

VOLUME 21 ISSUE 2

# BORO PARK

מרכז ד'בארא פארק



## WINTER 2022 Program Guide

**Y PROGRAM STARTS JANUARY 14**

**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 Ends March 12th**

**SWIM INSTRUCTION PROGRAM**

**CLUB NISSIM FOR HOLOCAUST SURVIVORS**

**SENIOR CENTER FUNDED BY DFTA**



**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 12 sessions: **JANUAR 16 - MARCH 27, 2022 No SESSIONS JANUARY 30TH**  
**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** \$95.00  
 Creative group activities including arts & crafts, music, dance, cooking and more.

### P1A - 1ST GRADE

**10:00 - 11:15 AM**

**2G01 BALLET I** \$85.00  
 Barre work emphasizing proper alignment of the body. Develop & improve coordination & image.

**2G02 GYMNASTICS I** \$75.00  
 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** \$110.00

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

**2G10 DECORATING W/ BEAD & RHINESTONES** \$75.00  
 Dazzle your friends and family!

**2G11 BAKERS AND CHEFS** \$65.00  
 Special treats that are fun to make and eat!

**2G12 GYMNASTICS I** \$75.00  
 Beginning gymnastics using mats & a balance beam.

**12:30 - 1:20 pm**

**7GS2 LEARN TO SWIM** \$110.00

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

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

**2G32 BAKERS AND CHEFS** \$65.00  
 Put on your apron and bake special treats.

**1:15 - 2:00 Open Swim**

**2:05 - 3:00pm**

**7GS3 LEARN TO SWIM** \$110.00

**followed by Free Swim! 3:00 - 3:30pm!**

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

**2G51 CRAFTS AND MORE** \$75.00

**2G52 PAINTING 4 BEGINNERS** \$95.00

*Continues on next page*



**GRADES 2 - 3**

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

**2G02 GYMNASTICS I** \$75.00  
*Beginning gymnastics using mats & a balance beam.*

**2G05 BASIC DRAWING** \$95.00  
*Learn composition, perspective, shading and color. class size limited. bring a smock!*

**11:30 - 12:25 pm**

**7GS1 LEARN TO SWIM** \$110.00  
*(give your child enough time to get ready)*

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

**2G14 BALLET I** \$85.00  
*Learn basic ballet steps.*

**2G12 GYMNASTICS I** \$75.00  
*Beginning gymnastics using mats & a balance beam.*

**2G16 CASIO I** \$75.00  
*Read notes, play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G17 PAINTING I** \$95.00  
*Learn composition, perspective, shading and color. Class size limited. bring a smock!*

**2G20 PAINTING I** \$95.00  
*Learn composition, perspective, shading and color. Class size limited. bring a smock!*

**2G17 STEP AEROBICS** \$95.00  
**12:30 - 1:20 pm**

**7GS2 LEARN TO SWIM** \$110.00  
**1:00 - 2:15 pm**

**2G33 GYMNASTICS II** \$75.00

**2G49 PAINTING I** \$95.00

**2G36 JUNIOR PARTY PLANNERS** \$65.00  
*Edible masterpieces to eat and serve.*

**2:05 - 3:00 pm**

**7GS3 LEARN TO SWIM** \$110.00  
*Beginners - Intermediate. Small group sizes.*

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

**2G56 JR. PARTY PLANNERS** \$65.00

**2G54 PAINTING I** \$95.00

**2G55 POTTERY** \$90.00

**GRADES 4 - 5**

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

**2G08 PAINTING I** \$95.00

**2G05 BASIC DRAWING** \$95.00

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

**2G20 STEP AEROBICS** \$95.00

**2G16 CASIO I** \$75.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G14 BALLET I** \$85.00  
*Learn basic ballet steps.*

**2G17 PAINTING I** \$95.00  
*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

**2G13 DRAWING II** \$95.00  
*Drawing Principles, shading & pencil work. Limit 10 students.*

**2G21 PERSONALIZED CRAFTS-CRICKET** \$85.00

**11:30 - 12:25 pm**

**7GS1 LEARN TO SWIM** \$110.00

**OPEN TO ALL AGES**

**OPEN SWIM**  
**1:20PM - 2:00PM**  
**3:00PM - 3:30PM**

**OPEN GYM**  
**12:30PM - 3:30PM**

### GRADES 4 - 5

**12:30- 1:20 pm**

7GS2 **LEARN TO SWIM** \$110.00

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

2G35 **DRAWING** \$95.00

2G33 **GYMNASTICS II** \$75.00

2G34 **PAINTING I** \$95.00  
*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

2G63 **CASIO I** \$75.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

2G39 **WOODSHOP** \$90.00  
*New craft using paints and air diffuser*

2G71 **SELF DEFENSE II** \$85.00

2G36 **PARTY PLANNERS** \$65.00  
*Edible masterpieces to eat and serve.*

**2:05 - 3:00 pm**

7GS3 **LEARN TO SWIM** \$110.00  
*Beginners through Intermediate.*

7GS5 **GUARD START** \$125.00  
*Junior Lifeguarding*

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

2G58 **GYMNASTICS II** \$75.00

2G57 **PARTY PLANNERS** \$65.00

2G73 **SELF DEFENSE I** \$85.00

2G61 **DRAWING** \$95.00

### GRADES 6 - 8

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

2G13 **DRAWING I** \$95.00  
*Beginners class using charcoal pencils*

2G23 **OVERSIZED PAINTINGS** \$95.00

**12:30 - 1:20 pm**

7GS2 **LEARN TO SWIM** \$100.00

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

2G39 **WOODSHOP** \$85.00

2G64 **OVERSIZED PAINTING** \$95.00

2G71 **SELF DEFENSE II** \$85.00

2G35 **DRAWING II** \$95.00

2G42 **CASIO** \$75.00

**2:00 - 2:55 pm**

7GS5 **GUARD START** \$125.00

**2:15 - 3:00 pm**

2G60 **PERSONALIZED CRAFTS** \$85.00

2G73 **SELF DEFENSE I** \$85.00

2G58 **ADVANCED GYMNASTICS** \$75.00  
*Placement Test Required*

2G75 **DRAWING** \$95.00



**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 in total workout.  
 Tuesday & Thursday ~ 8:00 - 9:00 pm

**WSI** Fee: \$600  
 January 18 - March 22  
 7TE2 Tuesday 6:00 - 9:00 PM

**LIFEGUARDING** Fee: \$600  
 January 20 - March 24  
 7TE3 Thursday 6:00 - 9:00 PM  
 Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable)

**LEARN TO SWM** \$110.00  
 January 18 - March 22  
 7TE1 Tuesday 7:15 - 8:00 PM

**OPEN SWIM** NO FEE  
 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

**KARATE** M-\$85/NM-\$125 (10 Sessions)  
 January 16 - March 20  
 2MS1 Level I Sunday 6:00 - 7:00 pm  
 2MS2 Level II Sunday 7:00 - 8:00 pm

**LIFEGUARDING** \$600.00  
 7BS4 Sunday 6:30 -9:30 pm  
 January 24 - March 27  
 See swim page for complete details. Preliminary screening test fee: \$10. ( non-refundable).

**OPEN SWIM** NO FEE  
 Sunday 7:00 - 9:00 pm  
 Motzoei Shabbos 9:00 - 10:45 pm

# 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: **January 16 - March 20th**

• Friday Program dates: **January 14 - March 25th No classes March 18th**

• Motzoei Shabbos Program dates: **Ends March 12th**

• **SPECIAL OFFER** -Register for a swim instruction class and receive one activity at half price!

*Offer good for each child and is not transferrable to any other child or family member and not transferrable to another semester. Membership must be paid in full at time of registration to qualify. Can not be combined with any other offer.*

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

\$85.00

**SELF DEFENSE II**

**2BS1** Sunday 7:00-8:00 pm

\$85.00

**GYMNASTICS**

**2BS2** Sunday 3:45-4:45 pm

\$75.00

**WOODWORKING I**

**2BS6** Sunday 3:45 - 4:45 pm

\$95.00

**2BS7** Sunday 4:45 - 5:45 pm

**PAINTING & DRAWING**

**2BS4** Sunday 4:00 - 5:00 pm

\$95.00

**2BS8** Sunday 5:00 - 6:00 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

\$110.00

**GUARD START**

*First step training for Junior Lifeguards.*

**7BF3** Friday 1:15 - 2:10 pm

**7BS3** Sunday 5:30 - 6:15 pm

\$125.00

**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

**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 FOR BOYS

**Sunday 4:00 - 6:00 pm • \$75  
Group Lessons in  
• Violin • Casio • Drums**

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

**Casio** 2B14 4-5pm 2B15 5-6 pm







# AQUATICS & PHYSICAL EDUCATION

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

## WOMEN

### LEARN TO SWIM \$110.00

January 17 - March 21  
**7MD1** Monday 10:20 - 11:10 am  
 January 18 - March 22  
**7TE1** Tuesday 7:15 - 8:00 pm

### SWIM FOR FITNESS \$110.00

January 19 - March 23  
**7WD1** Wednesday 10:20 - 11:10 am

### LIFEGUARDING \$600.00

*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.*

January 20 - March 24  
**7TE3** Thursday 6:00 - 9:30pm

### WSI \$600.00

January 18 - March 22  
**7TE2** Tuesday 6:00 - 9:30 pm  
*Red Cross materials and fees not included*

## GIRLS

### LEARN TO SWIM \$110.00

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

January 16 - March 20  
**7GS1** Sunday 11:30 - 12:25 pm  
**7GS2** Sunday 12:30 - 1:20 pm  
**7GS3** Sunday 2:05- 3:00 pm

January 18- March 22  
**7GT1** Tuesday 5:30 - 6:15 pm

### GUARD START \$125.00

January 16 - March 20  
**7GS5** Sunday 2:00 - 2:55 am

## BOYS

### LEARN TO SWIM \$110.00

January 16 - March 20  
**7BS1** Sunday 4:40 - 5:30 pm  
**7BS2** Sunday 5:30 - 6:15 pm

### January 14 - March 25 \$110.00

**7BF1** Friday 1:20 - 2:10 pm

### GUARD START \$125.00

January 16 - March 20  
**7BS3** Sunday 5:30 - 6:10 am

## HIGH SCHOOL BOYS & MEN

### LIFEGUARDING \$600.00

*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.*

January 30 - April 3  
**7BS4** Sunday 6:30 - 9:30 pm

### LIFEGUARD INSTRUCTOR \$600.00

### LIFEGUARDING REFRESHER & CPR RECERTIFICATION AVAILABLE.

### WSI COURSE BEGINNING AFTER PURIM

## 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.

**BORO PARK Y POOL SCHEDULE**

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

**AQUADYNAMICS WATER EXERCISE**

**WOMEN**

Monday & Wednesday ..... 9:45 - 10:15 am  
 11:30 - 12:00 am  
 12:00 -12:30 pm  
 Thursday ..... 9:45 - 10:15 am  
 Tuesday & Thursday ..... 8:30 - 9:00 pm

**SMALL POOL HOURS**

**WOMEN**

Monday & Wednesday ..... 10:15 - 2:00 pm  
 Thursday ..... 10:15 - 11:30 am  
 Tuesday & Thursday ..... 7:30 - 10:30 pm

**MEN**

Monday & Wednesday ..... 7:30 - 9:30 pm  
 Sunday, Tuesday, Friday ..... 8:30-10:30 am

**POOL HOURS WILL BE STRICTLY ENFORCED  
 SUBJECT TO AVAILABILITY OF LIFEGUARDS**

**SAUNA AND STEAMROOM**

**WOMEN**

Monday & Wednesday ..... 7:15 - 2:15 pm  
 Tuesday ..... 7:30 - 10:30 pm  
 Thursday ..... 8:00 - 11:30 am  
 7:30 - 10:30 pm

**MEN**

Sunday ..... 7:30 - 10:45 am  
 Monday & Wednesday ..... 6:00 - 10:30 pm  
 Tuesday ..... 7:30 - 10:30 am  
 Friday ..... 7:30 - 11:00 am

**FITNESS FACILITY**

**WOMEN**

Monday & Wednesday ..... 8:15 - 1:30 pm  
 Tuesday & Thursday ..... 8:15 - 10:45 pm  
 Thursday ..... 8:15 - 11:00 am  
 8:15 - 10:30 pm

**MEN**

Sunday ..... 7:30 - 10:30 am  
 Monday & Wednesday ..... 6:00 - 10:45 pm  
 Tuesday & Friday ..... 7:30 - 10:30 am  
 Motzoei Shabbos ..... 8:00 - 9:00 pm

**H.S. GIRLS**

Tuesday & Thursday ..... 7:00 - 8:00 pm

**H.S. BOYS**

Motzoei Shabbos ..... 9:00 - 10:45 pm  
 Sunday ..... 7:00 - 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
<b>MEN</b> Open Gym 8:00 - 9:30 am	<b>WOMEN</b> Open Gym 9:00 - 10:00 am		<b>WOMEN</b> Open Gym 9:00 - 10:00 am		<b>BOYS</b> Open Gym (grades 1 - 3 ) 12:15- 12:50 pm
<b>WOMEN</b> Circuits 10:00 - 10:45 am <b>GIRLS</b> Open Gym (grades 1-8) 12:30 - 1:30 pm	<b>WOMEN</b> Cardio Mix with Steps Challenge 10:00 - 10:45 am		<b>WOMEN</b> Cardio Dance 10:00 - 10:45 am		<b>BOYS</b> Open Gym (grades 4 -6) 12:50- 1:35 pm (grades 7 - 8) 1:40 - 2:15 pm
<b>GIRLS</b> Open Gym (grades p1a-3) 1:30 - 3:30 pm	<b>Total Body Conditioning</b> 10:30 - 11:15 am	<b>H.S. GIRLS</b> Core-dination 8:00 -8:45 pm	<b>Energetic Dance Routine</b> 10:30 - 11:15 am	<b>H.S. GIRLS</b> Core-dination 8:00 -8:45 pm	<b>MOTZOEI SHABBOS ENDS MARCH 12</b>
<b>BOYS</b> Open Gym (grades 3-6) 4:30 - 6:00 pm	<b>WOMEN</b> Steptastics 12:15 - 1:00pm	<b>WOMEN</b> Dance Body + Toning 8:00 - 9:00 pm	<b>WOMEN</b> Step Tastics 12:15 - 1:00 pm	<b>WOMEN</b> Curcuit Step & Sculpt 8:00 - 9:00 pm	
<b>BOYS</b> Open Gym (Grades 6-8) 6:00 -7:15 pm					<b>BOYS</b> Open Gym (grades 6 - 8) 8:00 - 9:15 pm
<b>HS BOYS</b> Open Gym 7:15 - 9:00 pm	<b>MEN</b> Open Gym 7:00 - 10:30 pm	<b>WOMEN</b> Open Gym 9:00 - 10:30 pm	<b>MEN</b> Open Gym 7:00 - 10:30 pm	<b>WOMEN</b> Open Gym 9:00 - 10:30 pm	<b>HS BOYS</b> Open Gym 9:15 - 10:30 pm

## ... 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**  
**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 11 - March 15  
**5WE1** Wed. 7:00-9:30 pm • January 12 - March 23  
 Fee: M-\$185/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 11 - March 15  
**5WD1** Wednesday 10:00-12:30 pm • January 12 - March 16  
**5WD2** Wednesday 12:45 - 3:15pm • January 12 - March 16  
 Fee: M-\$185/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 - 11:15 am**

**CARDIO MIX WITH STEPS**  
**Mon. & Wed. 10:00 - 10:30 am**  
*Energetic cardio routine featuring step aerobics*

**CARDIO DANCE**  
**Wednesday 10:00 - 10:30 am**  
*Energetic Dance Routine*

**TOTAL BODY CONDITIONING**  
**Monday 10:30 - 11:15 am**  
*Toning using weighted equipment & a mat*

**SCULPT**  
**Wednesday 10:30 - 11:15 am**  
*Leave no muscle untouched with intense toning, weight & mat*

**STEPTASTIC**  
**Mon. & Wed. 12:15 - 1:00pm**  
*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 - 9:00pm**  
*Fun dance choreography followed by weight & mat work*

**CURCUIT STEP & SCULPT**  
**Thurs. 8:00 - 9:00 pm**  
*Dance choreography on and off the step fold by floor work and 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*

## ADULT EXERCISE CLASSES

**KINSTRETCH**  
**5KU1: JAN. 7 - MARCH 11**  
**9:00-10:00AM**  
**10 SESSIONS**  
 FEE: M-\$100/NM-\$125  
 • DROP IN ONE CLASS \$15

**ZUMBA**  
**WITH TAMARA**  
*Energetic aerobics workout combining latin & international dance steps*  
**FRIDAY 10-10:45AM**  
**5ZU1: JAN 7 - MARCH 11: 10 SESSIONS**  
 FEE: M-\$100/NM-\$125 • DROP IN ONE CLASS \$15

**SHULAMIS SPUTZ**  
**DANCING**  
**MON, WED 8-10:00PM**  
**TUES. & THURS. 10-12:00PM**  
**5SP1: JAN. 3 - MARCH 10**  
**10 SESSIONS FEE: M-\$350**



## ● ● ● 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 and 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
- ❖ 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 Techniques

Visit us, and you will discover many dear, familiar faces! This is also the place to make fresh connections and find new friends! Members are encouraged to browse and select among the many varied activities, or to simply drop in for a cup of coffee and a schmooze!

SIMONNE HIRSCHHORN    ESTHER GROSSMAN    C. MUSHKA MALKA  
PROGRAM DIRECTOR    PROGRAM ASSISTANT    ADMINISTRATIVE ASSISTANT

YOSEF CHESNY  
SOCIAL WORKER

MALKY LIPSCHITZ  
PROGRAM AIDE

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

"Club Nissim" is supported by grants from the Conference on Jewish Material Claims against Germany and UJA/Federation of New York and the NYC Council Elie Weisel Holocaust Survivor Initiative.

Boro Park YM-YWHA  
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# BORO PARK Y SENIOR CENTER

*Judy Liff, Director* *Esther Lewin, Assistant Director* (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.*

**New Program & Activities  
are added every Month!**

**Pick up calendar at the Senior Center Office**

## **PROGRAM HIGHLIGHTS**

- Aerobics • Chair Yoga • Lectures
- Nutrition Education • Weekend Meals
- Movies/Documentaries • Craft Club
- Walking Club • Shopping Excursions
- Drama Group • Strength Training
- Mat Yoga • Food & Baking Projects
- Painting Classes • Health Screening
- Day Trips & Tours • Holiday Parties • Picnics

*Funded by The New York City Department for the Aging*