

VOLUME 19 ISSUE 1

# BORO PARK

מרכז ד'בארא פארק



## Fall 2018 Program Guide

### **Y PROGRAM STARTS OCTOBER 14**

**GIRLS SUNDAY PROGRAM 10:00am - 4:00pm**

**BOYS SUNDAY PROGRAM 4:00pm - 7:00pm**

**BOYS FRIDAY PROGRAM 12:30pm - 2:30pm**

**BOYS MOTZOEI SHABBOS PROGRAM**  
**8:00pm - 10:30pm** BEGINS NOVEMBER 3RD

**SWIM INSTRUCTION PROGRAM FOR ALL AGES**

**CLUB NISSIM FOR HOLOCAUST SURVIVORS**

**SENIOR CENTER FUNDED BY DFTA**

**HIGH SCHOOL DIPLOMA PROGRAM**

**SPECIAL  
GIRLS EVENT  
SUNDAY OCT. 7TH  
1-3PM  
KANGOO  
ROMP IN GYM  
GRADES 3-8  
FREE TO MEMBERS  
NON-MEMBERS \$10**



**Boro Park YM-YWHA Mercaz D'Boro Park**  
**4912 14th Avenue • Brooklyn, New York 11219**  
**Tel: (718) 438-5921 • Fax: (718) 871-7336**  
**Website: [www.boroparky.org](http://www.boroparky.org)**

# GENERAL INFORMATION

## MEMBERSHIP

Membership at the Boro Park Y entitles everyone to participate in a variety of cultural, educational and recreational programs. It includes full use of the Y's health and fitness facilities - 2 indoor pools, well equipped exercise room, gymnasium, exercise classes, sauna and steam room according to the designated schedules. Members receive priority registration and reduced fees for other programs. In the case of financial difficulty scholarships may be arranged confidentially. There are no refunds for membership and membership is not transferable.

## MEMBERSHIP CARDS

Each member received a non-transferable membership card at no cost upon joining the Y. The card must be carried whenever you are in the center. Those not carrying a membership card may be denied admission. If you lose your card a replacement card is available at a \$5 charge.

## ILLNESS OR INJURY

If you are unable to use the BPY facilities for an extended period due to illness or injury you must contact the office immediately. You must provide a doctor's note documenting the date and nature of your illness or injury and the dates from the start to the end of your absence. You may receive up to one-month extension on your membership.

## GUEST PASSES

Those who would like to purchase a one-day guest pass:

- ◆ Local resident may only be a guest two times a year
- ◆ One month Guest membership \$100.00 and cannot be renewed
- ◆ Guest pass fee: \$15 for an adult; \$10 for a child and are at the discretion of management; Sunday Program guest pass \$30 at discretion of management.
- ◆ Guest pass fee can be credited towards a membership only within 24 hours of issuance

## REFUND POLICY

All classes are appropriately limited in size to provide maximum benefit to participants. If the Y cancels a class before the class is scheduled to begin participants will receive a full refund. If a class is cancelled after the first class, participants will receive a pro-rated refund. If a registrant withdraws prior to the first class a \$10 administrative fee will be charged. No refunds on any classes after the second class.

## RETURNED CHECKS

A fee of \$25 will be charged for any returned checks.

## BABYSITTING

A baby-sitting service for members who are participating in Boro Park Y activities is available for \$3.00 per hour per child. A babysitting coupon book consisting of 10 coupons for 10 hours can be purchased at the reduced fee of \$25.00. You may not use the service if you are not participating in a Y program or leave the building while your child is in babysitting.

### BABYSITTING HOURS

Monday, Wednesday 9:00 - 2:30pm • Thursday 9:00 - 12:00 noon

# MEMBERSHIP INFORMATION

Membership includes the use of the swimming pool, gym, fitness facility, steamroom, sauna, and whirlpool, weight room and the member's fee on classes and events. Membership is valid for a period of twelve months from the date of enrollment. Membership dues are payable in full at the time of application. Adjustment of fees on the basis of financial need can be made by completing the Fee Adjustment Form, which is available in the Main Office.

**MEMBERSHIP DUES ARE NOT REFUNDABLE AND NON-TRANSFERABLE.**

## ANNUAL MEMBERSHIP DUES SCHEDULE

<b>FAMILY</b> a) Parents and all children age 20 and younger living at home. b) Students, ages 18-20, and still living at home, students 20-23 \$125 additional each	<b>\$590</b>
<b>SINGLE PARENT FAMILY *</b> Single parent who is divorced, legally separated, widow or widower; and all Children age 20 and younger. students 20-23 \$125 additional each	<b>\$330</b>
<b>ADULT COUPLE</b>	<b>\$555</b>
<b>INDIVIDUAL ADULT - over age 18</b>	<b>\$480</b>
<b>ADULT STUDENT - Age 17 through 25 and a full-time student*</b>	<b>\$280</b>
<b>KOLLEL COUPLE - Age 21-30 and one spouse is a full-time student*</b>	<b>\$400</b>
<b>CHILDREN - Age 4 through 13 (grade P1A - 8)</b>	<b>\$195</b>
<b>HIGH SCHOOL STUDENTS - Grades 9 through 12</b>	<b>\$235</b>
<b>SENIOR ADULTS*</b>	
<ul style="list-style-type: none"> <li>• Individual, over age 65 (Please check with you insurer if they cover gym programs)</li> <li>• Couple, both over age 65</li> </ul>	<b>\$275</b>
<i>*Verification Required At Time Of Registration.</i>	<b>\$395</b>

### **NEW MEMBERSHIP REGISTRATION FEE - \$50.**

A registration fee of \$50. will apply to all new members at the time of enrollment.

### **INSURANCE**

Accident Medical Expense Insurance is required for all that participate in the gym, swim and pre-school programs at the Y. The fee is \$10. per family member. The insurance covers all injuries caused by an accident sustained while participating in Y sponsored activities. The plan is subject to \$25. deductible applying to each claim. The Senior Citizen policy is subject to a deductible based on payments by Medicare. The dental limit is \$150. per accident and covers expenses incurred in the 26 weeks from the date of the accident. There is no family enrollment; each individual must be enrolled separately. Insurance fee must be paid at time of membership enrollment.

### **LATE RENEWAL FEE**

Y members, who do not renew their memberships and wish to rejoin the Y at a later date, will be charged an administrative fee. If within thirty days (30) after their membership has lapsed, they will be charged a \$25 fee; after sixty days (60) has lapsed the membership will be canceled and they will be considered a new member.

# GIRLS PROGRAM

- Activities are for girls grades P1A - 8 require pre-registration including classes with no fee.
- All activities are for Y members only; Swim and gym activities require accident insurance.
  - All groups meet for 10 sessions: **OCTOBER 14 - DECEMBER 23, 2018**
  - **No PROGRAMS DECEMBER 9TH - CHANUKAH**
- All fees include supplies & materials. Please dress for arts & crafts & or bring a smock.
- To customize a program for you child geared to their interest & skills please call the Y.
- **Special Offer:** Register for one class & receive another class of **equal or lesser** value free! Offer good for each child & is **NOT transferrable to any other child or family member & NOT transferrable to another semester.** Offer does not include swim instruction classes. Can only be used once a semester per child. Membership must be paid in full at time of registration to qualify.



## TRANSPORTATION SCHEDULE

**Door To Door** Transportation in Boro Park & Flatbush. Fee: **\$80** roundtrip

- **TR01** Pick up to be at **Y 10:00 am** • **TR02** Pick up to be at **Y 11:15 am**
- **TR03** Depart **Y at 1:00 pm** • **TR04** Depart **Y at 2:15 pm** • **TR05** Depart **Y at 4:00 pm**

### NURSERY & KINDERGARTEN

BOYS & GIRLS AGES 3 - 5

**10:00 - 1:00 PM**

**2G00 PRE SCHOOL FUN CLUB** \$85.00  
Creative group activities including arts & crafts, music, dance, cooking and more.

### P1A - 1ST GRADE

**10:00 - 11:15 AM**

**2G01 BALLET I** \$80.00  
Barre work emphasizing proper alignment of the body. Develop & improve coordination & image.

**2G02 GYMNASTICS I** \$70.00  
Beginning gymnastics using mats & a balance beam.

**2G03 PAINTING 4 BEGINNERS** \$90.00  
Introductory program for the young artist - bring a smock!

**11:30 - 12:25 PM**

(give your child enough time to get ready)

**7GS1 LEARN TO SWIM** \$100.00

**11:15 - 12:30 pm**

**2G10 CRAFTS CATALOGUE** \$75.00  
Dazzle your friends and family!

**2G11 BAKERS AND CHEFS** \$65.00  
Special treats that are fun to make and eat!

**2G12 GYMNASTICS I** \$70.00  
Beginning gymnastics using mats & a balance beam.

**12:25 - 1:15 pm**

**7GS2 LEARN TO SWIM** \$100.00

**1:00 - 2:15 pm**

**2G30 PAINTING FOR BEGINNERS** \$90.00  
Introductory program for the young artist - bring a smock!

**2G32 BAKERS AND CHEFS** \$65.00  
Put on your apron and bake special treats.

**1:15 - 2:00 Open Swim**

**2:00 - 2:55pm**

**7GS3 LEARN TO SWIM** \$100.00

**followed by Free Swim! 3:00 - 3:30pm!**

**2:15 - 3:30 pm**

**2G51 CRAFTS AND MORE** \$75.00

**2G52 PAINTING 4 BEGINNERS** \$90.00

**GRADES 2 - 3**

**10:00 - 11:15 am**

**2G02 GYMNASTICS I** \$70.00  
*Beginning gymnastics using mats & a balance beam.*

**2G05 BASIC DRAWING** \$90.00  
*Learn composition, perspective, shading and color. class size limited. bring a smock!*

**2G07 PERSONALIZED CRAFTS** \$75.00  
*Make "Name" items for yourself and your family*

**11:30 - 12:25 pm**

**7GS1 LEARN TO SWIM** \$100.00  
*(give your child enough time to get ready)*

**11:15 - 12:30 pm**

**2G14 BALLET I** \$80.00  
*Learn basic ballet steps.*

**2G12 GYMNASTICS I** \$70.00  
*Beginning gymnastics using mats & a balance beam.*

**2G37 CASIO I** \$75.00  
*Read notes, play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G17 PAINTING I** \$90.00  
*Learn composition, perspective, shading and color. class*

*size limited. bring a smock!*

**2G21 BLOW CRAFTS ART** \$80.00  
*New craft using paints and air diffuser*  
**12:25 - 1:15 pm**

**7GS2 LEARN TO SWIM** \$100.00  
**1:00 - 2:15 pm**

**2G33 GYMNASTICS II** \$70.00

**2G34 PAINTING I** \$90.00

**2G39 WOODSHOP** \$65.00

**2G36 JUNIOR PARTY PLANNERS** \$65.00  
*Edible masterpieces to eat and serve.*

**2:00 - 2:55 pm**

**7GS3 LEARN TO SWIM** \$100.00  
*Beginners - Intermediate. Small group sizes.*

**2:15 - 3:30 pm**

**2G56 JR. PARTY PLANNERS** \$65.00

**2G54 PAINTING I** \$90.00

**2G55 BLOW CRAFT ART** \$80.00  
*New craft using paints and air diffuser*

**GRADES 4 - 5**

**10:00 - 11:15 am**

**2G08 PAINTING I** \$90.00

**2G05 BASIC DRAWING** \$90.00

**11:15 - 12:30 pm**

**2G20 STEP AEROBICS** \$95.00

**2G16 CASIO I** \$75.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G14 BALLET I** \$80.00  
*Learn basic ballet steps.*

**2G17 PAINTING I** \$90.00  
*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

**2G13 DRAWING II** \$90.00

*Drawing Principles, shading and pencil work. Limit 10 students.*

**2G21 BLOW CRAFT ART** \$75.00  
*New craft using paints and air diffuser*

**11:30 - 12:25 pm**

**7GS1 LEARN TO SWIM** \$100.00

**OPEN TO ALL AGES**  
**OPEN SWIM**  
**1:15PM - 2:00PM**  
**3:00PM - 3:30PM**  
**OPEN GYM**  
**12:30PM - 3:30PM**

**GRADES 4 - 5**

**12:25- 1:15 pm**  
**7GS2 LEARN TO SWIM** \$100.00

**1:00 - 2:15 pm**  
**2G62 CHALIL** \$75.00

**2G33 GYMNASTICS II** \$70.00

**2G34 PAINTING I** \$90.00  
*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

**2G39 CASIO I** \$75.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G41 BLOW CRAFT ART** \$75.00  
*New craft using paints and air diffuser*

**2G436 PARTY PLANNERS** \$65.00  
*Edible masterpieces to eat and serve.*

**2:00 - 2:55 pm**  
**7GS3 LEARN TO SWIM** \$100.00  
*Beginners through Intermediate.*

**7GS5 GUARD START** \$125.00  
*Junior Lifeguarding*

**2:15 - 3:30 pm**  
**2G58 GYMNASTICS II** \$70.00

**2G57 PARTY PLANNERS** \$65.00

**2G64 POTTERY** \$75.00

**2G73 SELF DEFENSE** \$85.00

**2G13 DRAWING** \$90.00



**GRADES 6 - 8**

**11:15 - 12:30 pm**  
**2G13 DRAWING I** \$90.00  
*Beginners class using charcoal pencils*

**2G34 OVERSIZED PAINTINGS** \$95.00

**12:25 - 1:15 pm**  
**7GS2 LEARN TO SWIM** \$100.00

**1:00 - 2:15 pm**

**2G41 WOODSHOP** \$85.00

**2G34 PAINTING** \$90.00

**2G71 SELF DEFENSE II** \$85.00

**2G44 DRAWING II** \$90.00  
**2G63 CASIO** \$75.00

**2:00 - 2:55 pm**  
**7GS5 GUARD START** \$125.00

**2:15 - 3:00 pm**  
**2G57 PARTY PLANNERS Advanced** \$60.00

**2G73 SELF DEFENSE I** \$85.00

**2G58 ADVANCED GYMNASTICS** \$70.00  
*Placement Test Required*

**2G62 CHALIL** \$90.00

**HIGH SCHOOL GIRLS PROGRAM**

**FITNESS FACILITY** NO FEE  
 Tuesday & Thursday ~ 7:00 - 8:00 pm

**CORE-DINATION**  
 Aerobics Training - fun PLAY - Hard WORK stretching, calisthenics and step included in total workout.  
 Tuesday & Thursday ~ 8:00 - 9:00 pm

**WSI** Fee: \$550  
 October 24 - January 2  
 7TE2 Tuesday 6:00 - 9:00 PM

**LIFEGUARDING** Fee: \$550  
 October 26 - January 4  
 7TE3 Thursday 6:00 - 9:00 PM

*Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable)*

**LEARN TO SWIM** \$100.00  
 October 20 - December 29  
 7TE1 Tuesday 7:15 - 8:00 PM

**OPEN SWIM** NO FEE  
 Tuesday & Thursday ~ 7:30 - 8:00 pm

**New!! Gymnastics**  
 2GT1 Tuesday ~ 5:00 - 6:00 PM  
 2GT2 Tuesday ~ 6:00 - 7:00 PM

October 23 - January 8  
 (10 Sessions)  
 Fee: M-\$85 • NM-\$125

**HIGH SCHOOL BOYS PROGRAM**

**SPORTSCENTER** NO FEE  
 Sunday 7:00 - 9:00 pm  
 Motzoei Shabbos 9:00 - 10:45 pm

**FITNESS FACILITY** NO FEE  
 Sunday 7:00 - 8:30 pm  
 Motzoei Shabbos 9:00 - 10:45 pm

**KARATE** M-\$80/NM-\$125 (10 Sessions)  
 November 3 - January 12  
 2MS1 Level I Motzoei Shabbos 8:00 - 9:00 pm  
 2MS2 Level II Motzoei Shabbos 9:00 - 10:00 pm

**LEARN TO SWIM** \$100.00  
 October 22 - January 7  
 7ME1 Monday 7:30 - 8:00 pm

**LIFEGUARDING** \$550.00  
**Preparation October 14 Test**  
**2 Weeks to bring up to part \$75**  
 7BS4 Sunday 6:30 - 9:30 pm  
 November 4 - January 13  
*See swim page for complete details. Preliminary screening test fee: \$10. (non-refundable).*

**OPEN SWIM** NO FEE  
 Sunday 7:00 - 9:00 pm  
 Motzoei Shabbos 9:00 - 10:45 pm

**New HS Equivalency Program NEDP**



**GET YOUR HS DIPLOMA!**



NEDP Program enables you to get a NY State HS Diploma on a flexible schedule with no classroom time.  
 Must be able to read and write on a 9th grade level (on site testing) & be 18 years old.  
 Call for information and registration.



# BOYS PROGRAM

## Rabbi Kalman Brody, Supervisor Boys Program

• All activities require pre-registration including classes with no fee • All activities are for Y members only; swim and gym requires accident insurance • All programs are for **10 sessions**. All fees include supplies and materials except where noted.

• Sunday Program dates: **October 14 - December 23** • Friday Program dates: **October 19 - December 28**

• Motzoei Shabbos Program dates: **November 3 - March 9**

• **SPECIAL OFFER** -Register for a swim instruction class and receive one activity at half price!  
Offer good for each child and is not transferrable to any other child or family member and not transferrable to another semester.  
Membership must be paid in full at time of registration to qualify. Can not be combined with any other offer.

Sunday - 5:30 - 7:00 pm • Motzoei Shabbos - 8:45- 9:45 pm

**SPORTSCENTER** - No Fee • Organized activities geared to age levels.

**Grades 3 - 5** Sunday - 4:00-5:30 pm

**Grades 6 - 8**

Sunday - 5:30-7:00 pm

**Grades 1 - 3** Friday - 12:15-12:50 pm

**Grades 4 - 6**

Friday 12:50-1:35 pm

**Grades 7 - 8** Friday - 1:40-2:15 pm

**Grades 6 - 8**

Motzoei Shabbos - 8:00-9:00 pm

**SELF DEFENSE I**

\$85.00

Basic martial arts and skills. A Gi is optional as is testing & at an additional cost.

**2BF0** Friday 12:30 -1:30 pm

**2MS1** Motzoei Shabbos 8:00-9:00 pm

**SELF DEFENSE II**

\$85.00

**2MS2** Motzoei Shabbos 9:00-10:00 pm

**GYMNASTICS**

\$70.00

**2BS2** Sunday 3:45-4:45 pm

**2BS3** Sunday 4:45-5:45 pm

**WOODWORKING I**

\$90.00

**2BS6** Sunday 3:45 - 4:45 pm

**2BS7** Sunday 4:45 - 5:45 pm

**WOODWORKING II**

\$90.00

**2BS8** Sunday 5:45 - 6:45 pm

**PAINTING & DRAWING**

\$90.00

**2BS4** Sunday 3:45 - 4:45 pm

**2BS9** Sunday 4:45 - 5:45 pm

**SWIM INSTRUCTION**

\$100.00

Grades 1 - 8. All Levels.

Testing at first session for placement.

**7BS1** Sunday 4:40 - 5:25 pm

**7BS2** Sunday 5:30 - 6:15 pm

**7BF1** Friday 1:20 - 2:10 pm

**GUARD START**

\$125.00

First step training for Junior Lifeguards.

**7BF3** Friday 1:15 - 2:10 pm

**7BS3** Sunday 5:30 - 6:15 pm

**OPEN SWIM**

Members Only No Fee

Sunday 4:15 - 4:40 pm

Sunday 6:15 - 7:00 pm

Friday 12:30 -1:15 pm

Motzoei Shabbos 8:30 - 10:00 pm

**FATHER/SON SWIM**

Members Only No Fee

Sunday 6:00 - 7:30 pm

Motzoei Shabbos 8:30 - 10:00 pm

Father must be accompanied by child.

**YESHIVA BOYS ORCHESTRA PROGRAM**  
**LEARN TO PLAY AN INSTRUMENT:**

# MUSIC LESSONS FOR BOYS

**Sunday 4:00 - 6:00 pm • \$75**

**Group Lessons in**

**• Violin • Casio • Drums**

<b>Violin</b>	2B10 4-5pm	2B11 5-6 pm	
<b>Percussion</b>	2B12 4-5pm	2B13 5-6 pm	
<b>Casio</b>	2B14 4-5pm	2B15 5-6 pm	

Funded by UJA/Federation










# AQUATICS & PHYSICAL EDUCATION

- All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted
- No evening classes December 3rd - December 9th Chanukah

## WOMEN

### LEARN TO SWIM \$100.00

October 15 - December 17  
**7MD1** Monday 10:20 - 10:55 am  
 October 16 - December 25  
**7TE1** Tuesday 7:15 - 8:00 pm  
 October 17 - December 19  
**7WD1** Wednesday 10:20 - 10:55 am

### LAP SWIM \$60.00

October 15 - January 2  
 Registration is for one Lap Swim Period Only  
**7W01** Lap I 7:15 - 8:00 am  
**7W03** Lap III 1:15 - 2:00 pm

### SWIM FOR FITNESS \$50.00

October 17 - January 19  
**7WD1** 10:20 - 10:55 am

### LIFEGUARDING \$550.00

*Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable) Book & Red Cross fee extra.*  
 October 25 - January 10  
**7TE3** Thursday 6:00 - 9:30pm

### WSI \$550.00

October 23 - January 8  
**7TE2** Tuesday 6:00 - 9:30 pm  
*Red Cross materials and fees not included*

## GIRLS

### LEARN TO SWIM \$100.00

*Emphasis on water comfort, floating, breathing, kicking-front & back crawl.*  
 October 14 - December 23  
**7GS1** Sunday 11:30 - 12:25 pm  
**7GS2** Sunday 12:25 - 1:15 pm  
**7GS3** Sunday 2:00- 2:55 pm  
 October 16 - December 25  
**7GT1** Tuesday 5:30- 6:15 pm

## BOYS

### GUARD START \$125.00

*First step training for Junior Lifeguards.*  
**7GS5** Sunday 2:00 - 2:55 pm  
**7GT2** Tuesday 5:30 - 6:15 pm

### LEARN TO SWIM \$100.00

October 14 - December 23  
**7BS1** Sunday 4:40 - 5:30 pm  
 October 19 - December 28  
**7BF1** Friday 1:20 - 2:10 pm

### GUARD START \$125.00

*First step training for Junior Lifeguards.*  
 October 14 - December 23  
**7BS3** Sunday 5:00 - 5:45 pm  
 October 19 - December 28  
**7BF2** Friday 1:20 - 2:10 pm

## HIGH SCHOOL BOYS & MEN

### LIFEGUARDING \$550.00

**Pre-Test October 14**  
**2 week preparation class \$75**

*Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable) Book & Red Cross fee extra.*  
 November 4 - January 14  
**7BS4** Sunday 6:30 - 9:30 pm

### ONE ON ONE SWIM INSTRUCTION

Fee: \$40 - per 30 minute session

*Available as an alternative to group lessons for those who wish one on one with an instructor, customized to meet your specific needs.*

*All Sessions for 1/2 hour.  
 Pre-registration required.*

#### ATTENTION UNITED HEALTH CARE & BLUE CROSS MEDICARE MEMBERS:

Take advantage of a membership and use steam and sauna rooms, aqua exercise classes, exercise equipment and more! If you are a member of Oxford or Blue Cross Medicare you may be entitled to use the Y at Little or NO COST to you. Call the Y office to verify your eligibility for this program.

#### ATTENTION UNITED HEALTH CARE FREEDOM PLAN FAMILY MEMBERS:

You may be entitled to reimbursement for part of your Boro Park Y Family, Couple or Adult Individual Membership. Pick up forms and information at the Y front office.

### BORO PARK Y POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEN</b> Open Swim 7:30 - 10:30 am	<b>WOMEN</b> Lap Swim I 7:15 - 8:00 am	<b>MEN</b> Open Swim 7:30 - 10:30 am	<b>WOMEN</b> Lap Swim I 7:15 - 8:00 am	<b>WOMEN</b> Open Swim 7:30 - 10:30 am	<b>MEN</b> Open Swim 7:30 - 11:00 am
<b>GIRLS (P1A-8)</b> Swim Instruction 11:30 - 12:25 pm 12:25 - 1:15pm	<b>WOMEN</b> Open Swim 8:00 - 10:15 am		<b>WOMEN</b> Open Swim 8:00 - 10:15 am	<b>WOMEN</b> Open Lap Swim 10:00 - 11:30 am	<b>BOYS</b> (Grades 1-8) Open Swim 12:30 - 1:15 pm
<b>GIRLS</b> Open Swim (Grades 2-8) 1:15 - 2:00 pm	<b>WOMEN</b> Swim Instruction 10:20 - 10:55 am		<b>WOMEN</b> Swim Instruction 10:20 - 10:55 am		<b>BOYS</b> Swim Instruction (Grades 1-8) 1:20- 2:10 pm
<b>GIRLS</b> (Grades 1-8) Swim Instruction 2:00- 2:55 pm	<b>WOMEN</b> Lap Swim II 11:00 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 5:30 pm	<b>WOMEN</b> Lap Swim II 11:00 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 6:00 pm	
<b>GIRLS</b> (Grades 1-8) Open Swim 3:00 - 3:30 pm	<b>WOMEN</b> Open Swim 11:45 - 12:45 pm	<b>GIRLS</b> Swim Instruction 5:30 - 6:15 pm	<b>WOMEN</b> Open Swim 11:45 - 12:45 pm		
<b>BOYS</b> Open Swim (Grades 1-8) 4:15- 4:55 pm	<b>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm	<b>H.S. GIRLS &amp; WOMEN</b> WSI 6:00 - 9:00 pm	<b>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm	<b>H.S. GIRLS &amp; WOMEN</b> Lifeguarding 6:30 - 9:30	<b>MOTZOEI SHABBOS</b> NOV. 3 - MARCH 9
<b>BOYS</b> Swim Instruction 4:40 - 5:25 pm 5:30 -6:15pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm	<b>H.S. GIRLS &amp; WOMEN</b> Swim Instruction 7:15 - 8:00 pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm		<b>BOYS</b> Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
<b>FATHER / SON</b> Open Swim 6:00 - 7:30 pm	<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>H.S. GIRLS</b> Open Swim 7:00 - 8:00 pm	<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>H.S. GIRLS</b> Open Swim 7:00 - 8:00 pm	<b>FATHER / SON</b> Open Swim 8:30 - 10:00pm
<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>MEN</b> Open Swim 7:00 - 10:30pm	<b>WOMEN</b> Open Swim 8:00 - 9:30 pm	<b>MEN</b> Open Swim 7:00 - 10:30pm	<b>WOMEN</b> Open Swim 8:00 - 9:30 pm	<b>H.S. BOYS &amp; MEN</b> Open Swim 9:15 - 10:45 pm
<b>H.S. BOYS</b> Lifeguarding 6:30 - 9:30 pm		<b>WOMEN</b> Open Lap Swim 9:30 -10: 45 pm		<b>WOMEN</b> Open Lap Swim 9:30 -10:45 pm	

AQUADYNAMICS WATER EXERCISE	
<b>WOMEN</b>	
Monday & Wednesday	9:30 - 10:00 am 11:15 - 11:45 am 12:00 - 12:30 pm
Thursday	9:30 - 10:00 am
Tuesday & Thursday	8:30 - 9:00 pm
MEN Wednesday	7:30 - 8:00 pm
SMALL POOL HOURS	
<b>WOMEN</b>	
Monday & Wednesday	10:00 - 1:30 pm
Thursday	9:00 - 11:30 am
Tuesday & Thursday	7:30 - 9:30 pm
<b>MEN</b>	
Monday & Wednesday	7:30 - 9:30 pm
Sunday, Tuesday, Friday	8:30-10:30 am
<b>POOL HOURS WILL BE STRICTLY ENFORCED SUBJECT TO AVAILABILITY OF LIFEGUARDS</b>	

SAUNA, WHIRLPOOL & STEAMROOM	
<b>WOMEN</b>	
Monday & Wednesday	7:15 - 2:15 pm
Tuesday	7:30 - 10:30 pm
Thursday	8:00 - 11:30 am 7:30 - 10:30 pm
<b>MEN</b>	
Sunday	7:30 - 10:45 am
Monday & Wednesday	6:00 - 10:30 pm
Tuesday	7:30 - 10:30 am
Friday	7:30 - 11:00 am

FITNESS FACILITY	
<b>WOMEN</b>	
Monday & Wednesday	8:15 - 1:30 pm
Tuesday & Thursday	8:15 - 10:45 pm
Thursday	8:15 - 11:00 am 8:15 - 10:30 pm
<b>MEN</b>	
Sunday	7:30 - 10:30 am
Monday & Wednesday	6:00 - 10:45 pm
Tuesday & Friday	7:30 - 10:30 am
Motzoei Shabbos	8:00 - 9:00 pm
<b>H.S. GIRLS</b>	
Tuesday & Thursday	7:00 - 8:00 pm
<b>H.S. BOYS</b>	
Motzoei Shabbos	9:00 - 10:45 pm
Sunday	7:00 - 8:30 pm

**BORO PARK YM-YWHA - 4912 14TH AVENUE, BROOKLYN, N.Y. 11219 718 438-5921  
PHYSICAL EDUCATION DEPARTMENT  
RULES FOR USE OF POOL, GYM, SAUNA AND WHIRLPOOL**

*Y members have the use of the following facilities:*

- Pool, Gymnasium, Steam Room, Sauna, Exercise Room, Whirlpool and Locker Rooms.
- All Schedules are subject to change. • No food or beverages are allowed in any of the facilities.
- Lockers are to be used only during the time one is participating in an activity. All lockers must be emptied and locks removed at the end of the day. • Locks will be cut if left overnight. The Y is not responsible for personal property.
  - All women must wear a bathing cap in the pool.
- Accident Insurance is required of all participants. This policy provides for coverage after application to private insurance and a \$25 deductible has been met.
- All participants must shower with soap before entering the pool, sauna or whirlpool.
  - Use of sauna and whirlpool is limited to 10 minutes.
- Persons in poor health should consult their physician before using any of the above facilities.
- Bathing suits must be worn in the pool, sauna and whirlpool, no shoes to be worn in the pool area.
- In the Gym and Exercise Room proper attire must be worn at all times, sneakers and leotards and tights, or sweat suits or shorts - no bathing suits.
- The lifeguards reserve the right to exclude any person from the pool who does not follow the rules

**NOTE: LOCKER ROOMS CLOSE ONE HALF HOUR AFTER GYM CLASSES EXCEPT SUNDAY WHEN LOCKER ROOMS CLOSE AT 11:00 AM. NO ADMITTANCE TO ANY FACILITIES 15 MINUTES BEFORE CLOSING.**

**OPEN GYM SCHEDULE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEN</b> Open Gym 8:00 - 9:30 am	<b>WOMEN</b> Open Gym 9:00 - 10:00 am		<b>WOMEN</b> Open Gym 9:00 - 10:00 am		<b>BOYS</b> Open Gym (grades 1 - 3 ) 12:15- 12:50 pm
<b>WOMEN</b> Circuits 10:00 - 10:45 am <b>GIRLS</b> Open Gym (grades 1-8) 12:30 - 1:30 pm	<b>WOMEN</b> Cardio Challenge 10:00 - 10:45 am Arms and Abs 10:50 - 11:20 am		<b>WOMEN</b> Cardio Challenge 10:00 - 10:45 am Arms and Abs 10:50 - 11:20 am		<b>BOYS</b> Open Gym (grades 4 -6) 12:50- 1:35 pm (grades 7 - 8) 1:40 - 2:15 pm
<b>GIRLS</b> Open Gym (grades p1a-3) 1:30 - 3:30 pm	<b>GIRLS</b> Gym Steptastic 12:00 - 12:45 pm	<b>H.S. GIRLS</b> Core-dination 8:00 -8:45 pm	<b>GIRLS</b> Gym Steptastic 12:00 - 12:45 pm	<b>H.S. GIRLS</b> Core-dination 8:00 -8:45 pm	<b>MOTZOEI SHABBOS</b> NOVEMBER 3 MARCH 9
<b>BOYS</b> Open Gym (grades 3-6) 4:30 - 6:00 pm	<b>WOMEN</b> Steptastics 11:45 - 12:15 pm	<b>WOMEN</b> Cardio Dance Fusion 7:55 - 8:45 pm	<b>WOMEN</b> Step Tastics 11:45 - 12:15 pm	<b>WOMEN</b> Cardio Dance Fusion 7:55 - 8:45 pm	
<b>BOYS</b> Open Gym (Grades 6-8) 6:00 -7:15 pm					<b>BOYS</b> Open Gym (grades 6 - 8) 8:00 - 9:15 pm
<b>HS BOYS</b> Open Gym 7:15 - 9:00 pm	<b>MEN</b> Open Gym 7:00 - 10:30 pm	<b>WOMEN</b> Open Gym 9:00 - 10:30 pm	<b>MEN</b> Open Gym 7:00 - 10:30 pm	<b>WOMEN</b> Open Gym 9:00 - 10:30 pm	<b>HS BOYS</b> Open Gym 9:15 - 10:45 pm

## ••• ADULT SPECIAL INTEREST CLASSES •••

- No refunds will be given on any class after the first session has begun.
- Supplies are not included in course fees. • Babysitting is available during daytime classes and at night by reservation only. • Children are not permitted in any of the classrooms
- No Evening Classes Chanukah December 13



### ••• ART PALETTE •••

#### ART WORKSHOP I

CHAVA ROTH

#### BASIC DRAWING AND WATERCOLORS

Introduction to drawing in black and white. Line volume, composition and perspective taught through still life. Basic principles of Watercolor and techniques.

**5TD1** Tues. 10:00-12:30 pm • October 16 - December 18

**5WE1** Wed. 7:00-9:30 pm • October 17 - December 26

Fee: M-\$185/NM-\$200 (10 Sessions)

#### ART WORKSHOP II

CHAVA ROTH

Basic drawing pre-requisite. Oil Painting from a representational viewpoint. Still Life, landscapes, etc. Color mixing, paint application and composition strategies emphasized.

**5TD2** Tuesday 12:45 -3:15pm • October 16 - December 18

**5WD1** Wednesday 10:00-12:30 pm • October 17 - December 19

**5WD2** Wednesday 12:45 - 3:15pm • October 17- December 19

Fee: M-\$185/NM-\$200 (10 Sessions)

## WOMEN'S FITNESS CLASSES

We encourage you to develop a set routine to keep fit. The exercise schedule may change by time or instructor as needed.

#### INTERVELOCITY

*Sun. 10:00 - 10:45 am*

#### CARDIO CHALLENGE

*Mon. & Wed. 10:00 - 10:45 am*

*High impact aerobics followed by intense abdominal exercises*

#### ARMS & ABS

*Mon. & Wed. 10:50 - 11:30 am*

*Toning Class*

#### STEPTASTIC

*Mon. & Wed. 11:30 - 12:15 pm*

*Variation of popular basic moves, off cadence stepping, tap free stepping, creating more complex patterns, while working with one or two steps*

#### CARDIO DANCE FUSION

*Tues. 7:55 - 8:55 pm*

*Fun cardio combinations followed by weights & mat work*

#### BOOT CAMP TRAINING

*Thurs. 7:55 - 8:55 pm*

*Cardio kick boxing with emphasis on the core & lower body*

#### H.S. GIRLS FITNESS CLASSES

#### CORE-DINATION

*Tues. & Thurs. 8:00 - 8:45 pm*

*Aerobics Training - fun work - Hard Play stretching, calisthenics and step included in total workout*

#### ADULT EXERCISE CLASSES

*Open to Members & Non Members!*

#### ZUMBA WITH TAMARA

*Energetic aerobics workout combining latin & international dance steps*

**FRIDAY 10-10:45PM**

**OCT. 5 - DEC. 7:**

**10 SESSIONS**

**5ZU1 FEE: M-\$100/NM-\$125**

**DROP IN ONE CLASS \$15**

## ● ● ● CLUB NISSIM ● ● ●

Club Nissim is a Day Program for Holocaust Survivors, and is open for men and women who are Survivors of the Shoah. It meets Monday, Tuesday, Wednesday and Thursday beginning at 10:00 am . Club Nissim was so named by its members in recognition of their miraculous survival, and it is a dynamic program where participants can explore a wide variety of stimulating activities in a cheerful and friendly environment.

“The Circle” offers special programs and services for members of Club Nissim members who are in need of additional support and supervision.

Limited transportation to and from the Y is available free of charge.

### activities include:

- ❖ Daily Exercise for Women
- ❖ Lectures
- ❖ Discussion & Support Groups
- ❖ Aqua Dynamics for Women
- ❖ Cooking & Baking
- ❖ Weekly Movies & Documentaries
- ❖ Exercise, Swimming & Shiur for Men only
- ❖ Social Gatherings & Parties
- ❖ Dance, Bowling & Ping pong
- ❖ Birthday Club
- ❖ Weekly Trips & Outings
- ❖ Beading, Knitting & Other Crafts
- ❖ Health & Nutrition Programs
- ❖ Relaxation & Stress Reduction Techniques

Visit us, and you will discover many dear, familiar faces! This is also the place to make fresh connections and find new friends! Members are encouraged to browse and select among the many varied activities, or to simply drop in for a cup of coffee and a schmooze!

**SIMONNE HIRSCHORN**  
PROGRAM DIRECTOR

**ESTHER GROSSMAN**  
PROGRAM ASSISTANT

**CHANA SAHLER**  
PROGRAM ASSISTANT

*Join Club Nissim and Get a New Lease on Life!*

"Club Nissim" is supported by grants from the Conference on Jewish Material Claims against Germany and UJA/Federation of New York and the NYC Council Elie Weisel Holocaust Survivor Initiative.

# BORO PARK Y SENIOR CENTER

Judy Liff, *Director* Hindy Gertner, *Program Assistant* (718) 435-3804  
 The Y Senior Center offers diverse and stimulating activities for men and women over 60; Monday thru Friday 9:00 am - 4:30 pm.

*Program Highlights*

- CRAFTS
- HEALTH & NUTRITION LECTURES
- GUEST SPEAKERS
- SHOWS
- ASSISTANCE WITH GOVERNMENT BENEFITS
- DAILY GLATT KOSHER LUNCHES
- CLASSES & LECTURES

## WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 am BOARD GAMES</b>				
<b>10:00 am</b> Excercise Video	<b>10:00 am</b> Excercise	<b>10:15 am</b> Excercise	<b>10:00 - 11:00 am</b> Blood Pressure Screening	<b>9:45 am</b> Morning Stretch
<b>11:00 am</b> Chair Yoga in Center			<b>10:00 am</b> Exercise	
<b>12:00 pm</b> Yoga in Gym	<b>11:00 am</b> Jewish Studies	<b>11:30 am</b> "To Your Health"	<b>11:00 am</b> "News & Views"	<b>11:00 am</b> Class with Rabbi Kestenbaum
<b>12:00 noon LUNCH</b>				
<b>1:00 pm</b> Monday Matinee	<b>1:30pm</b> Needles & Knots Knitting	<b>1:30pm</b> Crafts Club	<b>1:00 pm</b> "Arts & Entertainment"	Meals for Shabbos Register by Wednesday
<b>1:00 pm</b> Dance with Shulamith				

# UPCOMING EVENTS

## THANKSGIVING PARTY

Thursday  
 November 22nd  
 11:30 AM • \$4  
 Reservation Required

## CHANUKAH PARTY

Thursday  
 December 6th  
 11:30 AM • \$4  
 Reservation Required

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING



# BORO PARK Y BUILDING SCHEDULE 5778

*Subject to Change*

Monday September 3 .....	Labor Day Y Open
Sunday September 9 .....	Erev Rosh Hashanah Y closes at 1
Monday September 10 - Tuesday September 11 .....	Rosh Hashanah Y closed
Wednesday September 12 .....	Tzom Gedalia Regular Schedule
Tuesday September 18 .....	Erev Yom Kippur Men's Swim till 11am Y closes at Noon
Wednesday September 19 .....	Yom Kippur Y Closed
Sunday September 23 .....	Y Closed
Monday September 24 - Tuesday September 25 .....	Succos Y Closed
Wednesday September 26 - Friday September 28 .....	Chol Hamoed Schedule
Sunday September 30 .....	Hoshana Rabba Y closed
Monday October 1 - Tuesday October 2 .....	Shiminei Atzeret & Simchas Torah Y closed
Thursday November 22 .....	Thanksgiving - Regular Schedule
Motzoei Shabbos December 8 .....	Motzei Shabbos Program Cancelled
Sunday December 9 .....	Mens Swim & Gym Y Closes at 12 Noon Childrens Program Cancelled
Tuesday December 18 .....	Asara B'Tevet Regular Schedule
~ 2019 ~	
Monday January 1 .....	Y Open
Wednesday March 20 .....	Taanis Esther - Y Open till 4pm
Thursday March 21 .....	Purim - Y Closed Senior Center Open
Thursday April 18 .....	Y Open till 2 pm
Friday April 19 .....	Erev Pesach Y Closed
Monday April 22 - Wednesday April 24 .....	Chol Hamoed Schedule
Thursday April 25 - Friday April 26 .....	Y Closed
Monday May 27 .....	Memorial Day Y Open
Sunday June 9 - Monday June 10 .....	Shavuos Y closed
Thursday July 4 .....	Y Open
Sunday July 21 .....	17th of Tammuz observed Y Closes at 4 PM
Friday August 2 - Friday July 9 .....	Nine Days Schedule
Sunday August 4 .....	Y Closed
Sunday August 11 .....	Tisha B'Av Y Closed

**CHOL HAMOED SCHEDULE**

Monday, Wednesday Thursday - Women's Swim 8:00 - 11:00 am  
 Tuesday & Thursday - Women's Swim 7:30 - 10:00 pm  
 Sunday, Tuesday, Friday - Men's Swim 8:00- 11:00 am  
 Monday & Wednesday - Men's swim 7:00 - 10:00 pm

**NINE DAYS SCHEDULE**

Exercise classes and Fitness room open. Pool, Sauna, Whirlpool closed.

Boro Park YM-YWHA  
4912 14TH AVENUE  
BROOKLYN, NEW YORK 11219

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\*Past President



## y staff

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Senior Center Director  
Senior Adult Holocaust Program Staff  
Bookkeeper  
Office Clerical Staff  
Aquatics Directors

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Judy Liff, BA  
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