

# FALL 2022 PROGRAM GUIDE

Begin Date  
**OCTOBER 30TH**

**GIRLS SUNDAY PROGRAM**  
10AM - 4PM

**BOYS SUNDAY PROGRAM**  
4PM - 7PM

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

**BOYS MOTZEI SHABBOS  
PROGRAM**  
8PM - 10:30PM  
BEGINS NOV. 5TH  
SWIM INSTRUCTION  
FOR ALL AGES

**CLUB NISSIM FOR  
HOLOCAUST SURVIVORS**

**SENIOR CENTER  
FUNDED BY DFTA**

**2G GENERATION  
FUNDED BY JFNA**



VOLUME 23 ISSUE 1

**BORO PARK**  
מרכז ד'בארא פארק



**BORO PARK YM-YWHA MERCAZ D'BORO PARK**  
4912 14TH AVENUE • BROOKLYN, NY 11219  
TEL: 718.438.5921 • FAX: 718.871.7336  
[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 \$125.00** and cannot be renewed
- \* Guest pass fee: **\$25** for an adult; **\$15** 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 9:30 - 2:30pm • Thursday 9:30 - 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.**

<b>FAMILY</b> a) Parents & all children ages 20 & younger living at home. b) Students, Ages 18-20, and still living at home, students 20-30 \$125 extra	<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</b> over age 18	<b>\$480</b>
<b>ADULT STUDENT</b> Age 17 through 25 and a full-time student*	<b>\$280</b>
<b>KOLLEL COUPLE</b> Age 21-30 and one spouse is a full-time student*	<b>\$400</b>
<b>CHILDREN</b> Age 4 through 13 (grade P1A - 8)	<b>\$195</b>
<b>HS STUDENTS</b> Grades 9 through 12	<b>\$235</b>
<b>SENIOR ADULTS</b> (Please check with you insurer if they cover gym programs)	Individual, over age 65 <b>\$275</b>
	Couple, both over age 65 <b>\$395</b>

\*Verification Required At Time Of Registration.

## 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 & 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 30 - January 8 • No Programs Chanukah December 25th
    - 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: \$100 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**

**PRE SCHOOL FUN CLUB** 2G00 **\$100.00**  
Creative group activities including arts & crafts, music, dance, cooking and more.

### P1A - 1ST GRADE

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

**BALLET I** 2G01 **\$90.00**  
Barre work emphasizing proper alignment of the body. Develop & improve coordination & image.

**GYMNASTICS I** 2G02 **\$85.00**  
Beg. gymnastics using mats & a balance beam.

**PAINTING 4 BEGINNERS** 2G03 **\$100.00**  
Introductory program for the young artist - bring a smock!

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

**LEARN TO SWIM** 7GS1 **\$120.00**  
(give your child enough time to get ready)

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

**CRAFTS CATALOGUE** 2G10 **\$85.00**  
Dazzle your friends and family!

**BAKERS AND CHEFS** 2G11 **\$85.00**  
Special treats that are fun to make and eat!

**GYMNASTICS I** 2G12 **\$85.00**  
Beginning gymnastics using mats & a balance beam.

**12:30 - 1:20 pm**

**LEARN TO SWIM** 7GS2 **\$120.00**

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

**PAINTING FOR BEGINNERS** 2G30 **\$100.00**  
Introductory program for the young artist - bring a smock!

**BAKERS AND CHEFS** 2G32 **\$85.00**  
Put on your apron and bake special treats.

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

**2:05 - 3:00pm**

**LEARN TO SWIM** 7GS3 **\$120.00**

**FOLLOWED BY FREE SWIM!**

**3:00 - 3:30PM!**

**CRAFTS AND MORE** 2G51 **\$85.00**

**PAINTING 4 BEGINNERS** 2G52 **\$100.00**

## GRADE 2-3

### 10:00 - 11:15 am

**GYMNASTICS I** 2G02 \$85.00  
*Beg. gymnastics using mats & a balance beam.*

### 11:30 - 12:25 pm

**LEARN TO SWIM** 7GS1 \$120.00  
*(give your child enough time to get ready)*

### 11:15 - 12:30 pm

**BALLET I** 2G14 \$90.00  
*Learn basic ballet steps.*

**GYMNASTICS I** 2G12 \$85.00  
*Beginning gymnastics using mats & a balance beam.*

**CASIO I** 2G16 \$90.00  
*Read notes, play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**PAINTING I** 2G17 \$100.00  
*Learn composition, perspective, shading and color. Class size limited. bring a smock!*

### 12:30 - 1:20 pm

**LEARN TO SWIM** 7GS2 \$120.00

### 1:00 - 2:15 pm

**GYMNASTICS II** 2G33 \$85.00

**PAINTING I** 2G34 \$100.00

**WOODSHOP** 2G39 \$100.00

**JUNIOR PARTY PLANNERS** 2G36 \$85.00  
*Edible masterpieces to eat and serve.*

### 2:05 - 3:00 pm

**LEARN TO SWIM** 7GS3 \$120.00  
*Beginners - Intermediate. Small group sizes.*

### 2:15 - 3:30 pm

**JR. PARTY PLANNERS** 2G56 \$85.00

**PAINTING I** 2G54 \$100.00

**POTTERY** 2G55 \$100.00

## GRADE 4-5

### 10:00 - 11:15 am

**PAINTING I** 2G03 \$100.00  
**BASIC DRAWING** 2G05 \$100.00

### 11:15 - 12:30 pm

**STEP AEROBICS** 2G20 \$85.00

**CASIO I** 2G16 \$90.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**BALLET I** 2G14 \$90.00  
*Learn basic ballet steps.*

**PAINTING I** 2G17 \$100.00  
*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

**DRAWING II** 2G13 \$100.00  
*Drawing Principles, shading and pencil work. Limit 10 students.*

### 11:30 - 12:25 pm

**LEARN TO SWIM** 7GS1 \$120.00

### 12:30 - 1:20 pm

**LEARN TO SWIM** 7GS2 \$120.00

**Open Swim**  
 1:20 - 2:00 pm  
 3:00 - 3:30 pm

**Open Gym**  
 12:30 - 3:30pm  
 open to all ages

## GRADE 4-5

### 1:00 - 2:15 pm

**CHALIL** 2G62 \$90.00

**GYMNASTICS II** 2G33 \$85.00

**PAINTING I** 2G34 \$100.00  
Use different media to learn about composition, perspective, shading and color. Limit 10 students.

**CASIO I** 2G63 \$90.00  
Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.

**WOODSHOP** 2G39 \$100.00  
New craft using paints and air diffuser

**PARTY PLANNERS** 2G36 \$85.00  
Edible masterpieces to eat and serve.

### 2:05 - 3:00 pm

**LEARN TO SWIM** 7GS3 \$120.00  
*Beginners through Intermediate.*

**GUARD START** 7GS5 \$135.00  
*Junior Lifeguarding*

### 2:15 - 3:30 pm

**GYMNASTICS II** 2G58 \$85.00

**PARTY PLANNERS** 2G56 \$685.00

**POTTERY** 2G64 \$100.00

**SELF DEFENSE** 2G73 \$90.00

**DRAWING** 2G13 \$100.00

## GRADE 6-8

### 11:15 - 12:30 pm

**DRAWING I** 2G13 \$100.00  
*Beginners class using charcoal pencils*

**OVERSIZED PAINTINGS** 2G22 \$100.00

### 12:30 - 1:20 pm

**LEARN TO SWIM** 7GS2 \$120.00

### 1:00 - 2:15 pm

**WOODSHOP** 2G39 \$100.0

**PAINTING** 2G34 \$100.00

**SELF DEFENSE II** 2G71 \$90.00

**PERSONALIZING W/ CRICKET** 2G40 \$100.00

**CASIO** 2G63 \$90.00

### 2:00 - 2:55 pm

**GUARD START** 7GS5 \$135.00

### 2:25 - 3:00 pm

**PARTY PLANNERS ADVANCED** 2G56 \$85.00

**SELF DEFENSE I** 2G73 \$90.00

**ADVANCED GYMNASTICS** 2G58 \$85.00  
*Placement Test Required*

**OVERSIZED PAINTING** 2G60 \$100.00



# HS 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** **\$600**  
**October 26 - January 4**  
**7TE2 Tuesday 6:00 - 9:00 PM**

**LIFEGUARDING** **\$600**  
**October 28 - January 6**  
**7TE3 Thursday 6:00 - 9:00 PM**  
*Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable)*

**LEARN TO SWM** **\$100.00**  
**October 26- January 4**  
**7TE1 Tuesday 7:15 - 8:00 PM**

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

# HS 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-\$90/NM-\$125**  
**November 12 - January 21 (10 Sessions)**  
**2MS1 Level I Motzoei Shabbos 8:00 - 9:00 pm**  
**2MS2 Level II Motzoei Shabbos 9:00 - 10:00 pm**

**LIFEGUARDING** **\$600.00**  
**7BS4 Motzoei Shabbos 6:30 -9:30 pm**  
**November 19 - January 14**  
*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**

# 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 30 - January 8 No Classes Dec. 25**
  - **Friday Program dates: October 28 - January 6- No Classes Dec. 23**
- **Motzoei Shabbos Program dates: November 5 - March 4 • No Sessions Chanukah December 24**
  - **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 \$90.00

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 \$90.00

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

### GYMNASTICS \$85.00

2BS2 Sunday 3:45-4:45 pm  
 2BS3 Sunday 4:45-5:45 pm

### WOODWORKING I \$100.00

2BS6 Sunday 3:45 - 4:45 pm  
 2BS7 Sunday 4:45 - 5:45 pm

### PAINTING & DRAWING \$100.00

2BS4 Sunday 3:45 - 4:45 pm  
 2BS9 Sunday 4:45 - 5:45 pm

### SWIM INSTRUCTION \$120.00

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 \$135.00

First step training for Junior Lifeguards.

7BS3 Sunday 5:30 - 6:15 pm

### OPEN SWIM Members Only No Fee

Sunday 4:15 - 4:40 pm / 6:15 - 7:00 pm  
 Friday 12:30 -1:15 pm  
 Motzoei Shabbos 8:30 - 10:00 pm

### FATHER/SON SWIM

Sunday 6:00 - 7:30 pm  
 Motzoei Shabbos 8:30 - 10:00 pm  
*Members Only No Fee. 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 • \$100**  
**Group Lessons in**  
**• Casio • Drums**

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





# AQUATICS & PHYSICAL ED

- All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted
- No evening classes December 23rd - December 26th

## WOMEN

### LEARN TO SWIM

\$120.00

October 24 - December 26

7MD1 Monday 10:30 - 11:05 am

October 25 - January 3

7TE1 Tuesday 7:15 - 8:00 pm

### LAP SWIM No Fee

October 24 - January 2

Registration is for one Lap Swim Period Only

Monday & Wednesday

7W01 Lap I 7:15 - 8:00 am

7W03 Lap III 1:15 - 2:00 pm

### SWIM FOR FITNESS

\$75.00

October 26 - January 1

7WD1 Wednesday 10:30 - 11:05 am

### LIFEGUARDING

\$600.00

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 27 - January 5

7TE3 Thursday 6:00 - 9:30pm

### WSI

\$600.00

October 25 - January 3

7TE2 Tuesday 6:00 - 9:30 pm

Red Cross materials and fees not included

## GIRLS

### LEARN TO SWIM

\$120.00

Emphasis on water comfort, floating, breathing, kicking-front & back crawl.

October 30 - January 8

7GS1 Sunday 11:30 - 12:25 pm

7GS2 Sunday 12:25 - 1:15 pm

7GS3 Sunday 2:00 - 2:55 pm

November 1 - January 10

7GT1 Tuesday 5:30 - 6:15 pm

### GUARD START

\$135.00

October 30 - January 8

7GS5 Sunday 2:05 - 3:00 pm

## BOYS

### LEARN TO SWIM

\$120.00

October 30 - January 8

7BS1 Sunday 4:40 - 5:30 pm

7BS2 Sunday 5:30 - 6:15 pm

October 28 - January 6

7BF1 Friday 1:20 - 2:10 pm

### GUARD START

\$135.00

First step training for Junior Lifeguards.

October 30 - January 8

7BS3 Sunday 5:00 - 5:30 pm

## HIGH SCHOOL BOYS & MEN

### LIFEGUARDING

\$600.00

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.

November 19 - January 14

7BS4 Motzei Shabbos 9:00 - 10:30 pm

## one on one SWIM INSTRUCTION

Fee: \$45  
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.

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

Take advantage of a membership & 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 7:15 - 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 12:30 - 1:20pm	<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 - 11:45 am	<b>BOYS</b> (Grades 1-8) Open Swim 12:30 - 1:15 pm
<b>GIRLS</b> Open Swim (Grades 2-8) 1:20 - 2:00 pm	<b>WOMEN</b> Swim Instruction 10:30 - 11:05 am		<b>WOMEN</b> Swim For Fitness 10:30 - 11:05 am		<b>BOYS</b> Swim Instruction (Grades 1-8) 1:20- 2:10 pm
<b>GIRLS</b> (Grades 1-8) Swim Instruction 2:05- 3:00 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. 5- MARCH 4
<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>WOMEN</b> Open Lap Swim 9:30 -10: 30 pm		<b>WOMEN</b> Open Lap Swim 9:30 -10:305 pm	<b>H.S. BOYS</b> Lifeguarding 8:00 - 10:30 pm

### AQUADYNAMICS WATER EXERCISE

#### WOMEN

Monday & Wednesday .....9:30 - 10:00 am  
11:15 - 1145 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

#### WOMEN

Monday & Wednesday .....10:00 - 1:30 pm  
Thursday .....9:00 - 11:30 am  
Tuesday & Thursday .....7:30 - 9:30 pm

#### MEN

Monday & Wednesday .....7:30 - 9:30 pm  
Sunday, Tuesday, Friday .....8:30-10:30 am

POOL HOURS WILL BE STRICTLY ENFORCED  
SUBJECT TO AVAILABILITY OF LIFEGUARDS

### SAUNA AND STEAMROOM

#### WOMEN

Monday & Wednesday .....7:15 - 2:15 pm  
Tuesday .....7:30 - 10:30 pm  
Thursday .....8:00 - 11:30 am  
7:30 - 10:30 pm

#### MEN

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

#### WOMEN

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

#### MEN

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

#### H.S. GIRLS

Tuesday & Thursday .....7:00 - 8:00 pm

#### H.S. BOYS

Motzoei Shabbos .....9:00 - 10:45 pm  
Sunday .....7:00 - 8:30 pm

## RULES FOR USE OF POOL, GYM AND SAUNA

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

- Pool, Gymnasium, Steam Room, Sauna, Exercise Room 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.**

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>H.S. GIRLS</b> Core-dination 8:00 -8:45 pm		<b>H.S. GIRLS</b> Core-dination 8:00 -8:45 pm	<b>MOTZOEI SHABBOS NOV. 5 - MARCH 4</b>
<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 21st

## 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 • November 1 - January 3

5WE1 Wed. 7:00-9:30 pm • November 2 - January 11

Fee: M-\$185/NM-\$225 (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 Tues. 12:45 -3:15pm • November 1 - January 3

5WD1 Wed. 10:00-12:30 pm • November 2 - January 4

5WD2 Wed. 12:45 - 3:15pm • November 2 - January 4

Fee: M-\$185/NM-\$225 (10 Sessions)

## ADULT EXERCISE CLASSES

### KINSTRETCH

5KU1: SEPT. 9 - NOV. 18

9:00-10:00AM

10 SESSIONS

FEE: M-\$100/NM-\$125

• DROP IN ONE CLASS \$15

### ZUMBA WITH TAMARA

*Energetic aerobics workout combining latin  
& international dance steps*

FRIDAY 10-10:45AM

5KU1: SEPT. 9 - NOV. 18: 10 SESSIONS

FEE: M-\$100/NM-\$125 • DROP IN ONE CLASS \$15

### SHULAMIS SPUTZ DANCING

MON, WED 8-10:00PM

TUES. & THURS. 10-12:00PM

5SP1: OCT. 24 - JAN. 5

(NO CLASS WEEK OF CHANUKAH)

10 SESSIONS FEE: M-\$350

## WOMENS FITNESS CLASSES

### 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 - 11:20 am

Toning Class

### STEPTASTIC

Mon. & Wed. 12:15 - 10:00 pm

*Variation of popular basic moves, off cadence  
stepping, tap free stepping, creating more  
complex patterns, while working with 1 or 2 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  
thecore & lower body*

### H.S. GIRLS FITNESS CLASSES

#### CORE-DINATION

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

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

# 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
- ❖ Social Gatherings & Parties
- ❖ Dance, Bowling & Ping pong
- ❖ Birthday Club
- ❖ Weekly Trips & Outings
- ❖ Beading, Knitting & Other Crafts
- ❖ Health & Nutrition Programs
- ❖ Exercise, Swimming & Shiur for Men only
- ❖ 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!

## 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.*



## 2ND GEN

*This program is for the adult children, over the age of 60 of Holocaust survivors. Fun Education and stimulating programs. Recieve validation of the challenges living as a child of Holocaust Survivors.*

**Simonne Hirschhorn**  
Program Director

**Esther Grossman**  
Program Assistant

**Yosef Chesny**  
Social Worker

**Malky Lipschitz**  
Program Aide

**C. Mushka Malka**  
Technical Support



# BPY SENIOR CENTER

**Judy Liff**, *Director* • **Esther Lewin**, *Assistant Director*  
(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** •

***New Program & Activities are added every Month!  
Pick up calendar at the Senior Center Office***

## Program Highlights

- **Aerobics • Chair Yoga • Lectures**
- **Nutrition Education • Strength Training**
- **Movies/Documentaries • Craft Club**
- **Walking Club • Shopping Excursions**
- **Mat Yoga • Cooking & Baking Projects**
- **Painting Classes • Health Screening**
- **Day Trips & Tours • Holiday Parties • Picnics**

Funded by The New York City Department for the Aging



# Boro Park Y Building Schedule 5783

(Subject to change)

Monday September 5 .....	Labor Day Y Open
Sunday September 25 .....	Erev Rosh Hashanah Y open till noon
Monday September 26 – Tuesday Sept. 27 .....	Rosh Hashanah Y closed
Wednesday September 28 .....	Tzom Gedalia Regular Schedule
Tuesday October 4 .....	Erev Yom Kippur Y closes noon
Wednesday October 5 .....	Yom Kippur Y closed
Sunday October 9 .....	Erev Succos Y closes noon
Monday October 10 – Tuesday October 11 .....	Succos Y closed
wednesday October 12 –Friday October 14 .....	Chol Hamoed Schedule
Sunday October 16 .....	Hoshana Rabba Y Closed
Monday October 17 .....	Shimeni Atzeret Y closed
Tuesday October 18.....	Simchat Torah Y closed
Thursday November 24 .....	Thanksgiving - Regular Schedule
Sunday December 18 .....	First Night Chanukah
Motzoei Shabbos December 24 .....	Motzoei Shabbos Program Cancelled
Sunday December 25 .....	Men’s Swim and Gym Y closes at 12 noon
Children’s program cancelled	

## 2023

Tuesday January 3 .....	Assarah B’Tevet Regular Schedule
Monday March 6 .....	Taanis Esther Reg. schedule closes 4 pm
Tuesday March 7 .....	Purim only Senior Center open
Tuesday April 4 .....	Y open till 2 pm
Wednesday April 5 Erev .....	Pesach Y closed
Thursday April 6 – Friday April 7 .....	Y closed
Sunday April 9-Tuesday April 11 .....	Chol Hamoed Schedule
Wednesday April 12 – Thursday April 13 .....	Y closed
Thursday May 25 .....	Erev Shavuos Y closes 2 pm
Friday May 26 .....	Y closed
Monday May 29.....	Memorial Day Y open
Tuesday July 4 .....	Y open
Thursday July 6 17 th of Tammuz .....	swimming cancelled
Wednesday July 19 –Thursday July 27 .....	Nine Days Schedule
Sunday July 23 .....	Y closed
Wednesday July 26 .....	Y closes 3 pm
Thursday July 17 .....	Tisha B’av Y closed
Monday September 4 .....	Labor Day Y open

### Chol Hamoed Schedule

Monday, Wednesday Thursday Women’s Swim 8 - 11am  
Tuesday, and Friday Men’s Swim 8 - 11am

### Nine Days Schedule

Exercise classes and Fitness room open. Pool, Sauna closed

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

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## Y Staff

**Executive Director**  
**Senior Center Director**  
**Senior Adult Holocaust Program Staff**

**Bookkeeper**  
**Office Clerical Staff**  
**Aquatics Directors**  
**Building Supervisor**

**Ellie Kastel, MSW**  
**Judy Liff, BA, Esther Lewin**  
**Simonne Hirschhorn BA, Yosef Chesny CSW,**  
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