

VOLUME 21 ISSUE 4

BORO PARK

מרכז ד'בארא פארק



Spring 2021

Program Guide

SPRING MEMBERSHIP APRIL 11th - JUNE 25th

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 9Boys Friday Program Begins
Sunday April 11Sunday Program Begins
Sunday May 16Men's Swim only Y Closes at Noon
Mon. May 17-Tues. May 18Shavous Y Closed
Monday May 31Memorial Day Y Open
Sunday, June 2717th of Tammuz Y 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 **9 sessions: APRIL 11 - JUNE 13**
 - No Classes May 16 • 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: **\$65** 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 \$65.00

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** \$75.00

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** \$75.00

Beginning gymnastics using mats & a balance beam.

2G10 **SUMMER ART** \$55.00

New & exciting Craft projects - No Repeats!

1:00 - 2:15 pm

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!

2G51 **CRAFTS CLUB** \$55.00

2G31 **PAINTING** \$55.00

2:15 - 3:30 pm

2G51 **CRAFTS CLUB** \$55.00

2G54 **PAINTING** \$70.00

SWIM INSTRUCTION ALL GRADES

11:30 - 12:25 pm

7G51 **LEARN TO SWIM** \$100.00

12:30 - 1:20 pm

7G52 **LEARN TO SWIM** \$100.00

1:15 - 2:00 pm

OPEN SWIM No Fee

2:05 - 3:00 pm

7G53 **LEARN TO SWIM** \$100.00

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	\$75.00
	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	\$75.00
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
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2G17	PAINTING I	\$70.00
	Learn composition, perspective, shading and color. class size limited. bring a smock!	

1:00 - 2:15 pm

2G35	WOODSHOP	\$65.00
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2G33	GYMNASTICS I	\$75.00
	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

2G69	POTTERY	\$65.00
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2G54	PAINTING	\$70.00
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GRADES 4 - 5

10:00 - 11:15 am

2G04	PAINTING I	\$70.00
	Composition, perspective and shading.	

2G05	DRAWING AND PASTELS	\$70.00
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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
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2G23	OVERSIZED PAINTING	\$70.00
	Must have taken Painting I.	

2G18	DRAWING	\$70.00
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1:00 - 2:15 pm

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

2G38	WATER COLOR	\$70.00
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2G33	GYMNASTICS I	\$75.00
	Beginning gymnastics using mats & balance beam.	

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

2:15 - 3:30 pm

2G58	GYMNASTICS II	\$75.00
	Pre-requisite Gymnastics I	

2G61	DRAWING	\$70.00
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2G69	POTTERY	\$65.00
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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 \$60.00
Pre-requisite Casio I.

2G72 SELF DEFENSE I \$70.00

2G35 WOODSHOP \$65.00

2:15 - 3:30 pm

2G58 GYMNASTICS II \$75.00
Pre-requisite Gymnastics I.

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

2G73 SELF DEFENSE I \$70.00
Basics of Karate and practical self defense.

2G54 PAINTING \$70.00

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 CHALLENGE

Mon. 10:00 - 10:45 am

High impact Aerobics followed by intense abdominal exercises

ARMS & ABS

Mon. & Wed. 10:50 - 11:30 am

Toning Class

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

CARDIO DANCE FUSION

Tuesday 7:55 - 8:55 pm

Fun cardio combinations followed by weights & mat work

BOOT CAMP TRAINING

Thursday 7:55 - 8:55 pm

Cardio kick boxing with emphasis on the core and lower body

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

KINSTRETCH

Functional conditioning - a movement enhancement system that develops maximum body control, flexibility and usable ranges of motion. Perfect to gain mobility in specific points good for recovery due to loss of movement & beneficial for pre and post-natal women.

FRIDAY 9-9:45PM • APRIL 9 - JUNE 11
5KU1 FEE: M-\$100/NM-\$125 • 10 SESSIONS
DROP IN ONE CLASS \$15

ADULT EXERCISE CLASSES

Open to Members & Non Members!

ZUMBA

Non Stop cardio choreography featuring a blend of international music and dance steps

FRIDAY 10-10:45PM • APRIL 9 - JUNE 11
5ZU1 FEE: M-\$100/NM-\$125 • 10 SESSIONS
DROP IN ONE CLASS \$15

ISRAELI AND LINE DANCE WITH SHULAMIS SPUTZ

Intermediate and Advanced Only

TUESDAY & THURSDAY 10AM-12:00 NOON • MONDAY & WEDNESDAY 8PM-10:00PM

- **AFTER LAG B'OMER MAY 3 - JUNE 24 (7 SESSIONS) \$215**
- **AFTER SHAVOVS MAY 24 - JUNE 24 (5 SESSIONS) \$155**

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 **9 sessions**. All fees include supplies and materials except where noted.
- Sunday Program dates: **April 11 - June 13** • Friday Program dates: **April 9 - June 4**

swimming

SWIM INSTRUCTION \$100.00

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 1:30 - 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

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

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

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.

2BS3 Sunday 6:00 - 7:00 pm

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

GROUP LESSONS
Sunday 4:00 - 6:00 pm • \$70

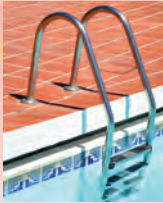
Percussion 2B12 4-5pm

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** \$100
Program of swim instruction based upon your needs & skill level.
7MD1 Monday 10:20—10:55am
 April 12 - June 21
7TD2 Tuesday 7:15—8:00pm
 April 13 - June 22
- SWIM FOR FITNESS** \$50
7WD1 Wednesday 10:20 - 10:55am
 April 14 - June 16
- LIFEGUARDING INTENSIVE*** \$550
 April 8 - June 10
*Preliminary screening test fee: \$10. (non-refundable)
 Must be 15 and a Deep Water Swimmer*
7TE4 Tuesday & Thursday 6:30—10:30pm
- WSI** \$550
7TE7 Tuesday & Thursday 6:30—10:30pm
- LIFEGUARDING REFRESHER** \$300
 April 11 - June 13
Preliminary screening test fee: \$10. (non-refundable) Must be 16.
7BS7 Tuesday & Thursday 6:30—9:30pm

GIRLS

- LEARN TO SWIM** \$100
Emphasis on water comfort, floating, breathing, kicking-front and back crawl.
 April 11 - June 13 (9 Sessions)
7GS1 Sunday 11:30—12:25am
7GS2 Sunday 12:30—1:20pm
7GS3 Sunday 2:05—3:00pm
 April 13 - June 15 (9 Sessions)
7GT1 Tuesday 5:30-6:15pm
- GUARD START** \$100
 April 11 - June 13
7GS5 Sunday 2:00—2:55pm

BOYS

- LEARN TO SWIM** \$100
 April 11 - June 13
7BS1 Sunday 4:40—5:25pm
7BS2 Sunday 5:30—6:15pm
- April 9 - June 4
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 11 - June 13
7BS4 Sunday 7:00—11:00pm
- WSI** \$550
7BS7 Tuesday & Thursday 6:30—10:30pm
- LIFEGUARDING INSTRUCTOR** \$550
*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** \$300
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 palette

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 13- June 22

5WE1 Wednesday 7:00 - 9:30 pm

April 14 - June 16

Fee: M-\$175/NM-\$225 (10 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 13 - June 22

5WD2 Wednesday 12:45-3:15pm

April 14 - June 16

5WD1 Wednesday 10:00 - 12:30 pm

April 14 - June 16

Fee: M-\$175 NM-\$225 (10 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
- ❖ 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, CHANA SAHLER
Program Assistants

C. MUSHKA MALKA
Administrative Assistant

YOSEF CHESNY
Social Worker

"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	10:30 am Excerice 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		
12:00 am Mat Yoga w/ Olga			11:00 am "News & Views"	11:00 am Class
12:00 noon LUNCH				
1:10 pm Art & Painting		1:30 pm Crafts Club	1:00 pm Creative Writing	

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

Due to Covid this program is closed until further notice.

Programs available by phone. Please Call 718-435-3804