



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR Y

**MCBURNEY Y
FALL 2017**

125 West 14th Street
New York, NY 10011
212-912-2300
ymcanyc.org/mcburney

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**NOW
INTERACTIVE!**
Click on this button to
register for a class



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

WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

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

FOR HEALTHY LIVING

Improving our community's health and well-being

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

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

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

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

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

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



MCBURNNEY Y INFORMATION

STAFF LISTING

Executive Director
212-912-2324

Madhur Patel – Aquatics Director
212-912-2321, mpatel@ymcanyc.org

Mitch Lyons – Membership Director
212-912-2307, mlyons@ymcanyc.org

Jacqueline Bravo – Youth and Family Director
212-912-2322, jbravo@ymcanyc.org

James Dolle – Healthy Living Director
212-912-2333, jdolle@ymcanyc.org

Oksana Antonyuk – Business Manager
212-912-2314, oantonyuk@ymcanyc.org

Marcus St. Louis – Sports Coordinator
212-912-2319, mstlouis@ymcanyc.org

Rannie McCants
Executive Assistant & Fund Dev. Associate
212-912-2311, rmccants@ymcanyc.org

Romana Ryals – Program Director, WIHS site
646-654-3671, rryals@ymcanyc.org

Alphonso White – Personal Training Coordinator
212-912-2306, alphonsow@ymcanyc.org

Pam Navarro – Youth Program Coordinator
212-912-2309, pnavarro@ymcanyc.org

Jessica Diaz – Site Coordinator
212-912-2315, diazj@ymcanyc.org

Orlyn Aaron – Program Coordinator, WIHS site
917-716-2712, oaaron@ymcanyc.org

Shonnell Griffith
Youth & Family HR/Billing Coordinator
212-912-2312, sgriffith@ymcanyc.org

Chrimichael Berrios – Birthday Party Coordinator
212-912-2348, cBerrios@ymcanyc.org

Jennifer Cutillo
Membership Sales and Engagement Specialist
212-912-2305, jcutillo@ymcanyc.org

Nanda Khan, Membership Coordinator
212-912-2308, dkhan@ymcanyc.org

Alicia McKay, Billing Coordinator
212-912-2318, amckay@ymcanyc.org

Guillermo Abreu – Property Manager
212-912-2320, gabreu@ymcanyc.org

Edward Parson – Building Coordinator
212-912-2320, eparson@ymcanyc.org

HOURS OF OPERATION

ADULT

Monday – Friday: 5:30 am – 11:00 pm
Saturday – Sunday: 7:00 am – 8:00 pm

YOUTH & TEENS

(School holiday hours vary, please refer to website.)

Monday – Friday: 3:00 pm – 9:00 pm
Saturday – Sunday: 7:00 am – 8:00 pm

POOL HOURS

Monday – Friday: 5:30 am – 11:00 pm
Saturday – Sunday: 8:00 am – 8:00 pm

MEMBER REGISTRATION HOURS

Monday – Friday: 8:00 am – 8:00 pm
Saturday – Sunday: 8:30 am – 6:00 pm

HOLIDAY HOURS

LABOR DAY

Monday, September 4 7:00 AM – 8:00 PM

Thanksgiving Day

Thursday, November 23 7:00 AM – 3:00 PM

(Please check ymcanyc.org/mcburnney or our mobile app for holiday hour reminders or changes. On these holidays there will be limited group exercise classes. All fee-based classes will be prorated in the event of holidays or other closings.)

2017 FALL SESSION & REGISTRATION DATES

FALL I REGISTRATION DATES

Member: August 19, 2017
Community: August 26, 2017

SESSION DATES:

September 5, 2017 – October 29, 2017

FALL II REGISTRATION DATES

Member: October 14, 2017
Community: October 21, 2017

SESSION DATES:

October 30, 2017 – December 24, 2017*

* GYMNASIUM CLOSURE

DEC. 11, 2017 UNTIL JAN. 1, 2018

Any classes held in Gym A & B during this time period will be canceled and pro-rated.

CONTACT US

Phone: 212-912-2300 | E-mail: McBurneyYMCA@ymcanyc.org | Web: ymcanyc.org/mcburney

 @ymcanyc |  facebook.com/McBurneyYMCA |  @ymcanyc



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JOIN THE Y. FOR THE TOTAL WORKOUT.

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

MEMBERSHIP INCLUDES:

- Citywide access to any of the other YMCAs in the five boroughs, each of which offers quality facilities and programs (*not offered with Teen memberships*)
- Tons of FREE adult group exercise classes per week
- State-of-the-Art cardio fitness centers
- Strength Training and free weight rooms
- Swimming Pools
- Steam and Sauna Rooms
- Free Towel Service
- Y-Fit Start: a free eight week program of individual exercises designed for new and returning exercisers
- Free supervised child watch
- Priority online program registration
- Free WIFI available
- Free guest passes to share with your friends and family

CHILD WATCH

Do you need someone to look after your child (ages 6 months (minimum) to 7 years (maximum) – 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. Reservations required. Please contact Member Services at least 24 hours in advance to register.

VOLUNTEER OPPORTUNITIES

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

JOB OPPORTUNITIES

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

RATES

Membership Types	Rate	Joiner's Fee
City-Wide Youth (up to 11) Children under 12 must be accompanied by an adult when using the facility.	\$250/yr	-
McBurney Y Teen (12 - 17) McBurney YMCA only. Teen membership does not offer a city-wide option.	\$40/mo	\$75
City-Wide Student Any age, full time, 12+ credits, must bring copy of transcript.	\$79/mo	\$75
City-Wide Adult (18 - 64)	\$99/mo	\$125
City-Wide Senior (65+)	\$79/mo	\$75
City-Wide Family I (1 Adults & kids) One (1) Adult and children under 18 years, living in the same household.	\$116/mo	\$125
City-Wide Family II (2 Adults & kids) Two (2) Adults and children under 18 years, living in the same household.	\$174/mo	\$125



DISCOVER 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. Schedules are available at Member Services and online. Please consult your physician before starting an exercise program.

Fitness Orientation

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

Fitness Consultation

Meet with a certified personal trainer to assess your fitness level and explore ways to improve it. This includes a series of tests and measurements that help determine a person's physical fitness level. These tests calculate cardiovascular endurance, muscular endurance, body composition, and flexibility as guided by the YMCA and the American College of Sports Medicine (ACSM). To book an appointment contact James Dolle at 212-912-2333 or jdolle@ymcanyc.org.

Members: \$60 | Community: N/A

Y Fit Start | Free For Members

"Our goal is to help you reach yours!" If you've been thinking about exercising but don't know where to begin, Y Fit Start 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 8-week program includes four sessions with a Y Fit Start Coach. Please sign up for Y Fit Start at Member Services. This program is FREE for all YMCA members.

Body Fat Composition Assessment

Body fat percentage is measured using skinfold calipers and/or an electronic body composition monitor. Please wear loose fitting clothing as we will need to access the thigh and abdominal areas (and chest for men). Weight will be taken on a digital scale. Tests will be conducted in the privacy of our Fitness Consultation Room located in the Cardio Center. To book an appointment contact James Dolle at 212-912-2333 or jdolle@ymcanyc.org.

Members: \$20 | Community: N/A

Blood Pressure Screening

High blood pressure typically develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected.

Have your blood pressure checked by a McBurney certified Personal Trainer every 1st Wednesday of the month from 12:30 – 2:00 pm.



GROW HEALTHY TOGETHER

GROUP EXERCISE PROGRAMS

Most Adult Exercise Classes are for FREE for YMCA members! Non-members may purchase a day pass to participate in group exercise classes. For a complete list of group exercise programs please visit our online schedule.

ACTIVE OLDER ADULTS | AOA

Arthritis PACE – People with Arthritis Can Exercise (PACE) is the ideal exercise class for individuals with arthritis. Uses light weights and bands.

Aquatic Exercise for Arthritis – This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well being. Class is performed in shallow water.

AOA – Gentle Yoga – Designed to teach basic yoga postures, increase flexibility, strength, balance and relaxation. This class is calming and therapeutic and introduces postures and breathing techniques that gradually build strength and flexibility. You will feel like new!

AOA – Strength Training and Cardio Conditioning – Class includes low impact cardiovascular exercise and light toning exercises and finishes with a gentle stretch.

AOA – Sitting Fit – Toning and strengthening exercises done while sitting in a chair.

Tai-Chi for Arthritis – This class combines agile steps, joint-safe exercises and mental strength to improve mobility, breathing and relaxation. This program consists of 12 movements, a warm up and a cool down. Classes can be done standing or seated in a chair.

CARDIO

Aqua Exercise – A cardiovascular water exercise class for men and women of all ages. This low-impact program encourages individuals to use both shallow and deep water. A variety of exercise moves are used to keep you moving, including jumping jacks, cross country skiing, running and sprints. Water dumbbells and noodles are used during the workout as well for added resistance and intensity. A refreshing way to improve cardiovascular and muscular function without impact on the joints.

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. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

Step – An aerobic class performed on a raised platform that challenges the participants cardiovascular system and lower body. This is a choreographed step routine of medium to high intensity for the advanced stepper, frequent exerciser, or experienced dancer. However, all levels are welcome and modifications are modeled.

Tabata – Experience ultimate conditioning at its best! Tabata is based on a 20 second high intensity workload followed by 10 second recovery, repeating the same set 8 times. You will work your glutes, back & shoulders, using total body, strength and cardio exercises.

Zumba® – A fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Walk/Run Club – Meet some walking or running partners in this club.

CARDIO STRENGTH

Barre Conditioning – This inspired ballet barre class will sculpt, strengthen and elongate your major muscle groups. All levels and no dance experience necessary. Light weights, stability balls and body bars may be included.

Boot Camp – This class consists of traditional calisthenic and body weight exercises with interval and strength training. It also includes various forms of skipping, jumping rope, and interval training that involves bursts of high intensity work and active recovery intervals. This is a great work out!

Cardio Blast – This fun and sweaty lo/hi intensity class alternates aerobics dance moves with body sculpting exercises. A variety of equipment to challenge your core! Fun!

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



Core Training + cardio - Take your core conditioning to the next level. This core strengthening class will target your abs and back while challenging legs and arms in all different planes. This class will use a variety of equipment to challenge your core! Fun!

Deep Definitions SCULPT - This class is designed to target all of your major muscle groups through strength training. This class utilizes equipment including weights, resistance bands and body bars.

Interval Training - For participants looking for a hard-core, fast-paced and intense workout. Get results with high intensity Interval Training, alternate cardio + strength training exercises. This class focuses on functional cross training movements to burn fat & build muscle in less time! Intermediate/Advanced.

PiYo Fusion - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. This low impact workout leaves your body looking long, lean, and defined. Intermediate/Advanced.

Step and Sculpt - A multi-level class combining cardiovascular and strength training exercises, with the addition of Yoga based stretching techniques. You will leave this class feeling energized, strong and flexible!

Train like an Athlete - Train like an athlete with interval training that draws on boxing, basketball and football conditioning drills. High intensity workout for those looking to take their fitness to a whole new level.

Total Body Conditioning - A multi-level class combining cardiovascular and strength training exercises. This full body workout strengthens and tones the upper and lower body using an assortment of fitness equipment.

FLEXIBILITY/CORE

Core Training - Challenge and strengthen your abdominal muscles and lower back through a variety of strength and balance exercises utilizing the stability ball and techniques from Yoga and Pilates.

Pilates Mat - This class takes you through a series of Pilates exercises to achieve long lean muscles, develop strength, flexibility and promote overall body awareness.

Stretch & Release - A series of gentle full body stretches designed for all fitness levels.

MIND/BODY

BodyART® - This is a functional, full body training system which incorporates movements from a variety of therapeutic modalities. Performed barefoot, this unique program follows a course through strength, flexibility, and cardio conditioning while focusing on conscious movement and breath connection.

Nia - This free flowing class will sculpt your body and ignite your spirit. Elements of Tai Chi, dance, and martial arts are performed to stimulating music. Individual expression is encouraged to achieve physical, mental, and spiritual well being.

Qi-Gong - Pronounced "chee-gung" and literally meaning "energy work," is an exercise system that combines slow movement with deep breathing exercises. All levels are welcome.

Tai-Chi - Classes include strengthening and conditioning exercises, which focus on the physical and mental benefits of this ancient Chinese art. All levels are welcome.

Hatha Yoga - This style is designed to revitalize the body through a series of classical Hatha postures. Hatha emphasizes fluid movement, deep breathing and proper body alignment followed by a period of deep relaxation and meditation.

Iyengar Yoga - Slow yoga postures linked together by the breath. Iyengar focuses on structural alignment and precision making use of various props.

Vinyasa Yoga - This yoga practice uses the postures in a flowing series, connecting each posture with a breath.

GYMNASIUM CLOSURE
DEC. 11, 2017 UNTIL JAN. 1, 2018

Classes held in Gym A & B will be canceled during this time period.



ADULT DANCE CLASSES

For more information about our dance programs please contact Jim Dolle at 212-912-2333 or jdolle@ymcanyc.org.

DANCE CLASSES

All classes are FREE for YMCA members! Community members welcome at \$15 per class. Check our Exercise schedule for days and times.

BALLET

Classical Ballet – Absolute Beginner – This class is designed for aspiring ballet dancers with no previous experience. Each week, Absolute Beginner Ballet culminates in a complete, choreographed combination in the center, where even first-time students can experience the joy of ballet.

Classical Ballet – Advanced Beginner – This Vaganova-style class advances fundamental ballet technique learned in Open Level and Beginner ballet classes. Class emphasizes increasing speed, endurance, strength and flexibility.

Classical Ballet – Intermediate – Suitable for dancers with a basic proficiency in ballet, this class consists of full ballet barre and center choreography adapted from classical ballet repertoire, mastering a complete short ballet in every class.

Classical Ballet – Open Level – This full ballet class is tailored to both beginner and advanced ballet dancers with complete barre and center exercises. All students increase core and leg strength, develop balance and learn correct arm, foot and spinal positions. This is the perfect class to either begin building a strong ballet foundation, or to expand and perfect one's existing vocabulary.

Classical Ballet – Open Level Barre – Learn all aspects of barre exercises and increase precision in this fast-paced, full classical ballet barre class. Open to all levels.

Contemporary Ballet – Classes integrate modern dance, yoga and floor barre in the teaching of ballet. Open to all levels. All students develop strength, musicality, balance, flexibility and classical ballet technique in this nurturing, exhilarating class.

CARDIO JAZZ | DANCE FLOORWORK | GROOVE

Cardio Jazz * – Cardio Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Cardio Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Emphasis is on the importance of energy, rhythmical accuracy, and style.

Dance Floorwork (Core Conditioning) – Core conditioning exercises for the dance enthusiast, utilizing the mat and barre to strengthen the core using a variety of techniques.

GROOVE – A dance/movement class that is designed for EVERYBODY. This unique dance experience uses simple choreography and authentic body movement to amazing music. Everyone will leave this class sweaty and smiling!



ISADORA DUNCAN

Isadora Duncan Basic – Learn Isadora Duncan technique with Lori Bellilove, one of the world’s leading Duncan performers and instructors. Dancers of all disciplines and levels welcome.

Isadora Duncan Advanced Company Class for Adults – This class for members of the Isadora Duncan Dance Foundation Company is open to intermediate-advanced dancers interested in the Duncan method to further their modern dance training.

TAP

Tap Dance – Absolute Beginner - Ever wanted to learn tap dance? This 8 week course, taught by Andrew Nemr (mentored by Gregory Hines!), is designed for aspiring tap dancers with no previous experience.

Tap Dance –Beginner – This workshop, incorporates simple warm ups, challenging pattern exercises, traditional and modern day steps, and historical context, providing a complete experience of tap dance. Prior experience of tap dance is preferred, but not necessary.

Tap Dance – Open Level - Class begins with a short warm-up, focusing on the technique and timing of basic tap steps. Students then execute those steps in developing and perfecting a variety of combinations. Students of all levels are welcome.

ADULT DANCE TRAINING

PRIVATE TRAINING

BALLET, MODERN, JAZZ, AND TAP

Looking to fulfill the dance experience you’ve always wanted, or to advance your established dance skills? Our trained, professional instructors will help you realize your fullest potential. Your instructor will evaluate your current fitness and skill levels, design an individualized program, and work with you in our studios at your designated times to achieve your goals.

# Sessions	30 MIN	60 MIN
Single session	-	\$90
Introductory 3 sessions	-	\$250
Package of 5 sessions	\$290	\$400
Package of 10 sessions	\$510	\$740
Package of 20 sessions	\$920	\$1,340
Community 5 sessions	-	\$480

PARTNER TRAINING

BALLET, MODERN, JAZZ, AND TAP

Share your dance experience and development with a friend. Benefit from the encouragement and motivation of others, and enhanced instruction when combined with another student.

# Sessions	30 MIN	60 MIN
Single session	-	\$140
Package of 5 sessions	-	\$640
Package of 10 sessions	-	\$1,145
Package of 20 sessions	-	\$2,040



STRENGTH & CARDIO CONDITIONING

For more information about these programs contact Alphonso White at 212-912-2306 or alphonsow@ymcany.org.

PERSONAL TRAINING

Looking for greater results or need additional motivation? A certified YMCA Personal Trainer can coach you to new levels of fitness. Your trainer will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

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 are permitted to conduct personal training sessions within the facility.

# Sessions	30 MIN	60 MIN
Single Session	\$65	\$90
Introductory 3 Sessions	n/a	\$250
Package of 5 sessions	\$290	\$400
Package of 10 sessions	\$510	\$740
Package of 20 sessions	\$920	\$1,340
Community Intro 5 pack		\$480

PARTNER TRAINING

Enjoy the benefits of 1-on-1 training and save a few dollars while you're at it by sharing your experience with a friend. Sign up for Personal Training with a partner and your trainer will help you both reach your fitness goals.

# Sessions	60 MIN
Single Session	\$140
Package of 5 sessions	\$640
Package of 10 sessions	\$1,145
Package of 20 session	\$2,040

INTEGRATED TRAINING

The ultimate workout! You'll work with a multi-certified Personal Trainer to effectively build core and extremity strength, flexibility and agility, and cardio stamina and endurance. You will get the best of:

- TRX suspension training
- Kettlebells
- Battle Ropes
- Medicine Balls, and more

Note: Participation is subject to current level of fitness and availability of a trainer. To participate and get connected with an Integrated Trainer, contact Alphonso White at (212)912-2306 or alphonsow@ymcany.org.

# Sessions	60 MIN
Single Session	\$90
Introductory 3 sessions	\$250
Package of 5 sessions	\$400
Package of 10 sessions	\$740
Package of 20 sessions	\$1,340
Community Intro 5 pack	\$480

PILATES REFORMER TRAINING 1-ON-1

Work 1-on-1 with your advanced certified Pilates Trainer who will address all of your individual needs and goals when developing a program for you. All sessions are valid for one year from date of purchase.

# Sessions	30 MIN	60 MIN
Single Session	\$65	\$90
Introductory 3 sessions	n/a	\$250
Package of 5 sessions	\$290	\$400
Package of 10 sessions	\$510	\$740
Package of 20 sessions	\$920	\$1,340
Community Intro 5 pack		\$480

PILATES REFORMER PARTNER TRAINING

Enjoy the benefits of 1-on-1 training and save a few dollars while you're at it by sharing your experience with a friend. Sign up for Pilates Reformer Training with a partner and our trainers will help you both to reach your fitness goals.

# Sessions	60 MIN
Single Session	\$140
Package of 5 sessions	\$640
Package of 10 sessions	\$1,145
Package of 20 sessions	\$2,040

Classes follow the YMCA's 8-week session schedule unless otherwise noted. These programs utilize the advanced Allegro machines by balanced body. For more information about Pilates Reformer please contact Jim Dolle at 212-912-2333 or jdolle@ymcanyc.org.

PILATES REFORMER CLASSES

An elite fitness formula that combines muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and abdominal core. You will leave this class feeling completely exhilarated! Please refer to our website or flyers for dates and times.

Fees	1 x week	2 x week
Member	\$160	\$260
Community	\$205	\$305

TRX SUSPENSION TRAINING

No matter who you are or what you're training for, TRX Suspension Training bodyweight exercises will help you exceed your goals. Developed for the U.S. Military, used by pro athletes, TRX Suspension Training is the most versatile, total-body workout in the fitness industry. TRX maneuvers build core strength, flexibility, endurance, and power. McBurney staff have been specially trained to help you exceed your fitness goals.

Fees	1 x week	2 x week	3 x a week
Member	\$160	\$260	\$340
Community	\$205	\$305	\$385

INTEGRATED TRAINING CLASSES

The ultimate small group workout! Effectively build core and extremity strength, flexibility and agility, and cardio stamina and endurance. You will get the best of:

- TRX suspension training
- Kettlebells
- Battle Ropes
- Medicine Balls, and more

Fees (combined with another class)	1 x week	2 x week
Member	\$160	\$260
Community	\$205	\$305

ADULT WELLNESS

MASSAGE THERAPY

Enjoy a therapeutic massage at the McBurney YMCA. Our clinically trained and licensed staff are available 7 days per week to enhance your workouts, increase your flexibility, release your tension, and relieve your pain and promote healing. Gift certificates are available.

For your convenience, book your massage online at ymcanyc.org/McBurneyMassage, or secure your appointment 8-hours in advanced with Membership Services or call (212) 912-2300. Please remember to cancel or reschedule your appointment 24-hours in advanced or you will be charged for the session. Thank you for your courtesy. Please contact Jim Dolle at 212-912-2333 or jdolle@ymcanyc.org for additional information.

# Sessions	30 MIN	60 MIN	90 MIN
Single Session	\$65	\$90	\$120
Package of 3 sessions	n/a	\$250	n/a
Package of 5 sessions	\$290	\$400	\$560
Package of 10 sessions	\$510	\$740	\$1,020
Package of 20 sessions	\$920	\$1,340	\$2,005
Community Intro 3 pack	-	\$285	-

MIX N MATCH COMBO

Mix and match 1-on-1 Personal Training, Pilates Reformer, Dance and Massage Therapy, good for 5, 10, or 20 sessions and use them as you wish. Enjoy the freedom of receiving the services you need without the extra trips to the register.

# Sessions	60 MIN
Package of 5 sessions	\$400
Package of 10 sessions	\$740
Package of 20 sessions	\$1,340



BE FIT FOR LIFE

OLDER ADULT PROGRAMS

Our senior friendly fitness classes are designed with older adults in mind. Get fit in a friendly and encouraging environment with a certified YMCA instructor.

CITY SENIORS SOCIAL CLUB

A FREE monthly meeting for all seniors in the community to meet friends, old and new. Staff will be on hand to coordinate and light refreshments will be served. For more information, please contact Samantha Baichoo at sbaichoo@ymcanyc.org.

Third Wednesdays of the month 12:30 – 2:00 pm

Fees	1 x a month
Member	FREE
Community	FREE

ARTHRITIS PACE

A low intensity workout designed for older adults with arthritis or other joint challenges, utilizing light weights and dynabands. For more information, please contact Jim Dolle at 212-912-2333 or jdolle@ymcanyc.org.

Monday / Friday 9:40 – 10:20 am

Fees	1 x week	2 x a week
Member	FREE	FREE
Community	\$80	\$140

AQUATIC EXERCISE FOR ARTHRITIS

Nationally certified by the YMCA of the USA. This class is intended to decrease pain and/or stiffness, improve or maintain joint flexibility, increase muscle strength, improve coordination and endurance, and give participants an overall sense of well being. Class is performed in shallow water. For more information, please contact Jim Dolle at 212-912-2333 or jdolle@ymcanyc.org.

Tuesday / Thursday 10:30 – 11:30 am
Wednesday 11:30 – 12:30 pm

Fees	1 x week	2 x week	3 x a week
Member	FREE	FREE	FREE
Community	\$75	\$105	\$180

SENIOR CIRCUIT

Small group training class for adults 60 and older who want to get in shape in a safe environment. This is a strength training workout designed to teach use of proper form and technique in the weight room. All classes will include use of selectorized weight training machines, free weights, a cardio conditioning segment and stretching exercises.

Monday 11:45 am – 12:45 pm
Friday 10:00 am – 11:00 am

Fees	1 x week	2 x a week
Member	\$90	\$120
Community	\$120	\$140





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

PLAY TOGETHER

Caregivers are required to stay in the facility for the duration of the classes.

YOUTH & FAMILY PROGRAMS

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

FAMILY PROGRAMS

CHILD WATCH (AGES 6 MTHS - 7 YEARS)

Do you need someone to look after your child 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 service is available to family membership holders only and is included in your membership. Reservations required. Please contact Member Services at least 24 hours in advance to register. Note: Only two infants under 18 months will be allowed in the program at a time. If you have any questions and/or concerns, please call us at 212-912-2309.

Monday - Sunday 9:00 - 12:00 pm Reservations required

FAMILY OPEN GYM* & FAMILY SWIM

Work out and play together as a family. On holidays and abbreviated public school days, please check schedules and flyers for additional family gym and swim times. Please refer to current gym and pool schedules for days and times. Parents and guardians please accompany children under the age of 9 while in the pool. Please bring a swim cap. Children ages 9 - 11 must have an adult on the pool deck or viewing area while in the pool. Parents must be in the water with children 8 years of age and under. If child needs the assistance of a bubble, a parent/guardian must be in the water with him/her. For more information, please contact Madhur Patel at 212-912-2321 or mpatel@ymcanyc.org.

BASKETBALL FOR ALL

An opportunity for families and their youth to play basketball. Enjoy a fun game of basketball with your family and friends. Two nets will be open to families, youth ages 8 and up, and adults to shoot around and have some fun. Contact our Sports Coordinator, Marcus St. Louis, at 212-912-2319 or mstlouis@ymcanyc.org for more information.

Sundays 5:00 - 7:00 pm

WALK WITH ME

Walking is the best possible exercise, and now your family will have the opportunity to walk together with your children on our beautiful indoor track. Walk with Me is open to families with youth as young as 4, and youth can walk by themselves if they are 10 or older. Leave your distractions like TV and the internet at home and join Walk with Me at the Y. Contact our Sports Coordinator, Marcus St. Louis, at 212-912-2319 or mstlouis@ymcanyc.org for more information.

Sundays 5:00 - 6:30 pm

TEEN/YOUTH LAP LANE

Lanes are open to youth/teens only! A great opportunity for youth 10 or older to swim laps in a lane strictly for them. Please contact Madhur Patel for more information, mpatel@ymcanyc.org.

Sundays 11:00 - 4:00 pm



FAMILY PLAYGROUND

Watch our gym transform into a playground complete with min-hoops, push toys, and a bouncy house. Every month we also feature a themed event featuring engaging crafts and activities led by staff. Contact Pam Navarro at 212-912-2309 or pnavarro@ymcany.org for more information.

Sundays* 3:00 – 4:30 pm

Fees	1 x week
Member	FREE
Community	\$15 per family

PARENT/CHILD PROGRAMS

Classes follow the YMCA's 8-week session schedule unless otherwise noted. Contact Pam Navarro at 212-912-2309 or pnavarro@ymcany.org for more information.

INDOOR PLAYGROUND (AGES 1 – 4 YEARS)

Come jump in our bouncing house, build with our form blocks, and shoot mini-hoops with your little one in our Indoor Playground. For this class we transform the gym into a motor development and movement awareness playground where children will spend their time exploring the equipment, climbing, balancing, building, playing with balls, hoops and obstacle courses, while socializing with their peers. **Children in this class must be actively supervised by a parent or caregiver.** No cell-phones please.

Tuesday / Thursday* 10:00 – 11:30 am (starts Fall II)

Fees	1 x week
Member	\$110
Community	\$135

LET'S GET READY (AGES 18 MONTHS – 2.5 YEARS)

This program offers a rich and supportive learning environment for toddlers. Social, emotional, physical and cognitive growth is fostered through a balanced, developmentally based program. Participants are involved in circle time, group activities including songs playing instruments, parachute play, puppets, bubbles and group games. **Caregivers are required to stay in the facility for the duration of the classes.**

Tuesday / Thursday 9:00 – 11:00 am

Fees	1 x week	2 x week
Member	\$345	\$545
Community	\$410	\$610

READY, SET, MATH & READ (AGES 2.5 – 5.5 YEARS)

This program gives participants the opportunity to set the stage for success in school and in life. Ready, Set, Math & Read is a content-rich program that supports active learning and promotes children's progress in all developmental areas. Children learn best when they are actively involved in learning projects. Learning projects include creating a classroom garden and their own story books. **Caregivers are required to stay in the facility for the duration of the classes.**

Monday / Friday 9:00 – 12:30 pm

Fees	1 x week	2 x week
Member	\$375	\$575
Community	\$455	\$655

READY, SET, SCIENCE (AGES 2.5 – 5 YEARS)

Let your child explore the natural world through science experiments and nature based learning projects. This class will get your child excited about learning while developing their social skills in a classroom setting. It's never too early to raise consciousness about environmental issues. **Caregivers are required to stay in the facility for the duration of the classes.**

Wednesday 9:00 – 12:00 pm

Fees	1 x week
Member	\$345
Community	\$375

ROBOTICS (AGES 5 – 8 YEARS)

Participants will design, build and program independent robots using LEGO® equipment and software. They will explore their creativity while developing new skills in problem solving, cooperative learning and STEM. At the end of the session, participants will showcase their work for their families.

Saturdays 10:00 – 11:30 am, Kuttner Room

Fees	1 x week
Member	\$325
Community	\$355

*** GYMNASIUM CLOSURE
DEC. 11, 2017 UNTIL JAN. 1, 2018**
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DANCE

Classes follow the YMCA's 8-week session schedule unless otherwise noted. For more information about the classes please contact Sports Coordinator, Marcus St. Louis, at 212-912-2319 or mstlouis@ymcanyc.org.

ISADORA DUNCAN MODERN DANCE

BEGINNER BASIC TECHNIQUE (AGES 3 - 5 YEARS)



TINY TOTS - One of the most exciting classes a young dancer can take. Rhythmic, joyous and playful! A lyrical, free-flowing and musical form of modern dance.

Wednesday 3:45 - 4:30 pm, Studio 2

Fees	1 x week
Member	\$110
Community	\$150

PRE-BALLET (AGES 3 - 4 YEARS)



Children learn basic dance vocabulary and technique through ballet and creative dance. (There is an option to add a Swim component, see the aquatics section for more details.) More information will be provided in classes.

Friday 3:30 - 4:15 pm, Studio 2
Sunday 10:30 - 11:15 am, Studio 2

Fees	1 x week
Member	\$130
Community	\$160

GROWING STRONG

YOUTH PROGRAMS

MCBURNEY 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.

CAMPS

SUMMER DAY CAMP (AGES 4 - 16 YEARS)

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 Summer Day 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 ages 4 to 16 years. Day Camp operates from July through August 2017. Hours are 9 am - 5 pm, with extended hours available from 8 am until 6 pm. Pre-registration is required. Registration begins in January 2018 and Financial Assistance is available. Register early and save with Early Bird discounts. Look for our Camp Brochure at Member Services in January for more details. For general information about our Summer Camp Program, contact Shonnell Griffith at 212-912-2312 or sgriffith@ymcanyc.org.

SLEEPAWAY CAMP

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



DANCE

Classes follow the YMCA's 8-week session schedule unless otherwise noted. For more information about the classes please contact our Sports Coordinator, Marcus St. Louis, at 212-912-2319 or mstlouis@ymcanyc.org.

BASIC BALLET | LEVEL I (AGES 5 – 7 YEARS)



Classical ballet with barre and center work that develops strength, body alignment, flexibility and musicality.

Friday 4:30 – 5:15 pm, Studio 2
Sunday 11:30 – 12:15 pm, Studio 2

Fees	1 x week
Member	\$130
Community	\$160

ISADORA DUNCAN MODERN DANCE BEGINNER BASIC TECHNIQUE (AGES 6 – 9 YEARS)



Free flowing art form perfect for all ages. The class begins with floor warm-ups and progresses to ballet barre with flow and dance combinations.

Wednesday 4:30 – 5:30 pm, Studio 2

Fees	1 x week
Member	\$110
Community	\$150

Y AFTER SCHOOL PROGRAMS

PROGRESSIVE SWIM PS 340/340 PRE-K CENTER

Calling all swimmers and non-swimmers too! Swim is great for children of all swim levels! Y staff will escort participants to the McBurney YMCA, where our trained Aquatics instructors will provide structured swimming lessons in our pool. Students are taught not only swimming skills, but they gain confidence that will encourage them to remain swimmers for the rest of their lives. Students will be evaluated and placed into groups based on their level. (Bubbles can be provided. Please provide your own swim cap.)

Progressive Swim A Grades Pre-K – 2
Friday 2:40 – 5:45 pm

Fees per 8-week session	1 x week
Member	\$305
Community	\$335

Progressive Swim B Grades 3–5
Friday 2:40 – 5:45 pm

Fees per 8-week session	1 x week
Member	\$325
Community	\$355

Y AFTERSCHOOL AT PS 41

The best of McBurney Y is available afterschool at PS41. Y Afterschool at PS41 provides students with the opportunity to choose from specialized classes designed to nurture the student's spirit, mind and body. For information about the program at PS 41, contact Pam Navarro at 212-912-2309 or pnavarro@ymcanyc.org.

Y AFTERSCHOOL AT PS 33

The McBurney YMCA is pleased to offer a free after school program for students attending P.S. 33 Chelsea Prep. The Y After School takes place at PS 33 from 3:00 pm – 6:00 pm for children in grades K through 5. Supported by the NYC Department of Education, all activities are designed to build academic skills. Students are engaged in hands on activities that are project based, enriching and fun. Some of these activities include arts and crafts, sports & recreation, homework assistance and much more! The students also participate in journal writing exercises and enjoy daily recreational reading. The Y After School program provides children with the opportunity to learn and have fun at the same time. For information about the program at PS 33, contact Thomasina Bolling at tbolling@ymcanyc.org.

Y AFTERSCHOOL (K – 5TH)

PICK-UP FOR PS 340/340 PRE-K CENTER AVAILABLE

Our Makers program is the perfect for your child afterschool. Your child will spend some time with us exploring their inner artist, learning through hands on science experiments, and moving and shaking in the big YMCA gym. This program is open to all children, Grades Pre-K – 5th. However, if your child attends PS 340 or PS 340 Pre-K Center at PS 340, let us know on your registration form and we will escort them from their school to the McBurney Y!

Monday & Wednesday 2:30 – 5:45 pm

Fees per 8-week session	1 x week	2 x week
Member	\$175	\$345
Community	\$205	\$395

Tuesday & Thursday 2:30 – 5:45 pm

Fees per 8-week session	1 x week	2 x week
Member	\$175	\$345
Community	\$205	\$395

EMPOWERING YOUTH

TEEN PROGRAMS

MCBURNEY 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. As part of the Youth & Family department, the Teen Center works to build the developmental assets of young people as they transition into adulthood.

STUDIO OUT! – FT3 (HIGH SCHOOL STUDENTS)

How much creative power can you punch into 1 cubic foot of space? The Studio Out! – Ft3 art program is designed to provide safe space for LGBTQ teens and their allies with a focus on fostering creativity through resourcefulness. Teens are encouraged to explore sculpture, assemblage and collage techniques in combination with more traditional methods to discover new ways to “find” art in everyday things. Participants will be guided through photo presentation and peer discussion to help develop their artistic language and to encourage construction of their own original Ft3 works in a supportive environment. All are invited to experiment with making supplies, alternative mediums and repurposing common objects to create personalized “tool kits” for independent exploration. All levels welcome. For more information, on dates and times please email Romana Ryals at rryals@ymcanyc.org.

Wednesday 4:00 – 5:30 pm

Not open during school holidays

FREE TO ALL TEENS! | Must have valid student ID

TEEN CENTER (AGES 12 – 19 YEARS)

The McBurney YMCA Teen Center is free and open to all NYC teens, ages 12 to 19, regardless of membership. Teens can play basketball, handball, swim, work out or just hang out. So come out, have fun, relax, and get fit! It's all free – so don't miss out! Teens must present valid identification showing their age. For more information, please contact Jessica Diaz at diazj@ymcanyc.org. No need to sign up in advance.

Fridays in October – May 6:00 – 9:00 pm

NOT OPEN HOLIDAY WEEKENDS:
Thanksgiving, Christmas, New Years

FREE TO ALL TEENS! | Must have valid student ID

TEEN STRENGTH AND CONDITIONING (AGES 12–18 YEARS)

Teen Strength and Conditioning is a new program for teens that will get you where you want to be physically through instruction by a certified trainer! Through the use of free weights, resistance machines, TRX Suspension, and Kettlebells this class will help you build strength, increase speed, maximize power, and improve your overall athletic performance. For more information, please contact Jim Dolle at 212-912-2333 or jdolle@ymcanyc.org.

Monday 4:45 – 5:45 pm
Friday 4:30 – 5:30 pm

Fees	1 x week	2 x week
Member	\$90	\$140
Community	\$110	\$170



SCHOOL PROGRAMS

Y PROGRAMS AT WASHINGTON IRVING HS CAMPUS

The McBurney YMCA offers many school-based programs for teens 14–19 years of age, with a focus on leadership development, college readiness and career exploration. These programs are offered for free Monday through Thursday during the school day and after-school to all students who attend Washington Irving campus schools. Below are the YMCA programs offered on Washington Irving's Campus. For more information, on dates and times please email Romana Ryals at rryals@ymcanyc.org.

Washington Irving HS Campus Leaders Club

Leaders Club is a teen program that occurs during the school day at Washington Irving HS campus during the week. Exploring issues such as self-image, community service, violence prevention, racism/sexism/ageism, health, as well as college and career prep, this program provides young people with the opportunity to have a voice and feel empowered in the community and in their lives with a focus on skill building, character development, goal setting, service learning, and networking. Leaders Club is a fun, safe, and creative place. Participants will also receive opportunities for academic assistance, scholarships, internships, college mentorships, and job training. Leaders Club participants will have the opportunity to visit a YMCA camp for a weekend rally with participants from NY and around the Northeast.

Washington Irving HS Campus Rowe Scholars

To support the needs of families and youth in NYC, the YMCA has developed the Rowe Scholars program to ensure that young people succeed in navigating their high school experiences and beyond. It is an opportunity for high school students to pursue success in high school and the college admissions process. Rowe Scholars is part career readiness, part college prep, and totally fun. This program includes field trips, college tours, internships, financial aid and academic support.

Washington Irving HS Campus Teens Take the City

Teens Take the City is designed to get New York City teens involved in, and excited about, local government and politics. The goal of Teens Take the City is to inspire teens to think about ways in which they can effectively foster change in their community. The Teens Take the City program encourages young people to make a positive change in New York City by proposing policy solutions to local concerns. In the Teens Take the City program teens will discover and research an issue of great importance in their community, and propose a solution. The proposed solution is presented to a council of their peers in a culminating event at City Hall. This club is offered at Washington Irving Campus during the school week.

JOIN IN PLAY THE GAME

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.

ADULT SPORTS

Classes follow the YMCA's 8-week session schedule unless otherwise noted. For more information about the classes, leagues and recreational gymnasium activities found below, please contact our Sports Coordinator, Marcus St. Louis, at 212-912-2319 or mstlouis@ymcanyc.org.

BOXING

Try this class and learn the Fundamentals of Boxing like Jabbing, Slipping, uppercut, footwork, etc, all the while developing the core strength and physical stamina to start training like a fighter. This class is for the beginner, intermediate and skilled fighter. Very safe environment without any intimidation. Great for those just looking to get an amazing workout.

Tuesday / Thursday 8:30 - 9:45 pm

Fees	1 x week	2 x a week
Member	\$120	\$120
Community	\$170	\$240

COUCH TO 5K

Run-Walk-Run... your way to fitness. This is perfect for adults who are new to running, or have not run for a long time, or have a 5k on their "bucket list", and who seek a structured program to do this injury-free. Participants will learn how to incorporate a running element into their walking regimen, and will receive coaching on how to safely train for, and participate in, road races. Join us to begin your journey as a runner — with the support of a certified running coach.

Thursday 9:00 - 10:30 am

Fees	1 x week
Member	\$100
Community	\$135

DISCOVER SCUBA | BROUGHT TO YOU BY REY DIVING

The Discover Scuba program introduces individuals to the world of scuba diving in a safe and fun atmosphere. A professional scuba instructor will personally guide new divers as they learn basic scuba concepts, using all necessary scuba equipment, and breathing, underwater for the first time, at the McBurney YMCA pool.

Once the Discover Scuba Diving program has been completed, new divers wishing to pursue scuba certification, may do so by enrolling in our PADI Open Water course, also offered by Rey Diving at the McBurney YMCA pool. Participants must be 10 years of age or older. For more information please contact Raul Romero at Rey Diving at 347-610-8733, or by emailing info@reydiving.com. McBurney Y members are entitled to an additional 15% discount on this course as listed on www.reydiving.com.

JACK RABBIT RUNNING CLUB

Level I is designed for people who have never run before or who have not run in a very long time and want a structured introduction to get in shape without getting injured along the way.

Level II begins where Level I leaves off (though you needn't have taken Level I to participate) Group begins slowly and progresses toward goal of running 6 miles continuously. A local road race will be selected toward the end of class as both a positive training incentive and a fun finish to the program.

Register online at jackrabbitsports.com or at 42 West 14th St.

(Use code mcjack45 during registration for the McBurney member discount.) Meets twice a week for 10 weeks at the McBurney Y and then runs throughout local area.

Monday / Thursday 6:30 - 7:30 pm

Fees	2 x week
Member	\$145
Community	\$145

JUDO

Judo, taught by Sensei Matsumara, 9th Dan, is an Olympic Sport comprised of throwing and grappling techniques, blending physical fitness with mental discipline. Emphasis is on technique rather than on strength, enabling any individual to study and participate. Judo remains faithful to its martial heritage:

Ukemi	Techniques to Fall Safely
Nage Waza	Throwing Techniques
Osae Komi Waza	Pinning Techniques
Shime Waza	Choking Techniques
Kansetsu Waza	Joint-Locking Techniques

Tuesday / Thursday / Friday 8:30 – 10:00 pm, Studio 2

Fees	1 x week	2 x week	3 x a week
Member	\$120	\$120	\$120
Community	\$170	\$240	\$310

MCBURNY MIDRANGE CLASSIC

Join us for a 3 vs 3 Basketball for people aged 35 and over. Players will engage in a six (6) team round robin style format with five (5) players per team. This program will host three (3) games per night on Thursdays* and includes team shirts.

Fees	1 x week
Individual Rate	\$125
Team Rate	\$500

SEIDO KARATE

A world-renowned, traditional, Japanese style of karate where you not only learn the proper form of kicks, punches and blocks, but gain self-confidence, focus, strength and flexibility. Taught by Sensei Kitty Chan, 4th degree Black Belt, studying the art for 23 years, assisted by Senpai Michael Quan, the class is tailored to meet your individual needs and abilities and each student is encouraged to progress at his/her own pace. Ages 14 and up – No experience necessary.

Tuesday 7:00 – 8:30 pm, Studio Thursday
6:30 – 8:00 pm, Studio Saturday
11:00 – 12:30 pm, Studio 1

Fees	1 x week	2 x week	3 x a week
Member	\$120	\$120	\$120
Community	\$170	\$240	\$310

VOLLEYBALL

Our volleyball program is open to adults 18+. This program is not an instructional class and only includes structured game play.

Thursday* 7:00 – 8:30 pm Beginner/Low Intermediate
8:30 – 10:45 pm Intermediate/Advanced

Fees	1 x week
Member	Free
Community	\$160

YOUTH AND TEEN SPORTS

Encourage your child to develop better hand-eye coordination and the opportunity to work in a team environment. Our youth sports instructors have a long history in the sports they are coaching and have a love of the game. For more information about our sports programs, please contact our Sports Coordinator, Marcus St. Louis, at 212-912-2319 or mstlouis@ymcanyc.org.

BASKETBALL CLINIC (AGES 5 – 13)

Through the youth basketball clinics, players will broaden their individual skills of passing, dribbling, and shooting. Children will gain a deeper understanding and knowledge of basketball by actively participating with teammates in game situations. For more information please contact Marcus St. Louis, at (212) 912-2319 or mstlouis@ymcanyc.org.

Friday* 4:00 – 5:00 pm (Ages 5-7 years)
5:00 – 6:00 pm (Ages 8-13 years)

Fees	1 x week
Member	\$100
Community	\$120



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KARATE (AGES 4 – 13 YEARS)



While training in the world-renowned traditional Japanese martial art of Seido Karate, your child will not only learn basic punches, strikes, blocks and kicks, he/she will also gain focus, strength and coordination. This class is designed specifically for our pee wee age children and led by Sensei Kitty Chan, 4th degree Black Belt, who provides an atmosphere of fun where children are taught teamwork, mutual respect, discipline and patience.

Tuesday	4:15 – 5:00 pm, Studio 1	(Ages 4 – 6 years)
	5:00 – 6:00 pm, Studio 1	(Ages 7 – 13 years)
Thursday	4:15 – 5:00 pm, Studio 1	(Ages 4 – 6 years)
	5:00 – 6:00 pm, Studio 1	(Ages 7 – 13 years)
Saturday	9:00 – 10:00 am, Studio 1	(Ages 4 – 13 years)
	10:00 – 11:00 am, Studio 1	(Ages 4 – 13 years)

Fees	1 x week	2 x week	3 x a week
Member	\$125	\$195	\$235
Community	\$140	\$220	\$295

NEW! SPORTS BUGS (AGES 3 – 8)

Sports Bugs is an introduction to sports movement. The purpose of the class is to help build your child's motor skills and hand-eye coordination by having through various sports and fitness activities that will help them become more physically coordinated all the while introducing them to sports movement and sports culture. Sports include Tee ball, Soccer, Basketball and other sports. Games will be modified to suit children's age as well as athletic and physical ability.

Wednesday*	3:15 – 4:00 pm	(Ages 3–5 years)
	4:15 – 5:00 pm	(Ages 6–8 years)

Fees	1 x week
Member	\$120
Community	\$150

YOUTH TUMBLING (AGES 3 – 12 YEARS)



This program teaches basic floor fundamentals of gymnastics.

Thursday*	3:45 – 4:30 pm	(Ages 3.5 – 4 years)
	4:30 – 5:15 pm	(Ages 6 – 9 years)
Saturday*	10:00 – 10:45 am	(Ages 4 – 6 years)
	10:45 – 11:30 am	(Ages 7 – 12 years)
	11:30 – 12:15 pm	(Ages 3 – 4 years)

Fees	1 x week
Member	\$130
Community	\$165

YOUTH INSTRUCTIONAL BASKETBALL (AGES 4 – 13 YEARS)



Learn the necessary skills to take your game to the next level– passing, dribbling and shooting drills that will make you a true player. Learn how to play defense and command your offense. Individual assessments will take place first day of class. This class is appropriate for beginner and intermediate players.

Monday*	3:30 – 4:15 pm	(Ages 5 – 7 years)
	4:15 – 5:00 pm	(Ages 8 – 10 years)
	5:00 – 5:45 pm	(Ages 11 – 13 years)
Saturday*	10:30 – 11:15 am	(Ages 4 – 6 years)
	11:15 – 12:00 pm	(Ages 7 – 9 years)

Fees	1 x week
Member	\$120
Community	\$150

PRIVATE / SEMI – PRIVATE

BASKETBALL COACHING (AGES 7 – 18 YEARS)

Have your child work 1-on-1 with a highly experienced basketball coach to enhance their game and bring it to the next level. Through high energy drills, their dribbling, passing, and shooting skills will strengthen and improve their game! Private and Semi-Private Coaching sessions are available to be scheduled whenever open gym is listed on the schedule.

Private	60 MIN Member	60 MIN Community
Single Session	\$55	\$85
Package of 5 sessions	\$250	\$400
Package of 10 sessions	\$470	\$720
Semi-Private	60 MIN Member	60 MIN Community
Single Session	\$90	\$140
Package of 5 sessions	\$400	\$650
Package of 10 sessions	\$760	\$1,160

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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



SPORTS BRA



ZIP-UP HOODIE



BASEBALL BURNOUT TEE



BURNOUT TEE

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

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**



SPLASH AROUND

YOUTH AQUATICS PROGRAMS

We strive to provide individuals the opportunity to enter the water in a safe and fun environment while developing the spirit, mind and body!

PRIVATE/SEMI-PRIVATE LESSONS

PRIVATE SWIMMING LESSONS

All private swim lessons are valid one year from date of purchase.

# Sessions	30 MIN Member	30 MIN Community
Single Session	\$70	\$95
Package of 5 sessions	\$285	\$435
Package of 10 sessions	\$515	\$815

SEMI-PRIVATE SWIMMING LESSONS

Both participants need to purchase a package of lessons.

All private swim lessons are valid one year from date of purchase.

# Sessions	30 MIN Member	30 MIN Community
Single Session	\$65	\$80
Package of 5 sessions	\$260	\$335
Package of 10 sessions	\$460	\$610



For more information about these programs please contact Madhur Patel, Aquatics Director at mpatel@ymcanyc.org or 212-912-2321.

PARENT/CHILD SWIM CLASSES (6-36 months)

Swim Lesson Fees

Member	\$149
Community	\$205

Reaches children and parents early in their relationship. Parents are given guidance on how to develop their children's abilities and how to protect their children from harm in, on, and around the water; children are given the chance to explore a new environment and to build skills that add to their self-confidence. Both benefit from taking part in an experience that lets them learn and have fun together in the water. The skills taught in the Parent/Child and Preschool Aquatic Program center around five main components:

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

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.

Tuesday	10:00 - 10:30 am	
Saturday	10:00 - 10:30 am	12:30 - 1:00 pm

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.

Tuesday	10:00 - 10:30 am	
Saturday	10:00 - 10:30 am	10:30 - 11:00 am
	12:30 - 1:00 pm	

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 socialize with each other.

Wednesday	10:00 - 10:30 am	10:30 - 11:00 am
Thursday	10:00 - 10:30 am	
Saturday	10:00 - 10:30 am	10:30 - 11:00 am
	12:30 - 1:00 pm	

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.

Wednesday	10:00 - 10:30 am	10:30 - 11:00 am
Thursday	10:00 - 10:30 am	
Saturday	10:30 - 11:00 am	12:30 - 1:00 pm

PRESCHOOL SWIM CLASSES (3-5 years)

Swim Lesson Fees

Member	\$149
Community	\$205

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.

Pike with Parent

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

Wednesday	4:00 - 4:30 pm
Saturday	12:30 - 1:00 pm

Pike

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

Monday	3:05 - 3:35 pm	3:45 - 4:15 pm
	4:30 - 5:00 pm	
Tuesday	3:45 - 4:15 pm	4:30 - 5:00 pm
Wednesday	3:05 - 3:35 pm	3:45 - 4:15 pm
	4:30 - 5:00 pm	
Thursday	3:45 - 4:15 pm	4:30 - 5:00 pm
Saturday	9:00 - 9:30 am	9:35 - 10:05 am
	10:10 - 10:40 am	10:45 - 11:15 am
Sunday	10:00 - 10:30 am	3:25 - 3:55 pm

Eel

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.

Monday	3:45 - 4:25 pm	
Tuesday	3:45 - 4:25 pm	4:30 - 5:10 pm
Wednesday	3:45 - 4:25 pm	4:30 - 5:10 pm
Thursday	3:45 - 4:25 pm	4:30 - 5:10 pm
Saturday	9:00 - 9:40 am	9:50 - 10:30 am
	10:40 - 11:20 am	

Ray

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

Monday	4:30 - 5:10 pm	
Tuesday	3:45 - 4:25 pm	4:30 - 5:10 pm
Wednesday	3:45 - 4:25 pm	4:30 - 5:10 pm
Thursday	3:45 - 4:25 pm	
Saturday	9:50 - 10:30 am	10:40 - 11:20 am

Starfish

Children at this level review previously learned skills and refine their crawl and back strokes and floating skills. They also learn underwater swimming skills. Children can swim 40 feet on the front, side and back without assistance at the end of this level.

Monday	4:30 - 5:10 pm	
Tuesday	3:45 - 4:25 pm	4:30 - 5:10 pm
Wednesday	3:45 - 4:25 pm	4:30 - 5:10 pm
Thursday	3:45 - 4:25 pm	
Saturday	9:50 - 10:30 am	10:40 - 11:20 am

YOUTH AQUATICS (6-12 years)

Swim Lesson Fees

Member	\$149
Community	\$205

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

- **Personal Safety:** Students learn to be safety conscious in and around water. The information forms the basis of accident prevention. Survival skills, self-rescue and boating safety are taught.
- **Personal Growth:** In learning new skills students build self-esteem. They also learn the consequences of their choices in relation to water safety.
- **Stroke Development:** Students are taught through stroke techniques. Paddling skills, treading, floating, basic rescue skills and safety using lifejackets are among those taught.
- **Water Games:** Games are used to enhance skills learned. Retrieving objects underwater and passing a ball are examples of is taught.
- **Rescue:** Students learn safety techniques – knowing when to yell for help, being able to go to an adult for assistance, reaching and throwing assists.

Polliwog (Beginner)



This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wetball movements.

Monday	3:05 – 3:45 pm	3:45 – 4:25 pm
Tuesday	3:45 – 4:25 pm	4:30 – 5:10 pm
Wednesday	3:05 – 3:45 pm	3:45 – 4:25 pm
	4:30 – 5:10 pm	
Thursday	3:45 – 4:25 pm	4:30 – 5:10 pm
Saturday	9:00 – 9:40 am	9:50 – 10:30 am
Sunday	10:00 – 10:40 am	

Guppy (Advanced Beginner)



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

Monday	3:05 – 3:45 pm	3:45 – 4:25 pm
	4:30 – 5:10 pm	
Tuesday	4:30 – 5:10 pm	
Wednesday	3:05 – 3:45 pm	3:45 – 4:25 pm
Thursday	4:30 – 5:10 pm	
Saturday	9:00 – 9:40 am	9:50 – 10:30 am

Minnow (Intermediate)



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.

Monday	3:05 – 3:45 pm	3:45 – 4:25 pm
	4:30 – 5:10 pm	
Wednesday	3:05 – 3:45 pm	4:30 – 5:10 pm
Thursday	4:30 – 5:10 pm	
Saturday	9:00 – 9:40 am	

Fish (Intermediate)



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.

Wednesday	4:30 – 5:10 pm
Thursday	4:30 – 5:10 pm
Saturday	11:30 – 12:10 pm

Flying Fish (Advanced)



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.

Tuesday	4:30 – 5:10 pm
Wednesday	3:45 – 4:25 pm
Saturday	11:30 – 12:10 pm

Shark (Advanced)



The students at this level continue to improve their strokes, with starts and turns, and are introduced to the inverted breaststroke, the crawl, and the overarm sidestroke. Opportunities are provided for further work on synchronized swimming, wetball, and skin diving.

Monday	4:30 – 5:10 pm
Tuesday	4:30 – 5:10 pm
Saturday	11:30 – 12:10 pm

PORPOISE (ADVANCED) (8+ years)

Porpoise Fees	
Member	\$265
Community	\$325

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.

Tuesday	3:45 – 5:10 pm
Sunday	4:00 – 5:25 pm

MCBURNY YMCA SWIM TEAM (8+ years)

Swim Lesson Fees	
Member	Meets September – June Group A: \$1,900 Group B: \$1,700
Community	Meets September – June Group A: \$2,100 Group B: \$1,900

Join the McBurney swim team, and have fun while competing against other swim teams! Experienced coaches will help develop skills and prepare for competition. Must be at least 8 years of age.

Now offering more sign up options!

Attending all practices for your specific group is not mandatory. For more information contact Madhur Patel, Aquatics Director at mpatel@ymcany.org or 212-912-2321.

Group A	Monday – Friday	5:15 – 6:30 pm
	Saturday and Sunday	6:30 – 8:00 am
Group B	Monday, Wednesday, Friday	5:15 – 6:30 pm
	Saturday and Sunday	6:30 – 8:00 am

TEEN AQUATICS (12–17 years)

Swim Lesson Fees	
Member	\$149
Community	\$205

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

- **Personal Safety:** Students learn to be safety conscious in and around water. The information forms the basis of accident prevention. Survival skills, self-rescue and boating safety are taught.
- **Personal Growth:** In learning new skills students build self-esteem. They also learn the consequences of their choices in relation to water safety.
- **Stroke Development:** Students are taught through stroke techniques. Paddling skills, treading, floating, basic rescue skills and safety using lifejackets are among those taught.
- **Water Games:** Games are used to enhance skills learned. Retrieving objects underwater and passing a ball are examples of is taught.
- **Rescue:** Students learn safety techniques – knowing when to yell for help, being able to go to an adult for assistance, reaching and throwing assists.

Teen Beginner

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

Saturday	12:30 – 1:10 pm
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Teen Advanced Beginner

Teens 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 wet ball movements.

Saturday	12:30 – 1:10 pm
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Teen Intermediate

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

Saturday	12:30 – 1:10 pm
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Teen Advanced

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.

Saturday	12:30 – 1:10 pm
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LEARN TO SWIM

For more information about these programs
please contact Madhur Patel, Aquatics Director
at mpatel@ymcanyc.org or 212-912-2321.

ADULT AQUATICS PROGRAMS

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

The Reluctant Swimmer Fees

Member	\$160 per session – 2x per week
Community	\$260 per session – 2x per week

This class is for beginner swimmers who have a fear of the water, and will help you overcome it along with teaching basic swimming skills. The ratio of instructor to students is 1:4.

Monday and Friday 8:00 – 8:45 pm

Adult Swim Lesson Fees

Member	\$120
Community	\$205

- **Personal Safety:** Students learn to be safety conscious in and around water. The information forms the basis of accident prevention. Survival skills, self-rescue and boating safety are taught.
- **Personal Growth:** In learning new skills students build self-esteem. They also learn the consequences of their choices in relation to water safety.
- **Stroke Development:** Students are taught through stroke techniques. Paddling skills, treading, floating, basic rescue skills and safety using lifejackets are among those taught.
- **Water Games:** Games are used to enhance skills learned. Retrieving objects underwater and passing a ball are examples of is taught.
- **Rescue:** Students learn safety techniques – knowing when to yell for help, being able to go to an adult for assistance, reaching and throwing assists.

Adult 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.

Monday	8:00 – 8:45 pm
Tuesday / Thursday	6:30 – 7:15 pm
Wednesday	8:00 – 8:45 pm
Saturday	5:00 – 5:45 pm

Adult Advanced Beginner

Adults are acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wet ball movements.

Wednesday 8:45 – 9:30 pm

Adult Intermediate

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

Tuesday / Thursday 7:15 – 8:00 pm

Adult Advanced

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

Thursday 8:00 – 8:45 pm

Masters Swim Team Fees

Member	\$50 per month – 5x per week
Community	N/A

Swim team practice for adults age 20 and up. Swimmers must be able to swim front crawl, back crawl and breaststroke. Goals are improvement of swimming techniques, USMS competition, fitness and camaraderie among swimmers. Evaluation by coaches is required (can be done during practice time). Class meets five times per week and is added to your monthly membership draft. You can also be pay one year at a time.

Monday – Friday 7:00 – 8:30 am

Private/Semi-Private Swimming Lessons Available

Check page 24 for package options and fees



CELEBRATE WITH US

BIRTHDAY PARTIES / PARTY RENTALS

Let us host your child's next birthday party! We have parties on Saturdays and Sundays. Party packages are listed below. For more information or to book a party, please contact Chrismichael Berrios at cberrios@ymcanyc.org or 212-912-2348.

CELEBRATE PARTY PACKAGES

Includes two hour rental of spacious room to host the best birthday party ever.

Saturdays: 1:00 – 3:00 pm or 4:00 – 6:00 pm
Sundays: 1:00 – 3:00 pm or 4:00 – 6:00 pm

Do It Yourself Party Fee

Member	\$300
Community	\$400

Price includes up to 20 participants.
Additional participants are \$15/each.

Note: McBurney YMCA does not provide decorations, supplies or food for the birthday party room.

PLAY AND CELEBRATE PARTY PACKAGES

Includes your choice of one 1 hour activity facilitated by enthusiastic McBurney YMCA staff plus one hour rental of spacious room for cake and celebration.

Activities to choose from include: Indoor Playground, featuring a bouncy castle; sports in the gym (basketball or soccer); swimming; and arts & crafts. Call us for details!

Saturdays: 1:00 – 3:00 pm or 4:00 – 6:00 pm
Sundays: 1:00 – 3:00 pm

Fee	Members	Community
Arts & Craft Party	\$350	\$450
Sports Party	\$500	\$600
Indoor Playground	\$525	\$625
Pool Party	\$525	\$625
Specialty Party	Inquire about our specialty party packages	

Price includes up to 16 participants.
Additional participants are \$15/each.

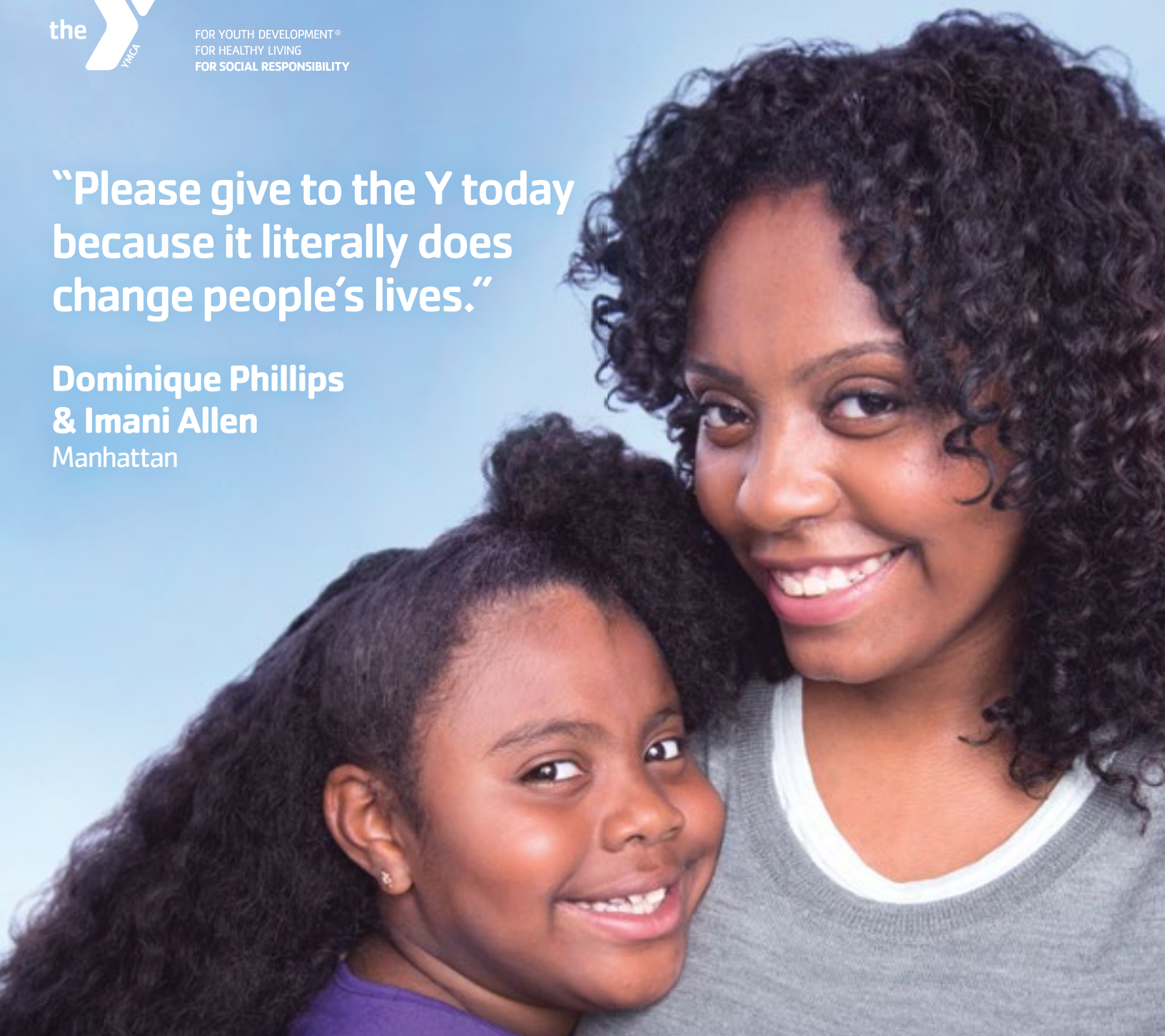
Note: McBurney YMCA does not provide decorations, supplies or food for the birthday party room.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

“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.®**

EXERCISING COURTESY

While you're improving your life, help others grow strong too.

We ask you to follow the Y Code of Conduct and exhibit the values of caring, honesty, respect and responsibility while you're here.



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

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

OUR COMMUNITY

At the YMCA , creating a safe and welcoming environment is a team effort.

We ask everyone—staff, members and guests—to follow our Code of Conduct, which is based on our core values of caring, honesty, respect and responsibility.

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

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

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

SWIM SAFELY

Everyone's safety is important to us, especially children.

We ask that all abide by our pool guidelines.



1. Street shoes are not allowed on the pool deck
2. Everyone in the pool must wear a swim cap
3. Children 8 years old and younger must be within arm's length of a parent/adult guardian when in the pool
4. Children between the ages of 9 and 11 must have a parent/adult guardian on the pool deck or viewing area at all times
5. All non-swimmers must remain in the shallow area
6. Any child wearing a flotation device must remain in the shallow area. Backpacks/bubbles and life jackets are provided as a flotation device to non-swimmers
7. Infants and children who are not fully toilet trained must wear a swim diaper
8. Breath holding during any aquatics activity is not allowed as can lead to person blacking out
9. Inflatable rings, balls, noodles or other large pool toys are not permitted
10. Instructional swim aids (kick boards/barbells/ pull buoys/noodles) are only for class use
11. All questions regarding the Aquatics policies/ procedures should be directed to the Aquatics Director

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. Joiner Fees are not refundable.

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

Membership cancellation requires a fifteen (15) day written notice prior to the monthly draft date. For cancellation, please visit the Member Service Desk to fill out a cancellation form or contact Alicia McKay, Billing Coordinator at amckay@ymcanyc.org or 212-912-2318.

MEMBERSHIP TRANSFER

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

MEMBERSHIP HOLDS

Members may put their membership on hold for up to 3 months during any calendar year for a \$10 monthly fee. A Membership hold requires a fifteen (15) day written notice prior to the monthly draft date. Membership privileges will be suspended during the hold period, but Members will not be charged a Joiner's Fee upon returning. To place your membership on hold, please visit the Member Service Desk to fill out a membership change form or contact Alicia McKay, Billing Coordinator at amckay@ymcanyc.org or 212-912-2318.

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 draft is returned for insufficient funds a service fee of \$15.00 will be added to the payment amount.

GUEST AND DAY PASSES

All YMCA members are given six complimentary guest passes per year to help introduce the Y to friends and associates. Branch members are welcome to visit other YMCA locations within NYC 10 times per year at no charge. Day passes are available to purchase. Government issued photo ID is required.

FACILITY INFORMATION

FINANCIAL ASSISTANCE

Through the generosity of Y contributors, our goal is to have sufficient funds to ensure our Y remains available to all. Thanks to our generous donors to our annual Annual Campaign, we are able to make the Y accessible through our Financial Assistance Program. These gifts provide scholarships for individuals and families who want and need Y programs, but cannot afford them.

To apply for financial assistance, please visit Member Services to pick up an application or visit our website to download one at ymcanyc.org/mcburney/pages/financialassistance.

All completed applications should then be brought to the branch along with the requested documentation. If you are currently receiving financial assistance, please remember that you must reapply annually.

For more information please contact Nanda Khan, Membership Coordinator, at dkhan@ymcanyc.org or 212-912-2308.

CAMERA/DIGITAL DEVICE USAGE POLICY

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

LOCKER ROOMS & LOCKERS

- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility. We also offer small lockers for rent, one-foot lockers are \$14 per month, and two-foot lockers are \$21 per month.
- Our family-friendly locker room is a good alternative for parents who wish to accompany their child that is over the age of five and of the opposite gender.

YMCA “AWAY” POLICY

AWAY (Always Welcome at the YMCA) As a YMCA member, you have access to 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.

TEEN POLICY

Teens ages 12 and up have full access to the facility until 9 pm on weekdays and until closing on weekends. Teens are welcome after completing an orientation and submitting a signed parental consent form.

ABOUT THE MCBURNEY YMCA

- Collegiate-size Swimming Pool (25 yards • 7 lanes • 72 laps = 1 mile)
- Regulation-size Gymnasium
- Paddle Ball/Handball Wall with 2 Courts
- Cardiovascular Center
- Boxing Area
- Men’s and Women’s Locker Rooms
- Family/Special Needs Locker Room
- IM=X Pilates Studio
- Running Track (10 laps = 1 mile)
- 2 Cross Courts for Basketball/Volleyball
- Strength Training Center
- 2 Aerobics Studios
- 3 Multipurpose Rooms
- Boy’s and Girl’s Locker Rooms
- Sauna and Steam Rooms

POOL INFORMATION

- Pool length - 75 feet (25 yards, 72 lengths = 1 mile)
- Pool width - 52 feet, 7 lanes
- Minimum depth - 3.6 feet, maximum depth - 9 feet
- Pool water capacity 168,000 gallons
- Water temperature 83° average



125 West 14th Street
New York, NY 10011
212-912-2300
ymcanyc.org/mcburney

 @ymcanyc

 facebook.com/mcburneyYMCA

 @ymcanyc



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