

BORO PARK
מרכז ד'בארא פארק



Spring 2020
Program Guide

SPRING MEMBERSHIP
APRIL 26th - JUNE 14th

Adult - \$180* Family \$270* 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 24Boys Friday Program Begins
Sunday April 26Sunday Program Begins
Monday May 25Memorial Day Y Open
Thursday May 28No Swim Closes at 2pm
Friday May 29Shavous Closed
Sunday, June 28Summer 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



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: APRIL 26 - JUNE 14**
 - 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 \$55.00

Beginning gymnastics using mat & a balance beam.

2G01 PAINTING FOR BEGINNERS \$70.00

Introductory program for the young artist-bring a smock!

2G07 CRAFTS \$55.00

11:15 - 12:30 pm

2G12 GYMNASTICS I \$55.00

Beginning gymnastics using mats & a balance beam.

2G10 SUMMER ART \$55.00

New & exciting Craft projects - No Repeats!

2G11 BAKERS & CHEFS \$50.00

Special treats that are fun to make and eat!

1:00 - 2:15 pm

2G32 JR. PARTY PLANNERS \$55.00

Put on your apron and bake special treats.

2G31 SUMMER ART \$55.00

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 \$55.00

Bedeck and Bejewel your clothes.

2G54 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 \$8.00

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 **GYMNASTICS I** \$55.00
Beginning gymnastics using mat & balance beam.
- 2G05 **DRAWING AND PASTELS** \$70.00
- 2G07 **CRAFTS & MORE** \$55.00
- 2G04 **PAINTING I** \$70.00
Composition, perspective and shading.

11:15 - 12:30 pm

- 2G10 **SUMMER ART** \$55.00
- 2G12 **GYMNASTICS** \$55.00
- 2G16 **CASIO I** \$60.00
Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.

- 2G18 **DRAWING** \$70.00
- 2G17 **PAINTING I** \$60.00
Learn composition, perspective, shading and color. class size limited. bring a smock!

1:00 - 2:15 pm

- 2G35 **WOODSHOP** \$65.00
- 2G36 **JUNIOR PARTY PLANNERS** \$55.00
Edible masterpieces to eat and serve.
- 2G33 **GYMNASTICS I** \$55.00
Beginning gymnastics using mats & balance beam.
- 2G49 **PAINTING I** \$70.00
Learn composition, perspective, shading and color. class size limited. bring a smock!

2:15 - 3:30 pm

- 2G53 **POTTERY** \$ 65.00
- 2G41 **PARTY PLANNERS** \$55.00
- 2G54 **WATERCOLOR** \$70.00

GRADES 4 - 5

10:00 - 11:15 am

- 2G04 **PAINTING I** \$70.00
Composition, perspective and shading.
- 2G05 **DRAWING AND PASTELS** \$70.00

11:15 - 12:30 pm

- 2G16 **CASIO I** \$60.00
Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.

- 2G17 **PAINTING I** \$70.00
- 2G14 **POTTERY** \$65.00
Headbands, shirts and more!

- 2G20 **STEP AEROBICS** \$45.00

- 2G23 **OVERSIZED PAINTING** \$70.00
Must have taken Painting I.

- 2G18 **DRAWING** \$70.00

1:00 - 2:15 pm

- 2G35 **WOODSHOP** \$65.00
- 2G39 **CASIO II** \$60.00
Pre-requisite Casio I

- 2G40 **CHALIL - RECORDER** \$60.00
Y Provides instrument

- 2G33 **GYMNASTICS I** \$55.00
Beginning gymnastics using mats & balance beam.

- 2G49 **PAINTING I** \$70.00
Composition, perspective and shading!

2:15 - 3:30 pm

- 2G58 **GYMNASTICS II** \$55.00
Pre-requisite Gymnastics I

- 2G61 **DRAWING** \$70.00

- 2G69 **PLASTERWORKS** \$65.00

- 2G74 **CHALIL II** \$60.00



GRADES 6 - 8

11:15 - 12:30 pm		2:15 - 3:30 pm	
2G23	OVERSIZED PAINTING <i>Composition, perspective and shading!</i>	2G58	GYMNASTICS II <i>Pre-requisite Gymnastics I.</i>
	\$70.00		\$55.00
12:30 - 1:00 pm - OPEN GYM		2G61	DRAWING AND PASTELS <i>Beginners class using charcoal pencils.</i>
			\$70.00
1:00 - 2:15 pm		2G69	PAINTING
2G39	CASIO II <i>Pre-requisite Casio I.</i>		\$70.00
	\$55.00	2G73	SELF DEFENSE I <i>Basics of Karate and practical self defense.</i>
2G72	SELF DEFENSE I		\$70.00
	\$70.00		
2G37	POTTERY		
	\$65.00		
2G50	WATERCOLOR		
	\$75.00		

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. 10:15 - 11:00 am

CARDIO MIX WITH STEPS

Mon. 10:00 - 10:30 am

Energetic cardio routine featuring steps aerobics

CARDIO DANCE

Wed. 10:00 - 10:30 am

Energetic dance routine

TOTAL BODY CONDITIONING

Mon. 10:30 - 11:15 pm

Toning using weighted equipment & a mat

SCULPT

Wed. 10:30 - 11:15 pm

Leave no muscle untouched with intense toning, weight & mat

STEPTASTIC

Mon. & Wed. 12:15 - 1:00 pm

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

DANCE BODY & TONING

Tues. 8:00 - 9:00 pm

Fun dance choreography followed by weight and mat work

CURCUIT STEPS & SCULP

Thurs. 8:00 - 9:00 pm

Dance choreography on & off the step fold by floor work & weights

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

ISRAELI & LINE DANCING WITH SHULAMIS SPUTZ

**INTERMEDIATE & ADVANCED ONLY
TUES. & THURS. 10:00AM-12:00PM**

MON. & WED. 8:00-10:00PM

AFTER LAG B'OMER

MAY 12 - JUNE 25

SSP1: \$245 - 7 WEEKS

JUNE 1 - JUNE 30

SSP2: \$150 - 4 WEEKS

ZUMBA

FRIDAY 10-10:45PM

10 SESSIONS

MARCH 13 - JUNE 5:

5ZU1 FEE: M-\$100/NM-\$145

(10 SESSIONS)

DROP IN ONE CLASS \$15

KINSTRECH

FRIDAY 9-9:45PM

10 SESSIONS

MARCH 13 - JUNE 5:

5KI1 FEE: M-\$100/NM-\$145

(10 SESSIONS)

DROP IN ONE CLASS \$15



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 26 - June 14** • Friday Program dates: **April 24 - June 19**
NO program May 29



swimming

SWIM INSTRUCTION	\$80.00
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 1:20 - 2:15 pm	
7BS1 Sunday 4:40 - 5:25 pm	
7BS2 Sunday 5:30 - 6:15 pm	
GUARD START	\$100.00
7BF2 Friday 1:30 - 2:15 pm	
7BS3 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
<i>Father must be accompanied by child.</i>	
Sunday 5:30 - 7:00 pm	
WOODWORKING I	\$70.00
2BS6 Sunday 3:45 - 4:45 pm	
2BS7 Sunday 4:45 - 5:45 pm	
PAINTING	\$70.00
2BS5 Sunday 4:00 - 5:00 pm	

sports

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 - 12:30-1:30 pm	
Grades 4 - 6 Friday - 1:30-2:15 pm	
Grades 7 - 8 Friday - 2:15-3:00 pm	
SELF DEFENSE I	\$70.00
<i>Basic martial arts and skills. A Gi is optional as is testing and at an additional cost.</i>	
2BS2 Sunday 5:00 - 6:00 pm	

HS 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	
Lifeguarding Refresher Classes	

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

GROUP LESSONS	
Sunday 4:00 - 6:00 pm • \$60	
Violin Beg	2B10 4-5pm
	2B11 5-6 pm
Percussion	2B12 4-5pm
	2B13 5-6 pm
Casio I	2B14 4-5pm
Casio II	2B15 5-6 pm





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 27 - June 15
7TD2 Tuesday 7:15—8:00pm - April 28 - June 16

SWIM FOR FITNESS
7WD1 Wednesday 10:20 - 10:55am
 April 29 - June 17 \$50

LAP SWIM
 April 29 - June 25 \$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
 April 29 - June 18
*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
 April 27 -
Preliminary screening test fee: \$10. (non-refundable) Must be 16.
7TE3 Tuesday & Thursday 6:30—9:30pm
 May 12 -
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 26 - June 14 (8 Sessions)
7GS1 Sunday 11:30—12:25am
7GS2 Sunday 12:30—1:20pm
7GS3 Sunday 2:05—3:00pm
 April 28 - June 16 (6 Sessions)
7GT1 Tuesday 5:30-6:15pm
GUARD START \$100
 April 26 - June 14
7GS5 Sunday 2:00—2:55pm

BOYS

LEARN TO SWIM \$80
 April 26 - June 14
7BS1 Sunday 4:40—5:25pm
7BS2 Sunday 5:30—6:15pm

April 24 - June 19
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

art palletete

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 28- June 16

5WE1 Wednesday 7:00 - 9:30 pm

April 29 - June 17

Fee: M-\$150/NM-\$175 (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 28 - June 16

5WD2 Wednesday 12:45-3:15pm

April 29 - June 17

5WD1 Wednesday 10:00 - 12:30 pm

April 29 - June 17

Fee: M-\$150 NM-\$175 (8 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

Include:

- ❖ 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



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 **C. MUSHKA MALKA** 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
	10:00 am Exercise with Miri	10:30 am Exercise Class with Svetlana	10:00 - 11:00 am Blood Pressure Screening	9:45 am Morning Stretch with Svetlana
11:00 am Chair Yoga w/ Olga	11:00 am Jewish Studies	11:30 am To your Health	10:00 am Exercise with Miri	
12:00 am Mat Yoga w/ Olga			11:00 am "News & Views"	11:00 am Class with Rabbi Silverstein
12:00 noon LUNCH				
1:10 pm Art & Painting	1:00 pm - 3:00 Cooking Corner	1:30 pm Crafts Club	1:00 pm Creative Writing	Meals for Shabbos <i>Register by Wednesday</i>

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