

VOLUME 18 ISSUE 3

BORO PARK

מרכז ד'בארא פארק



# SPRING 2018 PROGRAM GUIDE

## Spring Membership

APRIL 8th - JUNE 22nd

Adult - \$160\* Family \$250\* Child \$75\*

- Learn to Swim before the Summer •
- Full Range of Swim Classes available •

\*Includes registration and insurance. must be paid in full at time of registration • All classes additional

## • • BUILDING SCHEDULE • •

Friday April 20 .....Boys Friday Program Begins  
 Sunday April 15 .....Sunday Program Begins  
 Sun. May 20-Mon. May 21 ...Shavous Closed  
 Monday May 28 .....Memorial Day Y Open  
 Sunday, June 24 .....Summer Schedule Begins

a beneficiary of  
**UJA Federation**  
*of New York*

UJA/FEDERATION OF NEW YORK  
 IS A MAJOR CONTRIBUTOR OF THE BORO PARK Y AND OTHER BORO  
 PARK SOCIAL SERVICE AND EDUCATIONAL INSTITUTIONS. YOUR GIFT  
 TO THIS ANNUAL CAMPAIGN MEANS RESPONDING TO JEWISH POVERTY  
 IN NEW YORK, EUROPE AND ISRAEL.

**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)**

# 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 **8 sessions: APRIL 15 - JUNE 10**
  - No Classes Sunday May 20 Shavout • 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: **\$50** 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 \$60.00

**2G00 PRE SCHOOL FUN CLUB**

*Creative group activities including arts & crafts, music, dance, cooking and more.*

### P1A - 1ST GRADE

#### 10:00 - 11:15 AM

**2G02 GYMNASTICS I** \$50.00

*Beginning gymnastics using mat & a balance beam.*

**2G01 PAINTING FOR BEGINNERS** \$70.00

*Introductory program for the young artist-bring a smock!*

#### 11:15 - 12:30 pm

**2G12 GYMNASTICS I** \$50.00

*Beginning gymnastics using mats & a balance beam.*

**2G10 SUMMER ART** \$50.00

*New & exciting Craft projects - No Repeats!*

**2G11 BAKERS & CHEFS** \$35.00

*Special treats that are fun to make and eat!*

#### 1:00 - 2:15 pm

**2G32 JR. PARTY PLANNERS** \$45.00

*Put on your apron and bake special treats.*

**2G31 SUMMER ART** \$50.00

*New & exciting Craft projects - No Repeats!*

**2G30 PAINTING 4 BEGINNERS** \$70.00

*Introductory or the young artist - bring a smock!*

#### 2:15 - 3:30 pm

**2G51 RHINESTONE GALLERY** \$545.00

*Bedeck and Bejewel your clothes.*

**2654 PAINTING** \$70.00

### SWIM INSTRUCTION ALL GRADES

#### 11:30 - 12:25 pm

**7GS1 LEARN TO SWIM** \$80.00

#### 12:30 - 1:20 pm

**7GS2 LEARN TO SWIM** \$80.00

#### 1:15 - 2:00 pm

**OPEN SWIM** No Fee

#### 2:05 - 3:00 pm

**7GS3 LEARN TO SWIM** \$80.00

**3:00-3:30pm OPEN SWIM** No Fee

**12:30-3:30pm OPEN GYM** All Grades No Fee

**GRADES 2 - 3****10:00 - 11:15 am**

2G02	<b>GYMNASTICS I</b>	\$50.00
	<i>Beginning gymnastics using mat &amp; balance beam.</i>	
2G05	<b>DRAWING AND PASTELS</b>	\$70.00
2G07	<b>CRAFTS &amp; MORE</b>	\$50.00
2G04	<b>PAINTING I</b>	\$70.00
	<i>Composition, perspective and shading.</i>	

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

2G10	<b>SUMMER ART</b>	\$50.00
2G16	<b>CASIO I</b>	\$60.00
	<i>Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.</i>	
2G11	<b>BAKERS</b>	\$45.00
2G18	<b>DRAWING AND PASTELS</b>	\$70.00
2G17	<b>PAINTING I</b>	\$70.00
	<i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>	

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

2G35	<b>WOODSHOP</b>	\$50.00
2G36	<b>JUNIOR PARTY PLANNERS</b>	\$45.00
	<i>Edible masterpieces to eat and serve.</i>	
2G33	<b>GYMNASTICS I</b>	\$50.00
	<i>Beginning gymnastics using mats &amp; balance beam.</i>	
2G49	<b>PAINTING I</b>	\$70.00
	<i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>	

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

2G53	<b>WORD</b>	\$ 50.00
	<i>Learn the keyboard, functions and games.</i>	
2G41	<b>PARTY PLANNERS</b>	\$45.00
2G54	<b>WATERCOLOR</b>	\$70.00
2G51	<b>RHINESTONE GALLERY</b>	\$50.00

**GRADES 4 - 5****10:00 - 11:15 am**

2G04	<b>PAINTING I</b>	\$70.00
	<i>Composition, perspective and shading.</i>	
2G05	<b>DRAWING AND PASTELS</b>	\$70.00

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

2G16	<b>CASIO I</b>	\$60.00
	<i>Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.</i>	
2G17	<b>PAINTING I</b>	\$70.00
2G14	<b>WEARABLE SUMMER ART</b>	\$50.00
	<i>Headbands, shirts and more!</i>	
2G20	<b>STEP AEROBICS</b>	\$50.00
2G23	<b>OVERSIZED PAINTING</b>	\$70.00
	<i>Must have taken Painting I.</i>	

2G18	<b>DRAWING</b>	\$70.00
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**1:00 - 2:15 pm**

2G35	<b>WOODSHOP</b>	\$50.00
2G39	<b>CASIO II</b>	\$60.00
	<i>Pre-requisite Casio I</i>	
2G40	<b>CHALIL - RECORDER</b>	\$60.00
	<i>Y Provides instrument</i>	
2G33	<b>GYMNASTICS I</b>	\$50.00
	<i>Beginning gymnastics using mats &amp; balance beam.</i>	

2G35	<b>DRAWING &amp; PASTELS</b>	\$70.00
	<i>Composition, perspective and shading!</i>	
2G49	<b>PAINTING I</b>	\$70.00
	<i>Composition, perspective and shading!</i>	

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

2G58	<b>GYMNASTICS II</b>	\$50.00
	<i>Pre-requisite Gymnastics I</i>	
2G61	<b>DRAWING AND PASTELS</b>	\$70.00
2G69	<b>PLASTERWORKS</b>	\$50.00

**GRADES 6 - 8**

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

**2G23 OVERSIZED PAINTING** \$70.00  
*Composition, perspective and shading!*

**12:30 - 1:00 pm - OPEN GYM**

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

**2G39 CASIO II** \$50.00  
*Pre-requisite Casio I.*

**2G72 SELF DEFENSE I** \$70.00

**2G35 DRAWING** \$70.00

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

**2G58 GYMNASTICS II** \$50.00  
*Pre-requisite Gymnastics I.*

**2G61 DRAWING AND PASTELS** \$70.00  
*Beginners class using charcoal pencils.*

**2G54 WATERCOLOR** \$70.00

**2G73 SELF DEFENSE I** \$50.00  
*Basics of Karate and practical self defense.*

**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.*

**INTERVALS**

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

**CARDIO & ABDOMINAL CHALLENGE**

**Monday & Wednesday 10:00 - 10:45 am**  
*Fast paced cardio workout followed by mat work*

**LOW IMPACT AEROBICS**

**Monday & Wednesday 10:50 - 11:30 am**  
*Low impact aerobics*

**STEPTASTIC-BODY SCULPTING**

**Monday & Wednesday 12:00-1:00 pm**  
*Intense cardio workout*

**CARDIO DANCE FUSION**

**Tuesday 7:55 - 8:55 pm**  
*Advanced choreographed moves followed by mat work*

**BOOT CAMP TRAINING**

**Thursday 7:55 - 8:55 pm**  
*Emphasis on core and lower body*

**HS GIRLS FITNESS**

**CLASSES CORE-DINATION**

**Tuesday & Thursday 8:00-9:00 pm**

**HS GIRLS WATER EXCERCISE CLASS**

**Thursday 7:30-8:00 pm**

**ZUMBA WITH TAMARA**

*Energetic aerobics workout combining latin and international dance steps  
 BlendSalsa, Merengue, RumbaReggae & more*

**ADVANCED**

**FRIDAY 10-10:45PM**

**10 SESSIONS**

**APRIL 13 - JUNE 15:**

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

**DROP IN ONE CLASS \$15**

**ONE ON ONE SWIM INSTRUCTION**

**Fee: \$40 per 30 minute session**  
*Private swim instruction class for women.  
 Registration by appointment & for members only.*

# 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 **8 sessions**. All fees include supplies and materials except where noted.
- Sunday Program dates: **April 15 - June 10** • Friday Program dates: **April 13 - June 1**

### swimming

#### SWIM INSTRUCTION \$80.00

Grades 1 - 8. All Levels.  
*Beginners through advanced beginners, child will be tested at first session and placed in a group based upon his swimming level.*

<b>7BF1</b>	Friday	1:30 - 2:15 pm
<b>7BS1</b>	Sunday	4:40 - 5:25 pm
<b>7BS2</b>	Sunday	5:30 - 5:50 pm

#### GUARD START \$95.00

<b>7BF2</b>	Friday	1:30 - 2:15 pm
<b>7BS3</b>	Sunday	5:20 - 6:10 pm

#### OPEN SWIM No Fee

Sunday Big Pool	4:15 - 4:40 pm
Sunday Small Pool	5:30 - 7:00 pm
Friday	12:30 - 1:15 pm
Friday	2:15 - 3:00 pm

#### FATHER/SON SWIM No Fee

*Father must be accompanied by child.*

Sunday	5:30 - 7:00 pm
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#### GYMNASTICS \$50.00

<b>2BS2</b>	Sunday	3:45 - 4:45 pm
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#### WOODWORKING I \$70.00

<b>2BS6</b>	Sunday	3:45 - 4:45 pm
<b>2BS7</b>	Sunday	4:45 - 5:45 pm

#### PAINTING \$70.00

<b>2BS5</b>	Sunday	4:00 - 5:00 pm
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## H.S. PROGRAM

#### SPORTSCENTER No Fee

Sunday	7:15 - 9:00 pm
Monday & Wednesday	7:00 - 9:00 pm

#### FITNESS FACILITY No Fee

Sunday	7:00 - 9:00 pm
Friday	12:00 - 3:00 pm

#### OPEN SWIM No Fee

Sunday	7:00 - 9:00 pm
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Lifeguarding Refresher Classes

### sports



#### SPORTSCENTER - No Fee

Organized activities geared to age levels.

<b>Grades 3 - 5</b>	Sunday - 4:00-5:30 pm
<b>Grades 6 - 8</b>	Sunday - 5:30-7:00 pm
<b>Grades 1 - 3</b>	Friday - 12:30-1:30 pm
<b>Grades 4 - 6</b>	Friday - 1:30-2:15 pm
<b>Grades 7 - 8</b>	Friday - 2:15-3:00 pm

#### SELF DEFENSE I \$50.00

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

<b>2BS3</b>	Sunday	6:00 - 7:00 pm
<b>2BS5</b>	Sunday	7:00 - 8:00 pm

### YESHIVA BOYS ORCHESTRA PROGRAM

#### LEARN TO PLAY AN INSTRUMENT:

## MUSIC LESSONS

#### GROUP LESSONS

### Sunday 4:00 - 6:00 pm • \$50

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



# Health & Wellness Department

\*ALL AMERICAN RED CROSS BOOKS INCLUDED

## WOMEN

**LEARN TO SWIM** \$80  
*Program of swim instruction based upon your ind. needs & skill level.*  
**7MD1** Monday 10:20—10:55am - April 16 - June 11  
**7TD2** Tuesday 7:15—8:00pm - April 17 - June 5

**SWIM FOR FITNESS**  
**7W01** Wednesday 10:20 - 10:55am  
 April 18 - June 6 \$50

**LAP SWIM** \$50  
 April 16 - June 20  
 Registration Required  
*Registration is for one lap swim period only.*  
**7W01** Lap I 7:15 - 8:00am  
**7W03** Lap III 1:15 - 2:00pm

**LIFEGUARDING INTENSIVE\*** \$550  
 April 19 - June 7  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 and a Deep Water Swimmer*  
**7TE4** Tuesday & Thursday 6:30—10:30pm

**LIFEGUARDING REFRESHER** \$300  
 April 17 - April 26  
*Preliminary screening test fee: \$10. (non-refundable) Must be 16.*  
**7TE3** Tuesday & Thursday 6:30—9:30pm  
 May 1 - May 10  
**7TE6** Tuesday & Thursday 6:30—9:30pm  
 includes CPR Refresher

## GIRLS

**LEARN TO SWIM** \$80  
*Emphasis on water comfort, floating, breathing, kicking-front and back crawl.*  
 April 15 - June 10 (8 Sessions)  
**7GS1** Sunday 11:30—12:25am  
**7GS2** Sunday 12:30—1:20pm  
**7GS3** Sunday 2:05—3:00pm  
**7GT1** Tuesday 5:30-6:15pm

**GUARD START** \$90  
 April 15 - June 10  
**7GS5** Sunday 2:00—2:55pm

**MOM AND TOT SWIM**  
**7GS5** Thursday 11:45—12:30pm  
 Ages 8 Months to 18 Months  
 April 19 -May 17  
 5 Classes \$85 Non Members \$115 Registration Limited

## BOYS

**LEARN TO SWIM** \$80  
 April 15 - June 10  
**7BS1** Sunday 5:00—5:50pm  
 April 20 - June 8  
**7BF1** Friday 1:20—2:10pm

## H.S. BOYS & MEN

**LIFEGUARDING INTENSIVE\*** \$550  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 and a Deep Water Swimmer.*  
 April 5 - June 10  
**7BS4** Sunday 7:00—11:00pm

**LIFEGUARDING INSTRUCTOR** \$500  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 with current lifeguarding certification.*  
 April 15 - June 10  
**7BS5** Sunday 6:00—10:00pm

**LIFEGUARDING REFRESHER** \$300  
*Includes CPR*  
 May 1 - June 19  
**7BS6** Sunday 6:30—9:30pm

### ALL RED CROSS BOOKS INCLUDED!

CPR Updates, CPR's and Basic First Aid Refresher Courses available. Call for Information



## Health Benefits of Swimming

*Humans are buoyant & weigh 1/10th less in water. Many people who have stopped exercising because of injuries or strain on bones or joints like knees can safely swim. It is low impact because it is not weight bearing and warm water helps relax muscles stiffened by arthritis and other conditions. Aquatic exercise programs offer no-impact options for walking.*

# 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 Classes May 22 thru June 6

## art pallete

### ART WORKSHOP I CHAVA ROTH

Introduction to drawing in black & white. Line volume, composition and perspective taught through still life. Basic principles of watercolor & techniques. Knowledge of color mixing and perception by direct observation & study of color theory.

**5TD1** Tuesday 10:00 - 12:30 pm  
April 10 - June 19

**5WE1** Tuesday 7:00 - 9:30 pm  
April 10 - June 19

Fee: M-\$145/NM-\$160 (8 Sessions)

### ART WORKSHOP II CHAVA ROTH

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

**5TD2** Tuesday 12:45-3:15pm  
April 10 - June 19

**5WD2** Wednesday 12:45-3:15pm  
April 11 - June 20

**5WD1** Wednesday 10:00 - 12:30 pm  
April 11 - June 20

Fee: M-\$145. NM-\$160 (8 Sessions)



## BASIC COMPUTER EDUCATION

### WORD FOR WINDOWS I

Basic Course for computers. Work with file, applications, Notepad. Create and format documents in Word.

**5CC1** Monday & Wednesday April 16 - May 28  
10:00 - 11:30 am

**5CC2** Tuesday & Thursday April 17 - May 24  
7:00 - 8:30 pm

Fee: M-\$145/NM-\$165 (12 Sessions)

### QUICKBOOKS

Pre Requisite - Word for Windows. Learn to set up books for a business payroll, vendors, pay taxes or for personal use.

**5CC5** Tuesday & Thursday 5:30 - 7:00 pm  
May 2 - May 18

Fee: M-\$100/NM\$125 (6 Sessions)

# 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*

- FILMS & LECTURES
- TRIPS
- SHOWS
- ASSISTANCE WITH GOVERNMENT BENEFITS
- DAILY GLATT KOSHER LUNCHES
- TRANSPORTATION

## WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:10 am</b> Exercise Video	<b>10:00 am</b> Exercise	<b>10:30 am</b> Exercice Class	<b>10:00 - 11:00 am</b> Blood Pressure Screening	<b>10:00 am</b> Exercise Video
<b>10:00 am</b> Exercise Video			<b>10:00 am</b> Exercise	
<b>12:00 am</b> Mat Yoga			<b>11:00 am</b> "News & Views"	<b>11:00 am</b> Class with Rabbi Kestenbaum
<b>12:00 noon LUNCH</b>				
<b>1:10 pm</b> Dance with Shulamis	<b>1:00 pm - 3:00</b> Photography Class		<b>1:00 pm</b> "Arts & Entertainment"	<b>Meals for Shabbos</b> <i>Register by Wednesday</i>

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

## ■■■ 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 & 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*

- ❖ Daily Exercise for Women
- ❖ Classes & 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 Technique

*Include:*



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

**SIMONNE HIRSCHHORN**  
*Program Director*

**ESTHER GROSSMAN**  
*Program Assistant*

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