

VOLUME 21 ISSUE 1

BORO PARK
מרכז ד'בארא פארק



Winter 2021
PROGRAM GUIDE

Y PROGRAM STARTS DECEMBER 20

GIRLS SUNDAY PROGRAM 10:00am - 4:00pm

BOYS SUNDAY PROGRAM 4:00pm - 7:00pm

BOYS FRIDAY PROGRAM 12:30pm - 2:30pm

**BOYS MOTZOEI SHABBOS PROGRAM
8:00pm - 10:30pm**

SWIM INSTRUCTION PROGRAM

CLUB NISSIM FOR HOLOCAUST SURVIVORS

**THANK YOU TO ALL OUR MEMBERS
WHO SUPPORTED US DURING
THESE TRYING TIMES.
PLEASE CHECK WITH OFFICE AS
TO NEW MEMBERSHIP DATES!**

**THE BORO PARK Y ADHERES TO ALL
NYC REGULATIONS AS PER COVID 19.
PLEASE RESPECT THE RULES
AND KEEP EVERYONE SAFE.**

**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**



GENERAL INFORMATION

MEMBERSHIP

Membership at the Boro Park Y entitles everyone to participate in a variety of cultural, educational and recreational programs. It includes full use of the Y's health and fitness facilities - 2 indoor pools, well equipped exercise room, gymnasium, exercise classes, sauna and steam room according to the designated schedules. Members receive priority registration and reduced fees for other programs. In the case of financial difficulty scholarships may be arranged confidentially. There are no refunds for membership and membership is not transferable.

MEMBERSHIP CARDS

Each member received a non-transferable membership card at no cost upon joining the Y. The card must be carried whenever you are in the center. Those not carrying a membership card may be denied admission. If you lose your card a replacement card is available at a \$5 charge.

ILLNESS OR INJURY

If you are unable to use the BPY facilities for an extended period due to illness or injury you must contact the office immediately. You must provide a doctor's note documenting the date and nature of your illness or injury and the dates from the start to the end of your absence. You may receive up to one-month extension on your membership.

GUEST PASSES - With Restrictions to Covid 19

Those who would like to purchase a one-day guest pass:

- ◆ Local resident may only be a guest two times a year
- ◆ One month Guest membership \$100.00 and cannot be renewed
- ◆ Guest pass fee: \$15 for an adult; \$10 for a child and are at the discretion of management; Sunday Program guest pass \$30 at discretion of management.
- ◆ Guest pass fee can be credited towards a membership only within 24 hours of issuance

REFUND POLICY

All classes are appropriately limited in size to provide maximum benefit to participants. If the Y cancels a class before the class is scheduled to begin participants will receive a full refund. If a class is cancelled after the first class, participants will receive a pro-rated refund. If a registrant withdraws prior to the first class a \$10 administrative fee will be charged. No refunds on any classes after the second class.

RETURNED CHECKS

A fee of \$25 will be charged for any returned checks.

BABYSITTING

A baby-sitting service for members who are participating in Boro Park Y activities is available for \$3.00 per hour per child. A babysitting coupon book consisting of 10 coupons for 10 hours can be purchased at the reduced fee of \$25.00. You may not use the service if you are not participating in a Y program or leave the building while your child is in babysitting.

BABYSITTING HOURS

Monday, Wednesday 9:30 - 2:30pm • Thursday 9:30 - 12:00 noon

MEMBERSHIP INFORMATION

Membership includes the use of the swimming pool, gym, fitness facility, steamroom, sauna, and whirlpool, weight room and the member's fee on classes and events. Membership is valid for a period of twelve months from the date of enrollment. Membership dues are payable in full at the time of application. Adjustment of fees on the basis of financial need can be made by completing the Fee Adjustment Form, which is available in the Main Office.

MEMBERSHIP DUES ARE NOT REFUNDABLE AND NON-TRANSFERABLE.

ANNUAL MEMBERSHIP DUES SCHEDULE

FAMILY a) Parents and all children age 20 and younger living at home. b) Students, ages 18-20, and still living at home, students 20-23 \$125 additional each	\$590
SINGLE PARENT FAMILY* Single parent who is divorced, legally separated, widow or widower; and all Children age 20 and younger. students 20-23 \$125 additional each	\$330
ADULT COUPLE	\$555
INDIVIDUAL ADULT - over age 18	\$480
ADULT STUDENT - Age 17 through 25 and a full-time student*	\$280
KOLLEL COUPLE - Age 21-30 and one spouse is a full-time student*	\$400
CHILDREN - Age 4 through 13 (grade P1A - 8)	\$195
HIGH SCHOOL STUDENTS - Grades 9 through 12	\$235
SENIOR ADULTS* • Individual, over age 65 (Please check with you insurer if they cover gym programs) • Couple, both over age 65	\$275 \$395
*Verification Required At Time Of Registration.	

NEW MEMBERSHIP REGISTRATION FEE - \$50.

A registration fee of \$50. will apply to all new members at the time of enrollment.

INSURANCE

Accident Medical Expense Insurance is required for all that participate in the gym, swim and pre-school programs at the Y. The fee is \$10. per family member. The insurance covers all injuries caused by an accident sustained while participating in Y sponsored activities. The plan is subject to \$25. deductible applying to each claim. The Senior Citizen policy is subject to a deductible based on payments by Medicare. The dental limit is \$150. per accident and covers expenses incurred in the 26 weeks from the date of the accident. There is no family enrollment; each individual must be enrolled separately. Insurance fee must be paid at time of membership enrollment.

LATE RENEWAL FEE

Y members, who do not renew their memberships and wish to rejoin the Y at a later date, will be charged an administrative fee. If within thirty days (30) after their membership has lapsed, they will be charged a \$25 fee; after sixty days (60) has lapsed the membership will be canceled and they will be considered a new member.

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 10 sessions: **DECEMBER 20 - MARCH 7, 2021**
- In the event of agency closings we will extend the program.**
- All fees include supplies & materials. Crafts & Art classes will have individual supplies and not shared.
 - 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: **\$80** 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

2G00 PRE SCHOOL FUN CLUB \$85.00
 Creative group activities including arts & crafts, music, dance, cooking and more.

P1A - 3RD GRADE

PLEASE CHOOSE WHICH CLASSES YOU WOULD LIKE TO REGISTER FOR
10:00 - 11:15 AM

2G01 BALLET I \$90.00
 Barre work emphasizing proper alignment of the body. Develop & improve coordination & image.

2G02 GYMNASTICS I \$100.00
 Beginning gymnastics using mats & a balance beam.

2G03 PAINTING 4 BEGINNERS \$95.00
 Introductory program for the young artist - bring a smock!

11:30 - 12:25 PM
 (Give your child enough time to get ready)

7GS1 LEARN TO SWIM \$120.00

11:15 - 12:30 pm

2G10 PAINTING \$95.00
 Dazzle your friends and family!

2G11 CRAFTS \$75.00

2G12 GYMNASTICS I \$100.00
 Beginning gymnastics using mats & a balance beam.

12:25 - 1:10 pm

7GS2 LEARN TO SWIM \$120.00

1:00 - 2:15 pm

2G30 PAINTING FOR BEGINNERS \$95.00
 Introductory program for the young artist - bring a smock!

2G32 CRAFTS \$75.00

2:10 - 3:00pm

7GS3 LEARN TO SWIM \$120.00
followed by Free Swim! 3:00 - 3:30pm!

2:15 - 3:30 pm

2G51 CRAFTS AND MORE \$75.00

Continues on next page

GRADES 2 - 5

		1:00 - 2:15 pm	
2G02	GYMNASTICS I <i>Beginning gymnastics using mats & a balance beam.</i>	\$100.00	
10:00 - 11:15 pm			
2G05	BASIC DRAWING <i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>	\$95.00	
11:30 - 12:25 pm			
7GS1	LEARN TO SWIM <i>(give your child enough time to get ready)</i>	\$120.00	
11:15 - 12:30 pm			
2G14	BALLET I <i>Learn basic ballet steps.</i>	\$90.00	
2G12	GYMNASTICS I <i>Beginning gymnastics using mats & a balance beam.</i>	\$100.00	
2G17	PAINTING I <i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>	\$95.00	
12:25 - 1:15 pm			
7GS2	LEARN TO SWIM	\$120.00	
		2:10 - 3:00 pm	
2G33	GYMNASTICS II	\$100.00	
2G34	PAINTING I	\$95.00	
2G63	CASIO I <i>Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.</i>	\$85.00	
2G39	WOODSHOP	\$95.00	
		2:15 - 3:30 pm	
7GS3	LEARN TO SWIM <i>Beginners - Intermediate. Small group sizes.</i>	\$120.00	
7GS5	GUARD START <i>Junior Lifeguarding</i>	\$125.00	
		2:15 - 3:30 pm	
2G54	PAINTING I	\$95.00	
2G55	POTTERY	\$85.00	
2G58	GYMNASTICS II	\$100.00	
2G73	SELF DEFENSE	\$85.00	
2G61	DRAWING	\$95.00	

GRADES 6 - 8

2G13	DRAWING I <i>Beginners class using charcoal pencils</i>	\$95.00	
2G22	OVERSIZED PAINTINGS	\$95.00	
11:15 - 12:30 pm			
12:25 - 1:15 pm			
7GS2	LEARN TO SWIM	\$120.00	
1:00 - 2:15 pm			
2G39	WOODSHOP	\$95.00	
		2:00 - 2:55 pm	
2G34	PAINTING	\$95.00	
2G71	SELF DEFENSE II	\$85.00	
2G65	CASIO	\$85.00	
		2:00 - 2:55 pm	
7GS5	GUARD START	\$125.00	
		2:15 - 3:30 pm	
2G73	SELF DEFENSE I	\$85.00	
2G58	ADVANCED GYMNASTICS <i>Placement Test Required</i>	\$100.00	

HIGH SCHOOL GIRLS PROGRAM

FITNESS FACILITY NO FEE
 Tuesday & Thursday ~ 7:00 - 8:00 pm

CORE-DINATION
 Aerobics Training - fun PLAY - Hard WORK stretching,
 calisthenics and step included intotal workout.
 Tuesday & Thursday ~ 8:00 - 9:00 pm

WSI Fee: \$550
 December 22 - March 2
 7TE2 Tuesday 6:00 - 9:00 PM

LIFEGUARDING Fee: \$550
 December 24 - March 4

7TE3 Thursday 6:00 - 9:00 PM
 Includes CPR Pro, First Aid, & AED. Preliminary screening
 test fee: \$10. (non-Refundable)

LEARN TO SWIM \$100.00
 December 22 - March 9

7TE1 Tuesday 7:15 - 8:00 PM

OPEN SWIM \$120.00
 7TE1 Tuesday & Thursday ~ 7:30 - 8:00 pm

HIGH SCHOOL BOYS PROGRAM

SPORTSCENTER NO FEE
 Sunday 7:00 - 9:00 pm
 Motzoei Shabbos 9:00 -10:45 pm

FITNESS FACILITY NO FEE
 Sunday 7:00 - 8:30 pm
 Motzoei Shabbos 9:00 -10:45 pm

LIFEGUARDING \$550.00

7BS4 Sunday 6:30 -9:30 pm
 December 20 - January 31
 See swim page for complete details. Preliminary screening
 test fee: \$10. (non-refundable).

OPEN SWIM No Fee
 Sunday 7:00 - 9:00pm
 Motzei Shabbos 9:00 - 10:45 pm

New!
ISRAELI AND LINE DANCE WITH SHULAMIS SPUTZ
Intermediate and Advanced Only
TUESDAY & THURSDAY 10AM-12:00 NOON
MONDAY & WEDNESDAY 8PM-10:00PM
 • FEB.1 - MARCH 18 (7 SESSIONS)
 5SP1 FEE: -\$250
COME AS OFTEN AS YOU ARE AVAILABLE

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 • JAN. 1 - MARCH 12
5ZU1 FEE: M-\$100/NM-\$125 • 10 SESSIONS
DROP IN ONE CLASS \$15

New!
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 • JAN. 1- MARCH 612
5KU1 FEE: M-\$100/NM-\$125 • 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 **10 sessions**. All fees include supplies and materials except where noted.

• Sunday Program dates: **December 20 - March 7 (12 Sessions)**

• Friday Program dates: **January 1 - March 12 (10 Sessions)**

• Motzoei Shabbos Program dates: **Ends March 13**

Sunday - 5:30 - 7:00 pm • Motzoei Shabbos - 8:45- 9:45 pm

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 - 12:15-12:50 pm	Grades 4 - 6 Friday 12:50-1:35 pm	
Grades 7 - 8 Friday - 1:40-2:15 pm	Grades 6 - 8 Motzoei Shabbos - 8:00-9:00 pm	

SELF DEFENSE I

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

2BS0	Sunday	6:00 -7:00 pm			
2MS1	Motzoei Shabbos	8:00-9:00 pm			

\$90.00

GUARD START

First step training for Junior Lifeguards.

7BF3	Friday	1:15 - 2:10 pm			
7BS3	Sunday	5:30 - 6:15 pm			

\$125.00

WOODWORKING I

2BS6	Sunday	3:45 - 4:45 pm			
2BS7	Sunday	4:45 - 5:45 pm			

\$90.00

OPEN SWIM

Members Only No Fee

	Sunday	4:15 - 4:40 pm			
	Sunday	6:15 - 7:00 pm			
	Friday	12:30 -1:15 pm			
	Motzoei Shabbos	8:30 - 10:00 pm			

SWIM INSTRUCTION

Grades 1 - 8. All Levels.

Testing at first session for placement.

7BS1	Sunday	4:40 - 5:25 pm			
7BS2	Sunday	5:30 - 6:15 pm			
7BF1	Friday	1:20 - 2:10 pm			

\$120.00

\$100.00

FATHER/SON SWIM

	Sunday	6:00 - 7:30 pm			
	Motzoei Shabbos	8:30 - 10:00 pm			

Members Only No Fee

Father must be accompanied by child.

YESHIVA BOYS ORCHESTRA PROGRAM LEARN TO PLAY AN INSTRUMENT:

MUSIC LESSONS

GROUP LESSONS Sunday 4:00 - 6:00 pm • \$85



Drums

2B12	4-5pm				
2B13	5-6 pm				

Casio

2B14	4-5pm				
2B15	5-6 pm				Funded by UJA/Federation





AQUATICS & PHYSICAL EDUCATION

•All Classes require Y membership and accident insurance are for 12 Sessions unless otherwise noted

WOMEN

LEARN TO SWIM \$120.00

December 21 - March 8
7WD1 Monday 10:30 - 10:55 am
 December 22 - March 9
7TE1 Tuesday 7:15 - 8:00 pm
 December 23 - March 10
7TE1 Wednesday 10:30 - 11:10 pm

SWIM FOR FITNESS \$75.00

December 23 - March 10
7WD1 Wednesday 10:30 - 11:10 am

LIFEGUARDING \$550.00

Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable) Book & Red Cross fee extra.

December 24 - March 11
7TE3 Thursday 6:00 - 9:30pm

WSI \$550.00

December 22 - March 9
7TE2 Tuesday 6:00 - 9:30 pm
Red Cross materials and fees not included

BOYS

LEARN TO SWIM \$120.00

December 20- March 7
7BS1 Sunday 4:40 - 5:30 pm
7BS2 Sunday 5:30 - 6:15 pm

January 1 - March 12 (10 Sessions) \$100.00

7BF1 Friday 1:20 - 2:10 pm

HIGH SCHOOL BOYS & MEN

LIFEGUARDING \$550.00

Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable) Book & Red Cross fee extra.

December 20 - March 27
7BS4 Sunday 6:30 - 9:30 pm

GIRLS

LEARN TO SWIM \$120.00

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

December 20 - March 7
7GS1 Sunday 11:30 - 12:25 pm
7GS2 Sunday 12:25 - 1:15 pm
7GS3 Sunday 2:00- 2:55 pm

ONE ON ONE SWIM INSTRUCTION

Fee: \$40 - per 30 minute session

Available as an alternative to group lessons for those who wish one on one with an instructor, customized to meet your specific needs. All Sessions for 1/2 hour. Pre-registration required.

GYM REIMBURSEMENT

Many health insurance plans offer reimbursement programs for using the pool or gym. Please check with your carrier for information. We will be happy to fill out any forms you require.

MEDICARE SUPPLEMENT PROGRAMS

Insurance companies may provide full or partial payment of gym membership. Please check with your provider for information and a separate number for gym membership. The Y accepts Silver Sneakers, Optum and Silver and fit.

... **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 evening Classes Chanukah December 16**

... **ART PALETTE** ...

ART WORKSHOP I

CHAVA ROTH

BASIC DRAWING AND WATERCOLORS

Introduction to drawing in black and white. Line volume, composition and perspective taught through still life. Basic principles of Watercolor and techniques.

- 5TD1** Tues. 10:00-12:30 pm • January 5 - March 9
 - 5WE1** Wed. 7:00-9:30 pm • January 6 - March 10
- Fee: M-\$200/NM-\$225 (10 Sessions)

ART WORKSHOP II

CHAVA ROTH

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

- 5TD2** Tuesday 12:45 -3:15pm • January 5- March 9
 - 5WD1** Wednesday 10:00-12:30 pm • January 6 - March 10
 - 5WD2** Wednesday 12:45 - 3:15pm • January 6 - March 10
- Fee: M-\$200/NM-\$225 (10 Sessions)

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

BORO PARK Y POOL SCHEDULE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Swim 7:30 - 10:30 am	WOMEN Lap Swim I 7:15 - 8:00 am	MEN Open Swim 7:30 - 10:30 am	WOMEN Lap Swim I 7:15 - 8:00 am	WOMEN Open Swim 7:30 - 10:30 am	MEN Open Swim 7:30 - 11:00 am
GIRLS (P1A-8) Swim Instruction 11:30 - 12:25 pm 12:25 - 1:10pm	WOMEN Open Swim 8:00 - 10:15 am		WOMEN Open Swim 8:00 - 10:15 am	WOMEN Open Lap Swim 10:00 - 11:30 am	BOYS (Grades 1-8) Open Swim 12:30 - 1:15 pm
GIRLS Open Swim (Grades 2-8) 1:15 - 2:00 pm	WOMEN Swim Instruction 10:20 - 10:55 am		WOMEN Swim Instruction 10:20 - 10:55 am		BOYS Swim Instruction (Grades 1-8) 1:20 - 2:10 pm
GIRLS (Grades 1-8) Swim Instruction 2:05- 3:00 pm	WOMEN Lap Swim II 11:10 - 11:55 am	GIRLS Open Swim 4:30 - 5:30 pm	WOMEN Lap Swim II 11:10 - 11:55 am	GIRLS Open Swim 4:30 - 6:00 pm	
GIRLS (Grades 1-8) Open Swim 3:00 - 3:30 pm	WOMEN Open Swim 11:45 - 12:45 pm	GIRLS Swim Instruction 5:30 - 6:15 pm	WOMEN Open Swim 12:00 - 12:45 pm		
BOYS Open Swim (Grades 1-8) 4:15- 4:55 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN WSI 6:00 - 9:00 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN Lifeguarding 6:30 - 9:30	MOTZOEI SHABBOS ENDS MARCH 13
BOYS Swim Instruction 4:40 - 5:25 pm 5:30 - 6:15 pm	WOMEN Lap Swim III 1:15 - 2:00 pm	H.S. GIRLS & WOMEN Swim Instruction 7:15 - 8:00 pm	WOMEN Lap Swim III 1:15 - 2:00 pm		BOYS Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
FATHER / SON Open Swim 6:00 - 7:30 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:00 - 8:00 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:00 - 8:00 pm	FATHER / SON Open Swim 8:30 - 10:00pm
H.S. BOYS Open Swim 7:00 - 9:00 pm	MEN Open Swim 7:00 - 10:00pm	WOMEN Open Swim 8:00 - 10:00 pm	MEN Open Swim 7:00 - 10:00pm	WOMEN Open Swim 8:00 - 10:00 pm	H.S. BOYS & MEN Open Swim 9:15 - 10:00 pm
H.S. BOYS Lifeguarding 6:30 - 9:30 pm					

AQUADYNAMICS WATER EXERCISE

WOMEN

Monday & Wednesday9:45 - 10:15 am
11:30- 12:00 pm
12:00 -12:30 pm

Thursday9:30 - 10:00 am

Tuesday & Thursday8:30 - 9:00 pm

MEN Wednesday7:30 - 8:00 pm

SMALL POOL HOURS

WOMEN

Monday & Wednesday10:00 - 1:30 pm

Thursday9:00 - 11:30 am

Tuesday & Thursday7:30 - 9:30 pm

MEN

Monday & Wednesday7:30 - 9:30 pm

Sunday, Tuesday, Friday8:30-10:30 am

POOL HOURS WILL BE STRICTLY ENFORCED
SUBJECT TO AVAILABILITY OF LIFEGUARDS

The Y will follow all NYC Guidelines on the use of facilities. Members are required to follow all rules set by lifeguards. Failure to comply will result in suspension of membership at the Y. Changes in schedule due to Covid will remain in place until we can return to normal. Your cooperation is appreciated.

FITNESS FACILITY

WOMEN

Monday & Wednesday8:15 - 1:30 pm

Tuesday & Thursday8:15 - 10:45 pm

Thursday8:15 - 11:00 am
8:15 - 10:30 pm

MEN

Sunday7:30 - 10:30 am

Monday & Wednesday6:00 - 10:45 pm

Tuesday & Friday7:30 - 10:30 am

Motzoei Shabbos8:00 - 10:45 pm

H.S. GIRLS

Tuesday & Thursday7:00 - 8:00 pm

H.S. BOYS

Motzoei Shabbos9:00 - 10:45 pm

Sunday7:00 - 8:30 pm

BORO PARK YM-YWHA - 4912 14TH AVENUE, BROOKLYN, N.Y. 11219 718 438-5921
 PHYSICAL EDUCATION DEPARTMENT

RULES FOR USE OF POOL, GYM AND SAUNA

Y members have the use of the following facilities:

- Pool, Gymnasium, Steam Room, Sauna, Exercise Room, Whirlpool and Locker Rooms.
- All Schedules are subject to change. • No food or beverages are allowed in any of the facilities.
- Lockers are to be used only during the time one is participating in an activity. All lockers must be emptied and locks removed at the end of the day. • Locks will be cut if left overnight. The Y is not responsible for personal property.
 - All women must wear a bathing cap in the pool.
- Accident Insurance is required of all participants. This policy provides for coverage after application to private insurance and a \$25 deductible has been met.
- All participants must shower with soap before entering the pool, sauna or whirlpool.
 - Use of sauna and whirlpool is limited to 10 minutes.
- Persons in poor health should consult their physician before using any of the above facilities.
- Bathing suits must be worn in the pool, sauna and whirlpool, no shoes to be worn in the pool area.
- In the Gym and Exercise Room proper attire must be worn at all times, sneakers and leotards and tights, or sweat suits or shorts - no bathing suits.
- The lifeguards reserve the right to exclude any person from the pool who does not follow the rules

**NOTE: LOCKER ROOMS CLOSE ONE HALF HOUR AFTER GYM CLASSES EXCEPT SUNDAY WHEN LOCKER ROOMS CLOSE AT 11:00 AM.
 NO ADMITTANCE TO ANY FACILITIES 15 MINUTES BEFORE CLOSING.**

OPEN GYM SCHEDULE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Gym 8:00 - 9:30 am	WOMEN Open Gym 9:00 - 10:00 am		WOMEN Open Gym 9:00 - 10:00 am		BOYS Open Gym (grades 1 - 3) 12:15- 12:50 pm
WOMEN Circuits 10:15 - 11:00 am	WOMEN Cardio Challenge 10:00 - 10:30 am Arms & Abs 10:50 - 11:20 am		WOMEN Cardio Challenge 10:00 - 10:30 am Arms & Abs 10:50 - 11:20 am		BOYS Open Gym (grades 4 -6) 12:50- 1:35 pm (grades 7 - 8) 1:40 - 2:15 pm
GIRLS Open Gym (grades p1a-3) 1:30 - 3:30 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm	MOTZOEI SHABBOS ENDS MARCH 7
BOYS Open Gym (grades 3-6) 4:30 - 6:00 pm	WOMEN Steptastics 12:15 - 1:00 pm	WOMEN Dance Body & Toning 7:55 - 8:45 pm	WOMEN Step Tastics 12:15 - 1:00 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	
BOYS Open Gym (Grades 6-8) 6:00 -7:15 pm					BOYS Open Gym (grades 6 - 8) 8:00 - 9:15 pm
HS BOYS Open Gym 7:15 - 9:00 pm	MEN Open Gym 7:00 - 10:00 pm	WOMEN Open Gym 9:00 - 10:00 pm	MEN Open Gym 7:00 - 10:00 pm	WOMEN Open Gym 9:00 - 10:00 pm	HS BOYS Open Gym 9:15 - 10:00 pm

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