



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR Y

**ROCKAWAY Y
WINTER/SPRING 2018**

207 Beach 73rd Street
Arverne, NY 11692
P 718-215-6950
ymcanyc.org/rockaway

 facebook.com/RockawayYMCA

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



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

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.



ROCKAWAY INFORMATION

HOURS OF OPERATION

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

MEMBERSHIP DESK HOURS

Monday – Sunday: 8:00 AM – 8:00 PM

CHILD WATCH (Ages 6 months – 7 years)

Monday – Friday: 9:00 AM – 1:00 PM
5:30 PM – 9:00 PM
Saturday – Sunday: 9:00 AM – 4:00 PM

KIDS ZONE (Ages 8 – 11 years)

Monday – Friday: 5:30 PM – 8:00 PM

REGISTRATION PROCEDURES

Register online at www.ymcanyc.org/rockaway and select “register for classes” or in person at our Membership Desk. Please contact us if you have any questions or problems with your registration.

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

MLK Day

Monday, January 15 7:00 AM – 8:00 PM

President’s Day

Monday, February 19 7:00 AM – 8:00 PM

Easter Sunday

Sunday, April 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

CONTACT US

Phone: 718-215-6950

Web: ymcanyc.org/rockaway

[f facebook.com/RockawayYMCA](https://www.facebook.com/RockawayYMCA)

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ROCKAWAY YMCA AFTER SCHOOL

Village Academy

10-45 Nameoke Street
Far Rockaway, NY 11691
718-337-9622

PS 197: The Ocean School

825 Hicksville Road
Far Rockaway, NY 11691
718-327-2840

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



LETTER FROM THE EXECUTIVE DIRECTOR



Welcome to the Rockaway YMCA at Arverne by the Sea! The Y is a community owned, volunteer founded, volunteer governed, professionally managed charitable nonprofit organization. We are not only a champion for community development, but for economic development as well... over eighty percent of our employees are your friends and neighbors who live right here in the Rockaways! You are invited to join our Y family as we help our community rebuild, revitalize and grow together.

- Rick Hopkins

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.

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

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/KIDS ZONE

Do you need someone to look after your child while you work out? We're here for you! You may bring your child to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available to members only.

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	Rockaway	Citywide	Rockaway/ Citywide Joiner's Fee
Youth (up to 11)*	\$280/yr.	n/a	-
Teen (12 - 17)	\$330/yr.	n/a	-
Student**	\$46/mos.	\$79/mos.	\$75/\$125
Adult (18 - 64)	\$62/mos.	\$99/mos.	\$75/\$125
Senior (65+)	\$49/mos.	\$79/mos.	\$75/\$125
Family I***	\$81/mos.	\$116/mos.	\$75/\$125
Family II (2 Adults & kids)****	\$102/mos.	\$174/mos.	\$75/\$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



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 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.

LOST CARDS Please let us know if your card is lost or stolen. There is a fee to issue a replacement card. Membership and program privileges are not transferable from one person to another.

MEMBERSHIP HOLDS

Members may put their membership on hold for 1 – 3 months during any calendar year. A monthly hold fee will be charged. 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.
- Rates and schedules are subject to change.
- Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express and Discover cards.
- Monthly payments are payable by credit card or bank draft only. There is no cash option for monthly payments.
- If a check or an automatic back draft is returned for insufficient funds a service fee of \$15.00 will be added to the payment amount.

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.

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 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.

HEALTHY LIFESTYLES

Personal Training

Looking for a new challenge or need some additional motivation? A certified **ROCKAWAY 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. For more information contact Ann Fosteris at 718-215-6959 or afosteris@ymcany.org.

# of Sessions	1	6	12	24
Member	\$66	\$353	\$684	\$18314
Non-Member	\$92	\$494	\$939	\$1840

24 Hour Cancellation Policy

A client may cancel directly with their trainer without penalty by giving 24 hours notice. All sessions are valid for 6 months. Sessions are non-transferrable and non-refundable. Only Rockaway certified personal trainers are allowed to conduct personal training.

Two In One Training

Personal training rates and packages now available for 2. For more information contact Ann Fosteris at 718-215-6959 or afosteris@ymcany.org.

# of Sessions	1	6	12	24
Member	\$80	\$471	\$842	\$1612
Non-Member	\$112	\$659	\$1178	\$2280

Sessions are for two people and are non-transferable and non-refundable. Sessions expire 6 months from date of purchase. Clients may cancel directly with their trainer without penalty by giving 24 hours notice. Only Rockaway certified personal trainers are allowed to conduct personal training.

Adult Martial Arts

8-week session. Learn practical and functional training to create power, energy and self-confidence. For more information contact Ann Fosteris at 718-215-6959 or afosteris@ymcany.org.

Member	\$124
Non-Member	\$190

Youth Martial Arts

8-week session, ages 4 and up.

# of Sessions	1	2
Member	\$107	\$191
Non-Member	\$150	\$267

TRX Small Group Training

8-week session, ages 16 and up

Member	\$130
Non-Member	\$182





Livestrong At The Rockaway YMCA

The Rockaway YMCA is offering a free program for cancer survivors. This program is open to all and designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and/or from the disease itself. The goal of the program is to help participants build muscle mass and strength, increase flexibility and endurance and improve functional ability. To sign up, please contact Ann Fosteris, Healthy Lifestyles Director; 718.215.6959; afosteris@ymcanyc.org.

Y Fit Start

The Y Fit Start Program (Formerly Y Personal Fitness) is 12 weeks of individual exercise designed for new and returning exercisers. During the 12 weeks, you will have 4 appointments with a Y Fit Start Coach to provide you with personal attention and extra motivation to help keep you on track. During this time, you can exercise at the YMCA anytime that fits into your own schedule.

Fitness Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Just complete the form at the membership desk and you will be contacted by a fitness representative.

Teen Orientation

To start your teen's fitness experience off on the right foot, we require a teen orientation to teach them gym etiquette, the proper use of equipment and to work out in a safe manner. We encourage the family to work out together but we allow teens ages 14 through 17, unaccompanied, to work out during teen fitness center hours.

Double Dutch Jump Rope

Through programs like Double Dutch with Lisa G, we empower our youth and teens to lead healthy lives by introducing them to fitness through fun, physical activity.

Days	Member	Non-Member
Sat 1:00 - 2:00PM	Free	\$90

Sewing for Adults and Teens

Learn to sew and create your own clothes. All levels welcome. Personal sewing machine recommended. 8-week, session Days and Times TBA.

Member	\$160
Non-Member	\$224

Adult Arts and Crafts Salon

Enjoy an evening of crafting, socializing and hot chocolate during our Arts and Crafts Salon. New crafts will be created every week ranging from crocheted scarfs, hand sewn pillows, holiday wreaths and more! Materials included in cost!

Days	Location	Member/ Non-Member	
Wed 8:00 - 10:00PM	Multi-purpose room	\$200	\$240

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.™**

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GROW HEALTHY TOGETHER

GROUP EXERCISE PROGRAMS

All adult group exercise classes are FREE for Rockaway Y members.

Zumba®

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

Total Body Conditioning

A full body workout designed to strengthen and tone the upper and lower body.

Boot Camp

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

Core Connection

Focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

Spinning®

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

Step Class

This includes Hi-Lo impact and choreographed movements to keep your heart pumping and your muscles working.

Kettlebell

This is a total body workout that blends effective techniques for improving muscular endurance, total body movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, while highlighting essential body alignment.

Interval Training

A challenging class of high speed, high intensity work alternating with recovery periods of low intensity.

Aqua Aerobics

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

Pilates

Focus on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. This class benefits everyone at every fitness level.

Hatha Yoga

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels are welcome.

Vinyasa Yoga

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

Gentle Yoga

This is a simple and relaxing class mostly on the mat to eliminate getting up and down. Class incorporates many breathing exercises and is suitable for beginners and active older adults.

Chair Yoga

A method of doing yoga poses while sitting in a chair rather than on a mat. Chair yoga integrates postures, breathing and relaxation and is suitable for most people all from the comfort of a chair.

Masterfitness Complete™

Get everything you need in this class! Combines low impact aerobics, conditioning and stretching in a comfortable environment. Beginners and Active Older Adults welcome.

Tai Chi

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

Stretching

Is an essential component of fitness that is often neglected or left out in preference for developing other areas of fitness. This class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. This may help prevent injury and improve performance of health and sports related activities.

Silver Sneakers

A variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Using hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for support.

GROWING STRONG

YOUTH & FAMILY PROGRAMS

The Rockaway YMCA provides after school, day and weekend programming for youth up to 18 years. We offer a host of programs that promote healthy spirit, mind and body through intellectual, social and recreational activities.



Little Tykes

Little Tykes orients children to school age games and sports. Children focus on building motor skills, following directions, and cooperating. The program also allows for parent interaction and support.

Age	Day	Location	Member
6 mo. - 4 Years	Sat 10:30 - 11:30 AM Mon-Fri 10:00 - 11:00 AM	Gym	Free

Child Watch

As parents you can't forget to take care of your own health, in spirit, mind and body. With your child under the care of our trained Child Watch staff, we can give you you-time, to work out or take a class. We accept children on a first-come, basis.

Age	Day	Location	Member
6 mo. - 7 Years	M/T/W/TH/F 9:00 AM - 1:00 PM 5:30 PM - 9:00 PM Sat/Sun 9:00 AM - 4:00 PM	MP1	Free

Bitty Ballers

Youth participants are introduced to the sport of basketball with the help of qualified coaches. Through basketball participants will develop their fine motor skills through different drills that will prepare them to be better athletes in the future.

Age	Days	Location	Member/ Non-Member	
3 - 4 Years	Sat 2:00 - 2:45 PM	Gym	\$52	\$73
5 - 6 Years	Sat 1:00 - 1:45 PM	GYM	\$52	\$73

Chess for Kids

Learn a game you can play for life! Kids learn the basics of chess and learn strategies. 8-week session.

Age	Day	Location	Member/ Non-Member	
5-7 Years	12:00 - 12:45 PM	Conference Room	\$50	\$70
8-11 Years	1:00 - 2:00 PM			

Tumbling

This class is designed to introduce the child to basic tumbling, rolling and jumping movements.

Age	Days	Location	Member/ Non-Member	
3 - 5 Years	Sat 12:00 - 12:45 PM Mon 4:00 - 4:45 PM	Studio	\$87	\$167
6 - 8 Years	Sat 12:45 - 1:30 PM Mon 4:45 - 5:30 PM			

Tiny Toes

Tiny Toes teaches Ballet at an introductory level. Ballet is an essential foundation for all dance. Basic skills and more are introduced with patience and care, not to mention fun!

Age	Days	Location	Member/ Non-Member	
3 - 4 Years	Sat 10:00 - 11:00 AM Sun 12:00 - 1:00 PM	Multi-purpose	\$100	\$147

Ballet



Ballet classes focus on developing strength, flexibility and musicality. Leotards and ballet slippers are required.

Age	Day	Location	Member/ Non-Member	
8 - 11 Years	Wed 4:00 - 5:00 PM Fri 5:00 - 6:00 PM	Studio	\$100	\$147

Dance Movement

This fun-filled combo class features a mix of Modern, Ballet and Contemporary dance.

Age	Days	Location	Member/ Non-Member	
5 - 7 Years	Sat 11:00 - 12:00 PM Sun 1:00 - 2:00 PM Thur 5:00 - 6:00 PM	Multi-purpose Studio	\$100	\$147

Hip Hop Dance

Learn the fundamental hip-hop moves in a creative and fun environment.

Age	Days	Location	Member/ Non-Member	
8 - 11 Years	Tues 4:00 - 5:00 PM	Studio	\$100	\$147

Cheerleading

This co-ed activity is designed to introduce young people to the world of cheerleading. For eight weeks youngsters will learn the art of cheer, basic tumbling, and half time cheer routines. This fun and thrilling sport will culminate with a "Cheer Exhibition." Pom Poms and Tshirts included in cost.

Age	Days	Location	Member/ Non-Member	
Tiny Mites: Ages 5-7	Fri 6:00 PM	TBD	\$100	\$140
Mighty Mites: Ages 8-10	Fri 7:15 PM			

Teen Recreation

Teen Recreation is an opportunity for Teens to utilize the YMCA's beautiful full-court gym by participating in structured athletic activities such as basketball, volleyball or indoor games.

Age	Location	Member
12 - 17 Years	Gym	Free

Teen Center



Teen Center is a fun and safe place for teens to socialize and interact with peers. A variety of activities including sports, games, crafts and social groups are available to teens.

Age	Day	Location	Member/ Non-Member
12 - 17 Years	M/Th 4:00 - 8:00 PM	Gym	Free



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.

YOUTH SPORTS

Sports Unlimited

Through programs like Sports Unlimited, we educate participants in various sports, while incorporating healthy lifestyles and sportsmanship.

Age	Day	Location	Member
5 - 11 Years	TBA	Gym	Free

Soccer

Participants will learn the basics of soccer through various drills and activities. Participants will have opportunities to showcase their skills in fun scrimmages

Age	Day	Location	Member/ Non-Member	
3 - 4 Years	Fri 4:00 - 5:00 PM	Gym	\$75	\$110
5 - 6 Years	Fri 5:00 - 6:00 PM			
7 - 8 Years	Tues 5:00 - 6:00 PM			
9 - 11 Years	Tues 5:00 - 6:00 PM			

ADULT SPORTS

In programs such as Adult Basketball and Adult Soccer, members are encouraged to engage in various activities such as shoot-arounds and pick-up games.

Adult Basketball

Age	Day	Location	Member
18+	M/T/Th 8:00 PM - 10:00 PM Sun 10:00 AM - 2:00 PM	Gym	Free

Rockaway Boardwalkers

Participants will meet at the facility and walk on the boardwalk together. All speeds and levels are welcome.
Free for members





SWIM STAGE DESCRIPTIONS

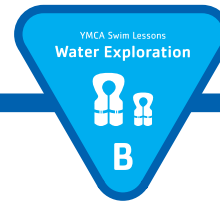
SWIM STARTERS

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.



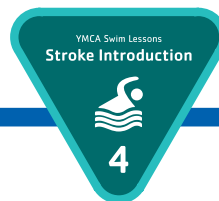
3 / WATER STAMINA

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

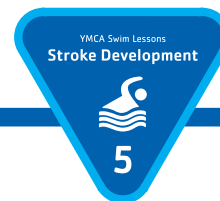
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- 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 land?

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

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

NOT YET

**4 / STROKE
INTRODUCTION**

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

NOT YET

**5 / STROKE
DEVELOPMENT**

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

NOT YET

**6 / STROKE
MECHANICS**

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

SWIM STARTERS

Swim Starters Lesson Fees	
Member	\$77
Community	\$120

Water Discovery

Parent/Child 6-18 months

Saturday 11:300 AM - 12:00 PM

Water Discovery

Parent/Child 18-36 months

Wednesday 10:30 - 11:00 AM

Saturday 11:00 AM - 12:00 PM

Water Exploration

Parent/Child 6-18 months

Saturday 11:30 AM - 12:00 PM

Water Exploration

Parent/Child 18-36 months

Wednesday 10:30 - 11:00 AM

Saturday 12:00 - 12:30 PM



PRESCHOOL SWIM

Swim Basics Lesson Fees	
Member	\$77
Community	\$120

Stage 1: Water Acclimation

Pre-school Child (3-5 years)

Monday 4:30 - 5:00 PM

Tuesday 4:00 - 4:30 PM

Wednesday 4:30 - 5:00 PM

Thursday 4:00 - 4:30 PM

Friday 4:30 - 5:00 PM

Saturday 9:00 - 9:30 AM 10:00 - 10:30 AM

Stage 2: Water Movement

Pre-school Child (3-5 years)

Monday 4:00 - 4:30 PM 5:00 - 5:30 PM

Wednesday 4:00 - 4:30 PM 5:00 - 5:30 PM

Friday 3:30 - 4:00 PM

Saturday 9:00 - 9:30 AM 9:30 - 10:00 AM

10:30 - 11:00 AM

Stage 3: Water Stamina

Pre-school (3-5 years)

Monday 4:00 - 4:30 PM 5:00 - 5:30 PM

Wednesday 4:00 - 4:30 PM 5:00 - 5:30 PM

Friday 4:00 - 4:30 PM

Saturday 9:30 - 10:00 AM 10:30 - 11:00 AM

Stage 4: Stroke Introduction

Pre-school Child (3-5 years)

Monday 4:30 - 5:00 PM

Friday 4:00 - 4:30 PM

Saturday 9:30 - 10:00 AM 10:30 - 11:00 AM

PRIVATE LESSONS

# of 1/2 Hour Lessons	Member	Non-Member
1	\$47	\$75
5	\$210	\$345
10	\$370	\$640

*Private Lessons must be redeemed within 6 months from date of purchase

Pool Party

Member \$375

Includes 1 hour in the pool plus 1 hour rental of spacious room for celebration.

To schedule please contact Virginia Clay 718-215-6962

SCHOOL-AGE SWIM

Swim Basics Lesson Fees	
Member	\$97
Community	\$150

Stage 1: Water Acclimation

School Age Child (6-8 years)

Monday	4:00 - 4:45 PM
Tuesday	4:00 - 4:45 PM
Wednesday	4:00 - 4:45 PM
Thursday	4:00 - 4:45 PM
Friday	4:00 - 4:45 PM
Saturday	9:00 - 9:45 PM

Stage 1: Water Acclimation

School Age Child (8-12 years)

Monday	5:00 - 5:45 PM	
Tuesday	5:00 - 5:45 PM	
Wednesday	5:00 - 5:45 PM	
Thursday	5:00 - 5:45 PM	
Friday	5:00 - 5:45 PM	
Saturday	10:00 - 10:45 PM	12:00 - 12:45 PM

Stage 2: Water Movement

School Age Child (5-8 years)

Monday	4:00 - 4:45 PM
Wednesday	5:00 - 5:45 PM
Friday	4:00 - 4:45 PM
Saturday	11:00 - 11:45 AM

Stage 2: Water Movement

School Age Child (8-12 years)

Monday	4:00 - 4:45 PM	
Wednesday	5:00 - 5:45 PM	
Friday	4:00 - 4:45 PM	
Saturday	9:00 - 9:45 AM	11:00 - 11:45 AM

Stage 3: Water Stamina

School Age Child (5-8 years)

Monday	5:00 - 5:45 PM
Thursday	5:00 - 5:45 PM
Saturday	10:00 - 10:45 AM

Stage 3: Water Stamina

School Age Child (8-12 years)

Wednesday	4:00 - 4:45 PM
Saturday	11:00 - 11:45 AM

Stage 4: Stroke Introduction

School Age Child (5-12 years)

Friday	5:00 - 5:45 PM	
Saturday	9:00 - 9:45 AM	10:00 - 10:45 AM

Stage 5: Stroke Development

School Age Child (5-8 years)

Friday	5:00 - 5:45 PM
Saturday	11:00 - 11:45 AM

Stage 6: Stroke Mechanics

School Age Child (6-12 years)

Friday	5:00 - 5:45 PM
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Competitive Skills & Drills

School Age Child (6-12 years)

Tuesday	6:30 - 7:30PM	M \$115	NM \$165
T/Th	6:30 - 7:30PM	M \$165	NM \$215

TEEN SWIM

Swim Basics Lesson Fees	
Member	\$97
Community	\$150

Stage 1: Water Acclimation

Saturday	12:00 - 12:45 PM
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Stage 2: Water Movement

Saturday	12:00 - 12:45 PM
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Stage 3: Water Stamina

Saturday	12:00 - 12:45 PM
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Stage 4: Stroke Introduction

Saturday	12:00 - 12:45 PM
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ADULT SWIM

Swim Basics Lesson Fees	
Member	\$110
Community	\$165

Stage 1: Water Acclimation

Monday	7:30 - 8:30 PM
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Stage 2: Water Movement

Wednesday	7:30 - 8:30 PM
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Stage 4: Stroke Introduction

Friday	7:30 - 8:30 PM
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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.

TEENS!

ARE YOU READY FOR THE Y-MVP FITNESS CHALLENGE?

WHY SHOULD YOU SIGN UP?

- Use a really cool app to track your workouts
- Learn how to improve your fitness, strength and endurance
- Get Fit. Make Friends. Have Fun!

SIGN UP TODAY!

Pick up an application from the front desk or email ymvp@ymcany.org. For more information on Y-MVP please visit ymcany.org/ymvp



Y FIT START

A ONE-ON-ONE BEGINNER FITNESS COACHING PROGRAM.



OUR GOAL IS TO HELP YOU REACH YOURS.

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

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 Judy Ouziel at 212-912-2524.

*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.



IT'S ABOUT THE WHOLE PERSON

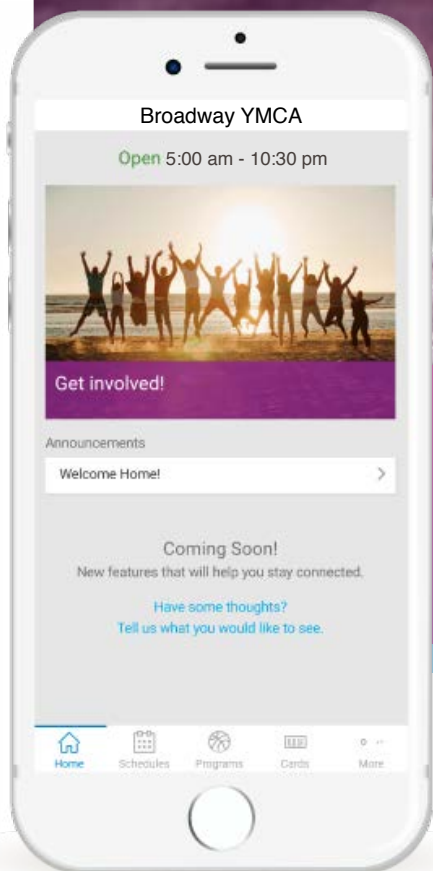
L I V E S T R O N G® AT THE YMCA

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.

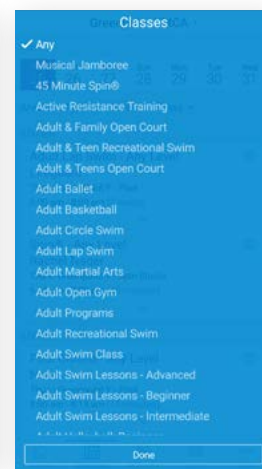
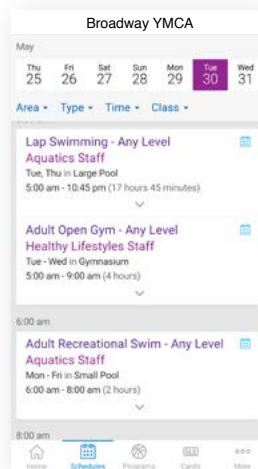
FOR MORE INFORMATION CONTACT:
Caitlin Moonesar at 212-630-9705 or
email cdee@ymcanyc.org



OUR APP KEEPS YOU ON TRACK!

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

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



NOW AVAILABLE TO DOWNLOAD



GET THE APP AT ymcanyc.org/app

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.

WORKING TOGETHER

LEADERSHIP STAFF

All phone numbers are 718.215.6950 (extension is listed below)

Rick Hopkins

Executive Director

rhopkins@ymcanyc.org
ext. 6610

Ann Fosteris

Senior Program Director

afosteris@ymcanyc.org
ext. 6609

Virginia Clay

Aquatics Director

vclay@ymcanyc.org
ext. 6612

Jacqueline Gutierrez

Youth & Family Director

jgutierrez@ymcanyc.org
ext. 6607

Jackie James

Village Academy Program Director

jjames@ymcanyc.org
718-337-9622

Lisa Quammie-Jones

PS197 The Ocean School, Program Director

lquammiejones@ymcanyc.org
718-327-2840

Sara Reyes

Membership Sales & Engagement Director

sreyes@ymcanyc.org
ext. 6606

Taquasia Davis

Membership Sales and Engagement Coordinator

tdavis@ymcanyc.org
ext. 6634

Cesar Gavirio

Properties Director

cgavirio@ymcanyc.org
ext. 6614

Felicia Bostwick

Business Manager

fbostwick@ymcanyc.org
ext. 6611

Keshia Brown

Business Office HR Coordinator

kbrown@ymcanyc.org
ext. 6616

Magenta Davis

Administrative Assistant

mdavis@ymcanyc.org
ext. 6617

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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



Rockaway YMCA

207 Beach 73rd Street

Arverne, NY 11692

P 718-215-6950

ymcanyc.org/rockaway

 facebook.com/RockawayYMCA



WELCOME TO YOUR ROCKAWAY YMCA

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