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 24 .................Boys Friday Program Begins
Sunday April 26 ...............Sunday Program Begins
Monday May 25 ..................Memorial Day Y Open
Thursday May 28 .............No Swim Closes at 2pm
Friday May 29 ..................Shavous Closed
Sunday, June 28 ..............Summer Schedule Begins

BORO PARK
מרコース ד'בארה פארק

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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
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 GYMNASICS 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 GYMNASICS I $55.00
Beginning gymnastics using mats & a balance beam.

2G10 SUMMER ART $55.00
New & exciting Caft 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 Caft 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

7G51 LEARN TO SWIM $80.00
12:30 - 1:20 pm

7G52 LEARN TO SWIM $8.00
1:15 - 2:00 pm

OPEN SWIM No Fee
2:05 - 3:00 pm

7G53 LEARN TO SWIM $80.00
3:00 - 3:30 pm

OPEN SWIM No Fee
12:30 - 3:30 pm

OPEN GYM All Grades No Fee

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 your 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.
## GRADES 2 - 3

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

<table>
<thead>
<tr>
<th>2G02</th>
<th>GYMNASTICS I</th>
<th>$55.00</th>
<th>Beginning gymnastics using mat &amp; balance beam.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2G05</td>
<td>DRAWING AND PASTELS</td>
<td>$70.00</td>
<td></td>
</tr>
<tr>
<td>2G07</td>
<td>CRAFTS &amp; MORE</td>
<td>$55.00</td>
<td></td>
</tr>
<tr>
<td>2G04</td>
<td>PAINTING I</td>
<td>$70.00</td>
<td>Composition, perspective and shading.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>2G10</th>
<th>SUMMER ART</th>
<th>$55.00</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2G12</td>
<td>GYMNASTICS</td>
<td>$55.00</td>
<td></td>
</tr>
<tr>
<td>2G16</td>
<td>CASIO I</td>
<td>$60.00</td>
<td>Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>2G18</th>
<th>DRAWING</th>
<th>$70.00</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2G17</td>
<td>PAINTING I</td>
<td>$60.00</td>
<td>Learn composition, perspective, shading and color. class size limited. bring a smock!</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>2G35</th>
<th>WOODSHOP</th>
<th>$65.00</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2G36</td>
<td>JUNIOR PARTY PLANNERS</td>
<td>$55.00</td>
<td>Edible masterpieces to eat and serve.</td>
</tr>
<tr>
<td>2G33</td>
<td>GYMNASTICS I</td>
<td>$55.00</td>
<td>Beginning gymnastics using mats &amp; balance beam.</td>
</tr>
<tr>
<td>2G49</td>
<td>PAINTING I</td>
<td>$70.00</td>
<td>Learn composition, perspective, shading and color. class size limited. bring a smock!</td>
</tr>
</tbody>
</table>

## GRADES 4 - 5

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

<table>
<thead>
<tr>
<th>2G04</th>
<th>PAINTING I</th>
<th>$70.00</th>
<th>Composition, perspective and shading.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2G05</td>
<td>DRAWING AND PASTELS</td>
<td>$70.00</td>
<td></td>
</tr>
</tbody>
</table>

**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. |

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

<table>
<thead>
<tr>
<th>2G17</th>
<th>PAINTING I</th>
<th>$70.00</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2G14</td>
<td>POTTERY</td>
<td>$65.00</td>
<td>Headbands, shirts and more!</td>
</tr>
<tr>
<td>2G20</td>
<td>STEP AEROBICS</td>
<td>$45.00</td>
<td></td>
</tr>
<tr>
<td>2G23</td>
<td>O versized PAINTING</td>
<td>$70.00</td>
<td>Must have taking Painting I.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>2G49</th>
<th>PAINTING I</th>
<th>$70.00</th>
<th>Composition, perspective and shading!</th>
</tr>
</thead>
<tbody>
<tr>
<td>2G55</td>
<td>GYMNASTICS II</td>
<td>$55.00</td>
<td>Pre-requisite Gymnastics I</td>
</tr>
<tr>
<td>2G61</td>
<td>DRAWING</td>
<td>$70.00</td>
<td></td>
</tr>
<tr>
<td>2G69</td>
<td>PLASTERWORKS</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>2G74</td>
<td>CHALIL II</td>
<td>$60.00</td>
<td></td>
</tr>
</tbody>
</table>
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

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:
5K11 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.
Beginners through advanced beginners, child will be tested at first session and placed in a group based upon his swimming level.
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 - 6:15 pm

OPEN SWIM
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
Father must be accompanied by child.
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
Basic martial arts and skills. A Gi is optional as is testing and at an additional cost.
2BS2 Sunday 5:00 -6:00 pm

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

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
Life guarding Refresher Classes
Sunday 7:00 - 9:00 pm
# Health & Wellness Department

**ALL AMERICAN RED CROSS BOOKS INCLUDED**

## WOMEN

### LEARN TO SWIM $80

Program of swim instruction based upon your individual needs & skill level.

<table>
<thead>
<tr>
<th>7MD1</th>
<th>Monday</th>
<th>10:20–10:55am - April 27 - June 15</th>
</tr>
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<tbody>
<tr>
<td>7TD2</td>
<td>Tuesday</td>
<td>7:15–8:00pm - April 28 - June 16</td>
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### SWIM FOR FITNESS

<table>
<thead>
<tr>
<th>7WD1</th>
<th>Wednesday</th>
<th>10:20 - 10:55am</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>April 29 - June 17</td>
<td>$50</td>
</tr>
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### LAP SWIM

<table>
<thead>
<tr>
<th>7W01</th>
<th>Lap I</th>
<th>7:15 - 8:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>7W03</td>
<td>Lap III</td>
<td>1:15 - 2:00pm</td>
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</tbody>
</table>

### LIFEGUARDING INTENSIVE* $550

Preliminary screening test fee: $10. (non-refundable)
Must be 15 and a Deep Water Swimmer.

<table>
<thead>
<tr>
<th>7TE4</th>
<th>Tuesday &amp; Thursday</th>
<th>6:30–10:30pm</th>
</tr>
</thead>
</table>

### LIFEGUARDING REFRESHER $350

Preliminary screening test fee: $10. (non-refundable)
Must be 16.

<table>
<thead>
<tr>
<th>7TE3</th>
<th>Tuesday &amp; Thursday</th>
<th>6:30–9:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>7TE6</td>
<td>Tuesday &amp; Thursday</td>
<td>6:30–9:30pm</td>
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## GIRLS

### LEARN TO SWIM $80

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

April 26 - June 14 (8 Sessions)

<table>
<thead>
<tr>
<th>7GS1</th>
<th>Sunday</th>
<th>11:30–12:25am</th>
</tr>
</thead>
<tbody>
<tr>
<td>7GS2</td>
<td>Sunday</td>
<td>12:30–1:20pm</td>
</tr>
<tr>
<td>7GS3</td>
<td>Sunday</td>
<td>2:05–3:00pm</td>
</tr>
</tbody>
</table>

April 28 - June 16 (6 Sessions)

<table>
<thead>
<tr>
<th>7GT1</th>
<th>Tuesday</th>
<th>5:30-6:15pm</th>
</tr>
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</table>

### GUARD START $100

April 26 - June 14

<table>
<thead>
<tr>
<th>7GS5</th>
<th>Sunday</th>
<th>2:00–2:55pm</th>
</tr>
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</table>

## BOYS

### LEARN TO SWIM $80

April 26 - June 14

<table>
<thead>
<tr>
<th>7BS1</th>
<th>Sunday</th>
<th>4:40–5:25pm</th>
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<tbody>
<tr>
<td>7BS2</td>
<td>Sunday</td>
<td>5:30–6:15pm</td>
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April 24 - June 19

<table>
<thead>
<tr>
<th>7BF1</th>
<th>Friday</th>
<th>1:20–2:10pm</th>
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### GUARD START $100

April 26 - June 14

<table>
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<tr>
<th>7BS4</th>
<th>Sunday</th>
<th>7:00–11:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>7BS5</td>
<td>Sunday</td>
<td>6:00–10:00pm</td>
</tr>
</tbody>
</table>

### LIFEGUARDING INSTRUCTOR $500

Preliminary screening test fee: $10. (non-refundable)
Must be 15 with current lifeguarding certification.

May 5 - June 16

<table>
<thead>
<tr>
<th>7BS6</th>
<th>Sunday</th>
<th>6:30–9:30pm</th>
</tr>
</thead>
</table>

### LIFEGUARDING REFRESHER $350

Includes CPR

May 5 - June 16

<table>
<thead>
<tr>
<th>7BS7</th>
<th>Sunday</th>
<th>6:30–9:30pm</th>
</tr>
</thead>
</table>

### LIFEGUARDING INSTRUCTOR $500

Preliminary screening test fee: $10. (non-refundable)
Must be 15 with current lifeguarding certification.

May 5 - June 16

<table>
<thead>
<tr>
<th>7BS8</th>
<th>Sunday</th>
<th>6:30–9:30pm</th>
</tr>
</thead>
</table>

### LIFEGUARDING REFRESHER $350

Includes CPR

May 5 - June 16

<table>
<thead>
<tr>
<th>7BS9</th>
<th>Sunday</th>
<th>6:30–9:30pm</th>
</tr>
</thead>
</table>

**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.

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*Image: Y NEWS NISSAN 5780/SPRING 2020*
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 WORKSHOP I**
**CHAVA ROTH**

**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!

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

**SIMONNE HIRSCHHORN**  **ESTHER GROSSMAN, CHANA SAHLER**  **C. MUSHKA MALKA**
Program Director  Program Assistants  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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 am</td>
<td>10:00 am</td>
<td>10:00 - 11:00 am</td>
<td>9:45 am</td>
<td>11:00 am</td>
</tr>
<tr>
<td>Exercise with Miri</td>
<td>Exercise Class with Svetlana</td>
<td>Blood Pressure Screening</td>
<td>Morning Stretch with Svetlana</td>
<td>“News &amp; Views”</td>
</tr>
<tr>
<td>11:00 am</td>
<td>11:00 am</td>
<td>11:30 am</td>
<td>10:00 am</td>
<td>Class with Rabbi Silverstein</td>
</tr>
<tr>
<td>Chair Yoga w/ Olga</td>
<td>Jewish Studies</td>
<td>To your Health</td>
<td>Exercise with Miri</td>
<td></td>
</tr>
<tr>
<td>12:00 am</td>
<td>Mat Yoga w/ Olga</td>
<td></td>
<td>11:00 am</td>
<td></td>
</tr>
<tr>
<td>12:00 noon LUNCH</td>
<td>1:00 pm - 3:00 pm</td>
<td>1:30 pm</td>
<td>1:00 pm</td>
<td>Meals for Shabbos</td>
</tr>
<tr>
<td>1:10 pm Art &amp; Painting</td>
<td>1:00 pm - 3:00 pm Cooking Corner</td>
<td>1:30 pm Crafts Club</td>
<td>1:00 pm Creative Writing</td>
<td>Register by Wednesday</td>
</tr>
</tbody>
</table>

Funded by New York City Department for the Aging