



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR Y

**NORTH BROOKLYN Y
WINTER/SPRING 2018**

570 Jamaica Ave
Brooklyn, NY 11208
212-912-2230
ymcanyc.org/northbrooklyn

 @northbrooklynymca

 facebook.com/northbrooklynymca

 @northbrooklynymca

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



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

JOIN THE Y

FOR THE TOTAL WORKOUT

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

MEMBERSHIP INCLUDES:

- Tons of FREE adult group exercise classes per week
 - State-of-the-Art cardio fitness centers
 - Strength Training and free weight rooms
 - Swimming Pools
 - Steam and Sauna Rooms
 - Y-Fit Start: a free 12 week program of individual exercises designed for new and returning exercisers
 - Free supervised child watch
 - Priority online program registration
 - Free WIFI available
 - Free guest passes to share with your friends and family.
- Guest Pass Hours: weekdays before 8pm - NO GUEST PASSES ON WEEKENDS.

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

CHILD WATCH

Do you need someone to look after your child (ages 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 adult and family members only.

Monday	8am - 11 am & 6pm - 9pm
Tuesday	8am - 12pm & 5pm - 9pm
Wednesday	5pm - 9pm
Thursday	8am - 12pm & 5pm - 9pm
Friday	6pm - 9pm
Saturday	9am - 2pm
Sunday	9am - 12pm

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	(Branch Name)	Citywide	Joiner's Fee
Youth (up to 11)*	\$129/yr.	n/a	-
Teen (12 - 17)	\$228/yr.	n/a	-
Student**	\$41/mos.	\$82/mos.	\$125
Adult (18 - 64)	\$51/mos.	\$102/mos.	\$125
Senior (65+)	\$41/mos.	\$82/mos.	\$125
Family I***	\$60/mos.	\$122/mos.	\$125
Family II (2 Adults & kids)****	\$86/mos.	\$180/mos.	\$125

*Children under 12 must be accompanied by an adult when using the facility

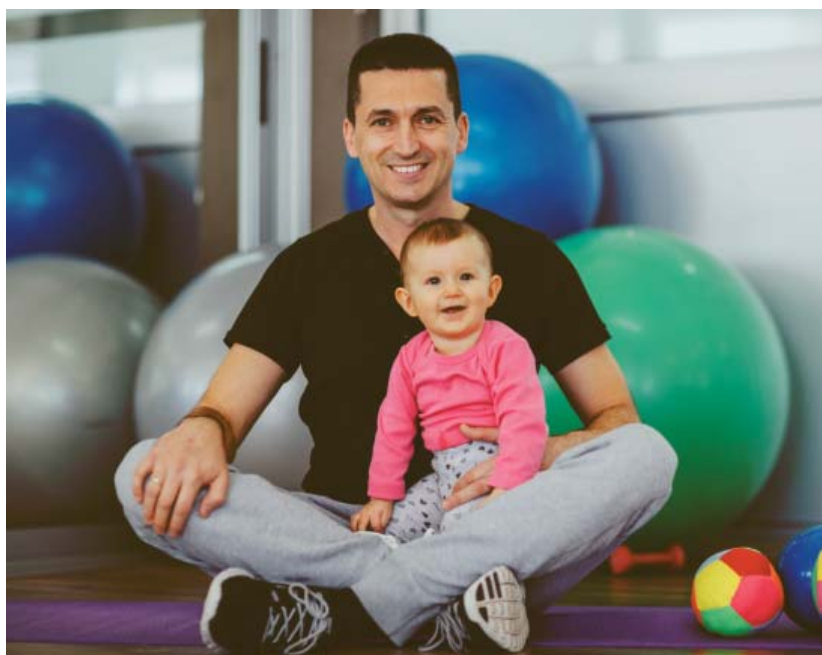
**Any age, full time, 12+ credits, must bring copy of transcript

***1 Adult and kids under 18 years, living in the same household

****2 Adults and kids under 18 years, living in the same household

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. Contact volunteer@ymcanyc.org for more information.



GET INVOLVED

JOIN US TO HELP
NEW YORKERS SUCCEED

GIVE YOUR FELLOW NEW YORKERS A CHANCE TO THRIVE

Visit www.ymcanyc.org/give to support
our nonprofit mission.

VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email volunteer@ymcanyc.org to learn more.

WATCH US GROW IN THE BRONX

Visit www.ymcanyc.org/bronx2020
to monitor progress on our new
Bronx branches.

FOLLOW US

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



OUR VISION

Active, engaged New Yorkers
building stronger communities.

OUR MISSION

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



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

NORTH BROOKLYN INFORMATION

STAFF LISTING

Executive Director

Marjorie Jean Jacques
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Sr. Director, Youth & Family

Michael Garcia
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Assistant Business Manager

Zoraida Estremera
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Director of Youth and Teen Development

Dwayne Douglas
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Membership Sales & Engagement Director

Jessenia Urgiles-Taft
718-277-1600, jurgiles@ymcanyc.org

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Heidi Ortiz
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Beacon Director -MS 347/349

Rick Rivera
718-947-0604, rmrivera@ymcanyc.org

Program Director-Eastern District Center

Johnathan Serrano
718-782-8300, jserrano@ymcanyc.org

HOURS OF OPERATION

ADULT

Monday - Friday: 5:00 AM - 11:00 PM
Saturday - Sunday: 5:00 AM - 10:00 PM

TEENS

Monday - Friday: 2:30 - 6:30 PM
Saturday - Sunday: 8:00 AM - 7:45 PM

HOLIDAY HOURS

Christmas Eve

Sunday, December 24 7:00 AM - 3:00 PM

Christmas Day

Monday, December 25 Closed

New Years Eve

Sunday, December 31 7:00 AM - 3:00 PM

New Years Day

Monday, January 1 8:00 AM - 8:00 PM

Memorial Day

Monday, May 28 7:00 AM - 8:00 PM

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

2018 WINTER/SPRING SESSION & REGISTRATION DATES

WINTER REGISTRATION DATES

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

SESSION DATES:

January 2, 2018 - February 25, 2018

SPRING I REGISTRATION DATES

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

SESSION DATES:

February 26, 2018 - April 22, 2018

SPRING II REGISTRATION DATES

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

SESSION DATES:

April 30, 2018 - June 24, 2018

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CONTACT US

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E-mail: northbrooklyn2@ymcanyc.org

Web: ymcanyc.org/northbrooklyn

 @northbrooklynymca

 facebook.com/northbrooklynymca

 @northbrooklynymca

BE HEALTHY TOGETHER

GROUP EXERCISE PROGRAMS

Most Adult Exercise Classes 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.

CONDITIONING

Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

Circuit Training

A fast paced workout that will challenge you with different activity stations.

Core Training

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

Insanity®

Insanity live! Workout in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt.

Kettlebells

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

Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.
and cardio workout that incorporates on full Tabata. A Tabata is a short 20 sec. interval followed by 10 sec. of rest. Intervals are stacked in a cycle of 8 creating an amazing final 4 min. push to your workout.

Total Body Conditioning

A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Ultimate Abs

Our most challenging ab workout – this intense class is all about your core.

CARDIO

H.I.I.T.

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

Hi-Lo Cardio

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

POUND

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.

Spin®

An intense cardio workout of simulated road bike riding to energizing music.

MIND/BODY

Yoga

Classic yoga for the modern world, Ashtanga yoga will challenge your body with progressive postures condition all from the comfort of a chair.



Pilates

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

DANCE

Zumba®

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

AQUA FITNESS

Aqua Jog

Build up your endurance by walking, jogging, or running in the low-impact water environment.

YMCA Arthritis Aquatic Program

Based on a program developed by the Arthritis Foundations, this low-impact workout will help you build strength and endurance.

ACTIVE OLDER ADULTS

SilverSneakers® Cardio Fit

Get up and go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Yoga

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

DISCOVER WELLNESS

ADULT WELLNESS PROGRAMS

How do you define wellness? Whatever your goals, the Y is ready to support you on your journey toward improved health. Schedules are available at the Member Services Desk and online. Please consult your physician before starting an exercise program.

New Member Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Check out our events page on Facebook for our new membership orientation session each month.

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, the Y FIT START PROGRAM is for you. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. The Y FIT START PROGRAM will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The 12 week program includes four sessions with a Y FIT START coach. Please sign up for the Y FIT START PROGRAM at our Membership Desk or set up an appointment with (NAME) at (NAME)@ymcanyc.org.

Personal Training

Looking for a new challenge or need some additional motivation? A nationally certified LIC YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length. Gift certificates are available.

Member Personal Training Prices:

10 Sessions	\$530
15 Sessions	\$695
20 Sessions	\$770

Save money by working out with a friend and purchasing semi-private sessions for two or more people.



PLAY TOGETHER

FAMILY/EARLY CHILDHOOD PROGRAMS

(Your Branch 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!

GAMEROOM

The North Brooklyn YMCA provides a safe haven where youth and their families can engage in recreational activities such as: table tennis, air hockey, board games, Wii sports fitness games. For the safety of all members, youth ages 10 and younger must be accompanied by an adult.

Monday - Friday 4:00pm - 9:00pm

Saturday 12:00pm - 5:00pm

FREE for Members

FAMILY RECREATIONAL SWIM

Swim and play together as a family. Please refer to current pool schedule for days and time. On holidays and abbreviated public school days, family

swim hours may be extended.

FREE for Members

FAMILY EVENTS

The Y has always been a place where families can play and be active together, and that's more important than ever. Does your family have a family night tradition? A special evening that you set aside to spend time together? We invite our family members to start spending your Friday evenings with us here at the YMCA. Each month there is a new fun filled theme for some family fun and quality time together. Start the tradition now and don't miss out!

Check our website for future events

ymcanyc.org/northbrooklyn



GROW STRONG

YOUTH PROGRAMS

(YOUR BRANCH YMCA) PROVIDES AFTER SCHOOL, DAY AND WEEKEND PROGRAMMING FOR YOUTHS AGE 3 TO 18 YEARS. THE YOUTH DEPARTMENT OFFERS PROGRAMS TO INTRODUCE A WIDE RANGE OF FUN AND STIMULATING CLASSES TO HELP BUILD A HEALTHY MIND, BODY AND SPIRIT.

YOUTH CLASSES

Basketball | Ages 6-12

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

Saturdays, 11:00am - 12:00pm

Members: \$93

Program Members: \$145

Advanced Basketball | Ages 6-12

Continue to grow your basketball skills in passing, dribbling, defence and shooting. Put your skills to the test and participate in tournament play

Saturdays : 12pm - 2pm

Members : \$108

Community Members: \$183

Seido Karate | Ages 6-17

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

Saturdays : 12pm - 1pm

Members : \$93

Program Members: \$145

Y Kids Zone | Ages 7-12 Group structured activities for elementary aged children designed for fitness, fun, and fellowship. Activities and games include indoor obstacle course, beanbag races, Hot Potato, Helicopter, Limbo, Pizza Tag and more all offered within 45 minute segments. Note: Parents must register their children BEFORE each class.

Monday- Thursday

Check website for schedule

Members: FREE+



PREPARING FOR SUCCESS

TEEN PROGRAMS

The North Brooklyn YMCA prepares teens for success in life through programs that build self-esteem and teach important life skills using an asset based . The YMCA believes that enhancing literacy, emphasizing service learning, and teaching healthy behavior and positive values builds competence and confidence in youth.

For additional information or to register please contact:

Dwayne Douglas, Teen Coordinator, at 212 912-2241 or ddouglas@ymcanyc.org

Leaders Club | Ages 12-17

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

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

Teens Take the City | Ages 12-17

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

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

Teen Center | Ages 12-17

Offered on Saturday evenings from October through June as a fun, safe place for teens to socialize, exercise and have positive interaction with peers and YMCA staff. The center is open to teens from local communities and offer activities such as sports, fitness, arts and discussion groups. Teen Center encourages teens ages 12-17 to interact in a safe and positive social setting.

Saturday, 6:00pm - 9:00pm FREE

Y-MVP

For middle and high school youth this 8 week program combines fitness activities with an interactive app. Classes led by a Y-MVP Coach once a week for 90 minutes. Participants earn incentives upon completing





GIVE STRESS A REST

North Brooklyn YMCA now offers relaxing Swedish, Restorative Shiatsu , Sports and Focused Deep Tissue Massage Therapy. It's not just about pampering yourself.

Contact: 212-912-2230 to make an appointment

30-Minute Massage

\$45	Single session
\$200	5 sessions
\$350	10 sessions

60-Minute Massages

\$60	Single session
\$275	5 sessions
\$500	10 sessions

For non-members (by appointment only)

30-Minute Massage

\$55	Single session
\$250	5 sessions
\$450	10 sessions

60-Minute Massages

\$70	Single session
\$325	5 sessions
\$600	10 sessions

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. The North Brooklyn YMCA takes pride in leading our members down a fulfilling path to wellness where they can focus not only on the body but the mind as well. Our goal is to offer the highest level of opportunities for Older Adults to bring fulfillment into their lives. Whether it be one of our well attended group exercise classes or one of the many events we offer, YMCA programs strengthen the whole person. Socializing and keeping active has proven to produce positive effects on the health of older adults, and exercises have proven to promote mental agility in addition to longevity and good health.

Silver Sneakers Stretch Yoga

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

Wednesday 12:00pm–1:00pm

Free for members

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 (NAME) at XXX-XXX-XXXX or (NAME)@ymcanyc.org.

Monday, Wednesday, Friday | 10:00 am–11:30 am

Free for members



Silver Sneakers Circuit

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

Monday 12:00pm–1:00pm | Friday 12:00pm–1:00pm

Free for members



SWIM STAGE DESCRIPTIONS

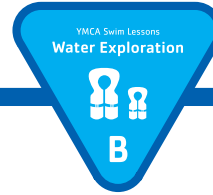
SWIM STARTERS

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



A / WATER DISCOVERY

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



B / WATER EXPLORATION

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



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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



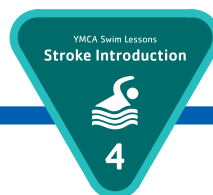
3 / WATER STAMINA

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

SWIM BASICS

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

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



4 / STROKE INTRODUCTION

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



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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

SWIM STROKES

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

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

STAGES OF LEARNING

SWIM STARTERS

Parent & child lessons

A Water Discovery

Blow bubbles
on surface,
assisted

Front tow
chin in water,
assisted

Water exit
parent & child
together

Water entry
parent & child
together

Back float
assisted, head on
shoulder

Roll
assisted

Front float
chin in water,
assisted

Back tow
assisted, head on
shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
blow bubbles,
assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head
on chest

Roll
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head
on chest

Monkey crawl
assisted, on edge,
5 ft.

SWIM BASICS

Recommended skills for all to have around water

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall,
5 ft.

Water exit
independently

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

Back float
assisted,
10 secs., recover
independently

Roll
assisted

Front float
assisted,
10 secs., recover
independently

Back glide
assisted, at wall,
5 ft.

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

2 Water Movement

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**

Back float
20 secs. (10 secs.
preschool)

Roll

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Tread water
10 secs., near
wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in
chest-deep water

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

Water exit
independently

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

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

Roll

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

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

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

 **Preschool**
3–5 yrs.
Stages 1–4

 **School Age**
5–12 yrs.
Stages 1–6

 **Teen & Adult**
12+ yrs.
Stages 1–6

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction

Endurance

any stroke or
combination of
strokes, 25 yd.

Front crawl

rotary breathing,
15 yd.

Back crawl

15 yd.

Dive

sitting

Resting stroke

elementary
backstroke,
15 yd.

Tread water

scissor & whip
kick, 1 min.

Breaststroke

kick, 15 yd.

Butterfly

kick, 15 yd.

5 Stroke Development

Endurance

any stroke or
combination of
strokes, 50 yd.

Front crawl

bent-arm
recovery,
25 yd.

Back crawl

pull, 25 yd.

Dive

kneeling

Resting stroke

sidestroke,
25 yd.

Tread water

scissor & whip
kick, 2 mins.

Breaststroke

25 yd.

Butterfly

simultaneous arm
action & kick,
15 yd.

6 Stroke Mechanics

Endurance

any stroke or
combination of
strokes, 150 yd.

Front crawl

flip turn,
50 yd.

Back crawl

pull & flip turn,
50 yd.

Dive

standing

Resting stroke

elementary
backstroke or
sidestroke,
50 yd.

Tread water

retrieve object
off bottom,
tread 1 min.

Breaststroke

open turn,
50 yd.

Butterfly

25 yd.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



LEARN TO SWIM

AQUATICS LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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



12+ years
TEEN & ADULT:
STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

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

NOT YET

**4 / STROKE
INTRODUCTION**

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

NOT YET

**5 / STROKE
DEVELOPMENT**

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

NOT YET

**6 / STROKE
MECHANICS**

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

SWIM STARTERS | AGES 6 MONTHS–3 YEARS

Check our website for schedules
www.ymcanyc.org/northbrooklyn

Swim Starters Lesson Fees

Member	\$80
Community	\$110

Water Discovery

Parent/Child 6–18 months

Water Discovery

Parent/Child 18–36 months

Water Exploration

Parent/Child 6–18 months

Water Exploration

Parent/Child 18–36 months

SWIM BASICS | AGES 5–12 YEARS

Check our website for schedules
www.ymcanyc.org/northbrooklyn

Swim Basics Lesson Fees

Member	\$102
Community	\$158

Stage 1: Water Acclimation

Parent/Pre-school Child (3–5 years)

Stage 1: Water Acclimation

Pre-school Child (3–5 years)

Stage 1: Water Acclimation

School Age Child (5–8 years)

Stage 1: Water Acclimation

School Age Child (8–12 years)

Stage 1: Water Acclimation

Teen (12–17 years)

Stage 1: Water Acclimation

Adult

Stage 2: Water Movement

Pre-school Child (3–5 years)

Stage 2: Water Movement

School Age Child (5–8 years)

Stage 2: Water Movement

School Age Child (8–12 years)

Stage 2: Water Movement

Teen (12–17 years)

Stage 2: Water Movement

Adult

Stage 3: Water Stamina

Pre-school (3–5 years)

Stage 3: Water Stamina

School Age Child (5–8 years)

Stage 3: Water Stamina

School Age Child (8–12 years)

Stage 3: Water Stamina

Teen (12–17 years)

Stage 3: Water Stamina

Adult

Stage 4: Stroke Introduction

Pre-school Child (3–5 years)

SWIM STROKES | AGES 13–99

Check our website for schedules
www.ymcanyc.org/northbrooklyn

Swim Strokes Lesson Fees

Member	\$110
Community	\$165

Stage 4: Stroke Introduction

School Age Child (5–8 years)

Stage 4: Stroke Introduction

School Age Child (8–12 years)

Stage 4: Stroke Introduction

Teen (12–17 years)

Stage 4: Stroke Introduction
Adult

Stage 5: Stroke Development
School Age Child (5–8 years)

Stage 5: Stroke Development
School Age Child (8–12 years)

Stage 5: Stroke Development
Teen (12–17 years)

Stage 5: Stroke Development
Adult

Stage 6: Stroke Mechanics
School Age Child (5–8 years)

Stage 6: Stroke Mechanics
School Age Child (8–12 years)

Stage 6: Stroke Mechanics
Teen (12–17 years)

Stage 6: Stroke Mechanics
Adult

PATHWAYS

Lifeguard Preparation

Teen (12–17) & Adult

YMCA Lifeguard Training

Teen (16–17) & Adult

Water Exercise

Teen (12–17) & Adult

YMCA SWIM TEAMS

A number of our Branches field Swim Teams who compete against other YMCAs and swim clubs at area meets. Workouts include endurance, speed, and drill technique, with a healthy dose of teamwork and sportsmanship.

Bedford-Stuyvesant YMCA Piranhas

Cross Island YMCA Barracudas

Flushing YMCA Flyers

McBurney YMCA Manta Rays

West Side YMCA Piranhas



SAFETY AROUND WATER

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



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

NEW YORK CITY'S YMCA

HERE FOR ALL

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

BE HERE WITH US FOR FELLOW NEW YORKERS

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

PLEASE GIVE TODAY.
ymcanyc.org/give



Lorraine Singletary
& Laylah Maldonado
Bedford-Stuyvesant YMCA



CODE OF CONDUCT

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

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

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



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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.

EXERCISING COURTESY

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



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

JOIN THE Y

MEMBERSHIP INFORMATION

MISSION

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

POLICY OF NON-DISCRIMINATION

YMCA membership is available to all persons regardless of race, religion, gender, age, marital status, sexual orientation, gender identity, national origin, disability, or financial circumstances. The YMCA welcomes families and persons of all ages, income levels, and physical conditions with an emphasis on responsibility and self-improvement.

MEMBERSHIP CANCELLATION

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

MEMBERSHIP TRANSFER

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

MEMBERSHIP GUARANTEE

Membership in the YMCA is fully guaranteed. Members who are not completely satisfied with their YMCA membership are entitled to a refund of any unused portion of their membership.

MEMBERSHIP CARD

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

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

LOST CARDS Please let us know if your card is lost or stolen.

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 to 3 months during any calendar year. A monthly hold fee will be charged. Membership privileges are surrendered while your membership is on hold.

PAYMENT OPTIONS & INFORMATION

- Membership fees must be up-to-date in order to use facility.
- 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.
- A service fee of \$15.00 will be added to the payment amount for every automated payment that is declined.

GUEST AND DAY PASSES

Branch members are welcome to visit other YMCA locations within NYC a total of 10 times per calendar year at no charge. Free passes are available on the YMCA web site to introduce the Y to friends and associates. Day Passes are available to purchase.

CAMERA POLICY

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

LOCKER ROOMS

- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- Our family-friendly locker room are a good alternative for parents who wish to accompany their children that are 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.

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



IT'S ABOUT THE WHOLE PERSON

L I V E S T R O N G® AT THE YMCA

HEALTH & WELL-BEING FOR CANCER SURVIVORS

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

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

FOR MORE INFORMATION CONTACT:
Caitlin Moonesar at 212-630-9705 or
email cdee@ymcanyc.org



TALKING UP THE Y

CAN GET YOU SOME COOL Y GEAR!



YOGA PANTS



SLING PACK

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



WOMEN'S AMENITY KIT



ZIP-UP HOODIE



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

YMCA NEW AMERICANS WELCOME CENTERS

Our multilingual resource and referral centers provide immigrant families and community members with a wide array of instructional, vocational, recreational, family support, and social services including:

- English as a Second Language
- Cultural Orientation
- Citizenship Preparation
- Job Readiness
- Computer Literacy
- Adult Literacy
- High School Equivalency Test (formerly GED) Preparation

**FOR REGISTRATION/PRE-TESTING &
CLASS SCHEDULE, GO TO**

**For more information, visit the
member services desk at your Y.**





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



570 Jamaica Ave
Brooklyn, NY 11208
212-912-2230
ymcanyc.org/northbrooklyn



@northbrooklynymca



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