

VOLUME 19 ISSUE 3

**BORO PARK**  
מרכז ד'בארא פארק



# *Spring 2019*

## Program Guide

**SPRING MEMBERSHIP**  
**APRIL 28th - JUNE 21st**

**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 May 3 .....Boys Friday Program Begins  
Sunday May 5 .....Sunday Program Begins  
Monday May 27 .....Memorial Day Y Open  
Sun. June 9-Mon. June 10 .....Shavous Closed  
Sunday, June 23 .....Summer Schedule Begins



**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 **6 sessions: MAY 5 - JUNE 16**
  - No Classes Sunday June 9 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 \$50.00

#### 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** \$45.00

Beginning gymnastics using mat & a balance beam.

2G01 **PAINTING FOR BEGINNERS** \$60.00

Introductory program for the young artist-bring a smock!

2G07 **CRAFTS** \$45.00

11:15 - 12:30 pm

2G12 **GYMNASTICS I** \$45.00

Beginning gymnastics using mats & a balance beam.

2G10 **SUMMER ART** \$45.00

New & exciting Craft projects - No Repeats!

2G11 **BAKERS & CHEFS** \$40.00

Special treats that are fun to make and eat!

1:00 - 2:15 pm

2G32 **JR. PARTY PLANNERS** \$40.00

Put on your apron and bake special treats.

2G31 **SUMMER ART** \$45.00

New & exciting Craft projects - No Repeats!

2G30 **PAINTING 4 BEGINNERS** \$60.00

Introductory or the young artist - bring a smock!

2:15 - 3:30 pm

2G51 **RHINESTONE GALLERY** \$45.00

Bedeck and Bejewel your clothes.

2G54 **PAINTING** \$60.00

### SWIM INSTRUCTION ALL GRADES

11:30 - 12:25 pm

7GS1 **LEARN TO SWIM** \$60.00

12:30 - 1:20 pm

7GS2 **LEARN TO SWIM** \$60.00

1:15 - 2:00 pm

**OPEN SWIM** No Fee

2:05 - 3:00 pm

7GS3 **LEARN TO SWIM** \$60.00

**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

<b>2G02 GYMNASTICS I</b>	\$45.00
Beginning gymnastics using mat & balance beam.	
<b>2G05 DRAWING AND PASTELS</b>	\$60.00
<b>2G07 CRAFTS &amp; MORE</b>	\$45.00
<b>2G04 PAINTING I</b>	\$60.00
Composition, perspective and shading.	

11:15 - 12:30 pm

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

1:00 - 2:15 pm

<b>2G35 WOODSHOP</b>	\$45.00
<b>2G36 JUNIOR PARTY PLANNERS</b>	\$45.00
Edible masterpieces to eat and serve.	
<b>2G33 GYMNASTICS I</b>	\$45.00
Beginning gymnastics using mats & balance beam.	
<b>2G49 PAINTING I</b>	\$60.00
Learn composition, perspective, shading and color. class size limited. bring a smock!	

2:15 - 3:30 pm

<b>2G53 POTTERY</b>	\$ 45.00
Learn the keyboard, functions and games.	
<b>2G41 PARTY PLANNERS</b>	\$45.00
<b>2G54 WATERCOLOR</b>	\$70.00

**GRADES 4 - 5**

10:00 - 11:15 am

<b>2G04 PAINTING I</b>	\$60.00
Composition, perspective and shading.	
<b>2G05 DRAWING AND PASTELS</b>	\$60.00

11:15 - 12:30 pm

<b>2G16 CASIO I</b>	\$50.00
Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.	
<b>2G17 PAINTING I</b>	\$60.00
<b>2G14 POTTERY</b>	\$45.00
Headbands, shirts and more!	
<b>2G20 STEP AEROBICS</b>	\$50.00
<b>2G23 OVERSIZED PAINTING</b>	\$60.00
Must have taking Painting I.	
<b>2G18 DRAWING</b>	\$70.00

1:00 - 2:15 pm

<b>2G35 WOODSHOP</b>	\$45.00
<b>2G39 CASIO II</b>	\$50.00
Pre-requisite Casio I	
<b>2G40 CHALIL - RECORDER</b>	\$50.00
Y Provides instrument	
<b>2G33 GYMNASTICS I</b>	\$45.00
Beginning gymnastics using mats & balance beam.	
<b>2G49 PAINTING I</b>	\$60.00
Composition, perspective and shading!	

2:15 - 3:30 pm

<b>2G58 GYMNASTICS II</b>	\$45.00
Pre-requisite Gymnastics I	
<b>2G61 DRAWING AND PASTELS</b>	\$60.00
<b>2G69 PLASTERWORKS</b>	\$50.00

**GRADES 6 - 8**

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

**2G23 OVERSIZED PAINTING** \$60.00  
*Composition, perspective and shading!*

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

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

**2G39 CASIO II** \$45.00  
*Pre-requisite Casio I.*

**2G72 SELF DEFENSE I** \$60.00

**2G37 POTTERY** \$45.00

**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 EXERCISE 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**  
**MAY 3 - JUNE :**  
**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 **6 sessions**. All fees include supplies and materials except where noted.
- Sunday Program dates: **May 5 - June 16** • Friday Program dates: **May 3 - June 7**



### swimming

<b>SWIM INSTRUCTION</b>	\$60.00
Grades 1 - 8. All Levels. <i>Beginners through advanced beginners, child will be tested at first session and placed in a group based upon his swimming level.</i>	
7BF1 Friday 1:30 - 2:15 pm	
7BS1 Sunday 4:40 - 5:25 pm	
7BS2 Sunday 5:30 - 6:15 pm	
 <b>GUARD START</b>	 \$75.00
7BF2 Friday 1:30 - 2:15 pm	
7BS3 Sunday 5:20 - 6:10 pm	
 <b>OPEN SWIM</b>	 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	
 <b>FATHER/SON SWIM</b>	 No Fee
<i>Father must be accompanied by child.</i>	
Sunday 5:30 - 7:00 pm	
 <b>WOODWORKING I</b>	 \$50.00
2BS6 Sunday 3:45 - 4:45 pm	
2BS7 Sunday 4:45 - 5:45 pm	
 <b>PAINTING</b>	 \$70.00
2BS5 Sunday 4:00 - 5:00 pm	

### sports

<b>SPORTSCENTER</b> - 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 - 12:30-1:30 pm	
Grades 4 - 6 Friday - 1:30-2:15 pm	
Grades 7 - 8 Friday - 2:15-3:00 pm	
 <b>SELF DEFENSE I</b>	 \$50.00
<i>Basic martial arts and skills. A Gi is optional as is testing and at an additional cost.</i>	
2BS3 Sunday 6:00 -7:00 pm	
2BS2 Sunday 7:00 -8:00 pm	

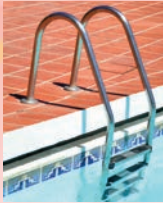
## H.S. PROGRAM

<b>SPORTSCENTER</b>	No Fee
Sunday 7:15 - 9:00 pm	
Monday & Wednesday 7:00 - 9:00 pm	
 <b>FITNESS FACILITY</b>	 No Fee
Sunday 7:00 -9:00 pm	
Friday 12:00 -3:00 pm	
 <b>OPEN SWIM</b>	 No Fee
Sunday 7:00 - 9:00 pm	
Lifeguarding Refresher Classes	

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

**GROUP LESSONS**  
**Sunday 4:00 - 6:00 pm • \$50**

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



# Health & Wellness Department

\*ALL AMERICAN RED CROSS BOOKS INCLUDED

## WOMEN

**LEARN TO SWIM** \$60  
*Program of swim instruction based upon your ind. needs & skill level.*  
**7MD1** Monday 10:20—10:55am - May 6 - June 17  
**7TD2** Tuesday 7:15—8:00pm - May 7 - June 18  
**7WD1** Wednesday 7:15—8:00pm - May 8 - June 19

**SWIM FOR FITNESS**  
**7W02** Wednesday 10:20 - 10:55am  
 May 8 - June 19 \$50

**LAP SWIM**  
 May 6 - June 19 \$50  
 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  
 May 7 - June 12  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 and a Deep Water Swimmer*  
**7TE4** Tuesday & Thursday 6:30—10:30pm

**LIFEGUARDING REFRESHER** \$350  
 May 7 - May 15  
*Preliminary screening test fee: \$10. (non-refundable) Must be 16.*  
**7TE3** Tuesday & Thursday 6:30—9:30pm  
 May 21 - May 30  
**7TE6** Tuesday & Thursday 6:30—9:30pm  
 includes CPR Refresher

## GIRLS

**LEARN TO SWIM** \$60  
*Emphasis on water comfort, floating, breathing, kicking-front and back crawl.*  
 May 5 - June 16 (6 Sessions)  
**7GS1** Sunday 11:30—12:25am  
**7GS2** Sunday 12:30—1:20pm  
**7GS3** Sunday 2:05—3:00pm  
 May 7 - June 11 (6 Sessions)  
**7GT1** Tuesday 5:30-6:15pm  
**GUARD START** \$75  
 April 15 - June 10  
**7GS5** Sunday 2:00—2:55pm

## BOYS

**LEARN TO SWIM** \$60  
 May 5 - June 16  
**7BS1** Sunday 4:40—5:25pm  
**7BS2** Sunday 5:30—6:15pm

May 3- June 7  
**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.*  
 May 5 - June 16  
**7BS4** Sunday 7:00—11:00pm

**LIFEGUARDING INSTRUCTOR** \$500  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 with current lifeguarding certification.*  
 May 5 - June 16  
**7BS5** Sunday 6:00—10:00pm

**LIFEGUARDING REFRESHER** \$350  
*Includes CPR*  
 May 5 - June 16  
**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 pallette

### 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

May 7 - June 18

**5WE1** Wednesday 7:00 - 9:30 pm

May 8 - June 19

Fee: M-\$115/NM-\$145 (6 Sessions)

### ART WORKSHOP II

**CHAVA ROTH**

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

**5TD2** Tuesday 12:45-3:15pm

May 7 - June 18

**5WD2** Wednesday 12:45-3:15pm`

May 7 - June 19

**5WD1** Wednesday 10:00 - 12:30 pm

May 7 - June 19

Fee: M-\$115. NM-\$145 (6 Sessions)



## ■■■ 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

*Include:*

- ❖ Discussion & Support Groups
- ❖ Aqua Dynamics for Women
- ❖ Cooking & Baking
- ❖ Weekly Movies & Documentaries
- ❖ Excercise, 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



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, CHANA SAHLER**  
Program Assistants

**ROCHELLE ENGLARD**  
Administrative 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.

# 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>10:00 am</b> Exercise	<b>10:30 am</b> Excerice Class	<b>10:00 - 11:00 am</b> Blood Pressure Screening	<b>9:45 am</b> Morning Stretch
<b>11:00 am</b> Chair Yoga	<b>11:00 am</b> Jewish Studies	<b>11:30 am</b> To your Health	<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>1:30 pm</b> Crafts Club	<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