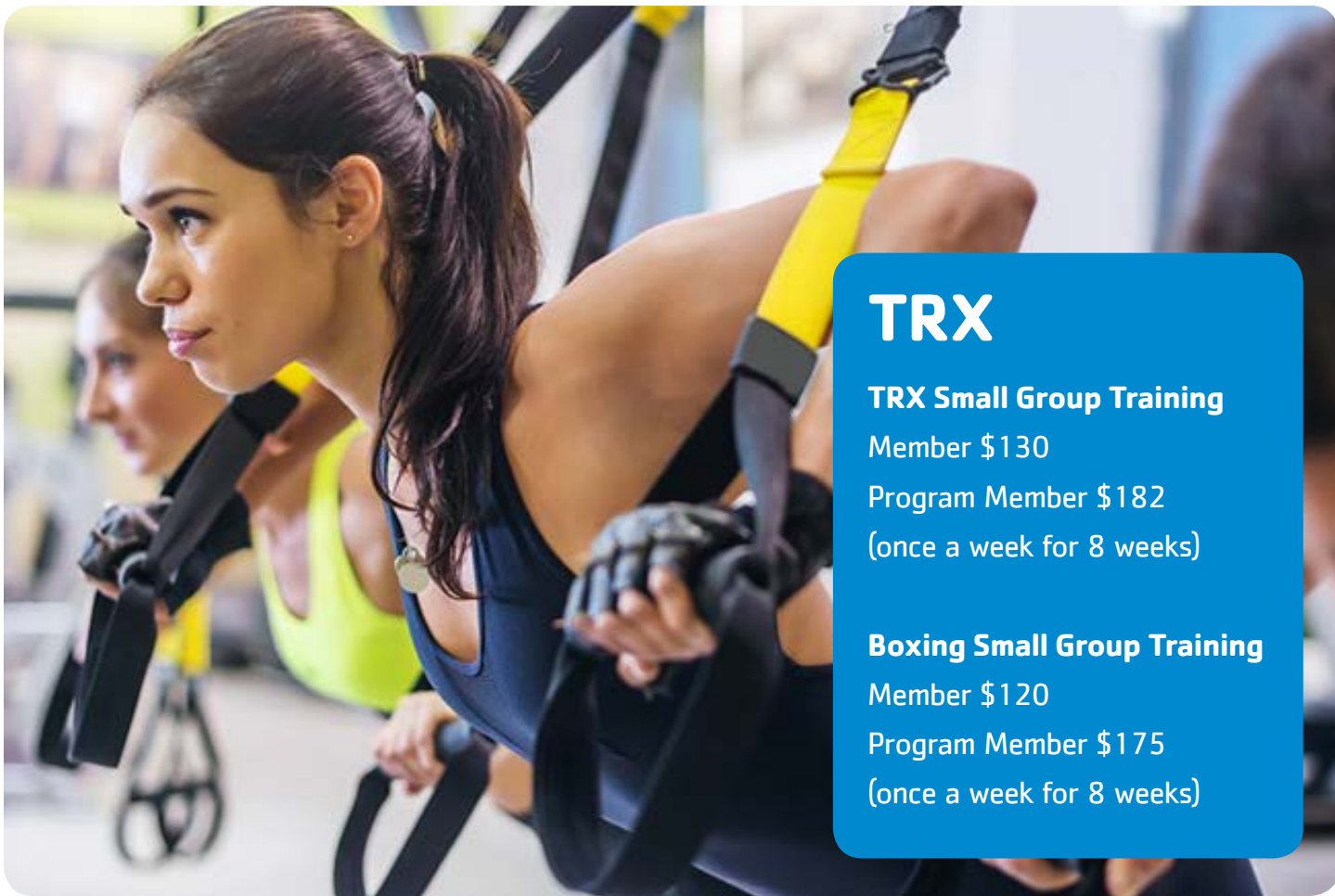
# Y FIT START

A ONE-ON-ONE BEGINNER FITNESS  
COACHING PROGRAM.



**OUR GOAL IS TO HELP  
YOU REACH YOURS.**

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



## TRX

### TRX Small Group Training

Member \$130

Program Member \$182  
(once a week for 8 weeks)

### Boxing Small Group Training

Member \$120

Program Member \$175  
(once a week for 8 weeks)

## PATHWAY TO BALANCE AND STRENGTH

**Sign up for the program that can help you achieve your fitness goals with nutrition and exercise!**

Through this eight week program you will learn:

- Basic understanding of portion sizes; how to purchase
- and prepare meals.
- Understanding food labels.
- Personalized exercise program.
- Weekly weigh in.

**8 week program** (Meet once a week)

**Daytime Session:** Saturday 12:00 – 1:30 pm

**Evening Session:** Thursday 7:00 – 8:30 pm

**Location:** Youth & Family Back Class Room  
(2nd floor)

**Instructor:** Doreen Holland

**Price:** \$99 for 8 Sessions

**REGISTRATION NOW OPEN!**

\*Program replacing Weight Watchers

For more information please contact Janet Martinez, Associate Healthy Lifestyles Director at the Jamaica YMCA, 212-912-2204 [mjanet@ymcanyc.org](mailto:mjanet@ymcanyc.org)

# PLAY TOGETHER

## FAMILY/EARLY CHILDHOOD PROGRAMS

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



### FAMILY ACTIVITIES

#### Arts and Crafts (Ages 6 & under)

This class combines environmental awareness with creativity of arts & crafts by using recyclable bottles, cans newspapers, cardboard, and other recyclable items to make beautiful works of art. Your child can help save the planet and have fun while making a variety of different projects.

**Saturday**      11:00-12:00pm

Fee

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Member	\$25	Program Member	\$59
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### FAMILY EVENTS

#### Spring Fling Zumbathon event

to benefit our Annual Campaign. Come Join the Party! For more information contact the Front Desk.

#### Summer Class Sampler

Coming in June! Come join us for a tasting of all our programs. Check out our programs FREE in this short class sampler where you get to participate and try what programs the Jamaica YMCA has to offer you.



# GROWING STRONG

## YOUTH AND TEEN PROGRAMS

(Your Branch YMCA) provides after school, day and weekend programming for youths age 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.

### LEISURE ACTIVITIES

#### Crocheting/Knitting

Looking for a new hobby or to advance your skills? Beginners will learn how to cast on, knit, purl, increase, decrease and sew. You will be introduced to knitting by starting a basic project (hat, scarf, handbag, etc.) Participants may bring their current project or begin a new project. A great way to make holiday gifts with love.

<b>Tuesday</b>	<b>6:30-8:00 PM (Ages 8 &amp; up)</b>		
<b>Location:</b>	<b>Boardroom 2nd floor</b>		
<b>Fee*</b>			
Member	\$25	Program Member	\$58

\*material fee of \$10 may apply

#### Sewing 101

Learn how to be creative without spending a lot of money. Sewing 101, class will teach you the basics of how to sew from threading, stitching and setting a sewing machine for different features. Step by step, the instructor will introduce you how to read a pattern, cutting and piecing. No sewing experience necessary. Homework may be required to complete the project.

<b>Wednesday</b>	<b>6:30-8:30 PM (Ages 13 &amp; up)</b>		
<b>Location:</b>	<b>Boardroom 2nd floor</b>		
<b>Fee*</b>			
Member	\$59	Program Member	\$83

\*material fee of \$10 may apply

### DANCE (Ages 6 & under)

**Location:** Fitness Studio 3rd floor

#### Fee per each 8-week class

Member	\$49
Community	\$69

#### Belly Dance

Participants will learn introductory and traditional belly dancing movements. The movements will be built into a choreographed routine. It is a great way to build self confidence, balance and coordination. No previous belly dance experience required. The instructor was featured on "America's Got Talent"

**Thursday 6:00-7:00 PM**



## Classical Ballet

Studying ballet is one of the most effective and elegant ways of improving posture, grace, flexibility, and strength. No experience needed. Students are taught at the bar. Learning ballet is a solid foundation for all other dance styles.

**Wednesday 5:45-6:45 PM (Ages 6-15)**

## Modern Dance

A more relaxed, free style of dance utilizing emotions and moods to design individual steps and movements. It features deliberate use of gravity which strives to be light and airy.

**Saturday 9:30 AM - 10:20 AM (Ages 6-15)**

## Urban Dance

Dance like your favorite pop stars! In this high-energy, age-appropriate class, this energetic style uses syncopated rhythms and body isolations, mixing classic jazz moves with the latest hip-hop steps. All while dancing to their favorite music.

**Saturday 10:30 AM - 11:20 AM (Ages 12-17)**

## YOUTH WELLNESS

### Healthy Kids (3rd, 4th, 5th Graders Only)

This program engages youth in fun activities that reduce potential health risks and promote healthy habits for life. Physical activity, healthy eating and building positive relationships are the premiere focus. Pre-registration is required.

#### Members only

**Saturday 2:00-3:30 PM Location: Fitness Center**

### Introduction To Drawing (Ages 5-8/9-13)

Students will learn to create characters with circles, draw faces and figures, using a step-by-step approach. Note, drawing not only provides the basis for other creative activities - like painting, sculpture and printmaking - but it also provides a direct link with reading, writing and especially mathematics.

**Saturday 10:00 AM - 11:00 AM & 11:10 AM - 12:10 AM  
Held in Boardroom**

#### Fee

Member	\$25	Program Member	\$60
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## CAMPS/AFTERSCHOOL

For more information about our camps and afterschool, contact Juliet Beecher, Youth and Family Director, at 212-912 2212 or [jbeecher@ymcanyc.org](mailto:jbeecher@ymcanyc.org)

### Holiday Camp (Ages 5-12)

When school's out, the Y's 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.

**Time: 8:00 AM - 6:00 PM**

#### Fee

Member	\$80/per day	Program Member	\$90/per day
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[Call for Holiday Camp Schedule](#)

### Y Afterschool

Over 450 students spend 3:00 - 6:00 PM 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.

**Offered to students who attend: PS 54, PS 26, DYCD Beacon @ PS54Q, IS59Q & PS48Q SONYC BRANCH**

### Leaders Club

A nationally recognized core YMCA teen program provides participants with opportunities for leadership training, personal growth, service to others and social development. Teens meet on a weekly basis in small groups, working closely with their peers and an adult advisor on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service and goal-setting. Leaders Club helps more than 1,900 teens find the leader within.

**Location: 2nd floor**

#### Fee

Member	FREE	Program Member	FREE
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### College and Career Preparation

The Jamaica Y can help teens prepare for life beyond high school. From touring various colleges, to filling out necessary admissions and financial assistance paper work, developing job readiness skills and helping to find internships and job opportunities; the Jamaica Y teen staff can help get teens to take charge of their own future.

# YOUTH AND TEEN PROGRAMS CON'T

## Tutoring

The Jamaica YMCA will have tutors available by appointment to provide assistance to students who need some extra help in various subject areas.

## Teen Wellness

Teens age 12-17 may use the Fitness Center unaccompanied by an adult on weekdays from 3:00-6:00pm and 2:00-6:00pm on the weekends. Before using the Fitness Center equipment, teens must participate in a fitness orientation. Sign up for an orientation anytime at the Member Service Desk.

Teens 12 and older have access to the basketball gym and fitness center during these times as well. They have access to the fitness center until 7:00pm.

## Teen Center

We offer a variety of different activities such as instructional and recreational sports (e.g. Basketball, Soccer, Volleyball, Swimming, Weight Training, and Handball). We also have discovery learning activities (e.g. Focus issues like family relationships, career aspirations, life goals, and a variety of social problems) that help them relate to other teens and to society. These sessions also offer outside speakers who visit our program. Social activities such as ping-pong, board games, card games, and music are used to teach teens how to relate in a social and relaxed setting. Above all, the teen center provides a neutral and non-threatening environment where participants can explore and appreciate each member's individual diversity. Must have a valid photo I.D. to enjoy this program.

Friday	3:00-9:00 PM	Location: Facility	
Fee			
Member	FREE	Program Member	FREE



SONYC programs are designed to support the following goals:

- Foster academic, social and emotional competencies and physical well-being in a safe and nurturing environment
- Provide opportunities for youth to explore their interests and creativity
- Build skills that support academic achievement
- Raise participant expectations and confidence
- Cultivate youth leadership and community engagement
- Engage parents and other caretakers to support these goals

Monday  
through  
Friday  
3-6 pm

Begins  
9/11/17

Grades  
6<sup>th</sup> - 8<sup>th</sup>

## REGISTER TODAY!



### GET ENGAGED

ASTEWART@YMCANYC.ORG  
212-912-2215

89 - 25 PARSONS BLVD JAMAICA , NY 11432





# SWIM STAGE DESCRIPTIONS

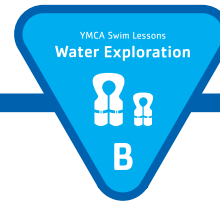
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



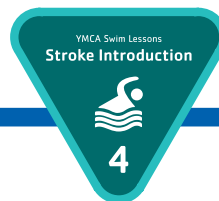
### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

# STAGES OF LEARNING

## SWIM STARTERS

Parent & child lessons

### A Water Discovery

**Blow bubbles**  
on surface,  
assisted

**Front tow**  
chin in water,  
assisted

**Water exit**  
parent & child  
together

**Water entry**  
parent & child  
together

**Back float**  
assisted, head on  
shoulder

**Roll**  
assisted

**Front float**  
chin in water,  
assisted

**Back tow**  
assisted, head on  
shoulder

**Wall grab**  
assisted

### B Water Exploration

**Blow bubbles**  
mouth & nose  
submerged,  
assisted

**Front tow**  
blow bubbles,  
assisted

**Water exit**  
assisted

**Water entry**  
assisted

**Back float**  
assisted, head  
on chest

**Roll**  
assisted

**Front float**  
blow bubbles,  
assisted

**Back tow**  
assisted, head  
on chest

**Monkey crawl**  
assisted, on edge,  
5 ft.

## SWIM BASICS

Recommended skills for all to have around water

### 1 Water Acclimation

**Submerge**  
bob independently

**Front glide**  
assisted, to wall,  
5 ft.

**Water exit**  
independently

**Jump, push,  
turn, grab**  
assisted

**Back float**  
assisted,  
10 secs., recover  
independently

**Roll**  
assisted

**Front float**  
assisted,  
10 secs., recover  
independently

**Back glide**  
assisted, at wall,  
5 ft.

**Swim, float,  
swim**  
assisted, 10 ft.

### 2 Water Movement

**Submerge**  
look at object on  
bottom

**Front glide**  
10 ft. (5 ft.  
preschool)

**Water exit**  
independently

**Jump, push,  
turn, grab**

**Back float**  
20 secs. (10 secs.  
preschool)

**Roll**

**Front float**  
20 secs. (10 secs.  
preschool)

**Back glide**  
10 ft. (5 ft.  
preschool)

**Tread water**  
10 secs., near  
wall, & exit

**Swim, float, swim**  
5 yd.

### 3 Water Stamina

**Submerge**  
retrieve object in  
chest-deep water

**Swim on front**  
15 yd. (10 yd.  
preschool)

**Water exit**  
independently


**Jump, swim,  
turn, swim, grab**  
10 yd.


**Swim on back**  
15 yd. (10 yd.  
preschool)


**Roll**


**Tread water**  
1 min. & exit  
(30 secs.  
preschool)

**Swim, float,  
swim**  
25 yd. (15 yd.  
preschool)

 Infant & Toddler  
6 mos.–3 yrs.  
Stages A–B

 Preschool  
3–5 yrs.  
Stages 1–4

 School Age  
5–12 yrs.  
Stages 1–6

 Teen & Adult  
12+ yrs.  
Stages 1–6

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction

**Endurance**  
any stroke or  
combination of  
strokes, 25 yd.

**Front crawl**  
rotary breathing,  
15 yd.

**Back crawl**  
15 yd.

**Dive**  
sitting

**Resting stroke**  
elementary  
backstroke,  
15 yd.

**Tread water**  
scissor & whip  
kick, 1 min.

**Breaststroke**  
kick, 15 yd.

**Butterfly**  
kick, 15 yd.

### 5 Stroke Development

**Endurance**  
any stroke or  
combination of  
strokes, 50 yd.

**Front crawl**  
bent-arm  
recovery,  
25 yd.

**Back crawl**  
pull, 25 yd.

**Dive**  
kneeling

**Resting stroke**  
sidestroke,  
25 yd.

**Tread water**  
scissor & whip  
kick, 2 mins.

**Breaststroke**  
25 yd.

**Butterfly**  
simultaneous arm  
action & kick,  
15 yd.

### 6 Stroke Mechanics

**Endurance**  
any stroke or  
combination of  
strokes, 150 yd.

**Front crawl**  
flip turn,  
50 yd.

**Back crawl**  
pull & flip turn,  
50 yd.

**Dive**  
standing

**Resting stroke**  
elementary  
backstroke or  
sidestroke,  
50 yd.

**Tread water**  
retrieve object  
off bottom,  
tread 1 min.

**Breaststroke**  
open turn,  
50 yd.

**Butterfly**  
25 yd.

## PATHWAYS

Specialized tracks

### Competition



### Leadership



### Recreation





# LEARN TO SWIM

## AQUATICS LESSON SELECTOR

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# SAFETY AROUND WATER

Everyone's safety is important to us. We ask that all abide by our pool guidelines.



1. Street shoes are not allowed in the pool area.
2. Bathing caps must be worn in the pool.
3. Children age 8 and under must be accompanied by an adult in the water within arm's reach during swim times.
4. Children ages 9-11 must have an adult on the pool deck or in the viewing area during swim times.
5. Non-swimmers must remain in the shallow area.
6. Bubbles/backpacks, noodles and lifejackets (PFD's) are provided for use. Inflatable swim aids are not allowed.
7. Anyone wearing flotation equipment must remain in the shallow area.
8. Swim diapers are required for individuals that wear diapers.
9. Prolonged or repetitive breath holding can be deadly. Intentional hyperventilation or underwater competitive breath holding is not allowed.
10. Inflatable rings, balls, noodles, or other large pool toys are not permitted.
11. Conduct that is dangerous or compromises the safety of others is not allowed.
12. No diving is allowed.
13. Members must shower before entering the pool and wear appropriate bathing attire.
14. No more than 40 people within the pool area (pool as well as the viewing stands).

# NEW YORK CITY'S YMCA HERE FOR ALL

“ Without the Y, I would have had to take another two to three years to finish school. The Y helped us stay together, helped me focus, and helped our family bring income into the household. ”

## BE HERE WITH US FOR FELLOW NEW YORKERS

Every dollar you give to the Y's Annual Campaign can change the life of a child, teen or a family in need. No one is ever turned away. Your kindness can offer the chance of a lifetime to the people who need it most in every corner of New York City.

**PLEASE GIVE TODAY.**  
[ymcanyc.org/give](https://ymcanyc.org/give)



Lorraine Singletary  
& Laylah Maldonado  
Bedford-Stuyvesant YMCA





# JOIN IN PLAY THE GAME

## YOUTH AND TEEN SPORTS PROGRAMS

The Y believes that youth sports programs encourage and promote healthy and strong kids and families by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image and sense of fair play and mutual respect for others.

### Children Karate (Ages 3-6)

Seido Karate, emphasizes building spirit, mind and body while using hand, elbow and foot techniques, to teach children how to defend themselves. In a safe and friendly atmosphere, children learn responsibility through Seido Karate practices.

<b>Saturday</b>	<b>9:00 - 10:00 AM</b>		
Member	\$54	Program Member	\$69

### Creative Ballet (Ages 3-6)

Combo Ballet- A fun creative way for children to explore dance.

<b>Saturday</b>	<b>11:15 - 12:00 PM</b>		
Member	\$49	Program Member	\$69

### Soccer

Get the ball rolling, develop and improve your skills through engaging warm-ups, activities and games, all while having fun!

<b>Saturday</b>	<b>12:00-1:15 PM</b>	<b>Ages 6-9</b>	
<b>Location:</b>	<b>Mills GYM</b>		
<b>Saturday</b>	<b>1:15-2:30 PM</b>	<b>Ages 10-14</b>	
<b>Location:</b>	<b>Mills GYM</b>		
Member	\$25	Program Member	\$55

### Karate

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. Karate at the Y is all about teamwork, respect and patience not combat or violence.

<b>Tuesday</b>	<b>5:30-6:30 PM</b>	<b>Ages 7-12</b>
<b>Thursday</b>	<b>6:00-7:00 PM</b>	<b>Ages 7-15</b>
<b>Location:</b>	<b>Main GYM</b>	
<b>Tuesday</b>	<b>5:30-6:30 PM</b>	<b>Ages 13-15</b>
<b>Location:</b>	<b>Mills GYM</b>	
<b>Saturday</b>	<b>10:00-11:00 AM</b>	<b>Ages 6-8</b>
	<b>11:00-12:00 PM</b>	<b>Ages 9-15</b>
<b>Location:</b>	<b>Main GYM</b>	

<b>Fees</b>	<b>2 days</b>	<b>3 days</b>
Member	\$96	\$128
Community	\$128	\$136



# YOUTH/TEEN SPORTS PROGRAMS CON'T

## Jr. Knicks

Learn and master the basics of passing, dribbling and shooting. Practice your offense and defense in fun scrimmages. Season runs March 19 - June 18.

<b>Tuesday</b>	<b>7:00-9:00 PM</b>	<b>Ages 13-17</b>	
<b>Saturday</b>	<b>2:30-3:45 PM</b>	<b>Ages 5-8</b>	
	<b>3:45-5:15 PM</b>	<b>Ages 9-12</b>	
<b>Location:</b>	<b>Main GYM</b>		
Member	\$50	Program Member	\$65

## Jamaica Y Ballers League

This recreational league will help the players understand teamwork, sportsmanship, and the rules of basketball as well as foster player development in a respectful and safe environment led by positive coaching. Starting with a skill session that focuses on the development of dribbling, passing, shooting, and rebounding. Players are also introduced to the proper defensive stance and experience defensive drills. The remaining lessons will involve game play in house and with other leagues that will enable players to apply the basketball skills learned.

Saturday	4:45 PM – 5:45 PM		
Tuesday	8:00 PM – 9:00 PM	(Ages 13–17)	
Member	\$50	Program Member	\$35

## B-Ball Skills and Drills

Learn to master the basics of passing, dribbling and shooting.

<b>Tuesday</b>	<b>6:45 PM - 7:45 PM</b>	<b>(Ages 13-17)</b>	
<b>Saturday</b>	<b>2:30 - 3:30 PM</b>	<b>(Ages 5-8)</b>	
	<b>3:30 PM - 4:30 PM</b>	<b>(Ages 9-12)</b>	
Member	\$25	Non-Member	\$60



# ADULT LEISURES

Classes are held once a week for 8 weeks unless noted

## YMCA COMPUTER LEARNING CENTER I/II

These courses teach basic computer fundamentals with an in-depth emphasis on mouse skills, word processing, spreadsheets, database, email and the Internet.

Level I	( Basic Computer Skills )
Friday	11:15am - 12:15 PM
Level II	( Basic Skills & Internet/Email )
Friday	12:15 - 1:15 PM

## MICROSOFT OFFICE

Wednesday	6:30 PM - 7:30 PM
Saturday	10:00 PM - 11:00 PM
Location:	Computer Room 2nd floor

YMCA Members: \$25  
Program Members: \$70

## TABLETS & OTHER DEVICES HELP & SETUP

Saturday	11:10 PM - 12:10 PM
Location:	Computer Room 2nd floor

YMCA Members: \$25  
Program Members: \$50

## PHOTOGRAPHY FUNDAMENTALS

### (16-Adult)

Beginner & intermediate level introduction to digital and 35mm photo composition, including creative aperture, shutter, and light meter exposure methods. 8-week hands on course, including interior/exterior photography, use of flash, and fundamentals of portrait photography. Includes local field trips. No experience required. You may bring your own camera to class.

Wednesday	6:30 PM - 7:30PM
Location:	Computer Lab

Members: \$100  
Program Members: \$150

# TALKING UP THE Y

## CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

We will thank you with  
A FREE GIFT of your choice  
when a new member tells us  
they joined because of the  
great things you mentioned  
about the Y.



WOMEN'S AMENITY KIT

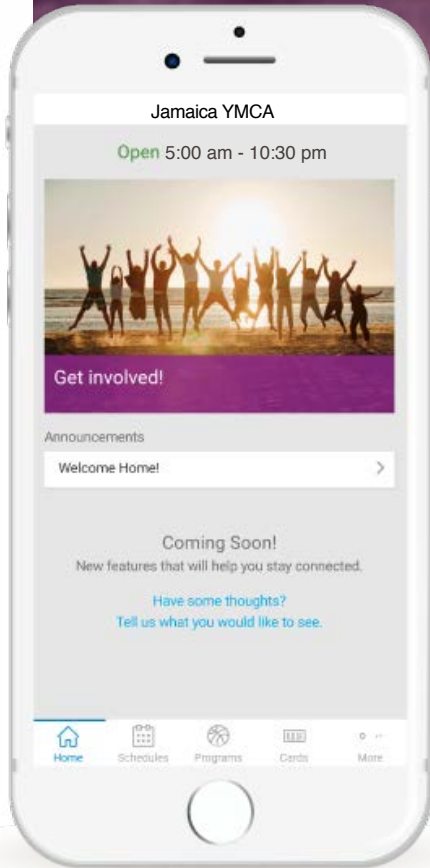


ZIP-UP HOODIE



Visit the member service desk or go to [ymcanyc.org](http://ymcanyc.org) for more information.

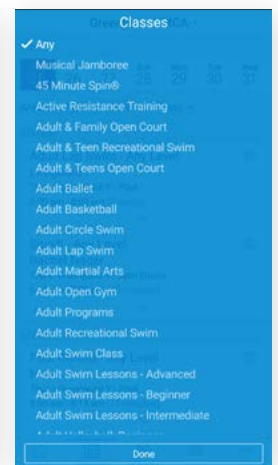
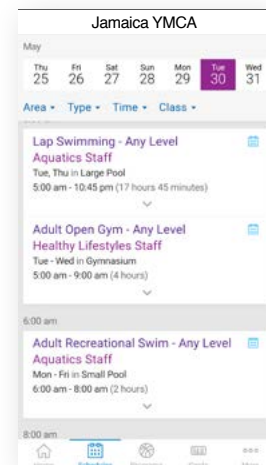




# OUR APP KEEPS YOU ON TRACK!

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 registration
- 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](https://ymcanyc.org/app)

# JOIN THE Y

## 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 EXTRAS

We offer discounted membership rates to all NYC, HIP, Emblem, 1199 (Employees) . Rates are applicable to adult and family memberships only. Proof of employment status must be presented upon enrollment and every year for renewals.

### MEMBERSHIP CARDS

- **MEMBERSHIP CARD** The Branch membership card must be presented and scanned in order to gain access into a YMCA facility.
- **PROGRAM CARDS** Program members will be issued a card granting them YMCA access for their program. This card must be presented and scanned for access into the YMCA facility and/or a specific program.
- **LOST CARDS** Please let us know if your card is lost or stolen. There is a fee to issue a replacement card.

### MEMBERSHIP CANCELLATION

Cancellation of membership requires a fifteen (15) day written notice prior to the monthly draft date.

### MEMBERSHIP TRANSFER

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

### MEMBERSHIP HOLDS

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

### PAYMENT OPTIONS & INFORMATION

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

### 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](http://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.

### GUEST AND DAY PASSES

All YMCA members are given 6 complimentary guest passes per year to help introduce the Y to friends and associates. Branch members are welcome to visit other YMCA locations within NYC 10 time per year at no charge. Day passes are available to purchase.

**Adults (19 and over) \$15**  
**Youth (under age 19) \$6**

# MEMBERSHIP INFORMATION CON'T

## CHILD WATCH

Do you need someone to look after your child (6 months - 11 years old) 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 family members only.

**Location: Childwatch Room – Lower Level**  
**Monday-Thursday**  
**5:30-9:00pm**  
**Family Members Only**

## CAMERA POLICY

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

## LOCKER ROOMS & LOCKERS

- 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.

## KIT LOCKER SERVICE

- Kit Lockers are available for a yearly fee rate of \$72. Ask at the Welcome Desk for details.
- Kit Locker monthly fees may not be frozen.

## TOWEL SERVICE

While using our facilities, towels are available for your convenience at the Control Desk.

## 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.

## SWIMMING POOL REGULATIONS

Lap swimming, Family Swim and Recreational swimming are available during most hours of operation. Please refer to the pool schedule located at the Member Services Desk for additional information.

- Members and facility users are required to follow posted signs and lifeguard directions.

- Swim caps must be worn while in the pool.
- Members must shower before entering the pool.
- Running, skipping, pushing or any kind of horseplay will not be allowed.
- Diving is not permitted.
- Individuals with infections, open sores or cuts, and / or ear/nose discharges will not be allowed to enter the pool.
- No one may enter the pool area without an authorized and certified YMCA Lifeguard on duty.
- Children 8 years and under must be within arms reach of an adult (18 & over) in the water.
- Children 9-11 years must have an adult on the pool deck or viewing area.
- If child needs the assistance of a bubble, a parent / guardian must be in the water with him / her.
- No equipment, either YMCA-owned or personal, including masks, fins and snorkels may be used other than for instructional purposes or with special permission of the lifeguard.
- No gym shorts, cutoffs or other converted street clothing may be worn as bathing suits.
- No one may enter the pool with shoes from the street or sneakers from the gym.
- All swimmers must enter and leave through locker and shower room entrances.
- Band-Aids, bandages, metal hair clips and hairpins must be removed before entering the pool.
- Children - swim diaper with plastic elastic around leg is required.
- Please do not communicate with lifeguards unless it is an emergency.
- Spitting in pool or pool gutters is not allowed, nor any other bodily discharge.
- Food, gum and beverages are not allowed in the pool area. Glass bottles are strictly prohibited.
- Use of beach balls, toys, etc. will be at lifeguard's discretion.
- No "noodles" for family swim.

## LAP SWIM ETIQUETTE

Lap swim should be orderly and continuous. In order to receive full benefit and enjoyment from lap swim, it is important that all participants respect other swimmers and abide by the following rules:

- Lifeguards are responsible for the safety of all swimmers, and may ask swimmers to change lanes.
- Maximum 5 swimmers per lane.
- One or two swimmers may split the lane; three or more swimmers must move in counterclockwise circles.
- Swim in a circle keeping to the right. Pass ONLY on the left.
- Slower swimmers should swim close to the right lane line.
- If a lane is empty, a swimmer may stretch or exercise.
- Kickboards and pull buoys are available for use (please replace after use).



# FACILITY INFORMATION

## FITNESS CENTER

Lifefitness Strength Training System

Lifefitness Upright Bikes & Recumbent Bikes, Treadmills, Elliptical equipped all with personal TV's.

Cross trainers, Stairmasters.

Cable Cross Over Station, Smith Machine, assisted Chin up & Dip machine.

Fitness Center trainers, and Personal trainers Circuit Room

## FREE WEIGHT AREA

Hammer Strength Free Weight Machines with dumbbells and plate load stations. Stability balls and stretch bands are available.

## GROUP EXERCISE CLASSES

A variety of exercise classes that cater to all levels: Body Toning, Step Aerobics, Yoga, Water Exercise, Senior Fitness, Group Cycling and more.

## HEATED INDOOR POOL

60 feet long, 3 feet to 8 feet deep.

## FULL COURT GYMNASIUM

Regulation size basketball court

28 lap equals 1 mile

## LOCKER AND SHOWER ROOMS/SAUNA

Whirlpool and Steam Room\*\*

(\*\*Only in the Men's Locker Room)

## PETS & BICYCLES POLICY

- Service animals are the only animals allowed in the facility. We ask that they be properly harnessed.
- We regret that we can not accommodate pets or bicycles in the facilities. Please make appropriate arrangements.

## LOST & FOUND POLICY

Lost and found items that are returned are placed at the Welcome Desk. Items are logged and secured. Items that are not reclaimed in 30 days are discarded.

## FACILITIES POLICIES

Fitness Center and Weight Room Regulations:

- Shirts, sneakers and socks must be worn at all times.
- Street clothes, shoes and sandals are not permitted.
- Personal belongings (bags, coats, etc. ) may not be brought into the fitness center. They must be left in the lockers provided in the locker rooms.
- Remember to wipe down all machines after each use.
- Water is permitted in closed plastic containers only (no glass). Food or drink is not permitted.
- The staff reserves the right to intervene when someone is exercising in an unsafe manner.
- No one under the age of 12 is permitted in the fitness center or weight room.
- No one under the age of 17 is permitted in the building after 7 pm unless involved in a designated program.
- Radios without earphones are not permitted in fitness areas.
- Most regular headphones fit into the TV jacket.
- Return to turn off TV when finish using equipment.
- Return dumbbells and plates to rack after use.
- No cell phones in any workout area.

## YOUTH AND TEEN POLICY

- Children 11 and under must be accompanied by an adult at all time when using the Jamaica YMCA facility.
- Children 11 and under may not use fitness equipment.
- Teens, ages 13 and up, may use program areas (gymnasium and pool) unaccompanied by an adult:

<b>Monday - Friday</b>	<b>3:00 - 7:00 PM</b>
<b>Saturday</b>	<b>8:00 AM - 5:00 PM</b>
<b>Sunday</b>	<b>8:00 AM - 5:00 PM</b>
<b>Board of Education Holidays</b>	<b>12:00 - 7:00 PM</b>

- Teens must wear their IDs at all time.
- Teens 13-17 must have a signed parental consent form on file and attend a Youth Fitness Orientation session with a YMCA trainer prior to using the equipment. (Sign up at the Welcome Desk)
- Teens must leave building by 7:00pm if not in a registered program.
- Teens must abide by all rules of the respective program areas.

# FACILITY INFORMATION/

## GYMNASIUM REGULATIONS

- All members and program participants are expected to follow the YMCA Code of Conduct.
- Members/Program participants must wear sneakers during all gymnasium activities. (No flip-flops, heels or boots)
- Proper gymnasium attire is required to participate, must keep on shirt. (No jeans, workpants, etc.).
- All equipment must be signed out at the Control Desk. You will need your Membership ID card.
- Members are responsible for returning the equipment they borrowed.
- No spitting, gum chewing, eating, or drink is allowed in the gymnasium.
- Children ages 11 (eleven) and under must be accompanied and supervised by an adult at all times.
- Youth (12 year old and up) may use the gym, please check current gym schedule for days and times.
- No foul language can be used in the entire facility.
- The gymnasium should not be used as a changing area.
- All personal belongings should be placed in lockers. (e.g. bags, jackets, towels, keys, phones, etc.)
- Absolutely no verbal or physical fighting is permitted in the gymnasium. Minimum result will be loss of membership without refund.

# COMMUNITY EXTRAS

## RENTAL OF SPACE & POOL

The Jamaica YMCA opens its door for churches, business meetings, children's parties for infants to age 12, baptisms and more. For more information contact the Welcome Desk at (212) 912-2200 to schedule your next event. Prices vary based on room size. Tables and chairs are included with rentals.

## Y ROADS CENTER

The Y Roads Center is designed to support 16 to 24 year olds who are neither employed nor in school to get themselves on a path to success. The center-based model builds on the Y's strengths in youth work, counseling services and leadership development.

The center will provide support in the following areas:

- General Education Development (GED) courses
- Workforce development training and job placement.
- Counseling services
- Youth-friendly medical health services and screening
- Recreation
- Additional services, including English proficiency, therapeutic mentoring, fatherhood training, and other options based on unique community needs

**For more information about this program please contact**

**YROADS**

**212-630-9727**

**161-04 Jamaica Avenue Jamaica, NY 11432**

**[yroadsjamaica@ymcanyc.org](mailto:yroadsjamaica@ymcanyc.org)**

# TAKE CONTROL

Visit [www.nyc.ydiabetes.com](http://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 Judy Ouziel at 212-912-2524.

\*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](mailto:jcorrea@ymcanyc.org)**



# IT'S ABOUT THE WHOLE PERSON

**L I V E S T R O N G**® AT THE YMCA

## HEALTH & WELL-BEING FOR CANCER SURVIVORS

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

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

**FOR MORE INFORMATION CONTACT:**  
**Caitlin Moonesar at 212-630-9705 or email [cdee@ymcanyc.org](mailto:cdee@ymcanyc.org)**



# CODE OF CONDUCT

**At New York City's YMCA, creating a safe and welcoming environment is a team effort.**

**We ask everyone — staff, members, and guests — to follow our Code of Conduct, which is based on our core values of Caring, Honesty, Respect, and Responsibility.**

1. Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
2. Resolving conflicts in a respectful, honest, and caring manner; never resorting to physical contact or threatening gestures.
3. Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
4. Respecting the property of others; never engaging in theft or destruction.
5. Creating a safe, caring environment; never carrying illegal firearms or devices.
6. Participating in programs to build a healthy spirit, mind, and body; never engaging in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
7. Adherence to the YMCA Code of Conduct and regulations is essential. Cooperation among staff, members and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct.



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

**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.



# 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

### YMCA Counseling Service/

North Shore Center  
285 Vanderbilt Avenue  
Staten Island, NY 10304  
718.981.4382

## HUGUENOT, NY

### New York YMCA Camp

Big Pond Road  
Huguenot, NY 12746  
845.858.2200

## ASSOCIATION OFFICE

5 West 63rd Street  
New York, NY 10023  
212.630.9600



89-25 Parsons Boulevard  
Jamaica, NY 11432  
718-739-6600  
[ymcanyc.org/jamaica](http://ymcanyc.org/jamaica)

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 [facebook.com/JamaicaYMCA](https://facebook.com/JamaicaYMCA)

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